



THE SWEET SPOT SOLUTION

Recipe Collection

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About The Sweet Spot Solution

This material is part of the ***Sweet Spot Solution*** which is a step-by-step method for resetting your insulin receptors and healing the blood sugar imbalances that cause belly fat, brain fog, and burnout. Program members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

www.TheSweetSpotSolution.com

This e-book provides delicious recipes for getting your blood sugar balanced, so you can enjoy a trim waistline, soaring energy, and a sharp mind. On your own you should be able to accomplish a lot, but the truth is your results can be much better with support.

1. Training and Education for a 30-Day Metabolic Reset

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the plan to account for your unique needs. You'll learn just enough about the inner workings of your body to empower you to stick with the habits that you know will bring balance.

2. Implementation Tools to Simplify New Habits

With menus to follow, recipes (including many videos to teach you how to make them), fitness videos, exercise plans, sleep enhancers, timing tips, and de-stress strategies, there's no more guessing about what to eat, when to exercise, and how much rest you'll need.

3. Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why a strong system of support and accountability is built into the *Sweet Spot Solution* to accelerate your success.

For more details on the benefits of becoming a *Sweet Spot Solution Program* member, please visit: www.TheSweetSpotSolution.com



Introduction to the Recipe Collection

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

- keep your blood sugar nice and steady
- help reduce inflammation
- nourish your glands, organs, and immune system
- calm and optimize your digestion

The more you use these blood sugar balancing 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 triggering the release of excess insulin. 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 ***Sweet Spot Solution Program***. As such, you are encouraged to get a glucose meter and test the blood sugar effects from consuming these recipes in your own body. *Sweet Spot Solution Program* members will find details and guidance on the program website.

My goal is to make mealtime a pleasure, give you lots of options, and offer meals that are filling and satisfying 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

This page provides a few key tips for using *The Sweet Spot Solution Recipe Collection*.

Tips:

- **Document Tips:** 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. *Sweet Spot Solution* members, you'll find a complete list of products and ordering options in my *Creating a Healing Kitchen* document that's included in the *Sweet Spot Solution* 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.



Fresh Green Juice

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).

Blood Sugar Balancer Juice

Ingredients:

- 1 cucumber
- 2 stalks celery
- 1 cup green beans
- 1/4 teaspoon cardamom
- 1/4 teaspoon cinnamon

Directions:

1. Run cucumber, celery, and green beans through the juicer.
2. Stir in cinnamon and cardamom to the juice.

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

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



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.

Cool as a Cucumber Juice

Ingredients:

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

Directions:

Run all the ingredients above through a juicer.

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

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



Green Water

Ingredients:

- 1 handful leafy green vegetables (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.



Hot Mama Liver Cleanser

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 pinch cayenne

Directions:

Run all the ingredients above through a juicer.

Personal Note: I love how the garlic and cayenne give this juice a kick.

Benefits to the Body: This juice is the ideal liver cleanser. It's stimulating and does powerful work to keep your liver functioning at its best.



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.

Personal Note: Reminiscent of my Italian grandmother's yummy soups.

Benefits to the Body: This juice is an immune system friend. The aromatic herbs are anti-viral, anti-bacterial, and oh so delicious!



Minty Coleslaw Detox 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

Directions:

Run all the ingredients above through a juicer.

Personal Note: The minty aroma permeates the kitchen as you make this juice.

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



Turbo-Charged Red Engine

Ingredients:

- 1 red bell pepper
- 1/4 bunch cilantro
- 1/2 - 1 lime, juice of
- 4 stalks celery
- 1 tomatillo (or additional stalk celery plus lime juice if not available)

Directions:

Run all the ingredients above through a juicer.

Personal Note: The bell pepper and tomatillo give this a natural sweetness and tang without a spike in your blood sugar levels.

Benefits to the Body: Naturally detoxifying with cilantro and loaded with Vitamin C.

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.



Jumpstart Your Day Energy Drinks

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:

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

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

Chia Energy Drink (Vitamin C Variation)

Ingredients:

- 32 ounces water
- 2 tablespoons **Navitas Naturals Sprouted Chia Seed Powder**
- 2 tablespoons lemon or lime juice
- 2 drops essential oils (your choice) for flavoring
- 1 tablespoon **HealthForce Nutritionals Truly Natural Vitamin C Powder**.
It's acerola extract and tastes nice and tangy.

Directions:

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



Green Chia Drink

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

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.

Gut Rejuvenator A.M. Starter

Ingredients:

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

Directions:

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



Smoothies with Low-Sugar Fruits

Apple Cinnamon Green Smoothie

Ingredients:

- 1 head bok choy
- 1 green apple
- 1 cup blueberries
- 1/2 cucumber
- 1 teaspoon cinnamon
- 1 pinch of cardamom

Directions:

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

Personal Note: This was quite green and strong, but pleasant.



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 cup water or more to desired consistency
- 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)

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.



Blueberry Orange Mint Green Smoothie

Ingredients:

- 1/2 bunch kale
- 1 handful broccoli sprouts
- 1 cup sunflower sprouts
- 1 handful arugula
- 1/2 head collard greens
- 1/4 teaspoon kelp powder
- 2 cups frozen blueberries
- 3 tablespoons lemon juice
- 2 cups water, or more to desired consistency
- 2 tablespoons sesame seeds ground in a coffee grinder
- 1 teaspoon cinnamon
- 1 tablespoon dried mint or 2 drops mint essential oil
- 4 drops orange essential oil

Directions:

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

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*
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons coconut butter

Directions:

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

Creamy Kale Green Smoothie

Ingredients:

- 1 cup water
- 2 tablespoons sesame seeds
- 1 tablespoon lime juice
- 4 cups kale leaves
- 1/8 teaspoon sea salt
- 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

Directions:

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



Happy Hormones Blueberry Pomegranate Green Smoothie

Ingredients:

- 1 head kale
- 1 handful broccoli sprouts
- 1 cup sunflower sprouts
- 1 handful arugula
- 1/2 head collard greens
- 1 pinch kelp powder
- 1 teaspoon each (optional) of herbs: horsetail, nettles, alfalfa
- 2 cups frozen blueberries
- 3 tablespoons lemon juice
- 2 tablespoons pomegranate powder (optional)
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons tahini (optional)

Directions:

1. Blend until very smooth.
2. Add stevia if needed for sweetness.



Hot and Sour Blueberry Green Smoothie

Ingredients:

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

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.



Lemony Mint Energy Drink Version 1

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.



Lemony Mint Energy Drink Version 2

Ingredients:

- 1 medium green apple
- 1 lemon, juiced
- 1 romaine lettuce heart
- 1/2 medium avocado
- 1 handful fresh mint leaves or 2 tablespoons dried mint
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Add extra water if you prefer a thinner soup.
3. Adjust the lemon and mint to taste.

Lemony Mint Energy Drink Version 3

Ingredients:

- 1 bunch kale, stems and leaves, chopped
- 4 large lemons or limes or both, juiced
- 1 dash sea salt
- 1 bunch mint leaves or 2 tablespoons dried mint
- 1/2-inch piece ginger
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Add extra water if you prefer a thinner soup.
3. Adjust the lemon and mint to taste.



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.

Parsley Delight

Ingredients:

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

Directions:

Blend and enjoy.



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.



Sour and Wild Green Smoothie

Ingredients:

- 3 cups grapefruit juice, fresh
- 3 cups collard greens
- 1 1/2 cup dandelion greens
- 1 bunch cilantro
- 1 cup Napa cabbage
- 1 handful of chickweed (or sprouts if not available)
- 1 cup parsley
- 2 scallions
- 1/2-inch piece of ginger
- blueberries (optional, if it is too sour for your taste)

Directions:

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



Spicy Mint Blueberry Spinach Smoothie

Ingredients:

- 2 cups spinach
- 1 cups frozen blueberries
- 1 cup mint fresh, or 2 tablespoons dried mint
- 2 tablespoons lemon juice
- 1 cup water
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/2-inch slice ginger, or up to 1-inch depending on taste

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.

Spinach Arugula Smoothie

Ingredients:

- 2 cups arugula
- 2 cups spinach
- 2 cups frozen blueberries
- 2 tablespoons lemon juice
- 2 tablespoons lime juice
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons coconut butter (optional)

Directions:

1. Blend until very smooth.
2. Add stevia if needed for sweetness.



Strengthen My Bones Green Smoothie

(Adapted from a recipe by Karen Osborne in [Eating for Bone Health](#))

Ingredients:

- 1/2 cup water
- 2 tablespoons sesame seeds
- 1 tablespoon lime juice
- 2 cups kale leaves
- 1/8 teaspoon sea salt
- 1 teaspoon nettles, herb
- 1 teaspoon alfalfa, herb
- 1 teaspoon horsetail, herb
- 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.

Sunny Delight

Ingredients:

- 2 cups sunflower greens
- 1 cup blueberries, fresh or frozen
- 1 teaspoon cinnamon
- 1 cucumber
- enough water to blend
- stevia if desired to taste

Directions:

Blend and enjoy.



Tangy Blueberry Mint Green Smoothie

Ingredients:

- 1 cup blueberries, fresh or frozen
- 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 smoothie.
3. Adjust the lemon and mint to taste.

Vanilla Blueberry Green Smoothie

Ingredients:

- 1/2 cup water
- 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

Directions:

Blend until smooth.



Blended Green Drinks without Fruit

For those who are currently not tolerating even the low-sugar fruits, 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 *Sweet Spot Solution Menu Planner* 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 cup of water
- 1 cucumber
- 1 stalk celery
- 1/2 red bell pepper
- 1-inch slice of ginger (optional)
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust to taste.



Clean Out the Fridge Green Drink

Ingredients:

- 1/4 cup lemon juice
- 2 scallions
- 1 cucumber, peeled
- 1 clove garlic
- 2 cups celery
- 1/2-inch piece of ginger
- 1 cup baby greens
- 2 3-inch long broccoli stalks
- 1 sprig fresh dill
- 1 small sliver of jalapeño
- 1/2 cup cauliflower
- 6 leaves of kale
- 1/2 tablespoon kelp powder
- 1 - 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add more water to make it thinner if preferred.
3. Omit the jalapeño if you prefer it less hot.

Personal Note: “Clean out the fridge” drinks and soups are fun and exciting. You never quite know what you will end up with! I usually gather small bits of vegetables, onions, and herbs and throw them into the blender. Then I taste, add seasonings, spices, salt, and more vegetables. Often a masterpiece is created.

Experimenting with ingredients that need to be used up gives us practice in flavor balancing techniques. It is important to be sure that all five flavors - sweet, salty, bitter, sour, and pungent (also known as spicy or aromatic) - are included in the mix. When the flavors are balanced, your recipe will burst with an exquisite taste sensation when it hits the tongue. Try it. I particularly liked this one because it was spicy and loaded with greens.



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.



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.

Simple Sunny Surprise

Ingredients:

- 2 cups sunflower greens
- 1 handful broccoli sprouts
- 2 tablespoons lemon juice
- 1 - 2 cups water
- 1 sliver of ginger

Directions:

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



Spicy Green Drink

Ingredients:

- 1 stalk mustard green
- 1 clove garlic or scallion
- 3 tomatoes
- 1 small head of bok choy
- 1/2 cup fresh basil
- 2 collard leaves
- 2 cups mixed spring greens
- 1 red bell pepper
- 1 carrot (if blood sugar tested and tolerated)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Spicy Kale Drink

Ingredients:

- 1 bunch of kale
- 2 cups of water
- 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

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.



Spicy Salad Smoothie

Ingredients:

- 2 - 3 tomatoes
- 1 - 2 cucumbers
- 3 cups mixed greens
- 1 cup cilantro
- 1/4 cup lemon juice
- 1 slice of jalapeño

Directions:

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

Personal Note: Use basil instead of jalapeño for milder drink.

Spicy Soother

Ingredients:

- 1 tomato
- 1 whole lime, peeled
- 1 cucumber, peeled
- 1 sliver of jalapeño
- 1 garlic clove
- 1 handful of cilantro
- 1 dash of cumin

Directions:

1. Blend everything.
2. Add water to desired thickness.
3. If you want it greener, add 1 head broccoli (stalk and florets), 1 tablespoon dulse flakes, and additional cumin.



Spicy Tomato Green Energy Sipper

Ingredients:

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

Directions:

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

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.



Sweet and Spicy Vegetable Smoothie

Ingredients:

- 6 small tomatoes
- 2 stalks celery
- 1 cucumber
- 1 1/2 red, yellow, or orange bell peppers
- 3 tomatillos
- 1 bunch collard greens
- 2 handfuls spring mix greens
- 1 handful cilantro
- 1 small handful basil, fresh
- 1 small piece of red onion
- 1 lime
- 1 sliver of jalapeño
- 1/2-inch slice ginger
- 1 teaspoon kelp powder
- 1 cup water, or more to achieve desired consistency

Directions:

1. Blend and adjust seasonings and water to taste.
2. Add an avocado for richness if desired.



Tomato Pepper Green Drink

Ingredients:

- 1 yellow pepper
- 2 or 3 tomatoes
- 5 celery stalks
- 7 romaine leaves
- 1/2 teaspoon kelp powder
- 1 pinch garlic powder, cumin, and other seasonings desired to taste (optional)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Tomato Sauce in a Glass

Contributed by Marianne

Ingredients:

- 7 purple cherry tomatoes
- 1 hothouse red tomato
- 4 stalks of celery with leaves
- 3 large handfuls (about 3 cups) of spring mix greens
- 1 large stalk of green scallion
- 1 clove garlic
- 1 pinch of dried oregano
- 1 pinch of dried turmeric
- 1 lemon wedge, juice of
- 1/2 - 1 cup water

Directions:

Blend and add seasonings as desired.



Zuppa Delizioso

Contributed by Katherine Enyart

Ingredients:

- 4 small tomatoes
- 2 carrots
- 1 clove garlic
- 3 scallions
- 1/2 large red bell pepper
- 2 large handfuls of spinach
- 1 handful alfalfa sprouts
- 1 squeeze of lime juice
- 1 pinch of kelp powder
- 1 pinch of basil
- 1 small pinch of oregano

Directions:

Blend in a high-powered blender until warm or add a little hot water.



Nut and Seed Milks

Personal Note: If you plan to make a lot of nut milks, consider purchasing a **Soyabella Milk Maker** by Tribest.

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.



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, ginger, and fruit*
(*Note: dried fruit is a post-Sweet Spot Solution option)

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.

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.

Pumpkin Seed “Chocolate” Milk

Ingredients:

- 1 cup pumpkin seeds soaked 4 hours or overnight
- 3 - 4 cups water
- 1/4 cup carob powder
- 2 drops mint essential oil (optional)
- stevia to taste

Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. If desired, you may strain mixture through cheesecloth or a nut milk muslin bag and save the pulp for cracker or cookie recipes.



Pumpkin Seed Mint Milk

Ingredients:

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

Directions:

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



Gels and Fermented Foods

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

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.

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.



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!



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 Entrée

Apple Chia Breakfast Medley

Ingredients:

- 1/4 recipe *Chia Gel*
- 1 green apple, finely diced
- 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.



Apple Ginger Breakfast Medley

Ingredients:

- 1 green apples, finely diced
- 1/8 - 1/4 cup almonds, soaked and chopped
- 1/4-inch piece of ginger, minced
- 1/4 cup lemon juice
- 1/4 teaspoon cinnamon

Directions:

1. Combine all.
2. Apples, ginger, and almonds can be chopped in a food processor or with a food chopper tool. I use one from **Pampered Chef**.

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

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.



Blueberries Blood Sugar Buster

Ingredients:

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

Directions:

Toss all ingredients together in a bowl and enjoy.

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

Blueberry Chia Porridge

Ingredients:

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

Directions:

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



Fudgy Mint Chia Porridge

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water
- 1 scoop raw protein powder, e.g. **Sunwarrior Raw Vegan Protein** (plain or vanilla flavored), sprouted rice protein, hemp protein, or pea protein
- 1 pinch sea salt
- 1 teaspoon vanilla extract
- 2 tablespoons carob powder
- 3 drops mint essential oil
- 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. Soak chia seeds in mixture for several hours or overnight.
4. Once chia seed has absorbed all of the liquid and expanded, it will be thick and gelatinous.
5. Taste and adjust flavorings. Add stevia if needed for sweetness.



Granola: Low-Glycemic

By Chef Karen Osborne

Ingredients:

- 1/2 cup almond meal flour (process 1 cup of almonds to a powder)
- 4 cups soaked dehydrated almonds
- 1 cup shredded coconut
- 2 cups diced Granny Smith apple, or less, to taste*
- 24 drops stevia
- 1 teaspoon vanilla extract
- 1 tablespoon cinnamon
- 1/2 teaspoon sea salt
- 2 tablespoons chia seeds, ground in coffee or spice grinder

Directions:

1. Process the 1 cup of almonds to a powder in the food processor.
2. Pulse all other ingredients, except the apple, in a food processor until chopped.
3. Add the apple and pulse to incorporate.
4. Dehydrate chunks on mesh screens at 145°F for 45 minutes.
5. Turn dehydrator down to 105°F and continue dehydrating until crispy.
6. Store in an air tight container in the freezer.

Personal Note: Substitute the apple with zucchini and double the stevia if you are blood sugar sensitive and unable to tolerate any fruit.



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 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.



Special Occasion Breakfasts

Breakfast Quiche

Ingredients:

- 1 recipe *Breakfast Quiche Crust* (optional)
- 4 cups finely diced vegetables (red bell pepper, spinach, mushrooms, onion, broccoli)
- 1 cup nuts, your choice
- 1/4 cup lemon juice
- 1/2 teaspoon sea salt
- 3 tablespoons *Coconut Cream* concentrate or 2 tablespoons coconut oil
- 1 - 2 tablespoons ground flax
- 1/4 – 1/2 teaspoon turmeric

Directions:

1. Finely chop the vegetables either by hand or in the food processor. Place in a large bowl.
2. In blender, **Vitamix**, or food processor, combine nuts, lemon juice, salt, coconut, flax, and turmeric until thick and creamy. Adjust the turmeric to desired color without overpowering the taste.
3. Pour creamy mixture over vegetables and stir well.
4. Pour mixture into prepared crust or into a baking dish without crust.
5. Chill for at least 30 minutes or overnight before serving.
6. Slice into individual-sized pieces and serve.

Personal Note: Using macadamia nuts or cashew nuts will make your recipe the creamiest.



Breakfast Quiche Crust

Ingredients:

- 1 cup almonds (soaked or unsoaked)
- 1 1/2 cups pecans (unsoaked)
- 1 - 2 teaspoons sea salt
- 2 - 4 tablespoons water
- 1 - 2 tablespoon ground flax seeds or psyllium husk

Directions:

1. Place nuts in food processor and pulse-chop until nuts are a fine powder. Add salt.
2. Add water a small amount at a time until mixture starts to hold together.
3. While the processor is running, slowly add flax or psyllium, if needed, to hold crust together.
4. Press into a 9-inch pie plate.

Scrambled “No-Eggs”

Ingredients:

- 1/2 cup dry sunflower seeds (best if soaked and then dehydrated)
- 1 cup dry Brazil nuts or almonds (best if soaked and then dehydrated)
- 1/4 teaspoon of sea salt
- 1/4 teaspoon powdered kelp (optional)
- 1 teaspoon turmeric
- 1/2 cup filtered water

Directions:

1. Place all in a food processor and process until smooth but not creamy.
2. Serve on a bed of wilted arugula or spinach.



Spanish “Omelet”

Ingredients:

- 1/4 cup chopped cilantro
- 1/2 cup diced tomato
- 2 tablespoons chopped scallions
- 2 cups spinach or arugula, wilted by massaging with 1 teaspoon sea salt
- 1 pinch of black pepper
- 1 batch of breakfast *Scrambled “No-Eggs”*

Directions:

1. In a bowl, combine *Scrambled “No-Eggs”* with cilantro, tomato, scallions, and spinach.
2. Add fresh crushed black pepper to taste.

Serving Suggestions:

- Great served with fresh *Tomato Salsa*, *Guacamole*, or *Creamy Nut Cheese*.
- Serve like a “breakfast taco” in homemade dehydrated *Flax Crisps or Tortillas* or *Tostada/Taco/Enchiladas Shells* warmed in dehydrator.
- Serve raw wrapped in a romaine lettuce or collard leaf.
- Add jalapeño or cayenne pepper for a spicy dish.



Lunch and Dinner Entrées

Soups

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

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

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

Basic Green Soup Recipe

Ingredients:

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

Directions:

Blend all together and adjust to taste.



Broccoli Soup

Ingredients:

- 2 cups water or nut or seed milk
- 2 cups broccoli
- 1 avocado (optional for richness)
- 1 red bell pepper
- 1/4 yellow onion
- 1 - 2 celery stalks
- 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
- 2 tablespoons raw apple cider vinegar or coconut vinegar
- 1/4 teaspoon sea salt
- 1/4 teaspoon kelp powder

Seasoning Options:

- 1 tablespoon of herbs: nettles, horsetail, and/or alfalfa combination
- 1 tablespoon dried basil
- 2 - 3 drops lemongrass essential oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 1 tablespoon chili powder or Mexican seasoning

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
- 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
- 1/8 - 1/2 jalapeño or other hot 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.



Coco-Gin Curry Vegetable Soup

Ingredients:

- 6 cups choice of vegetables: broccoli, cauliflower, green cabbage, zucchini, kale, etc.
- 2 cups tender leafy greens like spinach or arugula
- 2 stalks celery, finely minced
- 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
- 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 Jicama Chowder

Ingredients:

- 1 cup *Almond Milk* or 1/4 cup soaked almonds and 1 cup of water
- 1 small or 1/2 medium or large avocado
- 1 cup cauliflower
- 1 cup jicama, finely diced into 1/4-inch cubes
- 1/2 - 1 cup water
- 1 teaspoon sea salt
- 1 teaspoon cumin

Directions:

1. Blend all ingredients except jicama, adding enough water to make the soup a nice creamy consistency.
2. Put all ingredients in a bowl.
3. Stir in jicama.
4. Warm if desired using your choice of warming options.



Creamy Southwest Cauliflower Soup

Ingredients:

- 2 cups cauliflower florets
- 1 cup celery
- 1 cup carrots
- 2 cups water
- 1 tablespoon olive oil
- 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): broccoli, kale, cauliflower, zucchini, carrots, 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 Mexican Soup

Ingredients:

- 2 tomatoes
- 4 scallions
- 3 celery stalks
- 1 bunch cilantro
- 1 bunch collard greens
- 1/2 bunch kale
- 1 clove garlic
- 1/2 bunch dandelion greens
- 2 tomatillos
- 1 tablespoon kelp powder
- 3 broccoli stems
- 1 broccoli stalk
- 1 poblano pepper
- 1/4 jalapeño pepper
- 1/2 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 avocado (optional)

Directions:

1. Put tomatoes, celery, and tomatillos in blender and blend until smooth to get to get a liquid base.
2. Slowly add the rest of the ingredients.
3. Warm if desired using your choice of warming options.

Personal Note: 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. This makes 64 ounces so cut in half or process in batches if you do not have a **Vitamix** or other high capacity blender.



Creamy Vegetable Soup

Ingredients:

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

Directions:

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

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

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



Energy Soup

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

Ingredients:

- 2 cups sprouts, including sunflower seed 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.

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 Immune System Soup

Ingredients:

- 1/3 cup lemon juice (1 large Meyer lemon)
- 1/3 of a red bell pepper
- 1 cucumber
- 1 celery stalk
- 1/2 cup fresh basil
- 4 scallions
- 2 collard green leaves
- 1 zucchini
- 3 cups spring mix greens
- 3 broccoli stems
- 2 1/2 cups dandelion greens
- 2 cloves garlic
- 1 handful of cilantro
- 1 cup cauliflower
- 2 tablespoons kelp flakes
- 1 cup water
- 1 teaspoon 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.



Italian Spinach Soup

Ingredients:

- 4 cups spinach, packed or 8 ounces by weight
- 1 zucchini, chopped
- 1 medium red bell pepper, chopped
- 1 large Roma tomato, chopped
- 1 scallion
- 4 sprigs basil large stems removed
- 1 cup water
- 3 tablespoon lemon juice
- 2 - 3 cloves garlic
- 1 tablespoon dried oregano
- 1/8 teaspoon black pepper
- 2 teaspoons whole, unrefined sea salt
- 1 pinch cayenne, to taste
- 1/2 avocado

Directions:

1. Blend all ingredients except basil and avocado in blender on high speed until smooth. Add basil avocado and blend briefly until smooth.
2. Season to taste with crystal salt and cayenne pepper to taste.
3. Store soup in an airtight container in the refrigerator for up to 3 days.
4. Mix well before serving.



Mediterranean Vegetable Soup

Ingredients:

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

Directions:

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



Orange Arugula Chipotle Bone Boosting Soup

(Adapted from recipe in from Dr. Ritamarie's [Eating for Bone Health](#) Video Class)

Ingredients:

- 1 grapefruit
- 3 drops orange essential oil
- 2 cups arugula
- 1 teaspoon apple cider vinegar
- 2 tablespoons sesame seeds
- 1/32 teaspoon chipotle powder, smidgen
- 1 teaspoon each of herbs: nettles, horsetail, alfalfa

Directions:

Blend all ingredients in a high speed blender until smooth.

Personal Note: You can likely find the herbs available online through **Mountain Rose Herbs**, **Frontier Natural Products Co-op** or a local herb shop. Try the soup without at first if you don't have these.



Quick Coconut Thai Soup

Ingredients:

- 1 cup cauliflower florets
- 2 cups broccoli florets, chopped
- 1 cup shredded cabbage
- 1 small yellow onion, finely diced
- 2 cups water
- 2 tablespoons dried lemongrass
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, powdered
- 1/2 teaspoon curry paste
- 1/2 teaspoon sea salt
- 1 dash cayenne pepper
- 1 teaspoon ground turmeric
- 1 clove garlic, minced
- 1-inch piece of fresh ginger

Directions:

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



Red Green Soup

Ingredients:

- 2 medium-sized tomatoes
- 4 celery stalks
- 1 medium red bell pepper
- 2 cups spinach
- 1 squeeze lime juice, to taste

Directions:

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



Southwest Vegetable Soup

Ingredients:

- 1 cup broccoli florets
- 1/2 cup celery
- 1/2 cup shredded carrots
- 1 cup water
- 1/2 tablespoon olive oil
- 1/4 teaspoon powdered kelp (optional)
- 1/2 teaspoon sea salt
- 1 small lime, juice of
- 1 teaspoon tarragon
- 1 pinch of pepper
- 1/2 avocado
- 1 tablespoon chili powder or Mexican seasoning
- 1 pinch of cayenne
- your choice of vegetables, raw or steamed, (pulse-chopped or diced): broccoli, kale, cauliflower, zucchini, carrots, cabbage, and other greens

Directions:

1. 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.



Spicy Kale Soup

Ingredients:

- 4 cups kale
- 1 clove garlic
- 1/4 cup lime juice
- 1 pinch cayenne (or to taste)
- 1/2-inch piece of ginger
- 2 cups water

Directions:

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

Spicy Lime Green Cilantro Soup

Ingredients:

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

Directions:

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



Thai Coconut Curry Soup

Ingredients:

- 3 young Thai coconuts
- 1-inch piece of ginger root or galangal
- 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.



Tomato Basil Soup

Ingredients:

- 2 medium-sized tomatoes
- 4 celery stalks
- 1/2 cup fresh basil or 2 tablespoons dried
- 1/4 teaspoon kelp powder
- 1 clove fresh garlic or 1 teaspoon powdered
- 1 avocado (optional for creaminess)
- 2 cups spinach, finely minced

Directions:

1. Blend all ingredients except spinach until smooth.
2. Sprinkle salt over spinach and massage until wilted.
3. Stir spinach into soup and add water or vegetable juice if needed to thin to desired consistency.



Warm and Immune Boosting Vegetable Soup

Ingredients:

- 1 head broccoli
- 1/2 cup green beans
- 1/3 head of green cabbage
- 2 cups baby arugula
- 2 stalks celery
- 1 cup arame sea vegetable
- 1 teaspoon powdered kelp
- 1 clove garlic, minced
- 1/2 yellow onion
- 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.



Warm and Tangy Soup

Ingredients:

- 1/4 - 1/2 cup lemon juice
- 2 cups water or nut milk
- 1/4 cup coconut butter or 1 avocado (optional for richness)
- 3 stalks celery
- 1 cucumber
- 1 head of romaine heart
- 1 red bell pepper
- 4 cups spring mix greens
- 1 small handful each of baby kale, baby collards and cilantro
- 1 cup sunflower sprouts
- 2 scallions
- a few chives
- 1 tiny piece of jalapeño
- 1/2-inch piece of ginger
- 1 1/2 cups cauliflower

Directions:

1. Place water, cucumber, and celery in blender and blend until a liquid base results.
2. Add remaining ingredients slowly.
3. Adjust water to desired consistency.
4. Season to taste.

Personal Note: This soup base is also delicious served over raw or cooked diced vegetables: broccoli, cauliflower, kale, zucchini, and cabbage. Either steam the diced vegetables or 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.



Salads

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
- 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.



Horse Radish Coleslaw

Salad Ingredients:

- 4 cups green cabbage, coarsely shredded
- 2 cups purple cabbage, coarsely shredded
- 1 large carrot, peeled and coarsely shredded
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 1/2 cup sweet onion, finely chopped

Dressing Ingredients:

- 1 cup macadamia nuts
- 1 cup cashews
- 1 teaspoon sea salt
- 4 tablespoons lemon juice
- 3/4 cup water
- 1 teaspoon rice vinegar
- 2 - 3 tablespoons prepared horseradish
- 1 pinch of paprika (garnish)

Directions:

1. Combine all the vegetables in a large bowl and set aside.
2. Put all the dressing ingredients into the food processor and process until creamy.
3. Pour the dressing over the vegetables and toss until evenly distributed.
4. Transfer to a serving bowl and sprinkle with paprika.



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.



Kale Salad with Kick

Ingredients:

- 1 head of Lacinato (aka “dinosaur”) kale or curly kale, stems removed
- 1 red bell pepper, diced
- 1/4 red onion, diced
- 1 clove garlic, crushed
- 1/4 cup pine nuts or sunflower seeds
- 1/2 cup cherry tomatoes, quartered
- 1/4 teaspoon whole, unrefined sea salt
- 1/2 cup cauliflower, sliced thin

Marinade:

- 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 (to taste)
- 1 teaspoon cumin powder
- 1/4 teaspoon black pepper

Directions:

1. Stack 3 - 4 kale leaves. Slice crosswise into thin ribbon strips, using a down and through motion, keeping the tip of the knife on the cutting board. Repeat with all the remaining kale leaves.
2. Pour marinade over cut kale.
3. Add the crushed garlic and salt.
4. Use your hands to massage the marinade into the kale. The kale will wilt and become soft. It will take on a “cooked” like appearance.
5. Taste the kale. If there is still bitterness, add additional salt and/or lemon juice to balance. Gently toss with tomato quarters, cauliflower, red pepper, and pine nuts.



Kale Salad with Lime Sesame Marinade

Ingredients:

- 1 head kale, shredded or chopped into small pieces
- 1 teaspoon sea salt
- 1 teaspoon sesame oil
- 1 lime juiced
- 2 tablespoons sesame seeds
- 1 medium red bell pepper, diced
- 1 clove garlic
- 1/4 cup leeks or green onions, finely diced

Directions:

1. Rinse kale and place in a bowl.
2. Cover kale with salt and massage until kale wilts. Continue until the kale has shrunk in size and there is green water in the bowl. Drain the liquid, reserving for later.
3. Add lime juice and massage again.
4. In a separate bowl, combine sesame oil with a few teaspoons of the reserved liquid.
5. Press garlic into the juice/oil mixture and stir or shake well.
6. Chop bell peppers and leeks or onions. Add to kale.
7. Pour dressing over salad and toss well, squeezing with hands so that the marinade penetrates the kale. Allow to sit at room temperature for 15 minutes or longer before serving.
8. Sprinkle with sesame seeds and toss once again right before serving.

Personal Note: To further soften the kale, place another bowl on top of the salad and place something heavy in the bowl to press the salad down. Or, use a salad press or sauerkraut crock, if you have one. Chopped up fresh herbs can enhance the flavors of this salad (e.g. cilantro, basil, dill).



Kitchen Sink Super Salad

Ingredients:

- 2 handfuls kale, chopped
- 1 handful baby arugula
- 1 handful baby spinach
- 1 handful spring mix greens
- 1 handful shredded romaine lettuce
- 1 handful sunflower seed sprouts
- 1 handful broccoli sprouts
- 1 handful alfalfa sprouts
- 1 red bell pepper, chopped
- 1 tomato chopped
- 1 cucumber cut into quarters and sliced
- 1 stalk celery, cut in half and sliced
- 2 - 3 tablespoons *Sauerkraut*
- 1 avocado, cubed
- 1/4 teaspoon sea salt

Directions:

1. Put all ingredients except kale and salt in a bowl.
2. Put kale in a bowl and sprinkle with salt.
3. Massage kale well until wilted.
4. Add kale and toss salad well.



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.



Caprese Salad Bites

Ingredients:

- 2 large heirloom tomatoes (or 4 smaller ones if the large heirlooms are not available)
- 1 recipe *Creamy Nut Cheese*
- 1 pinch of dried basil
- 1 pinch of garlic powder
- 1 handful of broccoli sprouts or other kind of sprout
- 1 pinch of kelp powder

Directions:

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



Cauliflower Nori Rolls

Ingredients:

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

Directions:

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



Collard Roll-Ups

Ingredients:

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

Directions:

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

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 *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.



Jicama Tostada

Ingredients:

- 1 jicama, peeled and thinly sliced (1/8-inch thick)
- *“Refried Beans” Spread*
- *Tomato or Tomatillo Salsa*
- *Guacamole*
- shredded lettuce
- green onions
- 1 small tomato, diced
- *Sour ‘Cream’*
- sprouts

Directions:

1. Place jicama slices on a plate. Generally, 2 - 3 slices per person should work well.
2. Put a tablespoon or two of *“Refried Beans” Spread* on top of the jicama.
3. Cover with shredded lettuce, green onions, and tomatoes.
4. Add a tablespoon or two of *Guacamole*.
5. Top with a dollop of *Sour ‘Cream’* and decorate with a sprinkling of diced tomatoes and sprouts.

Personal Note: To fortify your jicama slices, put a layer of baby greens (raw, steamed or wilted with salt) under the *“Refried Beans” Spread*.



Lasagna Roll-Ups with Pesto Sauce

Ingredients:

- 1 large zucchini
- 1 recipe *Creamy Nut Cheese*
- 1 recipe *Deep Green Pesto* (or other pesto recipe of your choice)
- 2 cups spinach
- 1/4 teaspoon sea salt

Directions:

1. Peel zucchini if desired (optional).
2. Using mandolin or sharp knife, cut zucchini lengthwise into paper thin slices.
3. Place in a bowl and sprinkle with 1/4 teaspoon salt.
4. Very gently rub the salt over the zucchini to and allow it to sit for a few minutes to soften.
5. Place spinach in a bowl and sprinkle with a pinch of salt. Massage until spinach is wilted and reduced to less than 1/2 its original volume. Squeeze out excess liquid before assembling. Save liquid for a soup or salad dressing base.
6. To assemble, lay a slice of zucchini on plate or cutting board and layer with pesto, cheese, and spinach. Roll lengthwise.
7. Drizzle with a bit of the nut cheese, thinned with water to salad dressing consistency.



Nori Rolls (Sushi)

Ingredients:

- nori sheets
- a nut or seed paté, pesto, chopped veggie salad, or avocado
- any combination of the following ingredients chopped, sliced, diced, shredded or julienned: cucumber, carrot, avocado, celery, field greens, romaine lettuce leaves, sprouts, or veggies of your choice

Directions:

1. Lay a sheet of nori shiny side down on a dry bamboo sushi mat (available inexpensively at most Asian markets) or on a cutting board.
2. **Option 1:** Place a large lettuce leaf on the nori sheet. Place a strip of paté over the lettuce leaf, being sure to go all the way to the side edges. Add desired toppings and roll and cut as directed below.
3. **Option 2:** Place field greens and other vegetables on the nori sheet. Put a few dollops of paté or a sauce over the vegetables. Season with salt or other herbs, and roll and cut as directed below.
4. **Option 3:** Place a thin layer of paté on the nori sheet. Spread to within 1 inch of the edge at the bottom and 2 inches at the top and all the way to the edge at the sides. On top of the paté, layer a handful of field greens, vegetables, avocado and any desired toppings. For additional flavor, I sometimes use a pinch of umeboshi plum paste and a few slices of pickled ginger or a small amount of miso (not 100% raw, but a living food with live cultures). Roll and cut as directed below.
5. **To Roll:** Grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers and press the filling back towards you with your other fingers. Using the mat to help you, roll the front edge of the nori completely over the filling. Squeeze gently with the mat, then lift the mat and continue rolling. Tap the roll gently and open the mat. Just before closing the roll, dip index finger in water and run along the far edge of the nori sheet. This will seal the seam of the roll.
6. **To Cut:** To cut rolls, use a pointed sharp knife, cutting in a see-saw motion slicing through the roll. For uniform pieces, cut in half, then each half in half. For variety in presentation you can also cut at a 45-degree angle.



Open-Faced Tomato Sandwich

Ingredients:

- 2 large heirloom tomatoes (or 4 smaller ones if the large heirlooms are not available)
- 1 scoop “Not” Tuna Salad or other paté or spread
- 1 recipe “Mayonnaise” or your choice dip or sauce
- 1 handful leafy greens, your choice
- 1 tablespoon *Sauerkraut* per tomato slice
- 1 pinch garlic powder
- 1 pinch kelp powder
- 1 pinch dried basil
- 1 handful broccoli sprouts, sunflower, or other kind of sprout
- 1 handful finely diced tomato or red bell pepper for topping

Directions:

1. Slice tomatoes about 1/4-inch thick.
2. Place a few green leaves on top of each tomato. You can salt and wilt first if you prefer.
3. Spoon “Not” Tuna Salad or other spread onto each slice, enough to cover the tomato slice (maybe a teaspoon or so, depending on the size of the tomato).
4. Add a spoonful of *Sauerkraut* on top of each tomato slice.
5. Add a dollop of “Mayonnaise” to each slice.
6. Sprinkle each “sandwich” with kelp powder, garlic powder, and dried basil.
7. Top with sprouts and eat.



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 *Sweet Spot Solution 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.



Portobello Mushroom with Tomato Salsa and Guacamole

Ingredients:

- 1 - 2 portobello mushrooms per person
- baby spinach, arugula, or other baby greens
- *Tomato Salsa*
- *Guacamole*
- shredded lettuce
- green onions
- tomato or other vegetable, finely diced
- sprouts

Directions:

1. Sprinkle mushrooms with sea salt and gently massage to soften.
2. Sprinkle greens with sea salt and massage until they are soft and have shrunk to half or less of their original size.
3. Place mushrooms on a plate. Generally, 1 - 2 mushrooms per person should work well.
4. Cover mushrooms with greens.
5. Cover greens with *Guacamole*.
6. Cover *Guacamole* with shredded lettuce, green onions, and *Tomato Salsa*.
7. Decorate with a sprinkling of diced tomatoes or other vegetables and sprouts.



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. *“Refried Beans” Spread*, *“Not” Tuna Salad*, *Creamy Pesto*, *Creamy Cheddar Dip*, etc.).



Spring Rolls

Wrapper Ingredient Variations:

- cabbage
- collard greens
- kale
- chard leaves

Filling Ingredient Variations:

- thinly sliced, chopped or julienned vegetables such as carrot, celery, cucumber, jicama
- marinated mushrooms and/or marinated onions
- parsley, basil, cilantro or other fresh herbs, finely chopped
- any seasoned cream-type sauce or paté

Directions:

1. Lay the leaf horizontally on the cutting board with the inside facing up.
2. Cut off the thickest part of the stem.
3. Layer the vegetables and fillings on the leaf.
4. Roll the leaf around the filling, tucking in the edges as you go.
5. Serve whole or slice in half.
6. For an added elegant touch, spiralize a carrot, sweet potato, or beet and “tie” a strand around the roll.

Personal Note: If you have time and want a really soft wrapper, cover the leaves with salt and water and place in a bowl. Knead gently to work the salt into the vegetables. Place another bowl or a plate over them and put something heavy on the top plate (e.g. a jar of beans, a brick, or a bag of nuts). Let it sit for 10 minutes while you prepare the other ingredients. Alternatively, you can use a salad press or a sauerkraut crock.



Stuffed Red Bell Pepper

Ingredients:

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

Directions:

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

Variations:

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



Tacos

Taco Shells:

- romaine lettuce hearts

“Meat” (optional):

- ground nut or veggie burgers (e.g. *Sweet and Savory Veggie Nut Burgers*)

Beans (optional):

- *Not Refried Beans* or “*Refried Beans*” Spread
- sprouted lentils
- sprouted garbanzo beans
- pulse-chopped soaked almonds

Toppings:

- *Creamy Nut Cheese* optionally with garlic and/or chives
- *Guacamole*
- *Salsa: Tomato* (red) or *Tomatillo* (green)

Garnishes:

- sprouts: alfalfa, daikon, radish, broccoli, mixed
- microgreens
- shredded carrots
- shredded lettuce or cabbage

Directions:

1. Hold romaine heart in your hand or place on plate, concave side up.
2. Layer “meat”, “beans”, and garnishes.
3. Top with salsa, guacamole, and cheese.

Personal Note: If serving a family or group, put each ingredient in a separate bowl and let everyone create their own.



Veggies and Sides

“Braised” Garlic Greens

Ingredients:

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

Directions:

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



Broccoli with 'Cheese'

Ingredients:

- 4 cups broccoli, chopped into small florets
- 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. Rinse and chop broccoli and place in a bowl.
2. Cover broccoli with salt and massage until it has softened.
3. Add 1/2 the lemon or lime juice and massage again.
4. In a separate bowl, combine remaining lemon juice with garlic and herbs or seasonings if desired and mix well.
5. Pour dressing over broccoli and massage marinade into the broccoli.
6. Allow to sit at room temperature for 15 minutes or longer, preferably in a salad press.
7. Place broccoli in a shallow bowl or on a baking sheet.
8. Top broccoli with "cheese".
9. Dehydrate at 105°F for 3 - 4 hours until tender. Serve warm.

Personal Note: If you leave the broccoli in the dehydrator for longer than 6 hours, it will get rubbery. This recipe can be made with either cooked or raw broccoli. If using raw, using the dehydrator to soften the broccoli will give you the best results. If you prefer your broccoli cooked, lightly steam it, omit the lemon juice and oil, and add the garlic to the "cheese". Mix the cheese sauce with the broccoli and serve warm.



Green Beans Almondine

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
- 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. Allow to sit at room temperature for 15 minutes or longer, or 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 with *Crispy Onions* or *Krunchy Kale Krisps* if desired.

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



Hot and Sour Broccoli

Ingredients:

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

Directions:

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

Variation:

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

Jicama Pita

Ingredients:

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

Directions:

1. Stack the jicama slices and cut in half. Depending on the size, cut the halves into 2 or 3 tortilla-like shapes.
2. Place in a bowl and serve with *Tomato Salsa* and *Guacamole*.



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.



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*](#).



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. 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.
2. Remove from processor and set aside in a large bowl.
3. Pulse-chop parsley, celery, and scallions in food processor with “S” blade until finely minced. Add to nut vegetable mixture.
4. Pulse-chop pecans in food processor to about 1/8th-inch pieces.
5. Add pecans, herbs, salt and lemon juice to bowl.

(Savory Stuffing continued on next page...)



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

6. Mix well with wooden spoon or your hands. The mixture should hold together.
7. Add seasonings to taste: rosemary, thyme, sage, parsley, salt, pepper, and garlic.
8. 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.
9. 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!



Spicy Cranberry Blood Sugar Balancer

Ingredients:

- 1 cup cranberries
- 1/4 cup coconut butter
- 2 teaspoons konjac powder
- 1/4 cup water
- 1/4 teaspoon almond extract
- 1 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1 sliver ginger

Directions:

1. Process all in blender or food processor until smooth.
2. Add stevia if desired for sweetness.



“Pasta and Noodles”

Eggplant Parmigiana

Ingredients:

- 1 large eggplant, peeled and sliced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1/4 cup lemon juice
- 1 recipe *Macadamia Ricotta Cheese* or *Almond Cashew Cream Cheese*
- 1 recipe *Marinara Sauce*
- 4 cups baby spinach or arugula or a combination
- 1 pinch of sea salt, to taste

Directions:

1. Prepare eggplant: Slice eggplant into rounds. Sprinkle with salt and allow to sit at room temperature for at least a 1/2 hour so that it softens and loses its bitterness. Put eggplant in salad press to speed the process.
2. Combine olive oil, lemon juice and garlic. Spread eggplant onto bottom of a shallow baking dish. Pour olive oil mixture over eggplant. Mix with hands to be sure all eggplant slices are coated. Allow to marinate for at least 1/2 hour.
3. Make “cheese”: Any of the nut cheeses in this collection can be used.
4. Make *Marinara Sauce*.
5. Wilt the greens by sprinkling with salt and massaging until they have reduced to 1/4 or less their original size.

Assembly:

1. Line the bottom of baking dish with sauce.
2. Add a layer of eggplant, followed by the cheese.
3. Add another layer of eggplant.
4. Add a layer of greens topped with sauce.
5. Add another layer of eggplant.
6. Continue alternating layers until you run out of ingredients.



Lasagna Alive

Ingredients:

- 4 - 6 large zucchini or yellow squash, peeled if desired (see “Noodles”)
- 1/2 teaspoon sea salt
- 2 recipes *Macadamia Ricotta Cheese*
- 1 recipe *Marinara Sauce*

Directions:

1. Prepare “Noodles”: Using a mandolin or sharp knife, thinly slice squash lengthwise. Slice to about the same thickness, or a little bit thinner, as regular lasagna noodles. Place squash slices in a flat baking dish and sprinkle with salt. Allow to sit at room temperature 10 minutes so that they soften a bit.
2. Make “cheese”: Any of the nut cheeses in this guide can be used.
3. Make *Marinara* or chunky tomato sauce.
4. Drain the squash, reserving the marinade for use in another recipe.
5. Line the bottom of baking dish with a thin layer of sauce.
6. Lay squash slices on the bottom of the pan, slightly overlapping to completely cover.
7. Spread the cheese over the squash.
8. Place another layer of squash over the cheese.
9. Pour the sauce over the squash and spread evenly.
10. Place another layer of squash over the sauce.
11. Continue to layer, ending with a layer of squash covered with sauce.
12. Warm (optional): The lasagna can be eaten “as is”, warmed in a dehydrator, or warmed in an oven that has been turned to warm.
13. Dehydrate until warm for up to 24 hours, until desired texture is achieved.
14. If you do not have a dehydrator, turn oven on to the lowest setting. Put a thermometer in to monitor. After it has reached about 110°F, turn the oven off and set the pan inside to warm.

Personal Note: This is a special occasion entrée that takes about an hour to make.



"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.



Rawvioli

Ingredients:

- 1 daikon, turnip, or rutabaga
- 1 recipe *Creamy Nut Cheese* (or other “cheese” variation)
- 1/4 cup basil, minced
- 1 clove garlic, minced
- 1 recipe *Marinara Sauce*

Directions:

1. Using mandolin or Spiralizer on slicing setting, thinly slice the turnip, daikon or rutabaga into rounds.
2. Stir basil and crushed garlic into the cheese.
3. Place a teaspoonful of the cheese onto each disc. Fold in half.
4. Top with sauce of your choice (e.g. *Marinara*, *Deep Green Pesto*, *Nutrition-Packing Pesto*, etc.).
5. Eat as is or dehydrate until it is warm (a couple of hours).

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.



Sea Vegetable Dishes

Arame Carrot Salad

Ingredients:

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

Directions:

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



Asian Land & Sea Slaw

Ingredients:

- 2 cups shredded kale
- 1 cup romaine lettuce, chopped thin
- 1/2 cup arame or hijiki, soaked
- 1 handful dulse, torn or cut into bite sized pieces and soaked
- 1 carrot, julienne or shredded (about 2/3 cup)
- 1 cup shiitake mushrooms, julienned
- 1 red bell pepper, julienne (about 2 cups)
- 1/4 bunch of cilantro, rough chopped (about 1/2 cup)
- 1 cucumber, seeded and sliced
- 3 green onions, sliced thin
- 1/4 head small cabbage (purple, Napa, or green)
- 1 tablespoon sesame seeds to garnish

Marinade Ingredients:

- 1/4 cup water
- 1/2 teaspoon sea salt
- 2 cloves garlic, minced
- 1/2 serrano chili pepper minced
- 2 teaspoons sesame oil (toasted)
- 1 tablespoon ginger minced

Directions:

1. Make marinade.
2. Soak dulse and arame separately in warm water to cover, add salted water and toasted sesame oil to soaking sea weed (optional to add chili flakes, garlic and ginger).
3. Place the kale in a bowl with 2 tablespoons of marinade. Massage until softened.
4. Add remaining vegetables. Toss to combine.
5. Add additional seasoning, spice, or salt as desired.
6. Garnish with sesame seeds.



Land and Sea Slaw

Ingredients:

- 1/2 cup wakame
- 1/2 cup arame
- 1/2 cup sea palm
- 1/2 cup hijiki
- 1/2 cup grated daikon radish
- 1/2 cup grated cabbage
- 1/2 cup grated carrot
- 1/2 cup grated beet
- 1/4 cup lime juice
- 1/4 cup lemon juice
- 1/4 teaspoon toasted sesame oil
- 1/2 teaspoon sea salt
- 4 cloves garlic
- 1 pinch cayenne (optional: use up to 1/2 teaspoon)

Directions:

1. Soak sea veggies at least 10 minutes in enough water to cover, until they soften.
2. Drain.
3. Grate land vegetables.
4. Combine remaining ingredients in a small bowl to make dressing.
5. Combine land and sea ingredients into a large bowl and toss with dressing.
6. Adjust seasonings to taste.



Sea Palm Salad

Ingredients:

- 1 cup sea palm
- 1/2 cup grated daikon radish
- 1/2 cup grated carrot (omit and double the daikon if your blood sugar is sensitive to carrot)
- 2 green onions, chopped into small pieces
- 1 teaspoon flax oil
- 1 teaspoon coconut oil
- 1/4 cup lime juice
- 1/4 teaspoon sea salt
- 1/2 cup sesame seeds
- 1 pinch cayenne

Directions:

1. Soak sea palm at least 10 minutes in enough water to cover, until it softens.
2. Drain.
3. Toss with remaining ingredients.



Sesame Ginger Kelp Noodles

Ingredients:

- 1 bag kelp noodles
- 1-inch slice of ginger
- 2 tablespoons raw sesame tahini
- 1/4 teaspoon whole, unrefined sea salt (to taste)
- 1 teaspoon sesame oil (optional)
- 1 clove garlic (optional)
- 2 - 3 tablespoons of lemon (or more to taste)
- 1/4 - 1/2 cup water (to desired consistency)
- sesame seeds (optional)
- chopped greens, scallions, or other veggies

Directions:

1. Rinse kelp noodles and place in a bowl with water to cover.
2. In a blender, combine remaining ingredients until smooth. Adjust water as needed to achieve a thick, creamy sauce.
3. Adjust salt to taste.
4. Drain kelp noodles. Shake colander to remove excess water.
5. Pour sauce over noodles and massage gently with hands to help the noodles soften.
6. Add chopped veggies if desired.
7. Sprinkle with sesame seeds (optional). Can be eaten immediately or saved for later since the noodles continue to soften as they sit in the sauce.

Personal Note: This recipe is a delicious way to get lots of calcium. Did you know that 24 calories of kelp noodles contain 70% of your daily calcium requirement?



Wakame Cucumber Salad

Ingredients:

- 1 cup wakame seaweed, soaked
- 2 large cucumbers, quartered and sliced
- 1 medium tomato, chopped
- 1/2 cup basil, fresh, finely chopped
- 1/2 medium lemon, juiced
- 1/2 medium lime, juiced
- 2 cloves garlic, minced
- 1 tablespoon flax oil
- 1/8 teaspoon toasted sesame oil (for strong flavor, omit if you prefer)
- 1 teaspoon sea salt

Directions:

1. Soak wakame for 5 to 15 minutes in pure water.
2. Chop the tomato and quarter and slice the cucumber thinly.
3. Slice the wakame.
4. Place cucumber, wakame, and tomato in a bowl.
5. In a separate small bowl, combine the basil, lemon and lime juice, garlic, flax and sesame oils.
6. Toss with the vegetables, sprinkle with salt to taste, and serve.



Cooked Meals

Creamy Cilantro Mixed Veggies

Ingredients:

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

Directions:

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



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.



Daikon with Burdock and Wakame

Ingredients:

- 1 large onion, finely chopped
- 4 cups daikon, quartered and sliced
- 1 cup burdock roots, thinly sliced
- 1 cup celery root , thinly sliced
- 1 cup wakame seaweed, broken up
- 1 tablespoon cilantro, dried
- 1 tablespoon basil, dried
- 2 cloves garlic, minced
- 1 cup water
- 1/4 teaspoon sesame oil
- 1 teaspoon sea salt

Directions:

1. Chop and slice the vegetables.
2. Place in a saucepan and cover with water, basil, cilantro and wakame.
3. Bring to a boil then lower to a simmer.
4. Simmer until tender, about 30 minutes.
5. Add the sesame oil and salt to taste.

Personal Note: If using fresh herbs instead of dried, use 1/4 to 1/2 cup each. Adjust seasonings to taste. You can create many variations by using any desired seasonings. Add cayenne for a spicier flavor.



Green Beans Almondine – Steamed Version

Ingredients:

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

Directions:

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

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



Green Pancakes

Ingredients:

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

Directions:

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



Hanukkah Latkes: Low-Glycemic, Gluten-Free, Vegan

Ingredients:

- 1/2 cup water
- 1/4 cup *Chia Gel* or 1 tablespoon psyllium dissolved in 2 tablespoons water to form a gel
- 2 1/2 pounds broccoli stems
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 medium onion
- olive oil for the baking tray

Directions:

1. Peel and shred the broccoli stems and place in a bowl.
2. Shred or thinly slice the onion and add to bowl with the shredded broccoli.
3. Combine the chia or psyllium gel with pepper and salt and add to bowl with broccoli.
4. Using your hands, mix well.
5. Form into patties and place on a lightly oiled baking tray.
6. Bake for 30 minutes at 375°F.



Indian Stir Fried Vegetables

Ingredients:

- 1 cup organic cauliflower
- 1 cup organic broccoli
- 2 cups shredded cabbage
- 1 shredded carrot (omit if your blood sugars are affected)
- 1 stalk celery
- 1 small onion, finely chopped
- 1 clove garlic
- 2 teaspoon cumin
- 1 tablespoon brown mustard seed
- 2 - 3 curry leaves (available from **Mountain Rose Herbs**) or 2 teaspoons curry powder
- 1/4 – 1/2 teaspoon turmeric powder
- 1 tablespoon fresh grated ginger
- 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 1/4 cup water in a skillet and add spices. Simmer until the spices have absorbed the water.
3. 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.
4. Turn off flame and stir in olive oil, if using.
5. Salt to taste.



Liver Cleansing Burdock Dandelion Sauté

Ingredients:

- burdock root, shredded
- 1 medium onion, thinly sliced
- 1 cup water, or more as needed
- 4 teaspoons lemon juice
- 1 teaspoon sea salt
- 1 bunch dandelion 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. Simmer for 1 - 2 minutes to just warm the garlic and dill.
6. Salt to taste.



Mediterranean Stir Fried Vegetables

Ingredients:

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

Directions:

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



Mixed Vegetables with Creamy Cheddar Sauce

Ingredients:

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

Directions:

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



Mixed Vegetables with Thai Coconut Sauce

Ingredients:

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

Directions:

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



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.



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.



Spreads & Paté, Dips, and Dressings:

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

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.



Spreads and Paté

“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.



“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.



Pecan Paté

Ingredients:

- 3 cups raw pecans soaked overnight
- 3 cloves garlic
- 1/4 cup lemon juice
- 1/4 cup fresh cilantro
- 1/2 teaspoon sea salt

Directions:

1. Put all ingredients (except cilantro) in a food processor with the “S” blade.
2. Blend until smooth.
3. Chop and add the cilantro as you use the paté.

“Refried Beans” Spread

Ingredients:

- 2 cups sunflower seeds, soaked 6 hours or overnight
- 1 cup cauliflower florets
- 1 cup sundried tomatoes, soaked to soften
- 2 tablespoons Mexican seasoning or chili powder
- 1/4 teaspoon cayenne pepper (or more to taste)
- 1 teaspoon sea salt

Directions:

1. Pulse-chop the cauliflower and sunflower seeds in a food processor.
2. Add the remaining ingredients and pulse-chop until smooth and creamy.
3. Adjust seasonings to taste.

Personal Note: Process or chop the ingredients less for more of a side dish.



Savory Vegetable Spread

Ingredients:

- 1 zucchini
- 1 stalk broccoli
- 2 carrots
- 4 tablespoons tahini
- 1/2 cup sunflower seeds, soaked for 4 - 6 hours
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon ground cumin 1/2 teaspoon turmeric
- 1/2 teaspoon curry powder
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Place all ingredients in food processor and process until smooth.
2. Adjust seasonings to taste.

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.



Dips

Broccoli Hummus

Ingredients:

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

Directions:

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



Creamy Cheddar Dip

Ingredients:

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

Cucumber Dip

Ingredients:

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

Directions:

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



Dillicious Dip

Ingredients:

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

Directions:

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

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.

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.



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-*Sweet Spot Solution* 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!



Tomato Salsa

Ingredients:

- 2 tomatoes, diced
- 2 teaspoon cilantro, minced
- 1 - 2 teaspoon 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-*Sweet Spot Solution* 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.



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.



Coconut Lemongrass Dressing

Ingredients:

- 1/2 cup dried lemongrass or 2 stalks fresh lemongrass
- 1 cup water
- 2 tablespoons coconut butter
- 1 teaspoon curry paste or 1 teaspoon curry powder
- 1/2-inch piece ginger
- 1 clove garlic
- 1 stalk celery

Directions:

1. Blend lemongrass and water and strain through a cheesecloth or muslin bag.
2. Put lemongrass water and remaining ingredients in blender and process until smooth and creamy. Thin with additional water if needed or thicken with a bit more coconut butter.
3. Serve over salad or cooked vegetables.

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.

Hazelnut and Mustard Vinaigrette

Ingredients:

- 1/2 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons stone ground mustard
- 1/4 teaspoon sea salt
- 1/4 teaspoon finely ground black pepper
- 4 - 6 leaves fresh basil, finely chopped
- 1/3 cup hazelnuts, roughly chopped

Directions:

Blend all ingredients or blend the first 5 and stir in the hazelnuts and basil.



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.

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.



Pomegranate Chia Salad Dressing

Ingredients:

- 1 tablespoon raw apple cider vinegar or coconut vinegar
- 1 tablespoon water
- 1 tablespoon pomegranate powder
- 2 tablespoons *Chia Gel*
- 1/8 teaspoon kelp powder
- 1/8 teaspoon sea salt
- 2 drops orange essential oil

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.



Sunflower Italian Dressing

Ingredients:

- 1/2 cup sunflower seeds, soaked
- 1/2 cup hemp seeds
- 1 lemon, juiced
- 1 clove garlic
- 1 teaspoon dry mustard
- 1 tablespoon Italian seasoning
- 1/2 - 1 cup water
- 2 tablespoon olive oil or flax oil (optional)

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. Dressing will keep for 3 days.

Tangy Pomegranate Dressing

Ingredients:

- 1 tablespoon pomegranate powder
- 4 tablespoons water
- 2 tablespoons extra virgin olive oil
- 1 tablespoon raw apple cider vinegar or coconut vinegar
- 1/4 teaspoon kelp powder (optional)
- 1/4 teaspoon sea salt
- 1/4 teaspoon garlic powder

Directions:

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



Tex-Mex Dressing

Ingredients:

- 1 medium avocado
- 2 medium cloves garlic, peeled
- 1 teaspoon chlorella powder
- 2 teaspoons spirulina powder
- 1 1/4 cups water
- 1/4 cup raw apple cider vinegar or lime juice
- 6 drops liquid stevia
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 1/2 teaspoons whole, unrefined sea salt
- 1/4 teaspoon chipotle powder
- 1 pinch cayenne (to taste)
- 1/4 teaspoon black pepper

Directions:

Put all ingredients in blender and blend until creamy smooth.



Pestos, Sauces, and “Cheese”

Pestos

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.

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.



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.



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 or enjoy when you've stabilized your insulin receptors and completed *the Sweet Spot Solution Program*.



Pumpkin Seed Pesto

Ingredients:

- 1 large bunch basil
- 1 cup pumpkin seeds, soaked 6 hours or overnight
- 2 cloves garlic
- 1/2 teaspoon sea salt

Directions:

1. Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. Adjust seasonings to taste.
3. Add water to make it thinner if desired.



Sauces

Asian Stir Fry Sauce

Ingredients:

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

Directions:

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



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 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.

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.



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.



Thai Coconut Sauce

Ingredients:

- 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. Blend all ingredients until smooth and creamy. Thin to desired consistency with water if need be.
2. Pour sauce over vegetables and serve warm or make it a little thicker and use as a dip.



“Cheese”

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.

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.



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.



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.

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.



Dehydrator Recipes

Battered Kale Chips

Ingredients:

- 4 bunches kale
- 2 cups nuts (your choice), soaked and rinsed
- 1 teaspoon sea salt
- 1/3 cup lemon juice
- 1/4 - 1/2 cup water
- 2 cloves garlic
- 1 pinch of cayenne (to taste)
- desired herbs pulsed in

Directions:

1. Rinse kale, remove thick center stem and place leaves in a bowl.
2. Place all ingredients except kale in blender and blend until smooth.
3. Pulse in desired herbs.
4. Massage batter into kale.
5. Place kale leaves on mesh dehydrator tray and dehydrate at 110°F until crispy, usually 8 - 12 hours.
6. Allow to cool completely.



Broccoli with “Cheese”

Ingredients:

- 4 cups broccoli, chopped into small florets
- 1 lemon or lime, juice of
- 1/4 cup macadamia nut oil or olive oil
- 1 teaspoon sea salt
- 1 - 2 cloves garlic (optional)
- herbs and seasonings as desired (optional)
- 1 recipe of your favorite “Cheese”

Directions:

1. Rinse and chop broccoli and place in a bowl.
2. Cover broccoli with salt and massage until it has softened.
3. Add 1/2 the lemon juice and massage again.
4. In a separate bowl, combine remaining lemon juice with oil to make a marinade.
5. Press garlic, if desired, into the marinade mixture and stir or shake well.
6. Add herbs or seasonings if desired and mix well.
7. Pour dressing over broccoli and massage marinade into the broccoli.
8. Allow to sit at room temperature for 15 minutes or longer preferably in a salad press.
9. Place broccoli in a shallow bowl or on a baking sheet.
10. Top broccoli with “cheese”.
11. Dehydrate at 105°F for 3 - 4 hours until tender. Serve warm.

Personal Note: If you leave the broccoli in the dehydrator for longer than 6 hours, it will get rubbery. If you prefer your broccoli cooked, lightly steam it, omit the lemon juice and oil, and add the garlic to the cheese. Mix the cheese sauce with the broccoli and serve warm.

This recipe is from [Healthy Holiday Traditions](#): *Nourishing Recipes for Christmas, Hanukkah and New Year’s Celebrations*.



Chia Crisps

Ingredients:

- 1 cup chia seeds
- 4 - 5 cups water
- 1 teaspoon whole unrefined sea salt
- 1 - 2 cloves of garlic

Directions:

1. Put chia seeds into a deep bowl and cover with water.
2. Stir well to make sure there are no lumps.
3. Cover and let sit at room temperature or in the refrigerator overnight. The seeds will turn into a gelatinous mixture.
4. Spoon onto Paraflexx™ sheets and use the back of the spoon to shape into rounds.
5. Dehydrate at 110°F. After about 12 hours, the Paraflexx™ sheet should be easy to remove.
6. Turn it over onto a mesh tray and gently peel off the Paraflexx™ sheet. If it sticks or leaves chunks behind, dehydrate longer before attempting to do this.
7. Dehydrate further until completely dry.

Variations:

- Replace 2 cups or more of water with equivalent amount of fresh vegetable juice.
- *For a sweet cracker or cookie, replace 2 cups or more of water with equivalent amount of apple juice or other fruit juice. Add a dash of cinnamon or pumpkin pie spice.
- For veggie crisps, pulse-chop a variety of vegetables to confetti consistency and stir into chia mixture.
- For flavored chia crisps, add a couple of tablespoons of seasoning mix and stir in well. Italian seasonings, Mexican seasonings, curry and southwest seasoning blends all work well.
- *Instead of water, cover the chia with 5 cups of green smoothie (or fruit smoothie) and refrigerate while soaking.

Personal Note: *Use fruit for only **after** you have completed the *Sweet Spot Solution program*



Crispy Onions

Ingredients:

- 1 - 2 large onions, cut in half and thinly sliced, either by hand or using a food processor or mandolin
- 1 teaspoon sea salt
- 1 tablespoon olive oil
- 1 lemon or lime, juice of
- 1/2 cup sesame seeds
- 3 tablespoons paprika
- other seasonings and additional salt if desired

Directions:

1. Place onions in a bowl and sprinkle with salt.
2. Massage the salt into the onions until they have wilted.
3. Allow to sit at room temperature for 10 minutes so that they soften a bit.
4. Combine olive oil and lemon juice in a small bowl and pour over the onions.
5. Mix with hands to be sure all onions are coated. Allow to marinate for at least 1/2 hour.
6. Grind the sesame seeds to a powder in a coffee grinder.
7. Add paprika and additional seasonings as desired.
8. Put paprika/sesame mixture in a paper or plastic bag.
9. Squeeze excess liquid from onions and place in bag with sesame mixture. Do not over fill the bag or the onions will not get evenly coated. You may need to process the onions in several batches.
10. Shake the onions in the bag until they are well coated.
11. Place on mesh dehydrator trays and dehydrate at 105°F until crispy, usually around 18 to 24 hours.



Flax Crisps or Tortillas

Ingredients:

- 1 cup golden flax seed
- 3 cups water
- 1 teaspoon sea salt
- 1 tomato
- 2 - 3 carrots
- 2 - 3 stalks of celery
- 1 clove garlic

Seasoning Options (amount to taste):

- Italian seasoning and basil
- chili powder, cayenne, lime juice, cilantro
- curry powder, cumin, turmeric

Directions:

1. Put flax seeds into a deep bowl and cover with water.
2. Stir well to make sure there are no lumps.
3. Cover and let sit overnight, either at room temperature or in the refrigerator. The seeds will become a gelatinous mixture.
4. Put flax mixture in blender with salt and pulse-blend until smooth. You may need to do this in small batches to prevent blender from overheating. A few un-blended flax seeds usually remain, which is fine.
5. Pour flax mixture into large bowl.
6. Place vegetables in blender with a small amount of water (just enough to allow the blender to work). Blend to a thick liquid.
7. Add vegetables to flax mixture.
8. Taste and add extra salt and seasonings if desired.
9. Thin with water if needed.
10. Pour thinly onto Paraflexx™ sheets. For tortillas, use a measuring cup to pour equal sized circles. For crackers, fill the sheet.

(Flax Crisps or Tortillas continued on next page...)



(*Flax Crips or Tortillas* continued from previous page...)

11. Dehydrate at 105°F until they are dry enough to remove from Paraflexx™ sheet and place directly on mesh sheet (about 4 hours).
12. Using a pizza cutter, score crackers into desired shapes (strips, triangles, rectangles, etc.).
13. Dehydrate further until crispy.

Hot Pepper Chips

Ingredients:

- 6 red, yellow, or orange bell peppers, seeded and chopped
- 1 cup fresh cilantro sprigs, rough chopped (basil or parsley can be substituted for the cilantro)
- 1 pinch or more cayenne pepper (to taste)
- 1/4 teaspoon ground chipotle
- 1 teaspoon whole unrefined sea salt
- 2 teaspoon poblano chili (chile ancho) powder
- 2 cups ground golden flax seeds (about 1 1/2 cups before grinding)
- 1/2 cup water

Directions:

1. Place the red bell peppers in a food processor and process until smooth.
2. Add the cayenne, chili powder, and salt and process until smooth.
3. Add the fresh herbs, water, and flax seeds and process again until smooth.
4. Allow the mixture to stand for 30 minutes to thicken.
5. Place 2 1/2 cups of the mixture on a Paraflexx™ sheet. Spread the mixture right to the edges using an offset spatula, smoothing the mixture as you go.
6. Dehydrate for about 6 - 8 hours at 110°F or until the mixture is easily removed from the Paraflexx™ sheet.
7. Invert onto a dehydrator tray lined with a mesh sheet and peel back the Paraflexx™ sheet until removed completely. The sheet should pull back easily. If it does not, continue drying until it does.
8. Cut the mixture into squares or triangles to form chips. Continue to dry for 6 - 8 hours or until completely dry.



Krunchy Kale Krisps

Ingredients:

- 2 bunches curly green kale, or dinosaur (Lacinato) kale
- 1/2 - 1 teaspoon whole, unrefined sea salt
- 2 - 3 tablespoons lemon juice or raw apple cider vinegar or coconut aminos
- 1/2 - 1 tablespoon organic cold pressed olive oil (optional)
- 1 - 2 cloves garlic (optional)

Spice Mix for Spicy Kale Krisps:

- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1 pinch of cayenne or chipotle chili powder

Spice Mix for Italian Kale Krisps:

- 1 teaspoon garlic powder
- 1 tablespoon dried basil
- 1 tablespoon Italian seasoning
- a few sprigs of fresh rosemary and oregano

Directions:

1. Wash kale and spin in salad spinner to dry. Place in large mixing bowl.
2. Add salt and lemon juice and massage gently with your hands.
3. Adjust salt and lemon to taste.
4. Add spices, garlic (optional) and olive oil (optional), and lightly massage until the oil and spices are evenly dispersed.
5. Place onto two dehydrator trays outfitted with the grid sheets.
6. Place in dehydrator 4 - 6 hours at 115°F. Allow to cool completely before adding remaining ingredients.
7. Place in an airtight container. Store at room temperature.



Latkes Alive: A Gluten-Free, Vegan Hanukkah Latkes

Ingredients:

- 1/2 cup water
- 1/4 cup tahini
- 2 1/2 pounds any combination broccoli stems, daikon, and/or parsnip
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 medium onion, shredded

Directions:

1. Shred or thinly slice the onion.
2. Shred vegetables and place in a large bowl with shredded onion.
3. Blend the tahini, pepper, and salt and add to bowl with vegetables.
4. Use hands to mix well.
5. Form into patties and place on the mesh tray of the dehydrator.
6. Dehydrate at 115°F overnight, up to 12 hours.



Onion Bread

Ingredients:

- 2 cups soaked almonds processed with “S” blade until fine meal
- 3/4 cup ground chia seeds or ground flax seeds
- 2 tablespoons onion powder
- 1 1/2 teaspoons whole unrefined sea salt
- 3/4 cup onion, processed with “S” blade in food processor
- 1 3/4 cups zucchini slices, pulsed in food processor until fine confetti (approximately 3/4 cups)

Directions:

1. Mix the first four ingredients together in a bowl.
2. Add the remaining ingredients and knead well by hand.
3. Form the batter into one large ball. Cut in half.
4. Place one half on a Paraflexx™ sheet. Form into a 1/4” – 1/2” thick large pancake. Cover with a second Paraflexx™ sheet. Using a rolling pin, smooth drinking glass, or the back of a scraper, shape into a large rectangle of uniform thickness.
5. Score the batter into desired sized bread slices and flip onto mesh sheet.
6. Dehydrate at 135°F for 2 hours then reduce temperature to 115°F.
7. Continue dehydrating approximately 12 hours.



Onion Squash Bread

Contributed by Chef Karen Osborne

Ingredients:

- 6 squash (yellow if preferred, but zucchini is good too)
- 2 yellow onions
- 2 teaspoons sea salt
- 2 cups golden flax seeds, ground

Directions:

1. Shred squash in food processor and place in large bowl.
2. Mince onions and add to bowl.
3. Add salt and massage with hands.
4. Add ground flaxseeds and mix until thoroughly combined and dough-like.
5. Spread on dehydrator trays lined with non-stick sheets.
6. Dehydrate at 105°F for 2 - 4 hours. Flip, and remove non-stick sheets.
7. Dehydrate for an additional 12 - 14 hours and slice.
8. Store in airtight container in freezer.



Poblano Pepper Stuffed with Savory “Rice”

Ingredients:

- 3 - 4 poblano peppers
- 1 recipe *Savory "Rice"*
- 3/4 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup walnuts, chopped
- 1/4 teaspoon turmeric
- 1 recipe *Creamy Nut Cheese*
- 1 recipe *Tomatillo Salsa*

Directions:

1. Slice the poblano peppers in half lengthwise.
2. Place them on a mesh screen on a dehydrator tray and dehydrate at 145°F for 45 minutes.
3. Turn the temperature down to 105°F and continue dehydrating for 3 more hours.
4. Stir the garlic powder oregano, turmeric, and walnuts into the *Savory "Rice"*.
5. Fill each pepper half with the mixture.
6. Dehydrate for 30 minutes at 105°F.
7. Spoon salsa on top of "rice" mixture and top with cheese sauce.
8. Enjoy warm or cold.



Savory "Rice"

Ingredients:

- 1 large jicama, peeled
- 1/4 cup hemp seeds
- 3/4 teaspoon sea salt

Directions:

1. Shred the jicama in a food processor.
2. Place it in a nut milk bag and squeeze to remove the liquid.
3. Place it back in the food processor fitted with the "S" blade.
4. Add hemp seeds and salt.
5. Pulse just until the jicama is the size of grains of rice.
6. Place on a non-stick sheet on a dehydrator tray and dehydrate at 105°F for 30 minutes.
7. Turn the tray around and dehydrate for 20 more minutes.



Sea Delight Crackers

Ingredients:

- 1 cup arame sea vegetable, soaked in 4 cups of water for 15 minutes to soften
- 2 cups almonds, soaked 6 hours or overnight and drained
- 1 cup sunflower seeds, soaked 4 hours or longer and drained
- 4 stalks celery
- 1 red bell pepper
- 1/2 small onion
- 1 - 2 cloves garlic
- 2 or more tablespoons kelp powder, finely ground
- 1/2 teaspoon sea salt
- 1/2 lemon, juiced

Directions:

1. Rinse almonds and sunflower seeds and drain excess water.
2. In a food processor, thoroughly grind almonds, sunflower seeds, celery, bell pepper, and onion and garlic until smooth and well combined. Place in a bowl.
3. Add kelp, arame, salt, and lemon juice.
4. Blend with hands until mixture holds together.
5. Spread evenly on Paraflexx™ sheet to about 1/4-inch thick.
6. Score into desired sized pieces.
7. Leave to dehydrate at 105°F until crispy. After several hours, the Paraflexx™ sheet will be easy to remove. Turn it over onto a mesh tray and gently peel off the Paraflexx™ sheet. If it sticks or leaves chunks behind, dehydrate longer before attempting to do this.

Personal Note: Different seasonings and kinds of nuts can be substituted for a variety of flavors. Add a teaspoon of tahini for a flakier texture. Add chia seeds to hold together into a firmer cracker.



Spinach Cracker

Ingredients:

- 4 - 5 cups baby spinach
- 1 medium tomatillo, quartered
- 1/2 small or medium onion
- 1 - 2 cloves garlic
- 1/4 cup fresh basil
- 1 cup almonds, soaked 6 hours or overnight
- 1 avocado
- 1/2 lemon or lime, juiced
- 1/2 teaspoon whole unrefined sea salt

Directions:

1. Put spinach in food processor and process until blended.
2. Add tomato, onion, garlic, basil and avocado and process until smooth.
3. Rinse and drain the nuts.
4. Add almonds, lemon or lime juice and salt to the food processor and process until creamy.
5. Spread mixture on Paraflexx™ sheet. You can make individual flatbreads by forming mixture into 6 - 8-inch circles or make large flatbreads by spreading on the entire sheet and cut them later. These can be scored into serving sized portions when you remove the Paraflexx™ sheets.
6. Leave to dehydrate at 110°F for several hours until crispy.
7. Turn it over onto a mesh tray and gently peel off the Paraflexx™ sheet. It should be easy to remove. If it sticks or leaves chunks behind, dehydrate longer before attempting to do this.
8. Score into desired size.
9. Continue to dehydrate for several more hours or until crispy.
10. Store in airtight containers.



Stuffed Jalapeños

Ingredients:

- 8 jalapeños
- 1/4 cup macadamia nuts, or cashews
- 1/2 cup water
- 1/3 teaspoon sea salt, more if using cashews
- 1/4 cup red bell pepper, roughly chopped
- 1 tablespoons lemon juice
- 1 pinch cayenne (to taste)
- 1/2 teaspoon psyllium powder
- 3 tomatillos, diced

Directions:

1. Slice the peppers in half lengthwise.
2. Remove the seeds and as much of the veins as you'd like. The more you remove, the less heat they will have. It is possible to make them have no heat at all.
3. Blend the nuts, water, salt, lemon juice, red bell pepper and cayenne in a high speed blender until smooth.
4. Add the psyllium and blend the mixture again until it begins to thicken.
5. Pour the mixture into a bowl and add the diced tomatillos.
6. Stir until everything is combined.
7. Fill the peppers with the mixture and dehydrate for 4 - 14 hours.
8. Serve warm.



Sweet and Savory Veggie Nut Burgers

Ingredients:

- 1 1/2 cup walnuts, Brazil nuts, or almonds, soaked, rinsed and drained or dehydrated
- 2 cup shredded zucchini
- 2 tablespoons chickpea miso
- 2 tablespoons water
- 1 1/2 cup carrots, finely minced
- 2/3 cup minced celery
- 1/2 cup minced green onion
- 1/4 cup golden flax meal,
- 3 tablespoons minced fresh parsley
- 1 tablespoons minced fresh sage or thyme
- 1 teaspoon whole unrefined sea salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon crushed garlic

Directions:

1. Place 1/2 cup of the walnuts in a food processor outfitted with the “S” blade, and process to a powder. Add the miso and water. Pulse until it is mixed in well. Add the zucchini and pulse to mix. Do not over process; the mixture should have a little texture.
2. Pulse the remaining walnuts in the food processor.
3. Place the zucchini-nut mixture in a large mixing bowl. Add all the remaining ingredients to the mixing bowl and stir well.
4. Using 1/2 cup of the mixture, form into patties approximately 1/4-inch thick.
5. Place on a mesh screen and dehydrate at 110°F for 6 - 12 hours, or until the desired texture is achieved.
6. Store in an airtight container in the refrigerator for up to three days.



Tostada / Taco / Enchiladas Shells

Makes 10 – 12 (depending on size)

Ingredients:

- 3 cups 1/4" rounds peeled zucchini
- 1 chopped yellow bell pepper
- 1 tablespoon of lime juice
- 1 teaspoon of chili powder
- 1 teaspoon of garlic powder
- 1 1/2 teaspoons of sea salt
- 1 tablespoon of ground cumin
- 3/4 cup of ground flax meal

Tostada Directions:

1. Blend all ingredients except flax meal until smooth.
2. Add the flax meal and blend until incorporated.
3. Spread 1/4 cup of the mixture on a non-stick sheet and form a circle.
4. Dehydrate at 105°F for 8 hours and flip and peel off the non-stick sheet.
5. Continue dehydrating until crispy.

Enchilada Directions:

Follow the Tostada directions, but dehydrate until pliable rather than crispy.

Taco Directions:

1. Blend all ingredients except flax meal until smooth.
2. Add the flax meal and blend until incorporated.
3. Spread 1/3 cup of the mixture on a non-stick sheet and form a circle.
4. Dehydrate at 105°F for 8 hours and flip and peel off the non-stick sheet.
5. Fold circles in half and place a spacer inside to hold it open.
6. Continue dehydrating until crispy.
7. For enchiladas, dehydrate until pliable.



Veggie Crêpes

Ingredients:

- 4 - 5 cups mixed vegetables (include lots of greens)
- 1 medium tomato, quartered
- 1/2 small or medium onion
- 1 - 2 cloves garlic
- 1/4 cup fresh basil
- 1/2 lemon or lime, juiced
- 1/2 teaspoon sea salt
- 1/2 - 1 cup water
- 1/2 cup *Chia Gel*

Spicy Indian Variation Additional Ingredients:

- 1 teaspoon curry powder
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 pinch of cayenne

Directions:

1. Put vegetables in food processor and process until blended.
2. Add tomato, onion, garlic, basil, salt, and lemon or lime juice and process until smooth.
3. Rinse and drain the nuts or seeds, if using.
4. Add nuts or coconut butter, if using, to the food processor and process until creamy. It should be relatively thin.
5. Pour mixture into rounds onto Paraflexx™ sheet.
6. Leave to dehydrate at 105°F until firm, but pliable. After several hours, the Paraflexx™ sheet should be easy to remove. Turn it over onto a mesh tray and gently peel off the Paraflexx™ sheet. If the crêpes stick or leave chunks behind, dehydrate longer before attempting to do this.
7. Store in airtight containers.

Personal Note: Any blended soup or marinara sauce can be dehydrated to make veggie crêpes.



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: Low-Glycemic

Ingredients:

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

Directions:

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

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



Carob Mint Candy: Low-Glycemic

Ingredients:

- 2 tablespoons almond butter, smooth
- 2 tablespoons coconut oil, melted
- 1/32 teaspoon sea salt, (a smidgen)
- 6 drops **Sweet Leaf Whole Leaf Stevia Concentrate**
- 1 tablespoon raw carob powder (toasted would not taste good)
- 2 drops peppermint essential oil
- 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: Low-Glycemic

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.



Gingerbread Cookies: Low-Glycemic, Gluten-Free (Dehydrator)

Ingredients:

- 1 cup almonds, soaked overnight and rinsed
- 1 cup walnuts, soaked overnight and rinsed
- 2 tablespoons *Chia Gel*
- 1 cup shredded coconut
- 10 drops liquid stevia
- 1 teaspoon vanilla extract
- 2 1/2 teaspoons ginger
- 1/4 teaspoon cardamom or nutmeg
- 2 teaspoons cinnamon
- 1/3 teaspoons cloves
- 1 pinch sea salt

Directions:

1. Combine almonds, walnuts, coconut and *Chia Gel* with salt and spices in food processor until well combined.
2. Roll or press dough onto non-stick sheets and use cookie cutters to make into desired sizes of gingerbread people.
3. Dehydrate at 105°F for a few hours until the cookies are firm enough to remove to mesh sheets.
4. Dehydrate another 8 hours or to desired texture.



Gingerbread Cookies: Low-Glycemic, Gluten-Free (Freezer)

Ingredients:

- 1 cup pecans
- 1/2 cup almonds, soaked overnight, rinsed and drained
- 1 cup unsweetened dried coconut
- 1 tablespoon *Chia Gel*
- 3 teaspoons ginger
- 2/3 teaspoons nutmeg
- 2 teaspoons cinnamon
- 1/3 teaspoons cloves
- 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 sizes of gingerbread people.
3. Place in freezer until they are firm.

Personal Note: This low-glycemic version of a raw gingerbread cookie is adapted from [Healthy Holiday Traditions: Nourishing Recipes for Christmas, Hanukkah and New Year's Celebrations](#).



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!

For the purpose of the *Sweet Spot Solution program*, choose a green smoothie recipe **using only the recommended low-glycemic fruits.**



Healthy Holiday Cookies: Low-Glycemic, Gluten-Free

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.



Macadamia Coconut Candies: Low-Glycemic

Ingredients:

- 1 cup macadamia nuts
- 2 tablespoons coconut butter
- 1 tablespoon carob powder
- 20 drops **Medicine Flower Chocolate Flavor Extract**
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- few drops of orange essential oil
- 1 teaspoon powdered greens
- 1/4 teaspoon kelp powder
- 1/2 teaspoon each of bone herbs: horsetail, nettles, alfalfa
- stevia for extra sweetness (optional)

Directions:

1. Put all ingredients in a food processor and run until smooth.
2. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
3. Freeze until solid, about half an hour.
4. Pop out of molds or cut into desired sized pieces and individually wrap to carry with you.

Personal Note: Flavor as desired with essential oils, flavor extracts, or spices.



Mint Chocolates: Low-Glycemic

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.



Orange Chocolate Mint Candies: Low-Glycemic

Ingredients:

- almond or walnut butter
- carob powder
- **Medicine Flower Chocolate Flavor Extract** plus any others with which you'd like to experiment
- few drops of mint essential oil
- few drops of orange essential oil
- protein powder or ground coconut to make less sticky (optional)
- chopped nuts for texture (optional)
- green powder (optional)
- stevia for extra sweetness (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.
6. Pop out of molds or cut into desired sized pieces and individually wrap to carry with you.

Personal Note: There's no specific recipe for this. I brainstormed this with one of our *Sweet Spot Solution* members and the above is what we came up with.



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



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

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

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

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

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with over 23 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

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