

"Alphabet" Soup: Recipes and Foods for Optimizing Your Vitamin Intake

With Dr. Ritamarie Loscalzo



Recipes

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Recipes

Cream of Mushroom Alphabet Soup

Broth Ingredients:

- 1/4 cup hemp seed, preferably soaked and rinsed
- 1/4 cup sunflower seed, preferably soaked and rinsed
- 1/2 cup Brazil nuts, preferably soaked and rinsed
- 1 cup of mushrooms
- 1/4 - 1/2 teaspoon kelp powder, to taste
- 1/2 carrot
- 1/4 jalapeño (small amount)
- 1 tomatillo, optional
- 2 tablespoons lemon juice
- 1/4 - 1/2 teaspoon curry powder
- 1/2 teaspoon ume vinegar
- 1 cup water

Vegetable Ingredients:

- 1/2 carrot
- 1/2 sweet potato
- 4 cups spinach
- 1 - 2 cups broccoli
- 1 package konjac noodles, rinsed and drained, optional

Directions:

1. Place broth ingredients in your blender and blend.
2. Wash spinach and let drain.
3. Put spinach in glass bowl with a little sea salt. Massage.
4. Grate up carrots. Shred or pulse chop broccoli.
5. Peel sweet potato. Process half of the sweet potato in a food processor using a fine shred attachment.
6. Put carrots, broccoli, and sweet potato in a bowl with spinach and massage a bit.
7. Add konjac noodles to veggies in bowl.
8. Add broth and stir until well combined.

Personal Note: You can also try different spice variations with ginger, curry, and/or Italian seasoning.

Spicy Green Salad Dressing

Ingredients:

- 2 stalks celery
- 1 cucumber
- 1 tomatillo
- 2 handfuls of arugula
- 2/3 cup *Creamy Nut Cheese*
- 1 pinch sea salt
- 1 pinch cayenne, optional

Directions:

Blend everything together in a blender.

Personal Note: You can make this (or any dressing) a dip by changing the liquid content. To make this thicker for a dip, add more nuts, seeds, or avocado. For a more sour flavor, add lemon or lime juice or an alkalizing vinegar like ume plum, apple cider, or coconut.

Cheddar Chipotle Dip

Ingredients:

- 1 red bell pepper
- 1/4 cup sunflower seeds
- 1/2 cup mixed nuts (dehydrated), your choice
- 1/4 teaspoon chipotle or cayenne, optional if you like it spicy
- 1 pinch of sea salt or kelp powder, to taste

Directions:

1. Put red bell pepper in blender and blend until liquefied.
2. Add remaining ingredients and blend until smooth and creamy.

Garlic Dill Dip

Ingredients:

- 1 cup *Creamy Nut Cheese*
- 1 teaspoon garlic powder
- 1 tablespoon dill

Directions:

Put all ingredients in blender and blend until creamy.

Cream of Onion Dip

Ingredients:

- 1 cup *Creamy Nut Cheese*
- 1 tablespoon onion powder

Directions:

Put all ingredients in blender and blend until creamy. If overspiced, add more dip base.

Quick and Easy Vitamin Rich Salad

Ingredients:

- 1 - 2 handfuls of leafy greens, your choice – kale, spinach, arugula, mixed greens
- 2 tablespoons of sauerkraut
- dip or dressing of your choice

Directions:

1. Wilt greens by massaging with salt or lemon juice.
2. Top with sauerkraut and dressing or dip.
3. Stir well to combine.

Dessert Halvah

Ingredients:

- 2 tablespoons tahini
- 2 tablespoons coconut butter
- 1 - 2 teaspoons cinnamon
- 1 - 2 tablespoons cacao or carob, optional
- 1/4 teaspoon vanilla
- 1/4 teaspoon kelp powder
- 5 drops hazelnut or other liquid stevia

Directions:

Blend everything together in a blender.

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.

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

Dr. Ritamarie's Health and Nutrition Books and Programs

Sweet Spot Solution Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. www.TheSweetSpotSolution.com

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCareLab.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally.

www.BodyFREEDOMNutritionLab.com

Energy Recharge Coaching Inner Circle: Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams.

<http://www.EnergyRechargeCoaching.com>

Find all the Resources You Need for Natural Healing

Based on Leading-Edge Science

<http://www.DrRitamarie.com>