

➤ NUTRIENT-DENSE ALTERNATIVE FLAVORINGS

These flavorings have been adapted from various plant-based cooking sources including the works of Dr. Michael Greggor, Dr. Joel Fuhrman, www.mynewroots.org, and other sources.

You can purchase many of the spices mentioned below from your local grocery store, or from www.mountainroseherbs.com in bulk for a greatly reduced price, especially if you'd like to get them organic (ex: coriander seeds, caraway seeds)

DATE SYRUP

A nutrient-dense alternative to Maple Syrup/honey/sweeteners

INGREDIENTS:

- 1 cup pitted dates
- 1 cup boiling water
- 1 teaspoon blended peeled lemon**

DIRECTIONS:

Pour one cup of boiling water over the dates in a heat-safe container and let soak for 1 hour to soften the dates. Then blend with 1 teaspoon of blended lemon. Stores in the refrigerator for 2-3 weeks.

***can be made ahead of time: peel lemons and removed seeds as well as you can. Blend. Can freeze in ice-cube tray for 1 teaspoon or 1 tablespoon portions.*

SAVORY SALT-ALTERNATIVE BLEND

Use to flavor veggies or other dishes in place of salt

INGREDIENTS:

- 2 Tablespoons of Nutritional Yeast
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 2 teaspoons dried thyme
- 2 teaspoons mustard powder
- 2 teaspoons paprika
- ½ teaspoon ground turmeric
- ½ teaspoon celery seeds

DIRECTIONS:

Combine all ingredients in a coffee grinder (or spice grinder) and blend to pulverize and mix well. Transfer this blend to a shaker or a jar with a lid and store in a cool/dry place.



SOY SAUCE ALTERNATIVE – LOW SODIUM**INGREDIENTS:**

1 cup vegetable broth
1 teaspoon minced garlic
1 teaspoon grated fresh ginger
1 tablespoon blackstrap molasses
1 ½ teaspoon Date Syrup
½ teaspoon jarred tomato paste
½ teaspoon ground black pepper
1 ½ teaspoon white miso paste blended with 2 tablespoons water
2 teaspoons blended peeled lemon
1 tablespoon rice vinegar

DIRECTIONS:

Heat the broth over medium heat, add the garlic and ginger and simmer for 3 minutes. Stir in the molasses, date syrup, tomato paste, and black pepper. Bring to a boil, briefly. Once boiling, reduce the heat to low and simmer for 1 minute. Remove from heat and stir in miso mixture, blended lemon, and rice vinegar. Allow to cool before transferring to a jar or bottle with a tight-fitting lid. You may also pour into an ice cube tray (recommended to let cool to room temp first) and freeze for single-size portions.

HARISSA

This is a spicy paste that I learned about from Dr. Greggor. A traditional seasoning in North Africa and Middle Eastern cooking, the spices included are full of beneficial antioxidants and makes brown rice dishes and vegetables more appealing or interesting!

INGREDIENTS:

1/3 cup dried hot red chilies, seeded and cut into small pieces
1 tablespoon coriander seeds
2 teaspoons caraway seeds
1 teaspoon cumin seeds
2 roasted bell peppers
3 garlic cloves, chopped
1 tablespoon nutritional yeast
2 teaspoons white miso paste
Savory Salt-Alternative Blend from above (*to taste*)

DIRECTIONS:

Place the dried chilies in a heatproof bowl and cover with boiling water. Let sit 30min to soften, then drain. In a small skillet, stir coriander, caraway, and cumin seeds over low heat until fragrant (30 seconds) Transfer to food processor and add the chilies and remaining ingredients. Process until smooth. Add up to ¼ cup water as needed.



BALSAMIC-DATE GLAZE

A great way to flavor roasted vegetables for kids or to jazz up a simple salad

INGREDIENTS:

½ cup pitted dates
¾ cup warm water
½ cup balsamic vinegar

DIRECTIONS:

Soak dates in warm water to soften, about 10 minutes. Add dates and water to blender along with vinegar and blend until smooth. Transfer to small saucepan and bring to a boil. Reduce to low heat and simmer until thickened, stirring frequently.

HEALTHY HOT SAUCE – LOW SODIUM

This was a LIFESAVER for me!! I love hot sauce, but it is high in sodium and often preservatives. This is a delicious alternative! Use on sautéed greens, steamed vegetables, in bean dishes, or on whatever else you think could use some spice!

INGREDIENTS:

12 ounces fresh hot chilies, stemmed, halved lengthwise, seeded, and chopped (*wear gloves!*)
½ cup chopped onion
1 tablespoon minced garlic
½ to 1 cup apple cider vinegar

DIRECTIONS:

Combine chilies, onion, garlic, and ¼ cup water over high heat. Cook, stirring, for 2-3 minutes. Lower heat to medium-high and add 1 ¼ cups water and continue to cook, stirring occasionally, for 15-20 minutes, or until the chilies are very soft. Remove from heat and let the mixture come to room temp. Transfer to food processor and process until smooth. Add ½ cup vinegar and process. Taste and add more vinegar if desired. Transfer the hot sauce to a glass jar or bottle with airtight lid. Refrigerate. Can be stored in the refrigerator for up to 6 months!!!

ALTERNATIVE PARMESAN

Sprinkle on dishes like bean pasta, grains, salads, or popcorn snacks

INGREDIENTS:

½ cup almonds
½ cup brazil nuts (*if preferred, can do 1 cup cashews instead of almonds & brazil nuts*)
½ cup nutritional yeast
2 teaspoons Savory Salt-Alternative Blend above

DIRECTIONS:

Combine ingredients in a food processor and blend until nuts are finely ground. Keep in an airtight container, refrigerated.

