



# RECIPE COLLECTION

*FAST*

## FOOD ALLERGY SPY TRAINING

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This edition was published in the United States of America by Dr. Ritamarie Loscalzo.  
**Edition Date:** December 18, 2012

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## The Food Allergy Spy Training Program

This material is part of Dr. Ritamarie's **Food Allergy Spy Training (FAST)** program, which is a step-by-step method for identifying and eliminating hidden food allergies and healing underlying digestive and immune system dysfunction. Members have access to a complete website of resources, modules, and materials.

The recipes in this collection are to be used as guidelines during the elimination phase of the **FAST** program. As each person who undergoes this process has unique food allergen culprits, you may have to make substitutions for foods you're eliminating. Substitutions are generally easy to make. In recipes calling for a green leafy vegetable (kale, for example), you can substitute any other green leafy vegetable that is an allowable part of your elimination diet (such as arugula).

The *FAST Recipe Collection* is designed to be used in tandem with the **Food Allergy Spy Training** program. This book contains delicious, nutritionally dense recipes that will keep your energy high; help reduce inflammation; nourish your glands, organs, and immune system; and calm and optimize your digestion.

My goal with these recipes is to make the elimination diet phase as simple and pleasurable as possible while maintaining the high degree of nutrients needed for restoration of your immune and digestive function. Of course, you may use any recipes of your own instead, as long as they are in alignment with your elimination diet foods.

It's best to keep meals as simple as possible during the FAST program to make it easier for you to be a good detective and identify the foods that are robbing you of your vibrant health.

Enjoy the journey!

A handwritten signature in black ink, appearing to read 'Rita S', with a stylized flourish at the end.

Dr. Ritamarie



## FAST Elimination Diet Ideas

**\*\* Adapt all recipes to include only your Elimination Phase Allowed Foods.**

Choose one or more options at each meal as dictated by hunger.

Breakfast Ideas	<p><b>Energy Drink:</b> <i>Gut Rejuvenator A.M. Starter</i>. Drink 8 - 32 ounces.</p> <p><b>Fresh Green Juice:</b> 2 - 3 kinds of “rare foods”</p> <p><b>Blended Green Drink</b></p> <p><b>Breakfast Entrée</b></p> <p><b>Green Protein Shake:</b> Use between 15 and 25 grams of raw organic protein powder plus 1 – 2 servings green powder.</p> <p><b>Note:</b> Be sure to choose protein powders carefully to avoid potential allergens.</p>
Lunch Ideas	<p><b>Salad</b> or tossed greens with simple <b>Dressing</b></p> <p>Veggie <b>Sandwich</b>, <b>Wrap</b> or <b>Roll</b></p> <p>Raw veggies with <b>Dip</b></p> <p>Steamed vegetables plain, seasoned with herbs and olive oil or with a <b>Sauce</b></p> <p>Lean, organically raised animal protein (no more than 3 ounces)</p>
Dinner Ideas	<p><b>Soup</b></p> <p><b>Salad</b> or tossed greens with simple <b>Dressing</b></p> <p>Steamed vegetables</p> <p>Legume and/or grain</p> <p>Lean, organically raised animal protein (no more than 3 ounces)</p> <p><b>Dessert</b></p>

**Note:** For each suggestion in “**bold**,” please make a selection from the specified recipe section. Suggestions in “*italics*” refer to specific recipe titles.

## My Personal FAST Plan

Day \_\_\_\_\_

<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	

**Notes:**

\*Print and fill out pages as needed to design your unique FAST diet based on tests, food choices, and recipe preferences.

## Fresh Green Juice

**Making Juice Without a Juicer:** While it's easy to make juice with a juicer, you can often get around needing one if you have a decent blender and a nut milk bag. Simply blend your ingredients (you may need to chop first or add a little water to get things moving), and then strain through a nut milk bag.

Left-over pulp from your juices can be used to make dehydrated crackers or other recipes (if you have a dehydrator).

### Appetizingly Simple Juice Recipe Template

#### Ingredients:

- 1 cucumber and/or 3 - 4 stalks celery or other "juicy" vegetable
- 2 - 4 cups leafy greens
- 1 handful of herbs: basil, dill, cilantro, parsley or others to taste
- 1 - 2 carrots, 1 beet, or 1/2 - 1 apple, or 1/2 - 1 cup blueberries for sweetness if needed and if it doesn't upset your blood sugar balance\*
- lemon or lime juice, to taste
- pinch of salt or kelp powder, to taste

#### Directions:

Run all the ingredients above through a juicer.

**Personal Note:** This recipe is a basic template you can modify with allowed foods during the elimination/provocation process.

\* **B4 Be Gone** members beware!

## Blood Sugar Balancer Juice

### Ingredients:

- 1 cucumber
- 2 stalks celery
- 1 cup green beans
- 1/4 - 1 teaspoon cinnamon, to taste

### Directions:

Run all the ingredients above through a juicer.

**Personal Note:** This combination was a surprise. I started out wanting a supreme blood sugar stabilizer and was thrilled to find it was naturally sweet without fruit!

**Benefits to the Body:** Green beans and cinnamon help to restore insulin receptors and keep your blood sugar steady.

## Cool as a Cucumber Juice

### Ingredients:

- 1 cup zucchini
- 1/2 bunch kale
- 1 cucumber
- 1/2 - 1 lemon, juice of
- 1 sliver ginger or to taste (optional for added healing)
- 1/4 green apple or more (optional for added sweetness)

### Directions:

Run all the ingredients above through a juicer.

**Personal Note:** This is a favorite of mine, naturally cooling and refreshing.

**Benefits to the Body:** The anti-inflammatory effects of ginger combine with the anti-cancer properties of kale to make this juice a winner for your immune system.

## Green Water

### Ingredients:

- 1 handful leafy green vegetables (per your allowed list such as dark green lettuces, kale, spinach, parsley, etc.)
- fresh ginger root, lemon, mint (optional additions)
- water as needed for blending

### Directions:

1. Place a handful of leafy green vegetables in the blender.
2. Cover with water and blend until vegetables are completely puréed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.
6. Add fresh ginger root, lemon, or mint to the blend for a nice flavor. The resulting beverage should be a pale green, translucent color.

**Personal Note:** This is a good way to start including blended greens in your diet. It is a very light, mild tasting beverage which can be enhanced by the addition of lemon/lime juice or herbs and spices.

## Energy Drinks

### Chia Energy Drink

**Ingredients:**

- 2 tablespoons chia seed
- a few drops peppermint oil
- 1 lemon or 2 limes, juice of (or combination)
- water, enough to fill a quart sized Mason jar about an inch from the top

**Directions:**

Shake well and try it. It will be thick and tangy.

**Personal Note:** You'll find yourself feeling very full after drinking this. You can also combine your greens with the drink or experiment with a variety of flavors. My personal favorite is adding a tablespoon or two of pomegranate powder.

### Gut Rejuvenator A.M. Starter

**Ingredients:**

- 32 ounces water
- 1 lemon, juice of
- 2 drops peppermint oil
- 2 drops lemon oil

**Directions:**

Sip this to wake up your digestive tract before you start to feed it.

# Gut Healing Drinks

## Slippery Elm Soother

### Ingredients:

- 1 tablespoon slippery elm powder
- 1 cup water
- spices, flavorings, or essential oils

### Directions:

1. Put herb in a jar and pour 1 cup room temperature water over herb.
2. Shake well to combine or use a wire whisk. It will thicken within a few minutes.
3. Add flavoring and stir well. It goes well with aromatic herbs like cinnamon, cardamom, peppermint, and ginger.
4. Drink before meals to protect damaged mucous membranes from food, or between meals to aid in the healing of leaky gut.

## Marshmallow Mender

### Ingredients:

- 1 tablespoon marshmallow root powder
- 1 cup water
- spices, flavorings, or essential oils

### Directions:

1. Put herb in a jar and pour 1 cup room temperature water over herb.
2. Shake well to combine or use a wire whisk.
3. Allow to sit overnight to steep.
4. The next day, add flavorings and drink or eat with a spoon.

**Personal Note:** Both the *Slippery Elm Soother* and *Marshmallow Mender* are great remedies for a sore throat, too.



# Smoothies

## Basic Sweet Green Smoothie Recipe

### Ingredients:

- 4 cups leafy greens and/or sprouts
- 2 cups fruit\*
- water to desired consistency

### Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

### Variations to add (one or more) for creaminess and to make more filling:

- 1/2 - 1cup *Chia Gel*
- 1 - 2 tablespoons coconut butter
- 1/4 cup shredded coconut
- 1 young Thai coconut, flesh of
- 1/2 - 1 avocado
- 1 - 2 tablespoons nut butter or tahini

### Optional additions:

- juicy vegetables like cucumber or celery
- handful of fresh herbs
- 1/2 - 1 teaspoon spices
- 1 - 2 drops essential oil or flavor extract
- 1/2 - 1 lemon or lime, juice of
- 1/4 - 1 teaspoon sea vegetable powder

**Personal Note:** *B4 Be Gone* members (or anyone concerned about blood sugar conditions) choose low-sugar, low-glycemic fruits that keep your blood sugar steady, i.e. blueberries or green apples.

## Coconut Spinach Arugula Smoothie

### Ingredients:

- 1 cup arugula
- 2 cups spinach
- 1 cup frozen blueberries
- 1/2 cup *Chia Gel*
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons coconut butter

### Directions:

Blend until very smooth. Add stevia if more sweetness is desired.

## Creamy Green Smoothie

### Ingredients:

- 1/2 cup water
- 2 tablespoons nut or seed butter or whole nuts or seeds
- 1 tablespoon lime juice (or apple cider vinegar)
- 2 cups greens
- cinnamon or other spices to taste
- 1 - 2 cups frozen fruit
- stevia to taste as needed

### Directions:

1. Blend all ingredients, except the frozen fruit, in a high speed blender until smooth.
2. Add the frozen fruit and blend until creamy.

## Cucumber Delight

### Ingredients:

- 1 cucumber
- 2 cups greens of your choice
- 1 cup of water
- 1 avocado
- 2 tablespoons lemon or lime juice (or apple cider vinegar)
- seasonings and spices to taste: slice of ginger, 1 pinch of cayenne or a piece of jalapeño pepper, dill, cilantro, garlic, etc.

### Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

## Green Ginger Lemonade

### Ingredients:

- 2 lemons, juice of
- 1-inch piece of ginger
- 1 handful of sunflower sprouts (or other green of your choice)

### Directions:

1. Blend everything.
2. Add water to fill the blender and sweeten to taste with stevia.

## Lemony Mint Energy Drink

### Ingredients:

- 1 medium apple
- 1/2 - 1 lemon, juiced
- 2 cups greens
- 1 medium avocado (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

### Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

## Parsley Delight

### Ingredients:

- 3/4 bunch of parsley with some stems
- 1 green apple, cored
- 1 teaspoon cinnamon
- 2 stalks celery
- enough water to blend

### Directions:

Blend and enjoy.

## Savory Smoothie

### Ingredients:

- 4 cups dark greens
- 2 cucumber or 2 stalks celery
- 2 bell peppers, orange, red, yellow or a combination
- 1 clove garlic or 1 scallion or shallot
- 1 sliver of jalapeño (optional)
- 1/2 teaspoon powdered kelp or sea salt
- 1/2 cup cilantro, basil, dill or other flavorful herb

### Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

## Simple Sprout-y Smoothie

### Ingredients:

- 3 cups sunflower greens, broccoli sprouts, alfalfa sprouts or any combination of sprouts
- 2 tablespoons lemon juice (or lime or apple cider vinegar)
- 1 - 2 cups water
- 1 sliver of ginger or other spice as desired

### Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

## Spicy Green Drink

### Ingredients:

- 1 bunch of greens of your choice
- 2 cups of water
- 1-inch slice of ginger
- 1 pinch of cayenne or a piece of jalapeño pepper
- 1 - 2 lemons or limes, juice of (or apple cider vinegar)

### Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

## Spicy Tomato Green Soup

### Ingredients:

- 4 tomatoes
- 1 head kale
- 1 lemon, peeled
- 1 teaspoon dried basil
- 1 sliver of jalapeño
- 1/4 small onion

### Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

# Nut and Seed Milks

## Basic Nut Milk

### Ingredients:

- 1 part nuts or seeds, soaked 4 - 6 hours
- 3 - 4 parts water
- flavorings (optional)
  - extracts such as vanilla, mint, almond, orange, raw cacao or carob
  - essential oils such as peppermint, orange, lemon, cinnamon or others
  - sweet herbs and spices like cinnamon, cardamom, mint, ginger
  - sweeteners like dates\*, stevia, xylitol

### Directions (Option 1 – Thick milk or cream):

1. Put all ingredients into a blender and process until smooth and creamy. For small seeds like sesame, it's best to grind first (in the blender before you add the liquid or in a small coffee grinder).
2. Add flavorings.

### Directions (Option 2 – Thinner milk):

1. Put all ingredients into a blender and process until smooth and creamy. For small seeds like sesame, it's best to grind first (in the blender before you add the liquid or in a small coffee grinder).
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add flavorings.

**Personal Note:** \***B4 Be Gone** members please be cautious of using sweeteners such as dates.



## Coconut Cream

### Ingredients:

- 1 cup shredded coconut
- 3 cups water
- 1/4 teaspoon almond extract (optional, tastes like marzipan with it)

### Directions:

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add almond extract.
5. Add stevia to desired sweetness.

## Pumpkin Seed Mint Milk

### Ingredients:

- 1 cup pumpkin seeds, soaked 4 hours or overnight
- 3 - 4 cups water
- 1 - 2 drops peppermint oil or 1/4 teaspoon mint flavor
- stevia to taste

### Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. If desired, you may strain mixture through cheesecloth or a nut milk muslin bag.
3. Try variations with other essential oils or natural flavor extracts.
4. Save the pulp for other recipes.

## Breakfast Entrées

### Blueberries and Cream

#### Ingredients:

- 1 cup blueberries, washed and sliced if desired
- 1/4 cup macadamia nuts
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 pinch of sea salt
- 1 pinch of stevia if desired
- 1/4 teaspoon vanilla extract

#### Directions:

1. Place nuts, water, salt and lemon juice in blender or **Vitamix**.
2. Blend on high speed for several minutes, or until mixture is smooth, thick, and creamy.
3. Adjust amount of water for desired consistency.
4. Spoon topping over berries and serve.

### Blueberry Blood Sugar Buster

#### Ingredients:

- 1 - 2 cups blueberries, fresh or frozen and thawed
- 1/4 cup shredded coconut or flesh of a fresh coconut, cut into blueberry-sized pieces
- 1 teaspoon cinnamon

#### Directions:

Toss all ingredients together in a bowl and enjoy.

**Personal Note:** Instead of coconut shreds, you can take 2 tablespoons *Coconut Cream* and blend with 1/4 cup water until creamy. Add cinnamon and 1/4 cup of the blueberries and blend. Pour over berries and serve.

## Blueberry Chia Porridge

### Ingredients:

- 1/4 recipe *Chia Gel*
- 1/2 cup fresh nut or seed milk (optional)
- 1 tablespoon flax seed, freshly ground (optional)
- 1/2 cup blueberries, quick pulsed in food processor or hand chopped
- 1/4 cup shredded unsweetened raw coconut
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- stevia if desired for extra sweetness

### Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in blueberries, coconut, and cardamom and stir well.
4. Check sweetness and add stevia if desired.

## Breakfast Medley (Cereal Substitute)

### Ingredients:

- 1 green apple, finely diced or any other fruit/berry of your choice in small pieces
- 1/8 - 1/4 cup almonds, soaked and chopped, or any other nut/seed of your choice
- 1/4-inch piece of ginger, minced and/or any other spices, flavorings or seasonings of your choice
- 1/4 cup lemon juice (or lime juice, grapefruit juice, or apple cider vinegar)

### Directions:

1. Combine all.
2. Fruit, herbs, and nuts can be chopped in a food processor or with a hand food chopper tool. I use one from ***Pampered Chef***.

**Personal Note:** This recipe is very satiating. I feel full for many hours after eating it.

## Chia Breakfast Medley

### Ingredients:

- 1/4 recipe *Chia Gel*
- 1 green apple, finely diced or any other fruit of your choice
- 1/8 - 1/4 cup almonds, soaked and chopped or any other nut or seed of your choice
- 1/4 cup lemon juice (or lime juice, grapefruit juice, or apple cider vinegar)
- 1/2 teaspoon cinnamon or any other spices, flavorings or seasonings of your choice
- 1/4 teaspoon almond extract or other essential oil or flavor of your choosing
- stevia if desired for extra sweetness

### Toppings: (your choice)

- coconut flakes
- hemp seeds
- flax seeds

### Optional Sauce:

- 1 tablespoon *Coconut Cream*
- 1/2 tablespoon flax oil
- 1/2 cup blueberries

### Sauce Directions:

1. Blend the ingredients until smooth.
2. Add water to thin if needed.

### Directions:

1. Put *Chia Gel* in a bowl.
2. Add apples, almonds, lemon juice, almond extract, and cinnamon. Stir until well combined.
3. Add water or nut milk and thin to desired consistency or top with optional sauce.
4. Check sweetness and add stevia if desired.

## Chia Gel

### Ingredients:

- 1/2 cup chia seed
- 2 1/2 cups water

### Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered. Shake or mix well.
2. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

**Personal Note:** This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

## Quick and Easy Chia Breakfast Pudding

### Ingredients:

- 1/2 cup chia seeds
- 2 1/2 - 3 cups flavored liquid (nut or seed milk, fresh pressed vegetable juice, a smoothie, or any combination of the above, with water if desired)
- 1 - 2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste
- 1 pinch sea salt
- 1 teaspoon cinnamon (optional) or other spice
- additional sweetener if needed: stevia, xylitol, blended blueberries

### Directions:

1. Soak chia seeds in water, juice, or smoothie for several hours or overnight. The longer you soak them, the more liquid you will need.
2. Once the chia seed has absorbed all of the liquid and expanded, it will be thick and gelatinous.
3. Add your choice of flavorings: vanilla powder, cinnamon, or other flavorings.
4. If desired, top with chopped nuts or seeds.

## Soups

**Note about Fats:** All soups can be made creamier by adding your choice of fat (these are optional) including choices such as:

- 1 avocado
- 2 tablespoons nut butter
- 1 tablespoon or more coconut butter
- 1 tablespoon or more tahini
- 1/4 cup soaked nuts or seeds

**Note about Heating:** If you feel that the raw soups are too “cold,” you can gently heat up your soups to 110°F using a stove, crock pot, electric skillet, or dehydrator.

### Basic Green Soup Recipe

**Ingredients:**

- 2 - 4 cups leafy greens
- 1 - 2 cups water
- 1/4 cup lemon or lime juice
- 1 piece of fruit (optional)
- seasonings
- herbs
- other vegetables like carrot, red bell pepper, tomato, cucumber

**Directions:**

Blend all together and adjust to taste.

## Cauliflower Soup

### Ingredients:

- 3 cups chopped cauliflower
- 2 tablespoons tahini
- 2 tablespoons raw apple cider or coconut vinegar
- 1/4 teaspoon sea salt
- 1/4 teaspoon kelp powder

### Seasoning Options: (choose one or more)

- 1 tablespoon nettle, horsetail, and/or alfalfa combination
- 1 tablespoon dried basil
- 2 - 3 drops lemongrass essential oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon curry powder

### Directions:

1. Blend first 5 ingredients.
2. Use “as is” or stir in one of the seasoning options.



## Coconut Curry Soup with Noodles

### Ingredients:

- 1 tablespoon lemongrass, dried
- 2 cups water, or broth from steaming vegetables
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, flaked
- 1/2 teaspoon sea salt, whole and unrefined
- 1/2 teaspoon curry paste (**Thai Kitchen Red Curry Paste** brand is pure)
- 1 package konjac or kelp noodles
- steamed or raw vegetables, or a combination of both

### Directions:

1. Put lemongrass and water into blender and blend well.
2. Strain lemongrass through a fine mesh strainer or nut milk bag.
3. Put liquid back in blender and add remaining ingredients.
4. Blend until smooth.
5. Pour over a bowl of lightly steamed, raw, or a combination of both types of vegetables.

## **Creamy Curried Broccoli Soup**

### **Ingredients:**

- 3 cups water
- 3 cups broccoli, stalks and florets
- 1 clove garlic
- 1/4 - 1/2 small onions
- 1 1/2 teaspoons kelp powder
- 3/4 teaspoon cumin powder
- 1 teaspoon curry powder
- 1 avocado (optional)

### **Directions:**

1. Add the ingredients to your blender and blend until creamy.
2. Adjust seasonings to taste and water to desired consistency.

## **Creamy Green Soup**

### **Ingredients:**

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 - 1 medium sized onion
- 1 avocado or 1/4 cup coconut meat (fresh or from jar)
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- water for steaming

### **Directions:**

1. Steam veggies until just tender and place in blender along with steaming water. Be careful not to burn yourself.
2. Blend until creamy.
3. Add avocado and blend again.
4. Add additional water if too thick.
5. Add a pinch of sea salt and a tablespoon of flax oil. Season to taste with basil, cilantro, or other favorite herbs.

## Curried Red Pepper Soup

### Ingredients:

- 3 red bell peppers
- 1 apple (optional)
- 1 avocado
- 1 bunch basil
- 1/8 cup Brazil nuts
- 1/3 red onion
- 1 clove garlic
- 2 tablespoons curry powder
- 1 sliver of hot pepper
- 3 teaspoons kelp powder
- 1 pinch sea salt, to taste
- 2 cups water

### Directions:

1. Dice 1 red bell pepper, 1/4 apple, and half the avocado.
2. Set aside in a bowl.
3. Blend the remaining ingredients until smooth and creamy.
4. Taste and adjust salt and seasonings to desired spiciness.
5. Pour blended soup over the chopped apple, pepper, and avocado.

**Personal Note:** This soup can be modified in many ways. By varying the spices, this creamy base can take on new and exciting flavors. Try substituting Italian seasoning or Mexican seasoning for the curry.

This soup base is also delicious served over diced vegetables: broccoli, cauliflower, kale, zucchini, and cabbage. If you do this, dice the vegetables and place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.

## Energy Soup

*(Adapted from one of Dr. Ann Wigmore's favorite recipes)*

### Ingredients:

- 2 cups sprouts, including sunflower seed greens
- 1 green apple
- 1 avocado
- 2 cups sauerkraut
- 1 beet
- 2 cups water or Rejuvelac
- 1/4 cup lemon juice

### Directions:

Blend and adjust to taste.

**Personal Note:** “Energy Soup” is a term Ann Wigmore used to describe her hearty blended green concoctions. They are basically the same as green soups except that they include sprouts, an apple, and an avocado. Ann Wigmore also used “Rejuvelac”, a fermented beverage containing microorganisms that assist digestion. You can substitute sauerkraut for the Rejuvelac to get the beneficial microorganisms, or you can simply use water or water with lemon juice.

## Green Gazpacho

### Ingredients:

- 8 tomatillos
- 1/2 large red pepper
- 1 clove garlic
- 2 tablespoons red onion
- 1 teaspoon raw apple cider vinegar or coconut vinegar
- 1 teaspoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon finely ground pepper
- 1 cup finely chopped cucumber
- 1/2 cup almond pulp

### Directions:

1. Put all ingredients into blender, reserving 1/2 cup cucumber.
2. Blend mixture until smooth and creamy.
3. Remove from blender and add the 1/2 cup cucumber.
4. Set in refrigerator to chill.

## Mediterranean Vegetable Soup

### Ingredients:

- 2 cups spinach
- 2 cups warm water
- 2 tablespoons lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper
- 2 cups chopped zucchini or yellow squash
- 1/2 cup chopped onion
- 2 cups diced tomatoes
- *Creamy Nut Cheese* (optional)

### Directions:

1. Blend spinach with water, lemon juice, and spices to make the soup base.
2. Place onion and zucchini in a bowl. Add 1/4 teaspoon salt and massage until they start to weep and soften. Be vigorous to really break down the cell walls.
3. Pour soup base over tomatoes and squash.
4. Gently heat to 110°F if desired.
5. Serve with a dollop of *Creamy Nut Cheese*.



## Quick Coconut Thai Soup

### Ingredients:

- 3 - 4 cups vegetables, your choice (broccoli, cauliflower, asparagus, cabbage, carrots, etc.)
- 1 small yellow onion, finely diced
- 2 cups water
- 2 tablespoons dried lemongrass
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, powdered
- 1/2 teaspoon sea salt
- 1 dash cayenne pepper
- 1 teaspoon ground turmeric
- 1 clove garlic, minced
- 1-inch piece of fresh ginger

### Directions:

1. Chop vegetables into small pieces.
2. Either steam vegetables until tender or sprinkle with salt and massage to soften. Place vegetables in a large bowl.
3. Blend water and dried lemongrass. Strain mixture through a fine mesh strainer, cheese cloth, or nut milk bag to remove the fibrous lemongrass particles.
4. Put lemongrass flavored water back in blender with the remaining coconut butter and seasonings and blend until you have a creamy soup base.
5. Adjust seasonings to your liking.
6. Add extra water to thin or extra coconut butter to thicken.
7. Pour soup base over your steamed/wilted vegetables and serve warm.

## Spicy Kale Soup

### Ingredients:

- 4 cups kale
- 1 clove garlic
- 1/4 cup lime juice
- 1/2 teaspoon cayenne
- 1/2-inch piece of ginger
- 2 cups water

### Directions:

1. Blend.
2. Add extra garlic, ginger, or cayenne to taste.
3. Play with the spices for variations.

## Spicy Lime Green Cilantro Soup

### Ingredients:

- 3 large handfuls spinach or green of choice
- 1 large handful cilantro
- 1 avocado or 1/4 cup almonds, soaked and rinsed
- 2 limes, juiced
- 1/2 Anaheim or poblano or other mild pepper
- 1/8 - 1/2 jalapeño or other hot pepper
- 2 cloves garlic
- 1 pinch sea salt, to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water

### Directions:

1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste.
3. Water can be increased or decreased according to the desired consistency.

## Salads

### Arame Carrot Salad

#### Ingredients:

- 1 cup arame sea vegetable
- 2 cloves garlic, crushed
- 2 tablespoons grated ginger
- 1 bunch basil, chopped
- 1 bunch cilantro, chopped
- 1 tablespoon olive oil
- 1 medium lime, juiced
- 1 medium lemon, juiced
- 1/4 cup water, from soaking arame
- 1 large or 2 small cucumbers, very thinly sliced
- 1 cup carrot, shredded (omit if they spike your blood sugar or replace with daikon)
- 1/4 teaspoon sea salt

#### Directions:

1. Soak arame for at least 10 minutes in enough water to cover, until it softens.
2. Combine garlic, ginger, basil and cilantro.
3. Juice lemon and lime.
4. Drain arame.
5. Combine lemon and lime juice with chopped garlic, ginger, cilantro and basil, sesame oil and enough soak water from the arame to make a salad dressing consistency.
6. Toss dressing over arame and shredded carrots. Serve as a side salad or over a bed of lettuce.

## **Bas-Avo-Cumber Salad**

### **Ingredients:**

- 2 - 3 cucumbers, chopped
- 1/2 - 1 avocado, chopped
- 1 handful fresh basil
- 1 drizzle of cold pressed virgin olive oil
- 1 splash of apple cider vinegar

### **Directions:**

Toss together for a quick and delicious salad.

## **BIG (Beautiful, Invigorating, and Green) Salad**

### **Ingredients:**

- 2 cups of your favorite mixed greens (lettuce; spring mix; kale; Asian greens; chards; collard greens; mustard greens; veggie tops – beet, turnip, carrot; wild greens; etc.)
- 1 cup of your favorite leafy or vegetable sprouts (alfalfa, clover, radish, broccoli, mustard, onion, arugula, sunflower, etc.)
- 2 tablespoons of your favorite nut or seed (sunflower, pumpkin, hemp, chia, sesame, flax)
- Colorful, eye-catching veggies as desired or permitted according to blood sugar testing results (carrots, peppers, celery, radish, cucumbers, etc.)

### **Directions:**

1. Toss together your favorite salad ingredients as your base and top with your favorite living foods dressing, dip, or sauce.
2. Sprinkle with nut or seed “cheese” if desired.
3. Add fresh herbs or wild greens if desired.

**Personal Note:** The more variety you can include in your salad base, the better. You should enjoy a salad that is as pleasing to the eye with lots of vegetable color as it is pleasing to the taste buds with freshness.

## Green Slaw with Thai Dressing

### Ingredients:

- 4 cups shredded raw greens: cabbage, kale, chard, collard, baby bok choy, any combination
- 1 teaspoon sea salt
- 1 medium red onion, thinly sliced
- 1 - 2 large carrots, shredded, or substitute daikon radish if you are sensitive to carrot
- 2-inch piece of lemongrass
- 2 - 3 limes juiced
- 2 tablespoons coconut butter
- 1/2 - 1 jalapeño pepper
- 1 bunch fresh cilantro

### Directions:

1. Put greens in a large bowl and sprinkle with salt. Massage greens until they are wilted.
2. Put lemongrass in blender with 1/2 cup water and blend until liquefied.
3. Strain through cheese cloth, a fine mesh strainer, or a nut milk bag.
4. Combine liquid from lemongrass with lime juice, coconut butter, and jalapeño in the blender and blend until smooth. Add water if needed.
5. Pulse in jalapeño and cilantro.
6. Shred carrots or daikon and thinly slice the red onion. Add to bowl with greens.
7. Pour dressing over the vegetables and massage in well. The greens should be wilted.
8. If possible, allow to sit for an hour before serving. Place a second bowl over the salad and put something heavy in it to press the dressing into the salad and allow the vegetables to fully absorb the flavors.

## Jerusalem Salad

### Ingredients:

- 1 cucumber, peeled and diced
- 2 medium tomatoes or 6 tomatillos, diced
- 1 handful parsley, roughly chopped
- 1/4 teaspoon kelp powder
- 3 tablespoons *Tahini Sauce*

### Directions:

1. Toss cucumbers, tomatoes and parsley in a bowl.
2. Add *Tahini Sauce* and toss to coat.

## Kale Salad

### Ingredients:

- 2 bunches kale
- 1/2 - 1 teaspoon sea salt

### Directions:

1. Remove stems from kale and cut into small pieces.
2. Sprinkle with salt and massage until wilted.
3. Place kale in a large bowl and top with your favorite dressing.

## **Sprout Salad**

### **Ingredients:**

- 4 cups green leafy sprouts, loosely packed (alfalfa, clover, sunflower, fenugreek, broccoli, radish etc.)
- 1/2 medium avocado, chopped
- 1 cup chopped cilantro sprigs (about 1 large bunch of cilantro - twist off large stems and save for blending or juicing)
- 2 tablespoon dulse flakes
- 1 lime, quartered

### **Directions:**

1. In a large bowl loosely toss all the salad ingredients so they are well combined.
2. Add a dressing of your choice, making to your desired consistency.
3. Serve and sprinkle with dulse flakes and garnish with lime wedges. Enjoy!

## **Wilted Arugula Spinach Salad**

### **Ingredients:**

- 1/2 pound baby spinach
- 1/2 pound baby arugula
- 1 cup sunflower sprouts
- 2 tablespoons lemon or lime juice
- 1/4 teaspoon sea salt
- 1 tablespoon flax oil

### **Directions:**

1. Rinse and chop greens and place in a bowl.
2. Cover greens with salt and massage until they wilt. Continue until the greens have shrunk in size and there is green water in the bowl.
3. Drain the liquid, reserving for later.
4. Add 1/2 the lemon juice and massage again.
5. In a separate bowl, combine remaining lemon juice and oil with a few teaspoons of the reserved liquid.
6. Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.



# Sandwiches, Wraps, and Rolls

## Basic Raw Food Sandwich Ideas

If you need a quick and satisfying lunch, it's easy to make a hypo-allergenic, whole, fresh food version of any traditional sandwich. Use these ideas to create gluten and dairy-free sandwiches that are nourishing and delicious.

Traditionally, sandwiches are built around the following ideas:

- Wrapper – bread, taco shell, burrito shell, or some sort of crust
- Filling – meat, cheese, tuna, or some sort of spread
- Sauce or topping – typically mayonnaise, mustard, ketchup
- Garnishes – tomato, lettuce, sprouts, relish and the like

### Wrapper Ideas:

- **“Bread”**: dehydrated crackers, jicama slices, tomato slices, turnip or rutabaga slices, sweet potato or winter squash slices
- **Roll-ups**: romaine lettuce leaves, collard greens, kale, chard leaves, cabbage, thinly sliced zucchini or summer squash, nori sheets
- **Boats**: hollowed out cucumbers, zucchini, or winter squash; romaine hearts; celery; red, yellow, or orange bell peppers

### Filling Ideas:

- Nut or seed patés, guacamole, nut or seed cheeses, ground up nut or vegetable burgers (taco “meat”)

### Topping Ideas:

- Nut or seed based sour cream, sauces and creamy dips, avocado based dips and sauces, grated or finely ground seeds

### Garnish Ideas:

- Grated, chopped, julienned or spiralized vegetables like carrots, celery, squash, beets, jicama, etc.

## Cauliflower Nori Rolls

### Ingredients:

- 4 sheets raw nori
- 1/2 head cauliflower
- 1 avocado, thinly sliced
- variation of any vegetables (grated or sliced in long thin strips): carrots, cucumbers, celery, sprouts, etc.

### Directions:

1. In food processor, grind cauliflower until grainy.
2. Place a thin layer of cauliflower on nori sheet. Spread to edges side to side and within 1 - 2 inches from top and bottom.
3. Place avocado slices and veggies in center of cauliflower.
4. Roll the nori sheet, pulling tight as you roll it up, and place a few drops of water along the seam to seal.
5. Cut with a serrated knife. Dip the knife in water before cutting.

## Collard Roll-Ups

### Ingredients:

- 2 - 3 collard green leaves, raw, blanched or lightly steamed
- 2 - 3 handfuls arugula (1 handful for each collard leaf)
- 2 - 3 small handfuls broccoli sprouts (1 handful for each collard leaf)
- 2 tablespoons sauerkraut for each collard leaf
- 2 tablespoons *Creamy Nut Cheese* or *Nacho Un-cheese* for each collard leaf, or you can substitute the nut cheese with any other raw dip or spread you have on hand

### Directions:

1. Lay out your collard leaf and fill with amazing and body-healing ingredients!
2. Essentially, you'll want to layer your ingredients, roll them up tight, and cut into chunks.

## Crispy Vegetable Boats

### Ingredients:

- 2 - 4 crisp romaine lettuce heart leaves or 1 cucumber, cut in half lengthwise and seeds scooped out (your “boats”)
- 1 handful sprouts (your choice) per boat
- 1 - 2 tablespoon of filling (dip, sauce, spread, paté, or “cheese”) per boat
- chopped veggies or herbs as desired

### Directions:

Spoon your fillings into your boat and top with sprouts and veggies as desired.

## Jicama Sandwich

### Ingredients:

- 2 large jicamas, peeled and sliced into 1/8-inch rounds
- 1 scoop paté or spread
- 1/2 avocado
- shredded romaine lettuce
- 1 tablespoon sauerkraut per jicama slice (optional)
- 1 cucumber cut into half-moon slices
- sunflower sprouts
- finely diced tomato or red bell pepper for topping
- kelp powder, to taste

### Directions:

1. Spoon spread onto each slice, enough to cover the jicama slice (maybe a teaspoon or so, depending on the size of the jicama).
2. Top with shredded lettuce.
3. Add a spoonful of sauerkraut on top of each jicama slice (optional).
4. Slice avocado and spread slices on top.
5. Sprinkle each with kelp powder and top with sprouts.
6. Add another jicama slice for traditional sandwich or leave open for open-faced sandwich.

## Red Bell Pepper Tacos with Sauerkraut and Sprouts

### Ingredients:

- 1 red bell pepper
- spring mix, baby arugula or baby spinach
- 4 tablespoons sauerkraut
- 1 tablespoon *Creamy Nut Cheese*
- broccoli sprouts or mixed sprouts
- finely diced vegetables (optional)

### Directions:

1. Cut pepper in half lengthwise.
2. Lay the two halves on a plate.
3. Cover with greens. Optionally, wilt the greens with a little salt massage.
4. Put two tablespoons sauerkraut on each half.
5. Spoon on *Creamy Nut Cheese* or put into a small plastic bag and cut a small hole in the corner. Squeeze the cheese over the top of the filled pepper to decorate (a pastry bag works too).
6. Top with sprouts and diced vegetables.

### Variations:

- Choose any filling or dip to fill the pepper

## Salad Bites

### Ingredients:

- 2 large tomatoes or cucumbers
- 1 recipe *Creamy Nut Cheese*
- 1 pinch of dried basil
- 1 pinch of garlic powder
- 1 handful of broccoli sprouts or other kind of sprout
- 1 pinch of kelp powder

### Directions:

1. Slice tomatoes or cucumbers about 1/4-inch thick.
2. Spoon *Creamy Nut Cheese* onto each slice, enough to cover (maybe a teaspoon or so, depending on the size of the tomato).
3. Add a sprinkle each of kelp powder, garlic powder, and dried basil.
4. Top with sprouts and eat.

## Stuffed Red Bell Pepper

### Ingredients:

- 1 red bell pepper
- 1/4 cup *Guacamole*
- baby greens
- sprouts
- 2 tablespoons finely diced celery and cucumber
- 1 tablespoon *Creamy Nut Cheese*

### Directions:

1. Cut pepper in half lengthwise.
2. Lay the two halves on a plate.
3. Cover with baby greens.
4. Equally divide the *Guacamole* on top of greens.
5. Top with sprouts and diced vegetables.
6. Put “cheese” into a small plastic bag and cut a small hole in the corner. Squeeze the cheese over the top of the filled pepper to decorate (a pastry bag works too).

### Variations:

- Choose any filling or dip to fill the pepper (e.g. “*Not*” *Tuna Salad* or *Creamy Pesto*).

## Veggies and Sides

### “Braised” Garlic Greens

#### Ingredients:

- 1 head kale, de-stemmed and shredded or chopped into small pieces
- 1 head collard greens, de-stemmed and shredded or chopped into small pieces
- 4 cups baby spinach, washed and drained
- 2 lemons, juice of
- 3 cloves garlic
- 1/4 cup macadamia nut or olive oil (optional)
- 1 teaspoon sea salt

#### Directions:

1. Rinse and chop greens and place in a bowl.
2. Cover greens with salt and massage until they wilt. Continue until the greens have shrunk in size and there is green water in the bowl.
3. Drain the liquid, reserving for later.
4. Add 1/2 the lemon juice and massage again.
5. In a separate bowl, combine remaining lemon juice and oil with a few teaspoons of the reserved liquid.
6. Press garlic into the juice/oil mixture and stir or shake well.
7. Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.
8. Allow to sit at room temperature for 15 minutes or longer, preferably in a salad press, or warm in dehydrator at 140°F for 15 - 30 minutes before serving.

**Personal Note:** Any combination of greens may be used in this recipe.

## Creamy Cilantro Mixed Veggies

### Ingredients:

- 1 cup broccoli
- 1 cup bok choy or other greens – your choice
- 1 - 2 carrots, shredded
- 1 stalk celery
- 1 large bell pepper
- 1/2 cup pumpkin seeds soaked 3 - 4 hours (or unsoaked, or **Go Raw Sprouted Pumpkin Seeds** if you forget to soak)
- 1/4 cup macadamia nuts or cashews
- 1/4 cup water
- 2 - 3 tablespoons of lemon or juice
- 1 cup cilantro
- 1/4 teaspoon Celtic, Himalayan, or pink salt
- 1 pinch of cayenne if desired

### Directions:

1. Cut veggies into bite-sized pieces and steam for 5 - 10 minutes, to desired degree of tenderness.
2. Blend seeds and all remaining ingredients until smooth and creamy. Thin to desired consistency with water if need be.
3. Pour sauce over vegetables and serve warm.



## **Green Beans Almandine – Steamed Version**

### **Ingredients:**

- 1 pound green beans, washed and trimmed
- 1/4 cup lime juice
- 1/4 cup Brazil nuts
- 1/4 cup hemp seeds
- 1/2 cup water
- 1 cup mushrooms, finely chopped
- 1/2 teaspoon sea salt
- 1 cup almonds, preferably soaked, rinsed and dehydrated

### **Directions:**

1. Place chopped mushrooms in a bowl and cover with salt. Massage well and let sit while preparing the remaining ingredients.
2. Place green beans in a steamer and steam briefly (5 minutes) until tender.
3. Combine green beans and mushrooms in a bowl or baking dish.
4. Blend Brazil nuts, hemp seeds, water, and lime juice until creamy like a nut cheese.
5. Pour thinned nut cheese over beans and mushrooms and toss well.
6. Pulse-chop or slice almonds into small pieces, and mix into green beans and mushrooms.

**Personal Note:** Any other vegetable can be used to substitute for the green beans.

## Green Pancakes

### Ingredients:

- 1/2 cup water
- 1 tablespoon psyllium
- 2 1/2 pounds broccoli stems
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 medium onion
- olive oil to oil the baking tray

### Directions:

1. Insert the coarse grater disc into the food processor and grate the broccoli stems.
2. Shred or thinly slice the onion and add to bowl with the broccoli.
3. Blend the psyllium, pepper and salt and add to the bowl of broccoli and onions.  
Mix well with hands.
4. Form into patties and place on a lightly oiled baking tray.
5. Bake for 30 minutes at 375°F.

## Hot and Sour Broccoli

### Ingredients:

- 4 cups broccoli florets, chopped
- 1 teaspoon sea salt
- 3 tablespoons apple cider vinegar
- 2 tablespoons coconut butter
- 1/2 teaspoon garlic granules
- 1 pinch cayenne
- 1/2 cup onion, minced
- 1/4 cup sunflower seeds

### Directions:

1. Place chopped broccoli in a bowl.
2. Sprinkle salt over broccoli and massage firmly until broccoli begins to wilt.
3. Blend coconut butter with vinegar, cayenne, and garlic until creamy.
4. Add onion and sunflower seeds and stir until combined.
5. Set aside to marinate.

### Variation:

- Substitute sesame seeds for sunflower seeds and add 4 drops of sesame oil.

## Jicama Chips

### Ingredients:

- 1 large jicama, peeled and sliced into 1/8-inch rounds

### Directions:

1. Stack the jicama slices and cut in half. Depending on the size, cut the halves into 2 or 3 tortilla-like shapes.
2. Place in a bowl and serve with your favorite raw food dip or spread.

## **Liver Cleansing Burdock Dandelion Sauté**

### **Ingredients:**

- burdock root, shredded
- 1 medium onion, thinly sliced
- 1 cup water, or more as needed
- 4 teaspoons lemon juice
- 1 teaspoon sea salt
- 1 bunch dandelion
- 1 clove garlic
- 2 tablespoons dried dill or 1/4 cup fresh, finely minced

### **Directions:**

1. Simmer burdock and onion together with lemon juice and salt until most of the water is evaporated and vegetables are soft, about 30 minutes.
2. Finely chop dandelion and steam until just wilted.
3. When burdock and onion are just soft, add to skillet with dandelion.
4. Press garlic over dandelion.
5. Add dill and toss with vegetables. Simmer for 1 - 2 minutes to just warm the garlic and dill.
6. Salt to taste.

## **Mediterranean Stir Fried Vegetables**

### **Ingredients:**

- 1 large red onion, finely chopped
- 2 medium zucchini, sliced diagonally
- 1 small red or orange bell pepper, thinly sliced and cut into 1/2-inch pieces
- 1 large portobello mushroom cap, stemmed and thinly sliced (optional)
- 3 cups organic spinach or your choice of greens
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- 1/4 teaspoon sea salt
- 1 teaspoon olive oil (optional)
- 1/4 cup kalamata olives, raw and water processed (optional)

### **Directions:**

1. Place onions and mushrooms in a bowl and sprinkle with salt. Gently massage the salt until the mushrooms and onions begin to soften.
2. Steam zucchini and peppers until just soft.
3. Put all ingredients except olive oil in a bowl and mix well.
4. Put 1/4 cup steam water in a skillet and add the vegetables. Cook, stirring continuously until everything is warm.
5. Turn off flame and stir in olive oil if using.
6. Salt to taste.

## **Mixed Vegetables with Creamy Cheddar Sauce**

### **Ingredients:**

- 1 cup cauliflower
- 1 cup greens – your choice
- 1 cup shredded cabbage
- 1 daikon radish, shredded
- 1 large bell pepper
- 1/2 cup Brazil nuts soaked 3 - 4 hours (or unsoaked if you forget to soak)
- 2 - 3 tablespoons of lemon or juice
- 1/4 teaspoon turmeric
- 1/4 teaspoon Celtic, Himalayan, or pink salt

### **Directions:**

1. Cut cauliflower and greens into bite-sized pieces and steam with shredded cabbage and daikon for 5 - 10 minutes to desired degree of tenderness.
2. Blend all remaining ingredients until smooth and creamy. Thin to desired consistency with water if need be.
3. Cut the bell pepper into small chunks and place in blender.
4. Blend on high speed until the pepper has been liquefied.
5. Place nuts in blender with the pepper and blend until creamy.
6. Add lemon juice, salt and seasonings to taste.
7. Add a bit of cayenne and garlic for extra zip (optional).
8. Pour sauce over vegetables and serve warm.

## Mixed Vegetables with Thai Coconut Sauce

### Ingredients:

- 1 head organic broccoli
- 1 bunch organic kale
- 1 carrot
- 1/2 cup coconut pulp from young Thai coconut or 1/8 cup coconut butter
- 1/3 cup coconut water or water
- 1/4 cup raw macadamia nuts, soaked for 3 hours or unsoaked
- 1 clove garlic
- 2 tablespoons lime juice
- 1/4 teaspoon sea salt
- 1/2 teaspoon turmeric
- 1 pinch of cayenne if desired

### Directions:

1. Cut vegetables into bite-sized pieces and steam for 5 - 10 minutes to desired degree of tenderness.
2. Blend all remaining ingredients until smooth and creamy. Thin to desired consistency with water if need be.
3. Pour sauce over vegetables and serve warm.

## "Noodles"

### Ingredient Variations:

- zucchini or yellow squash, peeled if desired
- jicama
- winter squash
- carrots
- daikon radish
- yams or sweet potatoes
- turnips
- rutabagas

### Directions:

1. Use any combination of firm vegetables or tubers.
2. Using a spiral vegetable slicer, create noodles.
3. A mandolin or food processor can be used to create thin strips, but they will be only as long as the vegetables used, so zucchini and yellow squash are the best choices.
4. Using a variety of vegetables creates a pretty rainbow of color.
5. If the "noodles" are too hard, pour a little salt over them and allow them to sit at room temperature for a few minutes until softened.
6. Cabbage can be cut into 1-inch by 1/4-inch pieces and used in place of small "macaroni" shaped pasta. Be sure to cover with salt to soften before using cabbage.
7. Top with a favorite sauce.

**Personal Note:** The **Saladacco Spiralizer** creates angel hair- like noodles while the **Spirooli Spiral Slicer** makes fettuccini-like noodles. A hand cranked potato peeler can accomplish similar results, although the results are not as uniform.



## Noodles with Pesto Sauce

### Ingredients:

- 1 large zucchini or yellow squash (or use kelp or konjac noodles)
- 1 recipe of *Creamy Pesto Sauce*
- 1/4 teaspoon sea salt

### Directions:

1. Peel squash and use a spiral vegetable slicer or a potato peeler to process the squash to noodle-like consistency (see “*Noodles*” recipe for details). If using kelp or konjac noodles, rinse and drain.
2. Place noodles in a bowl and sprinkle with 1/4 teaspoon salt. Massage lightly to coat the squash with salt and begin to release the juices. Set aside while making the sauce.
3. Combine sauce with noodles and adjust to taste.

# Spreads, Patés, Dips, Dressings & Sauces:

## Basic Guidelines

Nut dips are not only very filling, satisfying, and nutritious, but they're also rich in antioxidants, minerals and fatty acids. They make excellent sandwich fillings and dips. When made using your "rare foods" they are excellent fillers during an elimination diet. Keep them simple. As little as 3 ingredients can be processed together to make delicious and filling spreads. The consistency of paté is similar to tuna salad and can be used the same way, while dips, sauces, and dressings are thinner and creamier.

I encourage you to take the basic recipe guidelines and run with them, creating your own unique variations based on food tolerances. Feel free to substitute ingredients in the recipes based on your allergies.

## Ingredients for Creating Ethnic Variations:

- **Indian:** cumin, turmeric, ginger, coriander, garam masala and curry powder
- **Thai:** lime juice, cilantro, ginger, galangal, lemongrass, and coconut or even a pre-mixed Thai curry spice mix. **Note:** If you're gluten or MSG sensitive, make sure you read the labels of your seasonings before you put them in your shopping basket and recipes.
- **Italian:** garlic, basil, oregano, rosemary, thyme or a pre-mixed package
- **Mexican:** chili powder, cilantro, jalapeño, cumin, and oregano

## Adjusting for Calories and Texture:

The proportion of nuts and seeds to vegetables can be varied from recipe to recipe. Adjust the quantity of nuts and seeds based on your caloric needs and the texture you're trying to achieve.

- **Thin and active and need more calories:** Lean more towards using a greater portion of nuts and seeds.
- **Wanting to shed unwanted extra weight:** Lean towards more vegetables.
- **Texture:** Creamier results require a higher proportion of nuts. Almonds are denser and grittier than macadamia nuts and cashew nuts, and thus yield a less creamy consistency.

## Preparing Nuts and Seeds for Recipes

Nuts and seeds are easier to digest and more nutritious if you activate them first. When you cover them in water and let them soak, the germination process begins. The enzyme inhibitors, which keep the nut or seed from sprouting, are deactivated and the proteins and fats begin to break down into smaller molecules. The nuts and seeds are then easier to digest.

### To Activate Nuts and Seeds:

1. Place them in a glass jar or ceramic bowl and completely cover with enough water to allow for doubling in size.
2. Soak on kitchen counter or in the refrigerator for 4 hours or up to 8 hours. Harder nuts like almonds and hazelnuts require longer soaking time while softer and more delicate nuts and seeds require less time.
3. Rinse and drain.
4. You can use them immediately, or you can leave them in the strainer and allow them to begin to sprout.
  - Sunflower seeds sprout in 4 - 6 hours.
  - Almonds don't fully sprout, but develop a short tail.
  - Macadamia nuts don't sprout at all. They turn mushy if left in water too long. It's less important to soak the nuts that don't have skins like macadamia nuts and cashews. In fact, soaking either of these for too long causes them to get really mushy and lose their taste.

Activated nuts can be stored in the refrigerator for up to 4 days. After that, they begin to get moldy. If you have a dehydrator, you can dehydrate the activated nuts for a couple of days, then store in the freezer. This way, you can just use what you need without having to soak in advance. Some people soak a pound or two of nuts for 4 - 8 hours then dehydrate so they always have a handy supply of activated nuts.

Once you get the hang of the basic recipe, you can whip out a dip, sauce, or dressing in a matter of minutes. I taught it to my son when he was 11. He makes the *Basic Creamy Dip Base* as a dip and a cheese for a quick pizza.

## Basic Creamy Dip Base

### Ingredients:

- 1 cup soaked nuts (cashews and macadamia nuts make the creamiest dips and sauces. My favorite is 1/2 and 1/2 macadamia and cashew. Almonds have a nice flavor but are not quite as creamy. Mixing them half and half with cashews or macadamia nuts works well, but changes the color from white to purplish).
- 1 lemon or lime, juice of, or to taste
- 1/4 teaspoon sea salt, or to taste
- 1/3 - 1/2 cup water - depending on thickness desired

### Directions:

1. Place nuts in blender with lemon or lime juice, 1/3 cup of water, and sea salt.
2. Blend until creamy.
3. Add water slowly, if needed, to create the desired consistency. This should have the consistency of sour cream, yogurt, or mayonnaise.
4. **Vitamix** and **Blendtec** blenders create the creamiest results, but most good blenders will do a good job if you process them long enough. If the blender starts to heat the ingredients too much, turn it off and let it rest for a little while before continuing.

### Variations:

- For a cheddar cheese-like sauce, cut a red bell pepper into chunks and put in blender. Blend until it liquefies. Add the nuts, salt and lemon juice and omit the water. Add more nuts to thicken if the result is too thin. Add water if it's too thick.
- Peel and cut a cucumber and blend until liquefied. Add nuts, salt and lemon juice and omit or reduce the water.
- Increase or decrease the lemon or lime juice according to desired degree of sourness.
- Finely chop an onion for a traditional onion dip flavor. Stir in the onions a small amount at a time to prevent the onions from overpowering the dip.
- Add herbs after making the sauce: garlic, chives, dill, and basil are just a few ideas. Garlic dill and garlic chive are amongst my favorites.
- Add ethnic themed spices or a packaged pre-mix (read the ingredient label first).

## Basic Paté Base

### Ingredients:

- 1 - 2 cups nuts or seeds\*, either a combination or a single type
- 1 - 4 cups vegetables (e.g. carrots, celery, cabbage, tomatoes, onions)
- a few tablespoons to a cup or more of fresh herbs (optional)
- a few teaspoons to a couple of tablespoons dried herbs and spices (optional)
- 1 - 2 teaspoons or to taste of unrefined sea salt (good choices are Celtic or Himalayan salt, pink salt, Hawaiian sea salt, or sea salt water)
- 1- 2 tablespoons cold processed unrefined oil\*\* (optional)

### Direction Variations (Choose one, according to desired texture):

1. Cut vegetables into 1-inch pieces. Place all ingredients into food processor and process to desired consistency. Season to taste.
2. Pulse-chop vegetables to small pieces (minced). Pulse-chop herbs to mince. Put nuts and/or seeds into food processor and process to desired consistency. Add vegetables and herbs and season to taste.
3. Put all ingredients through a juicer with the blank screen in place or blend and strain through a nut milk bag. Season to taste.

### Personal Notes:

\*Nuts and seeds are usually soaked 6 hours or overnight, and then rinsed with a few exceptions. To achieve a rich creamy consistency, as in walnut or pine nut pesto, the nuts may be used unsoaked. Sesame seeds and hemp seeds are usually not soaked, but may be if desired. Flax seeds generally don't make good patés because of their tendency to soak up water and create a sticky or gummy consistency.

\*\*Your choice of oil depends on the taste desired. Olive oil, coconut oil, macadamia nut oil, pumpkin seed oil, and sesame oil are all good choices, as long as they are cold pressed and kept protected from high heat, light, and air. I do not use flax oil in patés because it is extremely sensitive to temperature and air exposure; I use it only when I'm going to eat immediately. This may be a good tip for you to follow as well.

## Spreads and Pâté

### Mock Salmon

#### Ingredients:

- 2 cups walnuts
- 2 stalks celery
- 1 large red bell pepper or 1 - 2 carrots
- 1/2 teaspoon sea salt
- 1 teaspoon powdered dulse (optional)

#### Directions:

1. Put all ingredients in food processor.
2. Process until smooth.
3. Adjust seasonings to taste.

## “Not” Tuna Salad

### Ingredients:

- 1/2 cup sunflower seeds, soaked 6 hours or overnight
- 1/2 cup almonds, soaked 6 hours or overnight
- 2 tablespoons water
- 2 stalks celery, minced
- 1 tablespoon onion, minced
- 1/4 cup parsley, minced
- 1 teaspoon dried tarragon
- 1 tablespoon lemon juice
- 1 teaspoon powdered dulse
- 1/4 teaspoon Celtic, Himalayan, or pink salt
- “Mayonnaise” (optional)

### Directions:

1. Place sunflower seeds, almonds and water in food processor and process into a paste.
2. Transfer to a small mixing bowl and stir in remaining ingredients.
3. Mix well.
4. Adjust seasonings to taste.
5. Stir in “Mayonnaise” if desired.

## Dips

### Broccoli Hummus

**Ingredients:**

- 2 cups broccoli, stalks or florets or both may be used
- 6 tablespoons tahini
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt

**Directions:**

1. Peel the outer skin of the broccoli stalks, if using them.
2. Place all ingredients in food processor and process until smooth.



## **Creamy Cheddar Dip**

### **Ingredients:**

- 1 large bell pepper
- 1 cup cashews or macadamia nuts (or a 1/2 cup of each), soaked 3 - 4 hours
- 1/2 - 1 lime or lemon, juice of, depending on size (2 - 3 tablespoons)
- 1/4 teaspoon Celtic, Himalayan, or pink salt

### **Directions:**

1. Cut the bell pepper into small chunks and place in blender.
2. Blend on high speed until the pepper has been liquefied.
3. Place nuts in blender with the pepper and blend until creamy.
4. Add lemon juice and salt to taste.
5. If need be, adjust to desired consistency by adding water to thin, or additional nuts to thicken.

### **Variations:**

- Any nut or seed, or even avocado, can be substituted for variety.
- Paprika, cayenne, and chili powder can be added to make a spicy nacho cheese dip.

## Creamy Nut Cheese

### Ingredients:

- 1 cup cashews, macadamia nuts or a combination, soaked 4 - 6 hours if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor

### Directions:

1. Put all ingredients into blender or **Vitamix**.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

### Other Variations:

- Other nuts, like pine nut, Brazil nuts or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.

## Cucumber Dip

### Ingredients:

- 2 cucumbers, peeled and cut
- 1 small avocado
- 2 tablespoons dill
- 1 teaspoon sea salt
- 1 clove garlic (optional)

### Directions:

1. Blend all ingredients in food processor or blender until smooth and creamy.
2. Adjust to desired thickness by adding water or additional avocado.

## Dillicious Dip

### Ingredients:

- 1/2 cup raw cashews
- 1/2 cup raw macadamia nuts
- 1 large lemon, juiced
- 1/4 teaspoon sea salt
- 1/2 cup water
- 1 clove garlic, crushed in a garlic press or 1/4 teaspoon granulated garlic
- 1/4 cup dried dill or 1 cup fresh dill, finely minced

### Directions:

1. Place cashews and macadamia nuts in blender with lemon juice, salt, and water and blend well on high speed.
2. Add additional water if needed to achieve desired consistency.

## Guacamole

### Ingredients:

- 3 medium avocados
- 1 lemon, juice of
- 1/2 teaspoon sea salt
- 1/4 cup cilantro, finely minced

### Directions:

1. Put avocado and lemon juice in a bowl and mash with a potato masher or fork until smooth.
2. Add salt cilantro and stir well.
3. Adjust lemon and salt to taste.

## Sour 'Cream'

### Ingredients:

- 1 cup nuts suitable to your elimination diet\*
- 1/4 cup lemon juice, or more for a more 'sour' cream
- 1/4 - 1/2 cup water
- 1/4 teaspoon Himalayan salt, or other whole, unrefined salt

### Directions:

4. Place nuts in blender and grind to powder on high speed. If nuts are soaked, or you are using a **Vitamix** or other high speed blender, skip this step.
5. Add 1/4 cup of water, salt, lemon juice, and miso (if desired).
6. Blend on high speed for several minutes. Mixture should be thick and creamy.
7. Adjust amount of water to achieve desired consistency. You can add more lemon if a more sour cream is desired.

**Personal Note:** \*A combination of cashews, pine nuts, and macadamia nuts are best under normal, non-program circumstances, but substitute as needed according.

## Dressings and Sauces:

### Asian Stir Fry Sauce

#### Ingredients:

- 1 tablespoon coconut oil
- 1/4 teaspoon sesame oil, toasted
- 2 tablespoons lime juice
- 1 tablespoon coconut aminos (soy sauce equivalent)
- 1/2-inch ginger root, minced
- 1 green onion
- 1/2 cup water
- 1 pinch of sea salt, to taste

#### Directions:

1. Blend all ingredients.
2. Serve over wilted greens, finely chopped raw vegetables or steamed vegetables.

### Avocado Green Dressing

#### Ingredients:

- 1 large avocado
- 2 cups spinach or other mild green, finely chopped (if preparing without a **Vitamix**)
- 1/2 green apple (optional)
- 1/2 lime, juice of
- 1 1/2 cups water
- 1/2 teaspoon cayenne pepper
- 1 teaspoon sea salt

#### Directions:

Blend all ingredients until smooth and creamy.

**Personal Note:** Add a handful of dill, cilantro, or basil for additional flavor.

## **Creamy Cheddar Sauce**

### **Ingredients:**

- 1 large bell pepper
- 1/2 cup Brazil nuts soaked 3 - 4 hours (or unsoaked if you forget to soak)
- 2 - 3 tablespoons of lemon or juice
- 1/4 teaspoon turmeric
- 1/4 teaspoon Celtic, Himalayan, or pink salt

### **Directions:**

1. Cut the bell pepper into small chunks and place in blender.
2. Blend on high speed until the pepper has been liquefied.
3. Place remaining ingredients in blender and blend until creamy and smooth.
4. Thin to desired consistency with water if need be.
5. If desired add lemon juice, salt, and seasonings to taste.
6. Add a bit of cayenne and garlic for extra zip (optional).
7. Pour sauce over vegetables and serve warm.

## **Creamy Cilantro Lime Dressing**

### **Ingredients:**

- 1 avocado
- 1/4 cup cilantro leaves, packed
- 1/4 cup water
- 3 tablespoons lime juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons chopped green onions
- 1/4 teaspoon sea salt

### **Directions:**

Blend all ingredients in food processor, scraping sides down as necessary.

## **Creamy Garlic Salad Dressing**

### **Ingredients:**

- 1/2 cup sunflower seeds soaked 6 hours or overnight
- 1/4 cup flax oil
- 1/4 cup lemon juice
- 1 teaspoon dried mustard
- 1 clove garlic
- water, to desired consistency

### **Directions:**

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Start with 1/2 cup water and adjust to taste.
3. Add additional seasonings if desired.

### **Variations:**

- **Italian:** Add 1/2 teaspoon each dried basil, oregano and thyme and a clove of garlic.
- **Asian:** Use sesame oil, some miso, ginger and some tamari if desired.
- **Mexican:** Use lime juice instead of lemon and add cilantro, cayenne, and cumin.
- **Thai:** Substitute lime juice and add coconut, lemongrass, cilantro, ginger, garlic and a dash of cayenne.

## **Creamy Pesto Sauce**

### **Ingredients:**

- 1 large bunch basil
- 3/4 cup pumpkin seeds, soaked 6 hours or overnight
- 1/4 cup pine nuts or macadamia nuts
- 2 cloves garlic
- 1/2 teaspoon Celtic, Himalayan, or pink salt

### **Directions:**

1. Put all ingredients in food processor.
2. Process until nearly smooth, leaving a bit of texture.
3. Adjust seasonings to taste.

## **Creamy Tahini Dressing**

### **Ingredients:**

- 1/2 cup raw sesame tahini (a.k.a. sesame butter)
- 1 lemon, juiced
- 1 clove garlic
- 1 cup water
- 1/4 teaspoon kelp powder
- 1/2 teaspoon sea salt, or to taste

### **Directions:**

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Add extra water if needed. Dressing will keep for 3 - 5 days.



## “Mayonnaise”

### Ingredients:

- 1 recipe *Creamy Nut Cheese*
- 1 teaspoon apple cider vinegar
- extra water as needed

### Directions:

1. Combine the *Creamy Nut Cheese* recipe with apple cider vinegar.
2. Add as much extra water as needed to make “mayonnaise”.

## Tahini Sauce

### Ingredients:

- 1/4 cup raw tahini
- 1/4 cup water
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon sea salt

### Directions:

Blend all ingredients in blender or use a whisk to blend by hand.

## Desserts & Goodies

### Carob Brownies: Low-Glycemic

#### Ingredients:

- 2 cups almonds, ground to a powder
- 1/4 teaspoon sea salt
- 1/4 cup chia seeds, ground
- 1/4 cup raw carob powder
- 2 tablespoons ground butternut squash
- 20 - 22 drops **Sweet Leaf Whole Leaf Stevia Concentrate**
- 1 teaspoon vanilla extract

#### Directions:

1. Process almonds, salt, chia seeds and carob powder in a food processor until thoroughly combined.
2. Add the squash, stevia, and vanilla extract.
3. Pulse a few times, and then process the mixture until it begins to stick together like a dough.
4. Press the mixture into a parchment paper lined 6-inch square pan and refrigerate for at least 2 hours.
5. Remove from pan by pulling the parchment paper up.
6. Slice and enjoy.

**Personal Note:** When adding the stevia drops, start with the smaller amount, mix and taste. Add more, one drop at a time, if more sweetness is desired.

## Carob Mint Candy: Low-Glycemic

### Ingredients:

- 2 tablespoons almond butter, smooth
- 2 tablespoons coconut oil, melted
- 1/32 teaspoon sea salt, (a smidgen)
- 6 drops **Sweet Leaf Whole Leaf Stevia Concentrate**
- 1 tablespoon raw carob powder (toasted would not taste good)
- 2 drops peppermint essential oil, food grade
- 3 drops orange essential oil, food grade
- 1/4 teaspoon maca powder (optional)

### Directions:

1. Whisk or stir all ingredients in a bowl.
2. Spoon into candy molds or onto parchment paper.
3. Freeze for 30 minutes.
4. Enjoy!

## Green Sorbet or Popsicle

### Ingredients:

- Your favorite green smoothie recipe

### Directions & Variations:

1. Put smoothie mixture into the container of an ice cream maker and follow manufacturer's instructions. Enjoy the refreshingly delicious and nutritious sorbet.
2. Freeze smoothie in ice cube trays. When frozen, remove from ice cube trays and process in food processor or **Vitamix** until smooth. You may need to add a small amount of liquid to help it process.
3. Get a snow cone maker and freeze smoothie into either ice cube trays or the special containers recommended for your unit. Make snow cones as directed.
4. Freeze smoothies into popsicle molds.

**Personal Note:** Almost any green smoothie recipe can be turned into a delicious frozen dessert. What an incredibly tasty and satisfying way to add more greens to your diet!

## Low-Glycemic, Gluten-Free Cookies

### Ingredients:

- 1 cup pecans
- 1/2 cup almonds, soaked overnight, rinsed and drained
- 1 cup unsweetened dried coconut
- 1 tablespoon *Chia Gel*
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 1 pinch sea salt
- 10 - 15 drops stevia concentrate, to taste (***Sweet Leaf***)

### Directions:

1. Process pecans, almonds, coconut, and chia gel with salt and spices in food processor until they are completely chopped. Mixture should be a little coarse and should hold together. If needed, add 1 or 2 tablespoons of water.
2. Shape by hand or roll or press dough onto non-stick sheets and use cookie cutters to make into desired shapes.
3. Place in freezer until they are firm.

## About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on Nutrition and Health. She's an author, speaker and health practitioner with over 2 decades of experience with empowering health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well. She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

As the mom of 2 energetic boys, raised on whole plant based foods, she has developed routines and recipes that kids of all ages love.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at [www.DrRitamarie.com](http://www.DrRitamarie.com).

Once you have your food allergies identified and managed, consider methods for balancing your blood sugar to further flatten your belly, focus your mind, and skyrocket your energy. For a free set of videos and protocols for overcoming or protecting yourself from insulin resistance and blood sugar imbalances, visit [www.B4BeGone.com](http://www.B4BeGone.com).