

Cooling Summer Recipes:

Beat the heat with fresh, vibrant flavors that nourish and refresh. These simple, nutrient-packed dishes are designed to keep you cool, hydrated, and energized through the warmest days. See below to explore light, seasonal recipes that are as delicious as they are revitalizing.

Cooling Green Salad with Avocado & Lemon Vinaigrette

A crisp, hydrating salad made with seasonal greens, creamy avocado, and a refreshing lemon vinaigrette. Great for calming internal heat and supporting the nervous system.

Ingredients

- Mixed greens (butter lettuce, romaine, or arugula)
- 1 avocado, sliced
- 1–2 Persian cucumbers, thinly sliced
- 1–2 tablespoons toasted sunflower seeds or pumpkin seeds
- Fresh mint or basil (optional)
- **Dressing:** 2 tablespoons olive oil, 1 tablespoon lemon juice, ½ teaspoon maple syrup or honey, pinch of salt

Instructions

Toss greens, cucumber, and avocado with seeds. Whisk dressing and drizzle on top. Garnish with herbs if using. Serve chilled.

Chilled Cucumber & Quinoa Salad with Sesame-Lime Dressing

This cooling, protein-rich salad is perfect as a light lunch or side. It supports digestion and provides grounding from the Earth element.

Ingredients

- 1 cup cooked and cooled quinoa
- 2 Persian cucumbers, chopped
- 1 carrot, shredded
- 1 tablespoon sesame seeds (toasted if desired)
- Chopped cilantro or green onion (optional)
- **Dressing:** 1 tablespoon toasted sesame oil, 1 tablespoon lime juice, ½ teaspoon tamari or coconut aminos

Instructions

Combine all ingredients in a bowl. Whisk dressing and toss gently. Chill before serving.

Fresh Berries with Whipped Vegan Coconut Cream

A cooling, naturally sweet treat rich in antioxidants and perfect for winding down after a warm day.

Ingredients

- 1 cup fresh seasonal berries (strawberries, blueberries, blackberries, raspberries)
- 1 can full-fat coconut milk or cream (chilled overnight)
- 1–2 teaspoons maple syrup or honey
- ½ teaspoon vanilla extract (optional)

Instructions

Scoop the solid part of the chilled coconut cream into a bowl. Whip with maple syrup and vanilla until light and fluffy (hand mixer or whisk). Spoon over fresh berries and serve immediately.