



Ruby Lathon, PhD

Holistic Nutritionist & Wellness Educator

Dr. Ruby Lathon is a certified holistic nutritionist, wellness consultant and advocate for plant-based nutrition. Dr. Lathon inspires with a powerful story of recovering from thyroid cancer through alternative treatment focused on a whole foods, plant-based diet. Dr. Lathon worked for years as a researcher and an award-winning engineer at Sandia National Laboratories and other engineering firms. Dr. Lathon now teaches others how to re-engineer their health and live disease free.

Dr. Lathon previously served as Nutrition Policy Manager at the Physicians Committee for Responsible Medicine in Washington, DC. Through her organization, Roadmap to Holistic Health, Dr. Lathon hosts health conferences, workshops and vegan cooking classes and provides customized nutritional consultations and coaching programs. Dr. Lathon is host of The Veggie Chest, an online, plant-based cooking show and is featured in the new documentary, *What the Health*.

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In this film!

RECIPES!

Mom's Vegan "Beef" Wellington

By: Henrietta P. Lathon

This is one of our family's favorite dishes especially for weekend dinners or holidays. It is a delightful, heartwarming dish, always made with love, my mom's secret ingredient.

Ingredients:

- 1 Bag Beyond Meat/Beyond Beef Crumbles (10 oz) Vegan (can sub lentils cooked in vegetable broth)
- 1 medium onion finely chopped
- 1 medium green pepper finely chopped
- 1 8 ounce package of portabella mushrooms chopped
- ¼ - ½ cup of Earth Balance Soy Free Buttery Spread/Vegan
- ½ teaspoon of garlic powder
- ½ teaspoon of Italian Seasoning
- ¼ teaspoon of Thyme

Directions:

1. **Note: make crust first and place in refrigerator for 30 minutes. See Wellington Crust Recipe on next page.**
2. Preheat oven to 375°.
3. Add Earth Balance to cooking pan chopped onion, green pepper, portabella mushrooms the bag of Beyond Beef crumbles and seasonings. Sauté over medium heat until brown and vegetables are soft and caramelized.
4. Let cool. Spread the “meat” mixture on top of the prepared crust.
5. Once the meat mixture has been smoothed out over the crust you can begin to roll the crust and mixture in the same fashion as you would a cinnamon roll bun. Tuck in or trim the loose edges of crust.
6. Transfer to a baking sheet and bake at 375° for 45 minutes or until the crust is a golden brown.
7. To serve, slice the Wellington into thick pieces and serve with the red wine sauce.

Wellington Crust

Ingredients:

- 2 cups all-purpose unbleached flour sifted (can sub 1-to-1 Baking Gluten Free Flour; important that it includes xanthan gum or other thickener)
- ¼ teaspoon coconut sugar
- ½ Himalayan pink sea salt
- ½ cup cold Earth Balance Soy Free Buttery Spread cut into same pieces
- 2 tablespoons of coconut oil
- 7 – 8 table of ice water

Directions:

1. Combine flour, sugar, and salt in large bowl, mix well.
2. Add Earth Balance and oil to flour mixture and mix with fingers or pastry blender until you have pea-size pieces.
3. Sprinkle five to six tablespoons of ice water over the flour mixture and work the dough until it comes together in a ball. Only add the remaining tablespoons of water if necessary.
4. Make into a ball, wrap in plastic wrap and place in the refrigerator for 30 minutes.
5. Remove from refrigerator and place on floured surface and sprinkle flour on top of ball.
6. Use a rolling pin to roll out the crust to less the ¼ inch. The crust should be spread in an oblong shape for rolling (approximately 12 x 15 inches in size).

Red Wine Sauce

Ingredients:

- 1 tablespoon olive oil
- 1 large shallot, minced
- 1 1/2 cups dry red wine
- 1/2 cup vegetable broth
- 4 tablespoons unsalted vegan butter or vegan margarine, cold
- Sea salt and pepper to taste

Directions:

1. Heat the oil in a medium saute pan and add the shallot. Cook for about 5 mins over medium heat until soft and golden. Add the red wine, increase the heat to med/high and cook until the wine is reduced by about 2/3. Add the broth and continue to cook for another five minutes.
2. Strain the sauce using a fine mesh strainer and discard the solids. Return the sauce to the pan over medium heat.
3. Swirl in the butter one pat at a time until each piece is fully dissolved. Season with sea salt and pepper. Sauce should be slightly thickened and glossy.

Deliciously Raw Brownies

Ingredients:

- 1 cup medjool dates
- 1/2 cup cacao powder
- 1/2 cup raw walnuts
- 1/2 cup Raw agave nectar
- 3 tablespoons vanilla extract

Preparation:

1. Blend until fully incorporated and mixed together; divide and mold into 6 brownies on a cookie sheet.
2. A little water may be added if more moisture is needed.
3. Put in freezer for 1 hour to let set or refrigerate

Strawberry Coulis Topping

- 1 pint strawberries
- 2 teaspoons raw agave (optional)
- Juice of 1/2 lemon (1 teaspoon lemon juice)
- 1 teaspoon water

Preparation:

1. Puree the strawberries in a food processor or blender until it reaches a uniform consistency.
2. Add sweetener a little at a time, until its sweet enough.
3. Stir in the lemon juice