

G.R.A.N.D.

GUT REPAIR & ALKALIZING NUTRITION FOR DIGESTION



RECIPE COLLECTION



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Introduction to the Recipe Collection

The *GRAND Recipe Collection* is designed to be used in tandem with *The GRAND Menu Guidelines*. This e-book recipe collection is full of delicious, nutritionally dense recipes that will:

- Repair and optimize your digestion
- Keep your blood sugar nice and steady
- Help reduce inflammation
- Nourish your glands, organs, and immune system

The more you use these gut healing recipes, the more you will feel energized, clear-headed, and move closer and closer to your ideal weight.

The recipes in this collection are made with ingredients that are low in sugar and carbohydrates to keep your blood sugar from spiking and feeding unfriendly gut organisms. All of the recipes are free of sugar, dairy, grains, and gluten. Most of the recipes have no fruit, and those that contain fruit use low-sugar fruits like blueberries, green apple, and grapefruit.

The recipe collection was designed to be used in conjunction with the ***GRAND Program***. The goal is to make mealtime a pleasure, give you lots of options, and offer meals that are filling and satisfying, friendly to your gut and without excess calories, fat, or sugar. Many of the recipes in this collection can be mixed and matched, so while there are already hundreds of starting points, the possibilities for variation and personalization are endless!

Enjoy the journey!

Dr. Ritamarie



Using the Recipe Collection

Tips:

- **Document Tips:** Though all of the recipes are gut-healing, any of the recipes that are particularly infused with gut-friendly ingredients are highlighted to make them easy to find. Any time a recipe from this collection is used as an ingredient in another recipe, you'll find its title in *italics*. Any time a specific brand of product is mentioned, you'll find its name in ***bold italics***.

For example:

Ingredients:

- 32 ounces water
- 1 tablespoon ***Sunwarrior Ormus Greens***
- 1 tablespoon ***Healthforce Nutritionals Vitamineral Green***
- 1 tablespoon maca powder
- 2 tablespoon *Chia Gel*
- 1 tablespoon lemon juice
- 2 - 4 drops mint essential oil

- **Brands:** You'll find occasional brand name suggestions that I've researched to be pure of allergenic materials and/or to be of the highest quality for many of the recommended products like nut butters, flavors, extracts, essential oils, powders, and more. You'll find a complete list of products and ordering options in my "*Creating a Healing Kitchen*" document that's included in the GRAND program.
- **Essential Oils/Flavors:** Many of the recipes in this collection suggest the optional use of essential oils, flavors, and extracts. All essential oils should be **food grade**. Also, since most commercial/grocery store shelf extracts and flavors are made with alcohol and other "unknowns," be sure you are using high quality products that are healthy. Again, I list many great suppliers of safe essential oils, flavors, and extracts in my "*Creating a Healing Kitchen*" document.
- **Ingredient Index:** This e-book contains an index that can be used to help you make the most of your available ingredients at home. Simply look up the food(s) you wish to use or use up and select the recipes you prefer from those listed in the index.
- **Variety:** Be sure to mix and match recipes. Many of the sauces, dips, and dressings can be used in endless variations with the salads, sandwiches, pastas, cooked meals, and more.



Juices and Energy Drinks

Making Juice Without a Juicer: While it's easy to make juice with a juicer, if you don't have nor want the extra equipment, you can still make fresh juice 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).

Basic Chia Energy Drink

Ingredients:

- 2 tablespoons chia seeds
- a few drops peppermint essential 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:

1. Shake well and allow the mix to sit at room temperature for 15 minutes or longer.
2. You can also leave it in the refrigerator overnight to gel. 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. Chia is a demulcent seed, which means it soothes and heals your digestive lining.



Buoyant Brassicas

Ingredients:

- 1 cup green cabbage
- 2 carrots
- 1/2 bunch kale
- 1 sliver of ginger (or to taste)

Directions:

Run all the ingredients above through a juicer.

Personal Note: The sweetness of the carrot and cabbage marry the savory bitterness of the ginger and kale in a complex flavor that I really love.

Chia Energy Drink: Super Gut-Healing Version

Ingredients:

- 32 ounces water
- 2 tablespoons chia seed
- 2 tablespoons lemon or lime juice
- 2 drops essential oils – any gut soothing choice
- 1 teaspoon slippery elm powder
- 1 teaspoon DGL powder (deglycyrrhizinated licorice)

Directions:

Combine all ingredients in a container with a sealable lid and shake well.

Personal Note: When it comes to the essential oils, **Young Living DiGize** is a good choice, as is peppermint and lemon. Roman chamomile oil is also a natural gut calmer.



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 Chia Drink

Ingredients:

- 32 ounces water
- 1 tablespoon **Sunwarrior Ormus Greens**
- 1 tablespoon **Healthforce Nutritionals Vitamineral Green**
- 2 tablespoon Chia Gel
- 1 tablespoon lemon juice
- 2 - 4 drops mint essential oil

Directions:

Put all ingredients in a jar and shake well or put in blender and blend until well combined.

Personal Note: You can use any combination of essential oils or flavorings to make your own version of this recipe. Some of my favorites are cinnamon, vanilla, orange, almond, and basil. Add oregano and basil oil for an Italian drink that supports your immune system.



Green Water

Ingredients:

- 1 handful leafy green vegetables (any variety such as dark green/red 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.



Gut Calming Juice

Ingredients:

- 1 cup green cabbage
- 1/2 red bell pepper
- 1/2 bunch parsley
- 1 stalk celery
- 1 handful fresh mint or 1 drop mint essential oil
- 1 splash lemon juice
- 8 ounces chamomile tea (optional)

Directions:

Run all the ingredients above through a juicer.

Benefits to the Body: The cabbage and mint make this juice a natural for calming your digestion and healing your gut lining.

Gut Rejuvenator A.M. Starter

Ingredients (full recipe):

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

Ingredients (half recipe):

- 8-16 ounces water
- 1/2 lemon, juice of
- 1 drop peppermint* essential oil
- 1 drop lemon essential oil

Directions:

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

Variations:

- **Option 1:** Add a pinch of cayenne.
- **Option 2 (amounts for full recipe):** Add 1-inch piece of ginger, 1-inch piece of turmeric, and 1/4 teaspoon cayenne. Blend and strain. This is powerful. You may need to dilute it or spread it across a few days at first.

***Caution:** Mint-flavored products should be avoided if you have acid reflux or GERD.



Gut Soother Juice

Ingredients:

- 1 cucumber
- 2 stalks celery
- 2 cups arugula or other leafy green
- 1/4 teaspoon cardamom
- 1/4 teaspoon cinnamon

Directions:

Run all the ingredients above through a juicer.

Italian Juice

Ingredients:

- 1/2 bunch parsley
- 4 stalks celery
- 1 clove garlic
- 1 handful basil, fresh
- 1 handful rosemary
- 2 - 3 sprigs oregano
- 2 cups spinach

Directions:

Run all the ingredients above through a juicer.

Benefits to the Body: This juice is an immune system friend. The aromatic herbs are anti-viral, anti-bacterial, and oh so delicious! Your bad gut bugs will go a'packing when you drink this regularly.



Slippery Elm Drink

Ingredients:

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

Directions:

1. Pour room temperature water over herb.
2. Stir well with a fork or wire whisk. The drink will thicken within a few minutes.
3. Add flavoring and stir well.

Personal Note: This gut healing base drink goes well with aromatic herbs like cinnamon, cardamom, peppermint, and ginger.

Drink before meals to protect damaged mucous membranes from food, or drink between meals to aid in the healing of leaky gut. It's also a great remedy for a sore throat.

Smooth Move Juice

Ingredients:

- 1 bunch collard greens or kale
- 1 cucumber
- 1 lemon, juice of
- 1 small sliver of fresh turmeric (or 1/4 teaspoon dried)
- 2 cloves garlic
- 2 green onions (scallions)
- 1 handful broccoli sprouts
- 1 teaspoon slippery elm powder

Directions:

1. Run all the ingredients above through a juicer.
2. Add the slippery elm and stir until well combined.



Zucchini Energizer

Ingredients:

- 1 zucchini
- 1 red bell pepper
- 1 tomatillo

Directions:

Run all the ingredients above through a juicer.

Personal Note: I was amazed at how simple this is to make and how delicious it is. I love the sour juiciness of the tomatillos and the red bell pepper adds sweetness without sugar.

Benefits to the Body: This juice is brimming with Vitamin C and supports your adrenals, immune system, and digestion.



Smoothies with Low-Sugar Fruits

Blueberry Arugula Smoothie

Ingredients:

- 4 cups arugula or 2 cups arugula and 2 cups spinach
- 2 cups frozen blueberries
- 1 cup mint fresh, or 2 tablespoons dried mint
- 2 tablespoons lemon juice
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/2-inch slice ginger, or up to 1-inch slice depending on taste
- 2 tablespoons pomegranate powder (optional)
- 1 cup water or more to desired consistency

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.

Coco Blue Green Smoothie

Ingredients:

- 4 cups spinach
- 1 cup blueberries, fresh or frozen
- 1 tablespoon coconut butter
- 1/4 cup *Chia Gel*
- 1 teaspoon cinnamon
- enough water to blend
- stevia, if desired, to taste

Directions:

Blend and enjoy.



Coconut Spinach Arugula Smoothie

Ingredients:

- 1 cup arugula
- 2 cups spinach
- 1 cup frozen blueberries
- 1/4 cup *Chia Gel*
- 1 - 2 tablespoons coconut butter
- 2 cups water, or more to desired consistency

Directions:

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

Creamy Kale Green Smoothie

Ingredients:

- 2 tablespoons sesame seeds
- 1 tablespoon lime juice
- 4 cups kale leaves
- 2 teaspoons cinnamon
- 1/4 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 teaspoon turmeric
- 2 tablespoons *Coconut Cream*
- 1 cup *Chia Gel*
- stevia to taste as needed
- 1 cup water
- 1/8 teaspoon sea salt

Directions:

1. Blend all ingredients in a high speed blender until smooth.
2. Adjust liquid to taste.



Hot and Sour Blueberry Green Smoothie

Ingredients:

- 1 grapefruit
- 1 cup arugula
- 1 cup spinach
- 1 cup sprouts, your choice
- 1 1/2 cups of frozen blueberries
- stevia to taste as needed
- 1/2 cup water

Directions:

1. Blend the grapefruit and water first until it liquefies.
2. Add the greens and blend again until liquefied.
3. Add the blueberries.
4. Blend until smooth.



Leaky Gut Repair Shake

Ingredients:

- 1 scoop protein powder (see below)
- 1 - 2 tablespoons green powder, your choice – make sure it's gluten-free
- 1 handful fresh or frozen blueberries (optional – see ****note**)
- herbs, spices, or essential oil flavorings to enhance the flavor -- mint, vanilla, almond, orange and lemon essential oils are nice additions
- **1 or more leaky gut repair herbs:**
 - 1 handful fresh plantain (grows wild)
 - 2 tablespoons fresh aloe vera gel or juice
 - 1 - 2 teaspoons powdered slippery elm
 - 1 - 2 teaspoons marshmallow root,
 - 1 - 2 teaspoons DGL powder (deglycyrhizinated licorice)
- 1/3 - 1 tablespoon **HealthForce Nutritionals Earth** -- this is good for leaky gut repair – taste is strong so taste before adding
- 1 - 2 tablespoons glutamine or leaky gut repair products like **NuMedica GlutaMed** OR **Metagenics Glutagenics**
- 12 - 16 ounces water or green juice
- ice (optional)

Directions:

Combine all ingredients and blend until smooth. Add healing powders gradually and taste as you go.

Personal Note: My favorite protein powder options for gut repair include pure pea protein such as **Designs for Health - PurePea**, **NOW Pea Protein**, **Sunwarrior Warrior Blend**, **Boku Super Protein in the Buff**. These powders are simple, hypo-allergenic, contain around 3 -4 ingredients, and contain no rice protein, which is a gluten cross reactor in many people. Other powders I like that contain greens are **HealthForce Nutritionals Warrior Food: Elite Green Protein Cool Green** and **Purium LOVE Supermeal**.

****Note:** Only add blueberries if blood sugar allows. If you have an indication of candida overgrowth, it might be good to keep the fruit out while you're doing the 30-day gut repair protocols or for at least part of the period.



Lemony Mint Energy Drink

Ingredients:

- 1 medium green apple
- 1/2 - 1 lemon, juiced
- 2 cups “field greens” mix or 1 head romaine lettuce
- 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.

Personal Note: This drink is very refreshing and can be eaten any time of day. Make up your own version. Use different herbs. Add other green vegetables.

I have made this smoothie without the avocado, without the apple, and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad with lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar, and herbs. It is an easy way to eat lots of fresh, raw vegetables.



Lime Mint Drink

Ingredients:

- 1/4 cup lime juice
- 1 bunch fresh mint
- 1 green apple
- 1/2 cup blueberries
- 3 hearts of romaine lettuce
- 2 cups water
- ice cubes

Directions:

1. Blend all ingredients until smooth.
2. Adjust lime to taste.
3. Add water if too thick.
4. Add ice cubes and blend to cool down.



Sesame Chai Green Smoothie

Ingredients:

- 1/2 cup water
- 2 tablespoons sesame seeds
- 1 tablespoon lime juice
- 2 cups kale leaves
- 1/8 teaspoon sea salt
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 teaspoon turmeric
- 1 - 2 cups frozen blueberries
- 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.

Personal Note: Chai spices are considered carminatives, which means they soothe the gut.



Vanilla Blueberry Green Smoothie

Ingredients:

- 1 cup romaine lettuce
- 1 cup spinach
- 1 cup sprouts, your choice
- 1 cup frozen blueberries
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- stevia to taste as needed
- 1/2 cup water

Directions:

Blend until smooth.



Blended Drinks without Fruit

During the 30-day gut repair and parasite cleanse, **it's best to avoid fruits so that the "bad" critters are not fed.**

Here's a collection of blended greens that use lemon and herbs for flavor. Stevia, essential oils, and spices can be added for additional flavor. Use these as a spring board and adjust the flavor to your liking. Use the "*Taste Balancing Tips*" section of your *Menu Guidelines* for suggestions. A trick to make non-sweet smoothies delicious is to use enough lemon or lime to balance the bitter and add a strong herb. Ginger, cayenne, curry, and cinnamon are all good choices.

A Parsley De-Parcher

Ingredients:

- 1 bunch of parsley
- 1 cucumber
- 1 stalk celery
- 1/2 red bell pepper
- 1-inch slice of ginger (optional)
- 1 - 2 lemons or limes, juice of
- 1 cup of water

Directions:

Blend all ingredients and adjust to taste.



Cucumber Brassica Green Drink

Ingredients:

- 2 tomatoes
- 2 lemons
- 1 cucumber, peeled
- 1 package of broccoli shoots
- 1 handful dandelion greens
- 1 handful green cabbage
- 1/2 small zucchini
- 2 cloves garlic
- a few handfuls spinach
- 2 stalks of celery
- 1 sliver of jalapeño (optional)

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)
- stevia (as needed)

Directions:

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



Italian Smoothie

Ingredients:

- 4 Roma tomatoes
- 4 cups thinly sliced celery
- 1/4 cup ume vinegar
- 1 teaspoon garlic granules
- 1 teaspoon Italian seasoning (more to taste)
- 8 cups baby kale or baby bok choy
- 1 avocado
- 2 cups water

Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed until smooth.
3. Add avocado, blend until incorporated, and enjoy!

Lemon Ginger Smoothie

Ingredients:

- 1/4 cup lemon juice
- 2 cups sliced cucumber (1/4" rounds)
- 8 cups baby arugula
- 4 cups thinly sliced celery
- 1/4 cup ume vinegar
- 3 - 4 tablespoons fresh ginger (small dice)
- 1 avocado
- 2 cups water

Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed until smooth.
3. Add avocado, blend until incorporated, and enjoy!



Onion Garlic Smoothie

Ingredients:

- 4 cups thinly sliced celery
- 2 cups sliced cucumber (1/4" rounds for measuring)
- 8 cups Lacinato kale
- 2 teaspoons onion powder*
- 1 teaspoon garlic granules
- 1/4 cup ume vinegar
- 2 tablespoons lemon juice
- 1 avocado
- 2 cups water

Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed until smooth.
3. Add avocado, blend until incorporated, and enjoy!

Savory Smoothie

Ingredients:

- 2 cups kale
- 2 cups spinach
- 1 stalk celery
- 1 cucumber
- 1 red bell pepper
- 1 orange bell pepper
- 1 clove garlic
- 1 sliver of jalapeño
- 1/2 teaspoon kelp powder
- 1/2 cup cilantro

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.



Spicy Kale Drink

Ingredients:

- 1 bunch of kale
- 1 clove garlic
- 1-inch slice of ginger
- 1 pinch of cayenne or a piece of jalapeño pepper
- 1 - 2 lemons or limes, juice of
- 2 cups of water

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Sunny Spice

Ingredients:

- 1 handful of sunflower greens
- 1 bunch kale
- 1 handful of spring mix greens
- 1 handful of parsley
- 1-inch piece ginger
- 1 sliver of jalapeño
- 2 cups water
- lemon juice as desired

Directions:

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



Nut 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
 - sweet herbs and spices like cinnamon, cardamom, mint, and ginger

Directions (Option 1 – Thick milk or cream):

1. Put all ingredients into a blender and process until smooth and creamy.
2. Flavorings such as vanilla or other flavor extracts or spices can be added.

Directions (Option 2 – Thinner milk):

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 stevia and flavorings as desired to taste.

Almond Milk

Ingredients:

- 1 cup almonds soaked 4 - 6 hours
- 4 cups water
- 1/4 teaspoon almond extract (optional)

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.



Brazil Nut Chai

Ingredients:

- 1 cup soaked Brazil nuts
- 3 - 4 cups water
- 1/2 teaspoon almond extract
- 1/4 teaspoon turmeric (optional)
- 1/4 teaspoon cardamom
- stevia to taste

Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. Strain mixture through cheesecloth or a nut milk muslin bag.
3. Save the pulp for other recipes.

Cashew Milk

Ingredients:

- 1/2 cup cashews (soaked or unsoaked)
- 2 cups water
- stevia to taste
- 1/8 teaspoon flavor extract (optional)

Directions:

1. Put cashews and water in blender or **Vitamix** and blend until smooth and creamy.
2. Add water to blender and blend until smooth.
3. If desired, strain mixture through cheesecloth or a nut milk muslin bag and save the pulp for cracker or cookie recipes.
4. Add stevia and flavorings if desired.



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.

“Not Egg” Nog

Ingredients:

- 1 cup raw macadamia nuts, or any combination of nuts or seeds
- 2 cups water
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg, or more to taste
- 1/4 teaspoon cardamom
- 1 pinch of stevia if desired for sweetness
- 1 pinch of cloves (optional)

Directions:

1. Put all ingredients into blender.
2. Blend until the mixture is smooth, thick, and creamy.



Gels

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 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.
2. Shake or mix well.
3. 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.

Irish Moss Gel

Ingredients:

- 1/2 cup Irish moss
- 4 cups water to cover the Irish moss while soaking
- 1/2 cup filtered water

Directions:

1. Rinse the dry Irish moss. Cover it with about 4 cups water in a bowl, and soak it for 3 to 8 hours. It will expand to about one cup of Irish moss. Rinse it again, making sure to rinse away all of the sand and salt.
2. Put the Irish moss in a high speed blender with 1/2 cup of water, and blend until it is smooth.
3. Refrigerate the paste for 2 hours to let it set.
4. This will last in the refrigerator for 10 days in a glass jar with an air tight lid.



Fermented Foods

Fermented foods feed your friendly flora and help to crowd out the “bad guys” that create gas, bloating, and indigestion.

Use these recipes daily. Go slowly when just getting started.

Cashew Yogurt

By Chef Karen Osborne

Ingredients:

- 1 cup water
- 1 heaping cup raw cashews, soaked
- 1 teaspoon probiotic powder, **Healthforce Nutritionals**

Directions:

1. Blend the cashews and water in a high speed blender until smooth.
2. Add the probiotic powder and blend at low speed just until it is incorporated.
3. Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.
4. Let mixture sit at room temperature in a warm location for 24 hours.
5. Close lid and refrigerate.



Chipotle “Cheese” Block

Ingredients:

- 3/4 cup hemp seeds
- 1/2 cup macadamia nuts
- 3/4 cups Brazil nuts
- 1 cup water
- 1 teaspoon probiotic powder
- 1 cup *Irish Moss Gel*
- 1 teaspoon sea salt
- 1 teaspoon psyllium powder
- 1/4 teaspoon chipotle powder
- 1/2 teaspoon southwest spices

Directions:

1. Blend the nuts and the water in a high speed blender until smooth.
2. Add the probiotic powder and blend on low speed until incorporated.
3. Pour the mixture into cheese cloth lined basket and cover with cheese cloth.
4. Place the basket in a bowl to catch the liquid that will escape.
5. Let this sit in a warm place for 24 - 48 hours.
6. Put the mixture back in the blender with the *Irish Moss Gel*, the salt, and the spices.
7. Blend until smooth.
8. Add the psyllium powder and blend until incorporated.
9. Line molds with plastic wrap if desired or use ring molds.
10. Pour mixture into molds and let sit at room temperature for about 5 - 10 minutes.
11. Remove from molds onto a plate and refrigerate for at least 4 hours.
12. Slice and enjoy!

Personal Note: Change the spices for a different variety each time.



Coconut Kefir

Ingredients:

- coconut – fresh, dried, or coconut butter
- water, as needed
- kefir culture: kefir starter or probiotic powder

Directions:

1. Blend coconut with enough water to make a creamy milk-like consistency. Young coconut will need very little water. Dried coconut will need approximately a cup of water per cup of coconut.
2. If using dried coconut, strain the pulp.
3. Pour coconut milk into a clean jar and add 1 teaspoon kefir starter or probiotic per cup of milk.
4. Allow to sit at room temperature for 24 – 48 hours or until tangy.

Coconut Yogurt

Ingredients:

- 1 cup coconut butter (**Artisana**)
- 1 1/2 cups water
- 1 teaspoon probiotic powder (**Health Force Nutritionals Friendly Force**: 100 billion organisms per teaspoon)

Directions:

1. Place coconut and water in blender and blend until smooth.
2. Add probiotic powder and gently pulse in.
3. Pour into a clean glass bowl and allow to sit at room temperature for 24 hours. Alternatively, place bowl in yogurt maker or dehydrator set to 90°F.



High Omega-3 Yogurt

Ingredients:

- 1/3 cup hemp seeds
- 1/3 cup coconut
- 1/3 cup cashews
- 1 cup water
- 1 teaspoon probiotic powder (**Health Force Nutritionals Friendly Force**: 100 billion organisms per teaspoon)

Directions:

1. Place hemp, coconut, and cashews and water in blender and blend until smooth.
2. Add probiotic powder and gently pulse in.
3. Pour into a clean glass bowl and allow to sit at room temperature for 24 hours.
4. Alternatively, place bowl in yogurt maker or dehydrator set to 90°F.

Naturally Fermented Horseradish

Ingredients:

- 1 cup peeled and chopped fresh horseradish root
- 1 1/2 teaspoons unrefined sea salt
- 1 teaspoon probiotic powder
- 1/4 cup filtered water

Directions:

1. Combine all ingredients in a food processor.
2. Process until the mixture is smooth and the horseradish is processed very finely.
3. Open the food processor carefully and allow it to air out for five minutes.
4. Spoon prepared horseradish into a mason jar, cover loosely, and allow it to ferment at room temperature for three to seven days.
5. Fermented horseradish should keep for several months in the refrigerator.



Preserved Lemons

Ingredients:

- 2 lbs. lemons (approx.), preferably Meyer lemons
- 1/4 cup unrefined sea salt

Directions:

1. Trim the ends off lemons, taking care not to cut into the flesh.
2. Quarter the lemons to 1/2 inch of the base, without completely severing the lemon.
3. Sprinkle the interior of the lemons with unrefined sea salt then layer in your mason jar.
4. Sprinkle with the salt, then mash with a wooden spoon or dowel until the rinds of the lemon begin to soften and the lemons release their juice.
5. Continue mashing, salting, and mashing until the lemons fill the jar and rest below the level of the brine.
6. Ferment at room temperature for three to four weeks.



Probiotic “Cheese” Block

Ingredients:

- 2 cups nuts
- 1 cup water
- 1 teaspoon probiotic powder, **Healthforce Nutritionals**
- 1 cup *Irish Moss Gel*
- 3 tablespoons nutritional yeast flakes
- 1 teaspoon sea salt
- 1 teaspoon psyllium powder

Directions:

1. Blend the nuts and the water in a high speed blender until smooth.
2. Add the probiotic powder and blend on low speed until incorporated.
3. Pour the mixture into cheese cloth lined basket and cover with cheese cloth.
4. Place the basket in a bowl to catch the liquid that will escape.
5. Let this sit in a warm place for 24 - 48 hours.
6. Put the mixture back in the blender with the Irish moss gel, the salt and the nutritional yeast.
7. Blend until smooth.
8. Add the psyllium powder and blend until incorporated.
9. Line molds with plastic wrap if desired or use ring molds.
10. Pour mixture into molds and let sit at room temperature for about 5 - 10 minutes.
11. Remove from molds onto a plate and refrigerate for at least 4 hours.
12. Slice and enjoy!



Probiotic Herbal Tonics

Ingredients:

- 1/2 cup herbs and spices of choice
- 1 packet **Body Ecology Kefir Starter**

Directions:

1. Toss herbs and spices of choice into a mason jar and cover with 1 quart boiling water.
2. Stir in starter culture and transfer the mixture to a mason jar.
3. Allow the mixture to ferment for two to three days in the warmest spot in your kitchen.



Sauerkraut

Ingredients:

- 5 pounds cabbage
- seasonings, herbs, and other vegetables as desired (examples: onions, garlic, seaweed, greens, Brussels sprouts, ginger, burdock roots, caraway seeds, dill seeds, celery seeds, etc.)
- sea salt (optional)

Equipment:

- ceramic crock or food-grade plastic bucket, one-gallon capacity or greater
- plate that fits inside crock or bucket
- one-gallon jug filled with water (or a scrubbed and boiled rock)
- cloth cover (like a pillowcase or towel)

Directions:

1. Chop or grate cabbage, finely or coarsely (a food processor works great). Add cabbage to a large bowl as each batch is shredded.
2. If desired, sprinkle sea salt on the cabbage as you go. The salt breaks down the cell wall and pulls water out of the cabbage which begins to soften it.
3. Shred and add other vegetables, herbs, and seasonings if desired.
4. Massage mix with hands to release juices or pound with a baseball bat or kitchen mortar. Once ingredients are massaged and mixed, pack into crock.
5. Cover kraut with a plate or some other lid that fits snugly inside the crock. Place a clean weight (a glass jug filled with water or a clean rock) on the cover. This weight is to force water out of the cabbage and then keep the cabbage submerged under the brine.
6. Cover the whole thing with a clean dish towel or cheese cloth.
7. Press down on the weight to add pressure to the cabbage and help force water out of it. Continue doing this periodically until the brine rises above the cover.
8. Leave the crock to ferment.
9. Check the kraut every day or two. Generally it starts to be tangy after a few days.
10. It's usually ready to eat in a week to 10 days. Spoon into jars. You can allow it to continue to ferment and determine when you like the taste best.
11. Store jars in refrigerator.



Breakfast Ideas

Chia Breakfast Medley

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/8 - 1/4 cup almonds, soaked and chopped
- 1/4 cup lemon juice
- 1/2 teaspoon cinnamon
- 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.



Blueberries and Cream

Ingredients:

- 1 cup blueberries, washed
- 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 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.



Marshmallow Morning Mighty-Mush

Ingredients:

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

Directions:

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

Personal Note: This is also a great remedy for a sore throat.



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)
- 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.

Personal Note: Flavorings are available from **Frontier Natural Products Co-op**. They have a large variety of organic flavors such as orange, peppermint, lemon, and raspberry.



Warrior Chia Porridge

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water
- 1 scoop raw protein powder, e.g. ***Sunwarrior Blend Raw Vegan Protein*** (plain or vanilla flavored), sprouted rice protein, hemp protein, or pea protein
- 1 pinch sea salt
- 1 teaspoon cinnamon (optional)
- 2 - 3 drops your choice essential oil (optional)
- additional sweetener if needed: stevia, xylitol, blended blueberries

Directions:

1. Blend everything except the chia until smooth.
2. Place chia in a bowl and pour protein powder mixture over it. Stir well.
3. Chia is ready to eat when it's thick and gelatinous.
4. Taste and adjust seasonings. Add stevia if needed for sweetness.



Blended Soups

If your gut is inflamed, you may find it uncomfortable to drink raw green smoothies and salads. It's best then to only do cooked foods, preferably blended, for about 30 days to allow for healing.

In this section, we've offered you delicious gut healing soups. You can use some of them either raw or cooked depending on your state of gut health. If you have been diagnosed with Crohn's, ulcerative colitis, diverticulitis, or other inflammatory bowel disease, I suggest you eat them cooked.

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 greens, raw or steamed
- 1 - 2 cups water
- 1/4 cup lemon or lime juice
- seasonings
- herbs
- other vegetables like carrot, cauliflower, cabbage, red bell pepper, zucchini, or tomato

Directions:

Blend all together and adjust to taste.



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.



Broccoli Soup

Ingredients:

- 2 cups water or nut or seed milk
- 2 cups broccoli, lightly steamed
- 1 avocado (optional for richness)
- 1 red bell pepper, raw or steamed
- 1/4 yellow onion
- 1 - 2 celery stalks, raw or steamed
- 1 tablespoon dulse flakes
- 1/2 teaspoon whole unrefined sea salt, or to taste
- 1 teaspoon cumin
- 1-inch piece of ginger

Directions:

1. Place all ingredients in blender.
2. Blend until smooth and creamy.
3. Add water to thin if necessary or desired.
4. Adjust seasonings to taste.



Cauliflower Soup

Ingredients:

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

Seasoning Options:

- 1 teaspoon kelp powder
- 1 tablespoon dried basil
- 2 - 3 drops lemongrass essential oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon curry powder

Extra Topping Options:

- *Marinated Red Onions*
- *Marinated Lettuce*

Directions:

1. Blend first 5 ingredients.
2. Use as is or stir in one of the seasoning options.
3. Add extra toppings as desired. Spoon some of the marinating juice on top.



Cilantro Coconut Lime Green Soup

Ingredients:

- 2 - 3 cups (large handfuls) spinach, raw or cooked
- 1 cup (large handful) cilantro
- 1/4 cup *Coconut Cream* concentrate (or young coconut meat)
- 2 limes, juiced
- 1/2 avocado
- 1/2 red pepper
- 2 cloves garlic
- 1 pinch of sea salt, to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water, or juice of fresh young coconut

Directions:

1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste and increase/decrease water to desired consistency.



Curried Vegetable Soup

Ingredients:

- 6 cups choice of vegetables: broccoli, cauliflower, green cabbage, zucchini, kale, etc.
– steamed or raw
- 2 cups tender leafy greens like spinach or arugula - steamed or raw
- 2 stalks celery, finely minced , steamed or raw
- 1/4 cup coconut butter or 1/4 cup shredded coconut or 1/2 fresh coconut (meat)
- 1 teaspoon curry powder or 1 teaspoon curry paste
- 1/2 teaspoon kelp powder
- 1/4 teaspoon sea salt or to taste
- 1 pinch cayenne if desired
- 1-inch piece ginger
- 1 small piece turmeric, fresh (if available)
- 1 clove garlic
- 1 lime, juice of (optional)

Directions:

1. Steam vegetables (retain the steam water).
2. Put baby greens in a large bowl with minced celery.
3. When vegetables are lightly steamed, take half and put in a blender with 2 cups steam water.
4. Blend with remaining ingredients.



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 flakes
- 1/2 teaspoon sea salt, whole and unrefined
- 1/2 teaspoon curry paste
- 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 – steamed or raw
- 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 Southwest Cauliflower Soup

Ingredients:

- 2 cups cauliflower florets – steamed or raw
- 1 cup celery, steamed or raw
- 1 cup carrots, steamed or raw
- 2 cups water
- 1 tablespoon olive oil (or coconut)
- 1 pinch kelp powder, to taste
- 1 teaspoon sea salt
- 2 small limes, juice of
- 2 teaspoons tarragon
- 1 pinch of pepper
- 1 avocado (optional)
- 2 tablespoons chili powder or Mexican seasoning
- choice of steamed or raw vegetables (pulse-chopped or diced) you desire: broccoli, kale, cauliflower, zucchini, green cabbage, and other greens

Directions:

1. If you prefer the vegetables raw, 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.
2. Blend all ingredients except chopped vegetables to make soup base.
3. Adjust seasonings to desired level of spiciness.
4. Pour over vegetables.



Creamy Vegetable Soup

Ingredients:

- 1 cup almonds, soaked, rinsed and drained
- 2 cups water
- 2 red bell peppers, cooked or raw
- 2 tablespoons coconut butter
- 4 carrots
- 3 cloves garlic
- 1-inch piece of ginger
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 2 lime leaves
- 1/4 cup lime juice
- 2 tablespoons kelp powder
- your choice of raw or cooked vegetables (pulse-chopped or diced): broccoli, kale, cauliflower, zucchini, carrots, green cabbage, or other greens

Directions:

1. Steam vegetables until just tender or place in a large bowl and sprinkle with salt. 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.
2. Blend all ingredients except chopped vegetables to make soup base.
3. Adjust seasonings as desired.
4. Pour over vegetables.
5. Warm in a crock pot or on low heat if desired, keeping temperature below 110°F for maximum nutrition.



Curried Red Pepper Soup

Ingredients:

- 3 red bell peppers, cooked or raw
- 1 avocado
- 1 bunch basil
- 1/8 cup Brazil nuts
- 1/3 red onion
- 1 clove garlic
- 2 tablespoons curry powder
- 1 teaspoon turmeric
- 1 sliver of hot pepper
- 3 teaspoons kelp powder
- 1 pinch sea salt, to taste
- 2 cups water

Directions:

1. Blend all ingredients until smooth and creamy.
2. Taste and adjust salt and seasonings to desired spiciness.

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 sprouts
- 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.



Ginger Coconut Curry Soup

Ingredients:

- 1 tablespoon lemongrass, dried
- 2 cups water, or broth from steaming vegetables
- 4 cups leafy greens, chopped
- 1 stalk celery stalk, finely diced
- 1-inch piece of ginger root
- 1 sliver chili pepper
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, flaked
- 1/2 teaspoon sea salt, whole and unrefined
- 1 teaspoon curry powder
- 1 package konjac or kelp noodles (optional)
- steamed or raw vegetables, or a combination of both

Directions:

1. Put chopped greens in a large bowl, sprinkle with salt and massage until wilted. Set aside.
2. Put lemongrass and warm or hot water into blender and blend well.
3. Strain lemongrass through a fine mesh strainer or nut milk bag.
4. Put liquid back in blender and add all remaining ingredients except celery, noodles, and vegetables.
5. Blend until smooth.
6. Place celery in bowl with greens and add any other vegetables, raw or steamed, as desired.
7. Add konjac or kelp noodles to bowl, if desired.
8. Pour contents of blender over vegetables and enjoy a warm bowl of soup.



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 (leftover from making nut milk)

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.



Gut Healing Soup

Ingredients:

- 1 handful dandelion leaves
- 1 handful arugula
- 1 handful chicory
- 3 handfuls spinach
- 1/2 medium or 1 small beet
- 1 clove garlic
- 2 green onions
- 1/2 teaspoon turmeric
- 1-inch piece fresh ginger
- 1 Jerusalem artichoke
- 1 carrot
- 1 stalk celery
- 1 avocado (optional)
- 2 tablespoons dry chia seed or 1/4 cup *Chia Gel*
- fresh or dried Italian seasoning
- 2 - 3 cups water

Directions:

1. Blend all ingredients.
2. Season to taste.



Gut Repair Soup

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 - 1 medium-sized onion
- 1 large sweet potato or squash (optional)
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- essential oils (any gut soothing ones)
- herbs, to taste
- water for steaming

Directions:

1. If using sweet potato, cut into 1-inch pieces and start steaming 10 minutes before the rest of the vegetables.
2. Steam veggies until tender and place in blender along with steaming water.
3. Add additional water to the soup if too thick.
4. Add a pinch of sea salt and essential oils after blended.
5. Season to taste with basil, cilantro, or other favorite herbs.

Personal Note: Sweet potatoes and squash give the soup a sweeter flavor.



Healing Broth Recipe for Inflamed Colon

Ingredients:

- vegetables, your favorite
- pre-soaked or powdered sea vegetables
- flax oil
- coconut oil
- sea salt
- herbs, your favorite

Directions:

1. Lightly steam a bunch of your favorite vegetables.
2. Place vegetables and steam water in blender and blend until creamy.
3. Add flax oil, coconut oil, and whole, unrefined sea salt.
4. Add pre-soaked or powdered sea vegetables and herbs, if desired.
5. Add additional water until the taste is delicious and texture is creamy.

Italian Green Soup

Ingredients:

- 1 1/2 cups dried tomatoes, soaked in 1 cup water
- 4 cups fresh tomatoes (I used Roma)
- 6 stalks celery
- 1 bunch basil
- 2 - 3 sprigs of fresh oregano and fresh rosemary
- 2 heads of romaine hearts
- 1 clove garlic

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.



Italian Gut Bug Buster Soup

Ingredients:

- 1/3 cup lemon juice (1 large Meyer lemon)
- 1/3 of a red bell pepper – steamed or raw
- 1 cucumber (optional, avoid if inflammatory bowel)
- 1 celery stalk – steamed or raw
- 1/2 cup fresh basil or 2 tablespoons dried
- 4 scallions – steamed or raw
- 2 collard green leaves – steamed or raw
- 1 zucchini – steamed or raw
- 33 cups greens – steamed or raw
- 3 broccoli stems – steamed or raw
- 2 cloves garlic
- 1 handful of cilantro
- 1 cup cauliflower – steamed or raw
- 2 tablespoons kelp flakes
- 1 cup water
- 1 teaspoon – 1 tablespoon Italian seasoning

Directions:

1. Blend the bell pepper and cucumber first.
2. Slowly add the other ingredients.
3. The measurements make a full **Vitamix** of soup. If you have a smaller blender, cut in half.



Mediterranean Vegetable Soup

Ingredients:

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

Directions:

1. Blend spinach with water, lemon juice, and spices to make the soup base.
2. If using the vegetables raw, massage with salt or lemon juice to wilt
3. Pour soup base over vegetables
4. Gently heat to 110°F if desired.
5. Serve with a dollop of *Creamy Nut Cheese*.



Quick Coconut Thai Soup

Ingredients:

- 1 cup cauliflower florets – steamed or raw
- 2 cups broccoli florets, chopped – steamed or raw
- 1 cup shredded cabbage – steamed or raw
- 1 small yellow onion, finely diced – steamed or raw
- 2 cups water
- 2 tablespoons dried lemongrass
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, powdered
- 1/2 teaspoon curry paste
- 1/2 teaspoon sea salt
- 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—steamed or raw
- 1 clove garlic
- 1/4 cup lime juice
- 1 pinch cayenne (or to taste)
- 1/2-inch piece of ginger
- 2 cups water – use steam water from kale if cooking

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, steamed or raw
- 1 large handful cilantro, steamed or raw
- 2 limes, juiced
- 1/2 Anaheim or poblano or other mild pepper—steamed or raw
- 1/8 - 1/2 jalapeño or other hot pepper (optional) – steamed or raw
- 2 cloves garlic
- 1 pinch sea salt, to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water (use steam water if cooking)

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.



Thai Coconut Curry Soup

Ingredients:

- 3 young Thai coconuts
- 1-inch piece of ginger root or galangal— steamed or raw
- 1 - 2 limes, juice of (about 1/4 cup)
- 1 piece of lemongrass or 2 tablespoons dried lemongrass
- 1 kefir lime leaf (optional, but very nice)
- 1/4 cup coconut butter (or flesh of whole coconut)
- 1 teaspoon sea salt
- 1 teaspoon kelp powder or extra salt
- 2 cloves garlic
- 1 - 2 teaspoons curry powder
- 1 Thai or other hot chili
- 3 cups diced vegetables, raw or lightly steamed

Directions:

1. Open the coconuts and pour the liquid into the blender.
2. Cut the coconuts in half and carefully remove the flesh. Slice the coconut meat into thin ribbons, about the width of fettuccini noodles. Set aside.
3. Blend coconut water with lemongrass and ginger.
4. Strain through cheese cloth, nut milk bag, or fine mesh strainer to remove all the stringy lemongrass and ginger pulp.
5. Put liquid back into blender and add all remaining ingredients except Thai chili pepper, diced vegetables, and “coconut noodles”. Blend until creamy.
6. Put the Thai chili pepper, coconut meat, and the diced vegetables into a crockpot or sauce pan. Pour liquid over the vegetables.
7. If using a crockpot to heat the soup, set the crockpot on low and insert the probe of a digital thermometer.
8. If using a pot, turn the flame to low and insert the thermometer probe.
9. Heat to about 110°F. Serve warm.

Personal Note: This “special occasion soup” takes a long time to make using fresh coconut to make noodles. A quicker version can be made by making noodles from daikon radish using a spiralizer or potato peeler. See “*Noodles*” recipe.



Warm and Gut Soothing Vegetable Soup

Ingredients:

- 1 head broccoli, steamed or raw
- 1/2 cup green beans, steamed or raw
- 1/3 head of green cabbage, steamed or raw
- 2 cups baby arugula, steamed or raw
- 2 stalks celery, steamed or raw
- 1 cup arame sea vegetable, soaked for at least 15 minutes to soften
- 1 teaspoon powdered kelp
- 1 clove garlic, minced
- 1/2 yellow onion – steamed or raw
- 1 tablespoon hemp seeds
- 1 tablespoon sesame seeds, ground
- 1 tablespoon flax oil
- 1 teaspoon Italian seasoning
- 1/4 teaspoon sea salt
- 4 cups water

Directions:

1. Cut cabbage into thin strips, chop onion finely, and break broccoli into small florets.
Cut celery into 1-inch pieces and mince in food processor.
2. Put celery into a large bowl with arugula.
3. Sprinkle salt over arugula and celery and massage until wilted.
4. Put water in pot and steam broccoli, onion, green beans and cabbage until just tender.
Add steamed vegetables to bowl with arugula and celery.
5. Pour steam water over vegetables.
6. Add arame, kelp, garlic, Italian seasoning, sesame and hemp seed, and flax oil, and stir well.
7. Add extra salt or seasonings if desired. Stir and enjoy.
8. Add a pinch of cayenne (optional).

Personal Note: A filling and delicious soup combining raw and lightly cooked vegetables, rich in warming and immune enhancing herbs and omega-3 rich seeds.



Salads

Avoid for 30 days if you have Crohn's, ulcerative colitis, diverticulitis or other gut inflammatory conditions.

Arugula Slaw

Ingredients:

- 3 cups arugula
- 1 cup shredded broccoli stems (available as broccoli slaw all pre-shredded)
- 1 cup shredded cabbage (available as coleslaw all pre-shredded with some carrot)
- 1/2 cup broccoli sprouts
- 1/2 cup other sprouts
- 1/4 teaspoon sea salt
- 1/2 cup tahini
- 1/2 cup water
- 2 tablespoons lemon juice
- 1 clove garlic (optional)
- 1/4 teaspoon turmeric
- 1/4 teaspoon kelp powder

Directions:

1. Chop arugula into bite-sized pieces and place in bowl with broccoli and cabbage.
2. Sprinkle with salt and massage until arugula is completely wilted and cabbage and broccoli have softened.
3. Add remaining vegetables and toss well. Allow to sit while preparing the sauce.
4. Blend all sauce ingredients until smooth, adding extra water if needed. It should be a little on the thick side because the veggies will thin it.
5. Taste and salt if desired. Add a pinch of cayenne for spice if desired.
6. Pour as much sauce over veggies as needed to completely coat. Save the rest for use as a salad dressing.



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, flax oil, hemp oil or coconut 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 (lettuces; 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, etc.)
- 1/2 cup of your favorite nut or seed sprouts (sunflower, pumpkin, hemp, etc.)
- 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 “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.



Cauliflower Radish Salad

Ingredients:

- 2 cups finely chopped cauliflower
- 1/2 cup sliced green onions
- 1 cup thinly sliced red radishes
- 2 tablespoons lime juice
- 1 cup thinly sliced daikon radish
- 2/3 cup *Dillicious Dip*

Directions:

1. In a bowl, combine the cauliflower, scallions, and radishes with lime juice. Toss to coat.
2. Pour dip over vegetables; toss to coat.
3. Cover and chill for at least 2 hours.



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 (substitute daikon radish if your blood sugars 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.



Gut Healing Salad with Coconut Ginger Dressing

Salad Ingredients:

- 1 handful each of arugula, dandelion, chicory, and spinach
- 1 small beet, grated
- 1 small carrot, grated
- 1/2 cup jicama, finely diced
- 1 - 2 Jerusalem artichokes, peeled and grated

Dressing Ingredients:

- 1/2 cup shredded coconut or fresh coconut meat from young Thai coconut
- 1 lemon, juice of
- 1 small piece of fresh ginger, or more to taste
- 1 - 2 tablespoons chia seeds
- 1 clove garlic
- 1 tablespoon flax oil
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt or to taste

Directions:

1. Place salad ingredients in a large bowl.
2. Blend all dressing ingredients and pour over salad.



Jerusalem Salad

Ingredients:

- 1 cucumber, peeled and diced
- 2 medium tomatoes, 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 cup chopped tomato (approximately 2 medium-sized Roma tomatoes)
- 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 and Balanced Raw Food Sandwich

If you need a quick and satisfying lunch, it's easy to make a raw food version of any traditional sandwich.

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

You can build any number of living food delights when you mix and match wholesome ingredients.

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.



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.

Creamy Cabbage Rolls

Ingredients:

- 2 - 4 leaves cabbage
- 1 recipe *Creamy Nut Cheese*
- 1 cup cauliflower, finely diced
- 1 zucchini shredded
- 1 carrot shredded
- 1 onion sliced
- 1/2 cup lettuce, diced

Directions:

1. Lay cabbage leaves out flat.
2. In each leaf, place a small amount of cauliflower, carrot, zucchini, onion, red bell pepper and lettuce.
3. Top with *Creamy Nut Cheese*.
4. Roll up the leaves.



Crispy Romaine Boats

Ingredients:

- 2 - 4 crisp romaine lettuce heart leaves (your “boats”)
- 1 handful sprouts (your choice) per boat
- 1 tablespoon of filling (dip, sauce, spread, paté, or “cheese”) per boat
- chopped veggies or herbs as desired

Directions:

1. Spoon your desired filling into your boat.
2. Top with sprouts and veggies as desired.

Cucumber Boats

Ingredients:

- 1 cucumber
- 4 tablespoons your choice dip or spread (e.g. *Mock Salmon*)
- Finely diced red bell pepper, tomato, and herbs (your choice)
- 1 tablespoon sprouts (your choice)
- 2 tablespoons *Creamy Nut Cheese* or *Creamy Cheddar Dip*

Directions:

1. Peel cucumber and cut in half lengthwise.
2. Scoop out the seeds and set aside to use in a smoothie or soup.
3. Spoon spread into hollows of the cucumber halves.
4. Top with diced vegetables and sprouts.
5. Put “cheese” into a small plastic bag and cut a small hole in the corner. Squeeze the cheese over the top of the filled cucumber to decorate (a pastry bag works too).
6. Slice into bite-sized pieces or eat whole.

Variations:

- Stuff with *Creamy Pesto*, *Guacamole*, or any other filling you like.
- Make a variety and serve as hors d’oeuvres.



Jicama Sandwich

Ingredients:

- 2 large jicamas, peeled and sliced into 1/8-inch rounds
- 1 scoop *Mock Salmon* or other paté or spread
- 1/2 avocado
- “*Mayonnaise*” (optional)
- 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

Directions:

1. Spoon *Mock Salmon* or other 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. Add a dollop of “*Mayonnaise*” to each (optional).
6. Sprinkle each with kelp powder.
7. Top with sprouts.
8. Add another jicama slice for traditional sandwich or leave open for open-faced sandwich.



Pizza: Jicama, Turnip, or Portabella Mushroom

“Crust” Ingredients (Choose from):

- 2 large slices of jicama, 1/8 - 1/4-inch thick slices
- turnip, peeled and sliced into several 1/8 - 1/4-inch thick slices
- 2 large portabella mushrooms caps

Sauce Ingredients:

- *Marinara Sauce*

Cheese Ingredients:

- *Creamy Nut Cheese*

Pizza Topping Ingredients:

- choice of vegetables from *Pizza Toppings*, finely diced or prepared
- sprouts
- fresh herbs of your choice, finely minced (rosemary, parsley, basil, etc...)

Directions:

1. Make sauce.
2. Make cheese.
3. Prepare vegetables.
4. Start building your pizza with your “crust”.
5. “Sneak” a layer of finely chopped kale or other green leafy vegetable on top of the crust before adding the cheese. You can also use a layer of wilted baby greens to help fortify the crust under the cheese (optional).
6. Start by putting a layer of cheese on each jicama, turnip, or mushroom slice. The fat in the cheese prevents the liquids in the sauce and toppings from making the crust soggy.
7. Top with diced veggies.
8. Add sauce.
9. Top with a small dollop of cheese and sprinkle with diced veggies.



Pizza Toppings

Ingredients:

- a variety of vegetables (see below), kept separate or mixed together for assembly

Directions for Greens (spinach, kale or collard greens):

1. Pulse-chop greens in food processor.
2. Sprinkle with a little sea salt.
3. Drizzle a tiny bit of olive oil (optional) and some minced garlic on top for extra flavor.
4. If using spinach, gently squeeze excess liquid.

Directions for Broccoli Crowns:

1. Chop broccoli into small pieces or pulse-chop in food processor outfitted with the "S" blade.
2. Sprinkle with sea salt and massage until wilted.
3. Marinate with lemon juice, olive oil (optional), and salt as desired.
4. Place in dehydrator for a couple of hours to tenderize (optional).

Directions for Onions:

1. Thinly slice onions and sprinkle with a pinch of sea salt or soak in water and orange juice (in general, but exclude orange juice for the *B4 Be Gone Program*) to reduce pungency.
2. Massage until wilted.
3. Add olive oil (optional) and nutritional yeast (optional).
4. Massage until wilted or use plain as desired.

Directions for Tomatoes:

1. Medium dice or slice thin.
2. Toss with a pinch of sea salt.

(*Pizza Toppings* continued next page...)



(...*Pizza Toppings* continued from previous page)

Directions for Zucchini:

1. Cut in half lengthwise.
2. Thinly slice into half-moons (You can also slice thin with mandolin).
3. Lightly salt or sprinkle with lemon juice to soften or ...
4. Pulse-chop in food processor outfitted with the "S" blade or ...
5. Finely dice.

Directions for Olives:

Slice or chop.

Directions for Mushrooms:

1. Thinly slice and sprinkle with a pinch of sea salt.
2. Massage until wilted.

Personal Note: Be creative with your choice of toppings. It's your opportunity to be artistic and make your pizza look fabulous. Save time by having topping ingredients made in advance.



Red Bell Pepper Tacos with Sauerkraut and Sprouts

Ingredients:

- 1 red bell pepper
- spring mix greens, 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 (e.g. *Not Refried Beans*, *“Not” Tuna Salad*, *Creamy Pesto*, *Creamy Cheddar Dip*, etc.).



Vegetable Dishes

“Braised” Garlic Greens (cooked)

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
- 3 cloves garlic
- 1/4 cup coconut oil (optional)
- 1 teaspoon sea salt

Directions:

1. Rinse and chop greens and steam slightly soft.
1. Put coconut oil (or water for oil free sauté) in a skillet and sauté the greens with garlic until tender.
2. Salt and season to taste and serve warm.



“Braised” Garlic Greens (raw version)

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 oil or olive oil (optional)
- 1 teaspoon sea salt

Directions:

3. Rinse and chop greens and place in a bowl.
4. 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.
5. Drain the liquid, reserving for later.
6. Add 1/2 the lemon juice and massage again.
7. In a separate bowl, combine remaining lemon juice and oil with a few teaspoons of the reserved liquid.
8. Press garlic into the juice/oil mixture and stir or shake well.
9. Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.
10. 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.



Broccoli with 'Cheese'

Ingredients:

- 4 cups broccoli, chopped into small florets, raw or steamed
- 1 lemon or lime, juice of
- 1 teaspoon sea salt
- 1 - 2 cloves garlic (optional)
- herbs and seasonings as desired (optional)
- 1 recipe *Creamy Nut Cheese*

Directions:

1. If using raw, rinse and chop broccoli and place in a bowl, sprinkle with salt and/or lemon juice and massage until it has softened.
2. In a separate bowl, combine remaining lemon juice with garlic and herbs or seasonings if desired and mix well.
3. Pour dressing over broccoli and massage marinade into the broccoli.
4. Top broccoli with "cheese".
5. Serve warm. Heat in dehydrator if not steaming the broccoli.



Green Beans Almandine (raw version)

Ingredients:

- 1 pound green beans, washed and trimmed (if ambitious, cut in half lengthwise)
- 1/4 cup lime juice
- 1 tablespoon olive oil
- 1 cup mushrooms, finely chopped raw or steamed
- 1 teaspoon sea salt, or amount to taste
- 1 cup almonds, preferably soaked, rinsed and dehydrated

Directions:

1. Combine lime juice and olive oil in a bowl to make the dressing.
2. Combine green beans and mushrooms in a bowl or baking dish.
3. Pour dressing over beans and mushrooms and toss well, squeezing with your hands so that the marinade penetrates. Put in salad press to help the marinating process.
4. Warm in dehydrator at 140°F for up to 60 minutes before serving.
5. Pulse-chop or slice almonds into small pieces, and mix into green beans.
6. Garnish as desired.

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



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. Lightly steam or sauté the mushrooms in a small amount of water or coconut oil.
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.
7. Garnish as desired.

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



Liver and Gut 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 greens
- 1 clove garlic
- 2 tablespoons dried dill or 1/4 cup fresh dill, 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.
6. Simmer for 1 - 2 minutes to just warm the garlic and dill.
7. Salt to taste.

Marinated Lettuce

Ingredients:

- 8 lettuce leaves: Bibb, green or red leaf, or romaine
- 1 tablespoon apple cider vinegar or coconut vinegar or lemon or lime juice
- 1 teaspoon extra virgin olive oil

Directions:

1. Combine all ingredients and toss to mix.
2. Season to taste with sea salt and pepper.
3. Allow to marinate for 30 minutes.



Marinated Red Onions

Ingredients:

- 1 small red onion, sliced crosswise 1/8-inch thick
- 1/4 cup apple cider vinegar or coconut vinegar or lemon or lime juice
- 1/4 teaspoon sea salt

Directions:

1. Place onions in a bowl and sprinkle with salt.
2. Massage well to wilt.
3. Add vinegar or juice and place in a vegetable press (or put a plate and a heavy jar on top) and leave to soften further for 15 min up to 2 hours.

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.



Mushroom Gravy

Ingredients:

- 1/4 cup warm water
- 1/4 cup Brazil nuts or almonds, soaked for 6 hours, rinsed and drained
- 1 shallot or 1 clove garlic
- 2 teaspoons dried mushrooms, ground to a powder, or 1/2 cup fresh brown mushrooms
- 1/4 teaspoon sea salt
- 1 pinch of pepper
- 2 tablespoons olive oil (optional)

Directions:

1. Put all ingredients in the blender and blend until smooth.
2. Adjust salt and pepper to taste.
3. Make this just before serving so that it's warm.

Personal Note: This recipe is from page 25 of *Healthy Holiday Traditions: Nourishing Recipes for Christmas, Hanukkah and New Year's Celebrations*.



"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.



Not Refried Beans

Ingredients:

- 1 cup sunflower seeds soaked 6 - 12 hrs.
- 1/2 cup sun dried tomatoes, soaked for 1 hour or more
- 1/2 tablespoon chickpea miso, optional
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon garlic granules
- 1 teaspoon sea salt
- 1/2 teaspoon chili powder
- 1/2 jalapeño, seeded and chopped or a pinch of cayenne
- 1 - 2 scallions, chopped
- 1 handful fresh cilantro, chopped

Directions:

1. Process all ingredients, except scallions and cilantro, in a food processor until combined.
2. Spread on a plate and dehydrate at 105°F for 30 minutes. Stir and spread again.
3. Dehydrate for 15 minutes longer (optional).
4. Stir in the scallions and the cilantro.



Savory Stuffing

Ingredients:

- 4 cups nuts and seeds, soaked and drained (suggestion: 1 cup almonds, 1 cup walnuts, 1/2 cup pumpkin seeds, 1/2 cup sunflower seeds 1 cup hazelnuts)
- 1/2 - 1 cup yellow onions
- 6 stalks celery
- 4 carrots
- 6 scallions
- 2 cups mushrooms
- 2 green apples (if tolerated)
- 1 cup pecans, preferably soaked, rinsed and dehydrated
- 1 cup parsley
- 1/2 lemon, juice of
- 1 teaspoon sea salt
- 1 tablespoon poultry seasoning, or 1/2 tablespoon each of rosemary, thyme, sage, and marjoram
- additional seasonings to taste: fresh or dried herbs: rosemary, thyme, sage, marjoram (start with 1 teaspoon dried or 1 - 2 tablespoons fresh and adjust to preference)
- black pepper to taste (optional)
- fresh pressed garlic, 1 - 2 cloves or to taste (optional)

Directions:

1. Steam the vegetables if you have inflammatory bowel disease.
2. Place soaked nuts and seeds in food processor with apples, onions, carrots, and mushrooms and process with "S" blade until finely chopped and somewhat sticky. It should resemble traditional bread stuffing after the bread has been moistened.
3. Remove from processor and set aside in a large bowl.
4. Pulse-chop parsley, celery, and scallions in food processor with "S" blade until finely minced. Add to nut vegetable mixture.
5. Pulse-chop pecans in food processor to about 1/8th-inch pieces.
6. Add pecans, herbs, salt and lemon juice to bowl.

(Savory Stuffing continued on next page...)



(*Savory Stuffing* continued from previous page...)

7. Mix well with wooden spoon or your hands. The mixture should hold together.
8. Add seasonings to taste: rosemary, thyme, sage, parsley, salt, pepper, and garlic.
9. Arrange on a serving platter and serve as is, or put in dehydrator overnight to warm through and create a crusty exterior with a moist interior. You'll need to remove some of the dehydrator trays to fit the platter of stuffing.
10. If you prefer a crispier stuffing, dehydrate the stuffing as a 1-inch thick patty and crumble in a bowl before serving.

Personal Note: The seasonings in this recipe are adaptable to your particular tastes and traditions. You may use the basic recipe for texture and adjust the seasonings and flavorings according to your favorite family recipe.

This is a great recipe for the holidays, especially Thanksgiving!



Sesame Vegetable Medley

Ingredients:

- 1 cup organic cauliflower, cut into bite-sized pieces
- 1 cup organic broccoli, cut into bite-sized pieces
- 1 cup shredded kale
- 1 stalk celery, finely minced
- 1 red bell pepper, thinly sliced
- 1 cup shredded cabbage
- 1 small onion, finely chopped
- 1 clove garlic, finely minced or pressed
- 1/4 teaspoon sea salt
- 1/4 cup steam water from vegetables
- 1/2 teaspoon toasted sesame oil

Directions:

1. Put all vegetables in a large pot and steam for 5 minutes until softened.
2. Put the steamed vegetables in a pan with remaining ingredients (except sesame oil) and sauté for a few minutes, until everything is tender. Add more steam water if needed to keep moist.
3. Turn off flame and stir in sesame oil if using.
4. Salt to taste.



Squash Noodles with Pesto Sauce

Ingredients:

- 1 large zucchini or yellow squash
- 1 recipe of *Nutrition-Packing Pesto Sauce*
- 1/4 teaspoon sea salt

Directions:

1. Peel squash.
2. Using spiral vegetable slicer or a potato peeler, process the squash to noodle-like consistency.
3. Place 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.
4. Combine sauce with noodles and adjust to taste.



Stir Fried Vegetables

Ingredients:

- 1 cup organic cauliflower
- 1 cup organic broccoli
- 1 bunch organic bok choy
- 1 stalk celery
- 1 small onion, finely chopped
- 1 clove garlic
- 1/2 teaspoon turmeric
- 1/4 teaspoon sea salt
- 1/4 cup steam water from vegetables
- 1 teaspoon olive oil (optional)

Directions:

1. Cut first 4 vegetables into bite sized pieces and steam with chopped onions for 5 minutes.
2. Put the steamed vegetables in a pan with remaining ingredients (except olive oil) and sauté for a few minutes, until everything is tender. Add more steam water if needed to keep moist.
3. Turn off flame and stir in olive oil if using.
4. Salt to taste.



Cheeses, Dips, Sauces, Pesto, Spreads & Paté

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. Patés and sauces are usually made in a food processor from soaked nuts and/or seeds, a variety of vegetables, and a variety of herbs and spices. 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.

Once you've made the very specific recipes a few times, you can begin to experiment. I encourage you to take the basic recipe guidelines and run with them to create your own unique variations. Try different varieties of herbs and spices. Don't be afraid to try something new; some of my best recipes have been discovered that way.

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
- Gut healing herb additions (from the foods that heal gut section)

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
- a few teaspoons to a couple of tablespoons dried herbs and spices
- 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 or up to 1/3 cup cold processed unrefined oil** (optional)

Direction Variations (Depending on 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.



Almond Cashew Cream Cheese

Ingredients:

- 1/2 cup cashews, soaked 4 - 6 hours
- 1/2 cup almonds, soaked 6 hours or overnight
- 1 large lemon, juice of
- 1/4 teaspoon Celtic, Himalayan, or pink sea salt
- 1/2 - 3/4 cups water

Directions:

1. Place cashews and almonds in blender with lemon juice, salt, and water and blend well on high speed.
2. Add extra water if needed to achieve desired consistency. Blend on high speed for several minutes until creamy and smooth.
3. Place cashews in blender with lemon juice, salt, and water and blend well on high speed.
4. Add additional water if needed to achieve desired consistency. Blend on high speed for several minutes until creamy and smooth.

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.



Brazil Nut "Parmesan Cheese"

Ingredients:

- 1/2 cup grated Brazil nuts
- 1/4 cup nutritional yeast flakes
- 1/8 teaspoon sea salt

Directions:

Combine all ingredients in a bowl, and mix well.

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 sea 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 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 sea 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 Pesto

Ingredients:

- 1/2 cup macadamia nuts or cashews
- 1/4 cup pumpkin seeds soaked 3 - 4 hours (or unsoaked, or **Go Raw Sprouted Pumpkin Seeds** if you forget to soak)
- 2 - 3 tablespoons of lemon or juice
- 1 bunch cilantro
- 1/4 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Put all ingredients in food processor and process until smooth.
2. Add water as required to keep the blades moving.
3. This should be thick and a tiny bit coarse.



Creamy Cilantro Sauce

Ingredients:

- 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 sea salt
- 1 pinch of cayenne if desired

Directions:

1. Blend all ingredients until smooth and creamy. Thin to desired consistency.
2. Pour sauce over cooked or raw vegetables, or use less water and serve as a 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.



Creamy Pesto

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 sea salt

Directions:

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

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.



Deep Green Pesto

Ingredients:

- 3 cloves raw garlic, raw
- 1/4 cup pine nuts
- 2 cups kale
- 1/3 pound spinach
- 1/8 cup olive oil
- 1 cup fresh basil or 1/4 cup dried basil
- 1 cup kelp or other sea vegetable, soaked in water until soft
- 1/2 teaspoon unrefined Celtic, Himalayan, or pink sea salt

Directions:

1. Soak kelp in water while preparing the remainder of the ingredients.
2. Put the remaining ingredients in the food processor (add in small batches if necessary depending on the capacity of the food processor).
3. Squeeze the liquid out of the kelp and add to processor.
4. Process until smooth.
5. Adjust salt and basil to desired taste.

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.



Garlic Dill Dip

Ingredients:

- 1 recipe of *Creamy Nut Cheese*
- 1 bunch of fresh dill
- 1 - 2 cloves garlic
- Celtic, Himalayan, or pink sea salt, amount to taste

Directions:

1. Place Creamy Nut Cheese in bowl.
2. Pulse-chop dill until finely diced, then stir into nut cream.
3. Press garlic into nut cream and stir well.
4. Add salt to taste.

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.



Marinara Sauce

Ingredients:

- 1 cup sun dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 - 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- 2 teaspoons sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- 1 tablespoon olive oil (optional)
- Italian seasoning to taste (optional)

Directions:

1. Blend all ingredients except the fresh basil, until thick and smooth. Adjust liquid and seasonings to taste.
2. Stir in the basil.

Macadamia Ricotta Cheese

Ingredients:

- 2 cups macadamia nuts, soaked 3 - 4 hours
- 1 - 1 1/2 cups water
- 1/8 teaspoon kelp powder (optional)
- Celtic, Himalayan, or pink sea salt to taste

Directions:

1. Place macadamia nuts, kelp, and salt with 1 cup water in blender.
2. Blend at high speed until creamy.
3. Add additional water if needed.



“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 and as much extra water as needed to make “mayonnaise”.

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.



Nacho "Cheese"

Ingredients:

- 1 cup water
- 1/4 cup red bell pepper, roughly chopped
- 1/2 cup macadamia nuts
- 1/2 - 1 teaspoon salt
- 1/4 teaspoon chili powder
- 1 tablespoon lemon juice
- 1 teaspoon psyllium powder

Directions:

1. Blend the water and the red bell pepper in a high speed blender until smooth.
2. Add all of the other ingredients except the psyllium and blend until smooth.
3. Add the psyllium and blend until the mixture thickens.

Variations:

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



Nacho Un-Cheese

Ingredients:

- 1 large red 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 of lemon juice)
- 1/4 teaspoon Celtic, Himalayan, or pink sea 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.



“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 sea 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.



Nutrition-Packing Pesto Sauce

Ingredients:

- 1 cup fresh basil, packed or 1/4 cup dried
- 1 cup raw kale, chopped
- 2 cups raw spinach
- 1 tablespoon kelp powder (optional)
- 1/3 cup walnuts
- 1/3 cup pumpkin seeds or hemp seeds
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil

Directions:

1. If you have a food processor: Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. If you don't have a food processor yet: Put everything except the greens in the blender and add enough water to keep it moving. Blend until smooth. Finely mince the greens and stir in.
3. Adjust salt and basil to taste.

Personal Note: This pesto sauce is great served over gluten-free brown rice or quinoa noodles. You can serve the gluten-free brown rice or noodles to the rest of the family if you are watching your blood sugar.



Sour 'Cream'

Ingredients:

- 1/2 cup pine nuts
- 1/2 cup cashews or macadamia nuts, or a combination
- 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:

1. 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.
2. Add 1/4 cup of water, salt, lemon juice, and miso (if desired).
3. Blend on high speed for several minutes. Mixture should be thick and creamy.
4. Adjust amount of water to achieve desired consistency. You can add more lemon if a more sour cream is desired.

Sour 'Cream' and Onion Dip

Ingredients:

- 1/2 cup cashews or macadamia nuts, or a combination
- 1/2 cup pine nuts (or additional macadamia and cashew nuts)
- 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
- 1 cup onions, minced or 1 teaspoons dried granulated onions

Directions:

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



Spinach Dip

Ingredients:

- 3 cups spinach
- 1 medium avocado
- 1/2 tablespoon lemon juice
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Place all ingredients in food processor.
2. Process until smooth.

Sunny Paté

(Based on Nomi Shannon's recipe from *The Raw Gourmet*)

Ingredients:

- 3 cups sunflower seeds soaked for 8 - 12 hours
- 3/4 cup lemon juice
- 1/3 cup tahini
- 1/4 cup coconut aminos
- 1/2 cup onion
- 2 cloves garlic
- 2 tablespoons dry parsley
- 1/4 teaspoon cayenne pepper (or more to taste)

Directions:

Process all ingredients until smooth.



Tahini Coconut Sauce

Ingredients:

- 2 tablespoons tahini
- 2 tablespoons coconut butter
- 1 stalk celery
- 1/2 red bell pepper
- 1 sliver jalapeño
- 1 clove garlic
- 1/4 teaspoon kelp powder
- 1 tablespoon lime juice
- 1/2 teaspoon sea salt
- 1/2 - 1 cup water

Directions:

1. Blend all ingredients until creamy and smooth.
2. Add or reduce water to thin or thicken.
3. Pour over raw or cooked vegetables or use as a dip.



Tahini Coconut Curry Sauce

Ingredients:

- 2 tablespoons coconut butter
- 1/4 cup macadamia nuts
- 1 cup water
- 1 tablespoon tahini
- 1/2-inch sliver of ginger (or more if you like a lot of ginger)
- 1 clove garlic
- 1/4 teaspoon kelp powder (optional)
- 1 small lime or lemon, juice of
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric

Directions:

1. Place ingredients in blender and process until smooth and creamy.
2. If the sauce is too thick, add extra water. If too thin, add a few more macadamia nuts.

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.



Tomatillo Salsa

Ingredients:

- 2 tomatillos, diced
- 2 teaspoons cilantro, minced
- 1 - 2 teaspoons green onion, minced
- 1/2 cup lime juice
- 1 clove garlic, crushed
- 1/4 teaspoon jalapeño, minced (or a dash of cayenne)
- 1/8 teaspoon sea salt

Directions (Option 1):

1. Stir all ingredients together in a bowl.
2. Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.
3. Add pineapple and /or mango for a variation (**Note:** The fruits are a post-*B4 Be Gone* program option only).

Directions (Option 2 with Food Processor):

1. Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse-chop until it reaches the desired consistency. Do not over process.
2. Stir in lime juice and let salsa sit for 10 minutes before serving to allow the flavors to mingle.

Personal Note: Using the food processor makes preparation quicker. The ingredients are not as uniformly cut, but it saves time and tastes great!



Zucchini Hummus

Ingredients:

- 2 zucchini, peeled if desired
- 4 tablespoons raw tahini (ground sesame paste)
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt

Directions:

1. Blend all ingredients in food processor or blender until smooth and creamy.
2. Adjust seasonings to taste.
3. Add water to make it thinner if desired.



Dressings:

Avocado Spinach Dressing

Ingredients:

- 1 large avocado
- 2 cups spinach, finely chopped (if preparing without a *Vitamix*)
- 1/2 green apple
- 1/2 lime, juice of
- 1 1/2 cups water
- 1 pinch cayenne pepper (or to taste)
- 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 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 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.



Cucumber Dill Salad Dressing

Ingredients:

- 3 cucumbers
- 3 stalks celery
- 1/2 cup olive oil
- 1 teaspoon sea salt
- 1 cup fresh dill
- 1 clove garlic (optional)

Directions:

1. Add all ingredients except dill to the blender and blend until smooth and creamy.
2. Add dill and pulse a few times in the blender. It should be chopped but not blended.

Variations:

Substitute an avocado for the olive oil for a creamier dressing.

Flax Coconut Omega-3 Dream Dressing

Ingredients:

- 2 stalks celery
- 1 clove garlic
- 1/4 cup flax oil
- 1/4 cup coconut oil
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt

Directions:

1. Blend until smooth and creamy.
2. Do not over process.
3. Store in dark container in refrigerator to preserve the delicate omega-3 fats.



Green Goddess Dressing

Ingredients:

- 3 cups mixed greens: spinach, arugula, parsley
- 2 scallions
- 1 medium avocado
- 1/2 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 cup water
- 1 clove garlic

Directions:

1. Blend all ingredients in food processor or blender until smooth and creamy.
2. Adjust seasonings to taste.
3. Add water if you prefer it thinner.

Green Thousand Island Dressing

Ingredients:

- 1/2 cup cashews or macadamia nuts
- 2 tomatillos
- 2 tablespoons apple cider vinegar
- 1 pinch of sea salt
- 1 pinch of onion powder
- 1 pinch of garlic powder
- 1/2 cup red onions, chopped
- 1/2 cup dill pickle, chopped

Directions:

1. Blend everything together except for the onions and pickle.
2. Stir in chopped onion and pickle.
3. Add water to achieve desired consistency.



Italian Dressing

Ingredients:

- 3 tablespoon lemon juice
- 1 tablespoon olive oil
- 1/4 - 1/2 teaspoon unrefined whole sea salt
- 1 teaspoon Italian seasoning
- 1 teaspoon dried oregano
- 1 pinch cayenne pepper (or to taste)
- 1 teaspoon cumin powder
- 1/4 teaspoon black pepper

Directions:

Combine all ingredients into a glass jar. Shake well.

Miso Salad Dressing

Ingredients:

- 1 tablespoon miso, **South River Chickpea**
- 1/2 cup hemp seeds
- 1/4 cup cashews or walnuts or Brazil nuts
- 1 pinch sea salt
- 1/4 teaspoon kelp powder
- 1/2 cup water
- 1/8 cup apple cider vinegar

Directions:

1. Blend and enjoy.
2. Increase nuts/seeds if the consistency is too thin or increase the water if the mix is too thick.



Omega-3 Dream Italian Dressing

Ingredients:

- 2 tablespoons Chia Gel
- 1 teaspoon coconut oil
- 1 teaspoon flax oil
- 1 teaspoon lemon juice
- 1/2 teaspoon green powder
- 2 tablespoons water
- 1/8 teaspoon probiotic powder (optional)
- 1/2 teaspoon Italian seasoning

Directions:

Put everything in a small jar and shake well to combine.

Sesame Garlic Dressing

Ingredients:

- 1 cucumber, peeled and sliced
- 1/4 cup raw tahini
- 1/8 cup flax oil
- 2 tablespoons lemon juice
- 1/2 teaspoon dried mustard
- 1 clove garlic
- 1/2 cup water

Directions:

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Add extra water if thinner dressing is desired.
3. Add extra seasonings if desired.
4. Pour dressing over salad and serve.



Desserts & Goodies

Amaretto Truffles: Low-Glycemic

Inspired by Chef Karen Osborne

Ingredients:

- 1/4 cup almond butter
- 1/2 cup coconut butter
- 1/4 cup lucuma powder
- 1/4 cup carob powder
- 1/8 teaspoon sea salt
- 2 teaspoons ground vanilla beans
- 1 tablespoon almond extract
- 12 drops liquid stevia (chocolate flavor if possible)
- 1/4 cup almonds, ground to a powder
- 1/2 cup almonds, ground to a powder or 1/2 cup finely shredded coconut for “snowball” truffles (**Note:** This is used to roll the truffles when formed. You can roll half in coconut and half in almonds if you choose)

Directions:

1. Combine all ingredients except the 1/2 cup ground almonds or coconut.
2. Process in a food processor or stir together until smooth.
3. Form a teaspoon of dough into a ball. If it's too “gooey” add a little extra ground almond to dry it a bit.
4. Continue forming balls until all dough is used.
5. Roll balls in ground almonds and or coconut.
6. Refrigerate for a couple of hours or freeze for at least 1/2 hour.



Blueberry Coconut Spinach Ice Cream

Ingredients:

- 2 cups frozen blueberries
- 2 tablespoons coconut butter
- 1 - 2 cups spinach or other mild green
- enough water to make it all spin
- stevia to taste

Directions:

Blend it all in a high-powered blender and eat frozen.

Carob Brownies

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. If more sweetness is desired, add more stevia one drop at a time.



Carob Mint Candy

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
- 3 drops orange essential oil
- 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!

Coconut Carob Mint Candies

Ingredients:

- 1/2 cup coconut butter
- 1/4 cup carob powder
- 1/4 cup water
- 10 drops peppermint essential oil
- 8 drops chocolate liquid stevia (optional)
- 3 drops hazelnut flavor extract (optional)

Directions:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add a tablespoon of chopped nuts for a crunchy candy (optional).
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.



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! To make sure you help and keep your gut happy and healthy, choose a green smoothie recipe from this collection.



Healthy Holiday 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 extract
- 2 teaspoons cinnamon
- 1 pinch sea salt
- 10 - 15 drops ***Sweet Leaf Whole Leaf Stevia Concentrate***, to taste

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. 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.



Mint Chocolates

Ingredients:

- 1 tablespoon tahini
- 1 tablespoon coconut butter
- 1 tablespoon carob powder
- 1 teaspoon green powder
- 1 teaspoon protein powder
- 2 drops peppermint essential oil
- 6 drops **Medicine Flower Chocolate Flavor Extract** plus 3 drops stevia OR 3 drops chocolate stevia (optional)

Directions:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Add a tablespoon of chopped nuts for a crunchy candy (optional).
4. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
5. Freeze until solid, about half an hour.



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



Dr. Ritamarie Loscalzo, the founder of the Institute of Nutritional Endocrinology, is fiercely committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential.

As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

A bestselling author, speaker, and internationally recognized nutrition and hormone health authority, Dr. Ritamarie combines the ancient healing wisdom of whole fresh foods and herbs with modern scientific research to inspire people everywhere to recharge their energy and reclaim their lives.

Dr. Ritamarie offers online courses, long distance coaching and counseling, as well as in-person classes and hands-on healing methodology.

To learn more and get started on ***7 Simple Strategies to Jumpstart Your Energy Practically Overnight***, visit www.JumpstartYourEnergy.com or access Dr. Ritamarie's extensive collection of vibrant living health resources at www.DrRitamarie.com.



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