

Cleanse & Rejuvenate Alkalizing Recipes

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Cleanse & Rejuvenate Alkalizing Recipes

These recipes have been gathered over the years for the course “Cleanse & Rejuvenate” taught by Dr. Malik Cotter at the Maui College. They have been created by various health enthusiasts and we acknowledge and appreciate their contributions. Thank you ~

~ Smoothies ~

CACAO-COCO-BERRY SMOOTHIE

- 2 cups fresh coconut water, nut milk or filtered water
- 1-½ cups mixed berries
- handful spinach
- 2 tablespoons cacao nibs or 1 tablespoon raw cacao powder
- 1 tablespoon coconut oil
- 1 tablespoon or more fresh herbs like: Parsley, cilantro and/or mint
- ½ tsp. pure vanilla extract
- ½ tsp. ground cinnamon
- Optional add-ins: ½ tablespoon peeled ginger root, pinch cardamom & cayenne

* In a blender, blend everything together until a smooth uniform consistency.

SUPERFOOD SMOOTHIE

- ½ papaya or any other low-glycemic fruit
- 1- 1 ½ cup fresh coconut water AND/OR macadamia nut milk or almond milk (*To make nut milk: Soak 1 cup of nuts overnight. In the morning, strain and discard water. Blend nuts with 1 quart filtered water in blender until water becomes milky. Strain milk through a cheesecloth.*)
- ½ tablespoon Dragon’s Den Green Drink Powder
- 1 teaspoon Dragon’s Den Superfood Blend (optional)
- handful fresh leafy greens (spinach, kale leaves)
- ½ celery stalk
- ½ -inch piece of fresh ginger and/or turmeric (less if new to raw ginger or turmeric)
- pinch of cinnamon and sea salt
- 1 tablespoon flax seed oil (if needing to keep weight on)

*Blend all ingredients in a high-speed blender. Drink within a couple hours of making smoothie.

GREENS & OAT SMOOTHIE

- 1 cup cubed pear, cored
- 2/3 cup chopped kale or spinach
- 3/4 cup chopped cucumber
- 1/2 cup gluten-free oats
- 2 cups coconut water
- 1 tsp Dragon’s Den Original Green Drink or spirulina or barley grass powder

*Blend all ingredients in a high-speed blender. Drink within a couple hours of making smoothie.

“PAPAYA & TAHINI SMOOTHIE (serves 1)

- 1-½ cups almond milk or other nut milk
- 1 small non-GMO ripe papaya, about 1-1-½ cups
- 1 heaping Tbsp tahini (sesame seed butter)
- ½ teaspoon maca powder
- ¼ teaspoon pure vanilla extract
- pinch nutmeg
- Optional add-ins: 1 tsp bee pollen, 1 tsp Dragon’s Den Anti-inflammatory powder, a pinch cardamom

* In a blender, blend everything together until a smooth uniform consistency.

PAPAYA MEDLEY (serves 1)

Ingredients

- 1 small medium non-GMO ripe papaya and/or ½ cup berries
- ¼ cup coconut kefir or coconut cream
- 1 tablespoon dried golden berries, goji berries or raisins
- 1 tablespoon hemp seeds
- sprinkle of cinnamon or nutmeg powder
- ½ tablespoon cacao nibs (optional)

*Slice papaya in half and remove seeds. (You may leave a few seeds for digestion purposes). Scoop out all papaya meat and put in serving bowl. Mix in any of the other ingredients.

“COFFEE” SMOOTHIE (serves 1)

- 2 teaspoons instant barley coffee or dandelion coffee
- 1-1/8 cups almond milk
- 2 tablespoons almond butter
- 1 probiotic capsule (optional)
- 2 tablespoons coconut milk yogurt
- 1 tablespoon rolled oats

*Put all ingredients into high-speed blender and blend until completely smooth. Enjoy right away.

Recipe from: *Alkaline Cleanse*, Natasha Corrett

GOLDEN MATCHA (serves 1)

- 1 cup almond milk
- 1 teaspoon matcha powder (can be found in most health food stores, usually in a tin)
- 1 teaspoon Dragon’s Den Anti-inflammatory Tea
- 1 teaspoon coconut oil
- 1 teaspoon coconut blossom syrup or raw local honey

Heat the milk in a small saucepan until hot, not boiling. Transfer to a blender. Add the remaining ingredients and blend until completely mixed. Serve hot in a mug and grate a little nutmeg over the top.

~ Salads ~

Become familiar with, and include in your diet, wild edible plants and flowers like: rose petals, dandelion, nasturtiums, violets, sorrel, clover, plantain and more.

CUCUMBER & TEMPEH SALAD

- 1/2 cup cashews
- 1 cup cucumber, cut into 3/4 inch cubes
- 1 large handful sprouts
- 2 large handfuls arugula
- 1/4 red onion, finely sliced
- 2 scallions, finely sliced at an angle
- 2 tbsp chopped cilantro
- 1 cup tempeh, cut into 3/4 in. cubes
- 1 tsp sunflower oil

for the dressing:

- 1/8 cup rice vinegar
- a pinch of Himalayan pink salt
- 1 teaspoon maple syrup
- 1 teaspoon toasted sesame oil
- 1 clove garlic, finely chopped
- 1/4 large red chili pepper, finely chopped
- 1 teaspoon tamari
- juice of 1 lime and finely grated zest of 1/2

First make the dressing. Put all the ingredients for the dressing, except for the lime juice and zest, in a saucepan and heat very gently for 3-4 minutes. Remove from the heat and set aside to allow the flavors to infuse. Dry-toast the cashews then transfer them to a bowl, along with the cucumber, sprouts, arugula, onion, scallions, and cilantro. Return the frying pan to the heat and cook the tempeh cubes in the sunflower oil until golden brown on all sides. Add the tempeh to the bowl of salad and then add the lime juice and zest to the dressing in the saucepan. Toss the salad together, transfer to a platter, and then drizzle over the dressing. Recipe from: *Alkaline Cleanse*, Natasha Corrett

SPINACH PESTO WITH RAW NOODLES

- 6-2/3 cups spinach
- 2 cups cilantro
- a generous pinch of Himalayan pink salt
- 4 tablespoons olive oil
- 2 zucchini, spiralized

Boil a kettle and pour the water over the spinach in a sieve. Squeeze out the water once it has cooled enough to touch. Transfer to blender along with the cilantro, salt, and olive oil. Blitz into a paste. Mix through the zucchini 'noodles' and serve right away. Recipe from: *Alkaline Cleanse*, Natasha Corrett

CARROT "NOODLES" WITH AVOCADO DRESSING

- 2-3 carrots, spiralized
- 2 ripe avocados, roughly chopped
- juice of 1 lemon
- 1 tablespoon sweet miso
- 1 small clove garlic, grated
- a pinch of Himalayan sea salt
- 1/2 small red onion, chopped
- 1 cup cilantro, chopped
- 2/3 cup pea shoots

to garnish:

- tamari toasted pumpkin seeds
- finely grated zest of 1 lime
- 1 tablespoon pumpkin seed oil

Place the carrots in a bowl. Put the avocados, lemon juice, sweet miso, garlic, and salt in a blender and blend until completely smooth. Pour this dressing over the carrot "noodles" and mix in - using your hands is best. Then stir in the red onion and cilantro. Divide the pea shoots between 2 plates, add a pile of "noodles" on top. Garnish with the tamari toasted seeds and lime zest, and drizzle the pumpkin oil over the top. Recipe from: *Alkaline Cleanse*, Natasha Corrett

ZESTY PEAR & FENNEL SALAD (serves 2)

- 1 pear, cored and sliced
- juice of 1 lemon
- 1 fennel bulb, fronds reserved for garnish
- seeds from 1/2 pomegranate
- 1 tablespoon tamari
- 1/4 tsp ground allspice
- 1/8 cup pumpkin seeds
- 4 1/2 cups arugula
- 1 small cucumber, 1 3/4 cups sliced

for the dressing:

- 4 tablespoon olive oil
- juice and zest of finely grated of 1 lime
- 1 1/8 cups sprigs of dill
- Himalayan pink salt

1. Peel the pear and squeeze half the lemon over it to keep it from turning brown. F
2. Finely slice the fennel, preferably with a mandolin; squeeze the other half of the lemon over it.
3. Place the pomegranate cut side down in your palm and bang the back of a wooden spoon on the rounded side. This releases the seeds into your palm, and you can just let them fall between your fingers into a bowl.
4. In a pan, put the tamari and allspice over low heat and stir in the pumpkin seeds. After 2 minutes, remove the pan from the heat and set aside to cool. Meanwhile, make the dressing. Put all the ingredients (except the zest) into a blender and process until smooth.

5. Put the arugula, diced pear, sliced fennel, and cubed cucumber, into a bowl. Pour over the dressing and toss well. Top with a sprinkle of lime zest, the toasted pumpkin seeds, fennel fronds, and pomegranate seeds. Recipe from: *Alkaline Cleanse*, Natasha Corrett

LIME SPROUTED SALAD (serves 2)

- 1 1/2 cup chopped kale, ribs removed
- juice of 1 lemon
- 1 teaspoon sesame oil
- a pinch of Himalayan pink salt
- 1 avocado, sliced
- 1 3/4 cup wild or mixed salad greens
- 1 tablespoon flat leaf parsley

for the dressing:

- 6 tablespoons cashew nut butter
- 2 tablespoons water
- juice of 1-2 limes

to garnish:

- finely grated zest of 1 lime
- 2/3 cup broccoli sprouts
- 1 teaspoon sesame seeds, toasted

Put the kale in a large bowl and squeeze half the lemon juice over it. Sprinkle with sesame oil and salt, and massage the leaves until they start to wilt. Squeeze the other half of the lemon juice over the top of the avocado slices. For the dressing place cashew butter, water, and lime juice into a blender and process until smooth. Add the salad greens and parsley to the kale, and toss with the dressing. Garnish with the lime zest, broccoli sprouts, and sesame seeds. Recipe from: *Alkaline Cleanse*, Natasha Corrett

KALE SALAD (serves 2)

- 2 tablespoons coconut oil
- 1 clove garlic, sliced
- 2/3 cup chopped kale
- 1 tablespoons tamari
- 18-20 grilled artichokes

for the dressing:

- 2 tbsp miso paste
- 2 tbsp water
- juice of 1 lime

to garnish:

- finely grated zest of 1 lime
- broccoli sprouts
- radish sprouts
- pea shoots

Heat the coconut oil in a very large saucepan, add the garlic and sauté for 1 minute until it softens. Add the chopped kale - it's important to use a big pan, as you want there to be enough space around the kale

for it to get crispy. Cook for 2-3 minutes until it starts to wilt and crisp up around the edges; transfer to a serving platter or bowl and set aside. Return the pan to the heat and the tamari, then artichokes, and cook for 1 minute, just so they are warmed through and have absorbed the flavors from the pan. Next, make the dressing. Blend together the miso, water, and lime juice until smooth. Drizzle over the salad and garnish with the zest, sprouts, and shoots. Recipe from: *Alkaline Cleanse*, Natasha Corrett

KALE-AVOCADO QUINOA SALAD (serves 1)

Ingredients

- 1/2 cup quinoa, rinsed (makes 1-1/2 cups cooked)
- handfuls of kale, cabbage or other hearty leafy greens
- sunflower sprouts
- 1/2 avocado
- 1 teaspoon sesame seeds, ground flax seeds, and/or hemp seeds

Salad dressing: Extra virgin cold-pressed olive oil, umeboshi plum vinegar, lemon

*Cook quinoa ½ cup to 1 cup filtered water, bring to a boil and simmer with lid on for 15 min. or until water evaporates. Fluff with a fork. Finely chop kale, shred cabbage and slice avocado. In a bowl, mix kale, cabbage, sunflower sprouts and quinoa. Place avocado on top, seeds and add dressings. Enjoy!

GREEN PAPAYA SALAD (serves 4)

Ingredients

- 2 green papayas, peeled and seeded
- 1 yellow bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1/2 cup diced red onion, rinsed and drained
- 1/4-inch piece fresh ginger
- 2 tablespoons minced fresh parsley
- 2 cloves garlic, pressed
- 1 fresh jalapeno, minced
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons Bragg Liquid Aminos
- Juice of 1 lemon
- Juice of 1 lime

*Shred papaya using a grater or Cuisinart. In a large bowl, combine papaya, yellow and red bell peppers, and onion. Finely grate the ginger on a ginger grate or fine grater to extract its juice (you should have about 1/2 teaspoon). Add to the papaya mixture along with the parsley, garlic, and jalapeno. Season with the olive oil, vinegar, Bragg's, lemon juice and lime juice.

TABOULI (serves 4)

- 1-1/2 cups dry quinoa (3 cups sprouted quinoa)
- 1/4 cup olive or flax oil
- 1 teaspoon sun-dried sea salt
- 2 tomatoes, finely diced
- 1/2 large red onion, minced and rinsed
- 1 green onion, thinly sliced
- 1 red bell pepper, seeded and finely diced
- 1/2 yellow bell pepper, seeded and finely diced
- 2 to 3 sprigs of mint, coarsely chopped
- 1/4 cup minced parsley
- 1/4 cup minced cilantro
- Juice of 2 lemons
- Mixed salad greens

How to sprout quinoa: Rinse, and soak overnight. Place in quart-size Mason jar with mesh screen or covered with cheese cloth – turn upside down to drain. Rinse every 6 hours. Ready after 1-2 days.

*In a bowl, mix the quinoa, oil, and sea salt. Stir well. Add in the tomatoes, onions, green onion, and bell peppers. Mix in the mint, parsley, cilantro and lemon juice. Stir until the colors are mixed evenly throughout the dish. Serve on a bed of mixed salad greens.

LITTLE GEM & WAKAME SALAD (serves 2-3)

- 1 cup wakame seaweed
- 2 1/2 cups Little Gem lettuce or hearts of romaine (iceberg works well too) chopped
- 1/4 cup radishes, sliced
- 1 cup cucumber, sliced and quartered
- 2 tablespoons sesame seeds
- 1/2 cup radish sprouts, to garnish

for the dressing:

- 4 tablespoons tahini
- 1 cup water
- juice of 1/2 lemon
- 1 clove garlic
- 1/4 teaspoon Himalayan pink salt

First make the dressing: simply blend all the ingredients in a blender until smooth. If it comes out a little thick for your liking, then add a little more water; if it's too thin, then add more tahini. Soak the wakame in hot water for 15 minutes. Meanwhile, prepare the salad vegetables and put into a bowl with the sesame seeds and mix together. Drain the wakame, slice off the stalks, cut into strips (about 1 cm wide), and add to the bowl. Pour over the dressing, and mix together well. Serve with a scattering of the radish sprouts for a beautiful and peppery garnish. Recipe from: *Alkaline Cleanse*, Natasha Corrett

ARAME BROCCOLI SALAD ON A BED OF CELERY “NOODLES” (serves 2-3)

- 1/4 tablespoons Himalayan pink salt
- 1 cup green beans, topped and tailed
- 1-1/3 cups purple sprouting broccoli (regular broccoli works well too)
- 1-3/4 oz arame seaweed
- 4-6 stalks celery
- 2/3 cup cucumber, diced
- 2/3 cup cilantro, chopped, plus extra to garnish

for the dressing:

- 2-1/2 tablespoons brown rice miso
- 2 tablespoons water
- 1 tablespoon toasted sesame oil
- juice of 1 lime

to garnish:

- finely grated zest of 1 lime
- 3 tablespoons pickled ginger

1. Bring a pan of salted water to a rolling boil. Drop in the green beans and broccoli and blanch for 3 minutes. Using a slotted spoon, transfer the vegetables to a colander and refresh under very cold water. Set aside.
2. Soak the arame in the hot vegetable water for 15 minutes, then drain. Meanwhile, make the "noodles" by paring each celery stick with a potato peeler, slice each length in half with a knife.
3. Blend all the dressing ingredients in a blender until smooth.
4. Put the beans, broccoli, cucumber, cilantro, and drained arame in a bowl and mix together. On each plate, create a nest with the celery "noodles." Arrange the arame mixed salad greens in the middle, drizzle the dressing over the top and, finally, garnish with the lime zest, pickled ginger, and an extra sprinkling of cilantro. Recipe from: *Alkaline Cleanse*, Natasha Corrett

WARM SPINACH, BROCCOLI & ASPARAGUS SALAD W/ PESTO & QUINOA

Ingredients

- 1 small bunch spinach
- 1 head broccoli
- 1 bunch asparagus, woody ends trimmed off
- 4 cups arugula or mixed spring greens
- 1 cup quinoa, cooked
- Extra virgin olive oil
- Lemon

For the Pesto:

- 2 bunches fresh basil, washed and leaves pulled from hard stalks
- 1/4 cup pine nuts
- 1/2 cup extra virgin olive oil
- 1-2 clove garlic
- Sea salt for seasoning.

**In food processor, pulse – pine nuts, basil and garlic, stream in oil, add salt to taste.*

Preparation:

1. To make pesto place basil, pine nuts, and garlic in a food processor and process on medium. Drizzle in the olive oil while motor is running, season with salt. If it becomes too thick then add a small amount of pure water (1/4 cup at most). Set aside in a bowl.
2. Turn grill on high. If you don't have a grill then use your oven's broiler, or steam veggies.
3. Toss asparagus and broccoli in a bowl with olive oil and salt. Let stand for 20-30 minutes.
4. Grill broccoli and asparagus, covered, over indirect medium heat for 8-10 minutes on each side or until crisp and tender.
5. Prepare the salad by adding the spinach with the mixed greens. Place in bowl, toss with olive oil, salt and lemon juice.
6. On each plate put a scoop of quinoa followed by the salad. Top it off with the grilled asparagus and broccoli.
7. Drizzle about 1-2 Tbsp of the pesto sauce the plate. Enjoy!

RAW FOOD COLLARD GREENS SALADS WITH OMEGA DRESSING**Salad:**

- 5 collard leaves thinly sliced (roll and then slice!)
- 1 small cucumber thinly sliced
- 2-3 tomatoes diced
- ¼ avocado chopped
- 1 handful of your favorite seaweed
- 1 Tbsp hemp seeds

Dressing:

- 4 Tbsp. lemon or lime juice (about 2 lemons)
- 1 tsp. flax or hemp oil
- 1 tsp. extra virgin olive oil
- 1 tsp. raw honey
- 1/8 avocado mashed
- 1 tsp. flaked seaweed, dulse flakes, or kelp granules
- 2 Tbsp combination of chopped fresh herbs such as chives, basil, dill...
- Or 1 Tbsp dried herbs of your choice.

Preparation: Mix all dressing ingredients together in a small bowl with a fork and pour over the salad. Don't worry if the avocado isn't completely smooth, it will still work! Toss salad with dressing. Enjoy!

Other add-ins for variation: Heirloom tomatoes, Cucumbers, Red, Orange, or Yellow Bell Pepper
Sun dried black olives, Hemp seeds – excellent source of EFA's and protein.

BEET LOVER'S SALAD (w/ tempeh: optional)

- 3 medium sized beets
- 1 lime juiced
- tahini
- soaked wakame seaweed
- 1 sprig spring onion, finely sliced
- ¼ cup fresh chopped herbs like: Mint, parsley, cilantro, thyme, chives

- steamed or sauteed tempeh (optional)
- flax seed oil or cold-pressed olive oil to drizzle

*Finely grate beet or slice and steam. Toss together with lime, tahini, wakame, fresh herbs and tempeh (if using). Drizzle with small amount of olive oil and season with Himalayan salt and cayenne.

VEGAN CEASAR SALAD

- 1 cup soaked sesame seeds
- 2 nori sheets
- 2 tablespoon lemon juice
- ½ teaspoon Himalayan or Celtic salt
- 1 garlic clove
- 1 cup water
- 1 teaspoon ground pepper (freshly ground if possible)
- 1/2 cup olive oil
- lettuce, spinach, sprouts and microgreens, your choice

Blend all ingredients except nori sheets and romaine lettuce until creamy. Add the nori sheets to the blender and blend a little more until you can see little speckles of nori evenly throughout the dressing. Pour over chopped vegetable salad. You can add a pate recipe on top of salad if desired.

SPINACH SALAD WITH SPIRULINA

Base:

- 1 bunch of spinach chopped and washed
- 2 handfuls of baby lettuce

Add:

- 1 avocado, diced
- 1 bell pepper julienned
- 2-3 tablespoons of hemp oil
- 2-3 tablespoons of lemon juice
- 1 tablespoons spirulina or other green powder
- 4 olives
- 1/4 teaspoon turmeric
- 1/4 teaspoon cayenne (optional)
- 1 dash of Hing (optional)
- 1/4 teaspoon of Himalayan or sea salt
- A pinch of ground sesame or flax seeds on top (optional)

Enjoy!

~ Dressings ~

BASIC VINAIGRETTE FORMULA

- 1 part vinegar to 3 parts oil
- Himalayan or Celtic salt and pepper to taste

***Variations:** Extra virgin olive oil is a healthy choice, but to vary flavor, try a touch of hemp, flax oil, walnut or hazelnut oil; or a bit of sesame oil adding an Asian vibe. To add acidity, apple cider vinegar, lemon or lime juice are good choices.

MISO-TAHINI DRESSING (makes 1 ½ cup)

- 2 tablespoons raw tahini
- 2 heaping tablespoons white miso
- 1 seeded, soaked date, drained
- 1 cup filtered water
- Juice of 1 lemon

*Combine all of the ingredients in a blender and blend until smooth. The dressing can be covered and refrigerated for up to 2 days. Optimal add-ins: fresh dill or mint, or other fresh herb of choice.

GINGER VINAIGRETTE (8 servings, 2 tablespoons per serving)

- 1 Tbsp grated peeled ginger
- 3 Tbsp organic soy sauce
- 2 Tbsp umeboshi plum vinegar
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 2 tablespoons chopped cilantro
- 1/2 cup sesame oil (not toasted)
- Himalayan or Celtic salt
- Dash of cayenne pepper

*Whisk together ginger, soy sauce, umeboshi plum vinegar, apple cider vinegar, lemon juice, cilantro, and sesame oil in a jar. Season to taste with salt and cayenne pepper.

GREEN GODDESS DRESSING (makes 3 cups)

- 1 cup sunflower sprouts
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh cilantro
- Juice of 1 lemon
- 2 tablespoons Bragg Liquid Aminos
- 1 cup filtered water

*Combine all ingredients in a blender and blend until smooth. The dressing can be covered and refrigerated for up to 1 day.

CREAMY HEMP DRESSING

- ½ cup hulled hemp seeds
- ½ cup filtered water
- 2 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 clove garlic, peeled
- ¼ –½ tsp sea salt, or to taste

*Combine all ingredients in a blender and blend until smooth. Dressing will thicken in fridge.

PINE NUT AVO BASIL DRESSING

- 1 cup pine nuts soaked overnight
- 1 cup filtered water
- 2 cups fresh basil
- 1 avocado

*Blend soaked pine nuts in a food processor/blender with basil, water and avocado until creamy.

CARROT AND GINGER (serves 1)

- 1 carrot, grated
- 1 shallot, chopped
- 2 tablespoons chopped fresh ginger
- 1 tablespoons miso paste
- 2 tablespoons umeboshi plum vinegar
- 1 tablespoons olive oil
- 2 tablespoons water

*In Cuisinart pulse: Carrot, shallot and ginger first. Then add miso, vinegar, and oil. While blender is going, slowly drizzle in the water.

CREAMY HERB DRESSING (makes 2 cups)

- 1 ripe avocado, peeled and pitted
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh basil
- Dash of Bragg Liquid Aminos or Nama Shoyu
- 1 cup filtered water

*Combine all ingredients in a blender and blend until smooth. The dressing can be covered and refrigerated for up to 1 day.

CREAMY TOMATO-BASIL DRESSING (makes 1 cup)

- 2 Roma tomatoes, peeled and chopped
- ¼ cup olive oil

- 1/4 cup soft sprouted tofu
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon each dried oregano and basil
- 1/2 teaspoon Hawaiian or Celtic salt
- 1 pinch cayenne
- dash garlic powder or 1 clove garlic

*Blend on high to make dressing. Variation: Omit dried basil, instead add handful fresh basil leaves. Chill for flavors to marry.

~ Sauces, Pates, Dips & Nut Cheeses ~

SAUCE FOR STEAMED VEGGIES

- 1/4 cup tahini
- 2 tablespoons nutritional yeast
- 1 tablespoon Bragg's Aminos
- 1 tablespoon dulse flakes
- 1 clove garlic minced, optional
- 3 tablespoons warm water

*Whisk by hand or blend in NutriBullet or other blender until smooth. Add more water for thinner consistency. Pour sauce over steamed veggies.

NUT PATE

- 1 cup almonds, soaked 12-48 hours and blanched [SEP]
- 1 cup sunflower seeds, soaked 6-8 hours and rinsed [SEP]
- 1/4 cup sesame seeds, soaked 8 hours and rinsed [SEP]
- 1 red bell pepper, finely chopped [SEP]
- 3 stalks celery, finely chopped [SEP]
- 1 small leek, finely chopped [SEP]
- 1-2 teaspoons powdered kelp [SEP]
- 2 tablespoons lemon juice

[SEP]

*Using a blender, blend almonds, sunflower seeds, sesame seeds. Add red bell pepper, celery, leek, lemon juice, kelp, and mix well

PINE NUT AND HEMP SEEDS PATE

- 1/2 cup pine nuts
- 1/2 cup hemp seeds
- 1 cup arugula
- 1 cup cilantro, chopped
- 1 clove garlic

- 3 tablespoons lemon juice
- 1 red or yellow pepper, chopped into large dice
- Pinch Himalayan or Celtic sea salt.

*Put all ingredients into a food processor and blend until the mixture is the consistency of pesto. Transfer it to a bowl or an airtight container. This pate will keep, refrigerated, for up to 3 days.

BROCCOLI PESTO (yield about 1 cup)

- 1 2/3 cups broccoli
- 1 1/4 cups basil leaves
- 1/4 cup pumpkin seeds
- 1 small clove garlic
- 4 tablespoons olive oil
- juice of 1/2 lemon

To make the pesto, put all the ingredients into a high-speed blender or food processor and pulse until you get a wonderfully thick texture. Alternatively, use a mortar and pestle to pound the ingredients. Pop the pesto into a clean glass jar and store it in the fridge, where it keeps for up to one week.

PUMPKIN SEED PESTO PATE

- 2 cups basil, parsley and cilantro, fresh
- handful kale leaves
- juice of 1 lemon
- 1/2 cup pumpkin seeds (soaked, organic)
- 2 cloves garlic, raw
- pinch of sea salt

*Mix it up in a food processor or blender with a bit of water and/or olive oil.

CASHEW BEET PATE (serves 4)

- 2 cups soaked cashews, drained
- 2 large beets, peeled and cut into chunks
- 2 large carrots
- 1/4 cup minced fresh parsley
- 1/4 cup minced fresh cilantro
- 2 stalks celery, diced
- 1/2 sweet onion, minced and rinsed
- 1 tablespoon nutritional yeast
- 2 tablespoons Bragg Liquid Aminos
- Cucumber slices, for serving

*In a Cuisinart, grind the cashews, beets, carrots, parsley, and cilantro. Transfer to a bowl and mix in the celery, onion, yeast, and Bragg's.

MOCK SALMON PATE

- 2 cups almonds, soaked overnight
- 1 cup celery, finely chopped
- 1/2 cup green onions, chopped

- 1/4 cup filtered water
- 2 med. or large carrots
- 3 teaspoons lemon juice
- Dulse flakes, (seaweed)
- 1 head romaine lettuce
- Parsley

*With a food processor, using “blank” plate, process almonds and carrots to make a smooth paté. Mix all ingredients except the lettuce in a bowl, adding the dulse to taste. Form the mixture into a rounded (or other shaped) loaf, and garnish with parsley greens. To serve, spoon onto the lettuce leaves and eat like a sandwich, or optionally, spread onto celery sticks.

AVOCADO-NAISE

- 1 large avocado
- ½ lemon juiced (2 tablespoons lemon juice)
- ¼ teaspoons Hawaiian or Celtic salt
- pinch cayenne
- ¼ cup extra virgin olive oil
- ½ clove garlic or garlic powder (optional)

*Scoop out avocado “meat” and place in blender, add lemon juice and spices, blend. While motor runs, stream in olive oil. Will likely have to stop a few times to redistribute ingredients. Puree to smooth creamy texture.

PESTO (8 servings, about ½ cup)

- ¼ cup pine nuts
- 2 cups loosely packed basil leaves
- 2 teaspoons lemon juice
- 1-2 cloves garlic, chopped
- 2 tablespoons extra-virgin olive oil
- Hawaiian or Celtic salt
- pinch cayenne

*In Cuisinart, first pulse pine nuts, add basil, lemon juice, garlic, salt & pepper – pulse again until medium to finely chopped. While motor is running, stream in thru funnel olive oil to desired consistency.

SPROUTED HUMMUS (serves 4)

- 4 cups sprouted garbanzo beans
- ¼ cup chopped fresh parsley
- 1 clove garlic
- ¼ cup raw tahini
- ¼ cup freshly squeezed lemon juice
- Hawaiian or Celtic saltsea salt

*In a blender, blend the garbanzo beans, parsley, and garlic into a bowl. Blend tahini and lemon juice separately. Stir lemon-tahini mixture into the bean mixture. Add sea salt to taste and serve!

CREAMY AVOCADO TOFU (serves 4)

- 1 avocado, peeled and pitted
- 2 cups sprouted tofu
- ¼ cup minced fresh parsley
- ¼ cup chopped fresh cilantro
- 2 tablespoons minced onion, rinsed
- 3 tablespoons Bragg Liquid Aminos
- juice of 1 lemon
- 2 teaspoons paprika, plus additional for garnish
- pinch of nutritional yeast

*In a large bowl, mash the avocado. Add the tofu, parsley, cilantro, onion, Braggs, lemon juice, the 2 teaspoons paprika, and the yeast, and mix well. Serve garnished with a sprinkle of paprika.

SUNFLOWER SEED CHEESE

- 3 cups sunflower seed meal (2 cups seeds)
- 2 teaspoons granulated kelp
- ¾ cup rejuvalac (see page 24 for rejuvelac recipe)

*Mix together, knead well and pack into covered dish. Or make into a roll and wrap in cellophane or plastic wrap. Set aside in the kitchen for 24- 36 hours. Mold may appear on the top of dish but it is good and adds to the flavor. However, for guests, you may want to scrape it and the darkened top off. Serve from the dish at the table, or slice from roll. It will keep in the refrigerator for a week to 10 days.

GUACAMOLE

- 2 avocados
- 2 tablespoons lime juice
- ¼ cup minced cilantro
- 1 teaspoons ground cumin
- ¼ to ½ teaspoons Hawaiian or Celtic salt

*Dice avocado and add remaining ingredients. Mash to get a more creamy texture.

MANGO SALSA

- 1 mango, peeled, seeded and chopped
- ¼ cup finely chopped red bell pepper
- 1 scallion, chopped
- 2 tablespoons chopped cilantro
- ½ fresh jalapeño chili pepper, finely chopped
- 2 tablespoons lime juice

*In a medium bowl mix all the ingredients together. Cover, and allow to sit at least 30 min. before serving.

~ Soups ~

CAULIFLOWER & PINK PEPPERCORN SOUP

- 1 tbsp coconut oil
- 1 shallot, sliced
- 1 clove garlic, sliced
- 2 tsp sumac, plus extra to garnish
- 1/4 tsp ground coriander
- 10 pink peppercorns plus extra to garnish
- 1 cup cold water
- 1 leek, chopped into 1-2 in. chunks
- 1 whole cauliflower chopped into 1-2 in. chunks
- 3 1/3 cups boiling water
- 1/2 tsp umeboshi paste
- 2 tbsp nutritional yeast (optional)

In a medium-sized pan, heat the coconut oil and sauté the sliced shallot and garlic for 2 minutes. Add the sumac, ground coriander, pink peppercorns, and oregano. Add the cold water, bring to a boil, then simmer for a further minute. Add the leek and cauliflower pieces to the pan and be sure to stir well so all the flavors can mingle. Add the boiling water and leave to cook on medium heat for about 10 minutes stirring occasionally. You will know it's ready as the cauliflower will start to break apart easily. Add the umeboshi paste and stir well. Transfer the contents of the pan to a blender and whizz until very smooth. If you chose, add the nutritional yeast to the soup once it is blended. Serve hot with a garnish of oregano and a sprinkle of sumac and peppercorn on top.

CARROT & LIME SOUP

- 2 tbsp coconut oil
- 1 red onion, finely sliced
- 1 clove garlic, finely chopped
- 2-1/4 carrots cut into 3/4 in cubes
- 2 stalks celery
- 1 tsp ground turmeric
- finely grated zest and juice of 1 lime
- 1 in. piece of ginger finely grated
- 2 tablespoons bouillon powder
- 5-1/8 cups boiling water

In a medium-sized pan, heat the coconut oil and sauté the onion and garlic gently for 2-3 minutes until soft. Add the carrots, celery, turmeric, lime zest, and ginger and continue to sauté for 2 minutes. Dissolve the bouillon powder in the boiling water, stir well, and add to the pan. Simmer over medium heat until you can crush the carrot with the back of a spoon. Transfer the contents of the pan to a high-speed blender and process until velvety smooth. Lastly, stir through the lime juice and serve.

BROCCOLI-CELERY & DILL SOUP

- 2 tbsp coconut oil
- 1 clove garlic, crushed
- 1 scallion, chopped
- 1/4 tsp caraway seeds
- 1/2 tsp ground coriander
- 3 cups boiling water
- 3 stalks celery, chopped
- finely grated zest and juice of 1/2 lime
- 1 1/3 cups broccoli, broken into florets
- 3 1/3 cups spinach leaves
- 1/4 avocado
- 2/3 cup dill sprigs, plus extra to garnish
- 1/4 tsp Himalayan pink salt

In a medium-sized pan, heat 1 tablespoon of the coconut oil and sauté the garlic and scallion with the caraway seeds and ground coriander for 2 1/2 minutes, then add 1/2 cup of the boiling water. Next, add the celery along with the zest and juice of the lime and leave to simmer for 7 minutes so that the liquid reduces. Add another 1 2/3 cups of water and return to the boil. Drop in the broccoli and pour in the remaining water, add the spinach and let it wilt. Transfer the contents of the pan to a blender. Add the avocado, dill, salt, and remaining coconut oil and blend until smooth. Serve the soup hot with an extra garnish of dill. Recipe from: *Alkaline Cleanse*, Natasha Corrett

PUMPKIN SOUP

- 2 tbsp coconut oil
- 1/2 red onion, sliced
- 1 clove garlic, sliced
- 1/8 cup ginger, sliced
- 2 1/8 cups water
- 1/2 tsp coriander seeds
- 4 cups pumpkin chopped into 1-2 in cubes
- 1/8 tsp Himalayan pink salt

for the tahini swirl:

- 1 tbsp tahini
- a generous pinch of ground cumin
- juice of 1/4 lemon
- 1-1/2 tbsp water
- a pinch of Himalayan pink salt

Heat the coconut oil in a large saucepan and sauté the onion, garlic, and ginger. Simmer over medium heat for 1 minute. Once the oil starts to be absorbed, add 4 tablespoons of the water along with the coriander seeds and continue to cook for another minute. Add the remaining water, the pumpkin, and salt. Simmer for 20 minutes. Meanwhile, combine all the ingredients for the tahini swirl in a bowl. Transfer the contents of the saucepan to a blender, process until very smooth and split between 2 bowls. Lastly, swirl a spoonful of the tahini mixture over the top. Sprinkle with a few coriander seeds.

CHUNKY ROOT SOUP W/ MILLET (Serves 2-3)

- 1 tbsp coconut oil
- 1 shallot, chopped
- 1 clove garlic, chopped
- 1 leek, thickly sliced
- 1/2 tsp cumin seeds
- 1 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/2 cup hulled millet
- 5 1/4 cups water
- 1 tsp bouillon powder
- 1/2 lemongrass stalk, bashed with a rolling pin
- 1 sprig rosemary
- 1 carrot, cubed
- 2 x 2in diameter golden beets, cubed
- 1 1/4 butternut squash, cubed
- 1 1/8 cups rutabaga, cubed
- 1 tsp umeboshi paste
- 1 in. piece of red or green chili pepper
- 1 cup kale, finely chopped
- 1/2 cup flat leaf parsley, finely chopped
- coconut milk yogurt to serve (optional)

In a deep, medium-sized pan, heat the coconut oil and sauté the shallot and garlic for 1-2 minutes, until they start to soften. Add the leek along with the ground spices and sauté for another minute. Stir in 2 tablespoons of water. Next, add the millet, stir the spices through the grains and cook for another 30 seconds. Pour in 2 1/4 cup of the water, along with the bouillon powder, lemongrass, and rosemary and cook for 4 minutes. After 4 minutes cooking time, add the carrot and the beets along with the 2 1/4 cups water. Put the lid on and simmer for 10 minutes. Remove the lid and add the butternut squash, rutabaga, umeboshi paste, and the chili pepper, along with the remaining 1 cup of water and simmer for a further 5 minutes. Take the pan off the heat and stir in the kale and parsley. Serve in bowls with a large spoonful of yogurt, if you like. Recipe from: *Alkaline Cleanse*, Natasha Corrett

ASIAN NOODLE SOUP

- 1 tbsp coconut oil
- 1/2 white onion, finely chopped
- 1 clove garlic, grated
- 2X 1 inch slices of ginger
- 3/4 inch cinnamon stick
- 1 star anise
- 1 tsp coriander seeds
- 6 tbsp cold water
- 1 tbsp tamari
- 1/8 cup Chinese celery, roughly chopped

- 1 heaping tablespoon sweet Thai basil
- 3 cups boiling water
- 1 tbsp bouillon powder
- 3/4 cups snow peas
- 1 1/2 cups bok choy
- 3/4 cup shiitake mushrooms, sliced
- 1/3 cup fresh cilantro, roughly chopped
- 1/3 cup rice noodles
- juice of 1 lime
- 1/3 cup tempeh, cut into strips, to garnish
- 6 thin slices of red chili pepper, sliced at an angle

Heat the coconut oil in a frying pan, and add the onion, garlic, ginger, cinnamon, star anise, and coriander seeds. sauté over medium heat for 2 minutes. Add the cold water (not the measured boiling water) and the tamari, and simmer for another minute. Stir in the Chinese celery and sweet basil. Add the boiling water to the pan along with the bouillon, stir, and leave until the liquid has reached boiling point again. Meanwhile, chop the snow peas diagonally, and slice the root off the bok choy so that the leaves are released. Add to the pan along with the shiitake and half of the chopped cilantro. After 1 minute, add the rice noodles and cook for another 3-4 minutes until they are done. Finish off by squeezing the lime juice over the top and stir through with the tempeh, the remaining cilantro, and the sliced chili if you want some extra heat.

SPANISH GAZPACHO

Soup:

- 10 medium ripe tomatoes
- ½ cucumber (about 3" pieces)
- ½ red bell pepper
- 2-3 cloves garlic
- 2-3 tablespoons extra virgin olive oil
- 1/8 teaspoon cayenne pepper

Suggested Garnish:

- dulse flakes or torn pieces
- 2 tablespoons chopped green onion or chives
- ¼ chopped parsley
- ½ cup sliced cherry tomatoes
- ½ cup diced cucumbers
- avocado, diced
- 1-2 tablespoons ground sesame seeds (optional)

Preparation: Add all soup ingredients in the blender and blend until smooth. Chill soup for a few hours before garnishing and serving. Gazpacho is even better the next day! Add garnishes as desired.

ALKALIZING, MINERALIZING, NUTRIENT DENSE SOUP

- Water from 1 young coconut
- 1 English cucumber, divided in 2

- ½ bell pepper
- 2 celery ribs
- ½ avocado
- Juice from 1 lime
- 2 large chard leaves or 4 small
- 3 green onions, divided
- Pinch cayenne pepper
- Small handful of cilantro, mint, rosemary, or any favorite combination of fresh herbs.
- Small handful Dulse seaweed

Preparation:

1. Blend coconut water, 1/2 English cucumber, 2 ribs celery, 1/2 avocado, chard leaves, 1 green onion, lime juice, seaweed, and pinch of cayenne in a powerful blender until smooth.
2. Add the 1/2 bell pepper, 1/2 English cucumber, 2 green onions, and the handfuls of fresh herbs. Pulse a few times until the herbs are roughly chopped.
3. Garnish with tomato, avocado, bell pepper, green onion, torn Dulse seaweed, and fresh herbs.

BLACK BEAN SEAWEED SOUP

- 1 cup dried black beans, soaked for 8 hrs. or overnight with a splash of Apple Cider Vinegar
- 1 piece kombu seaweed
- 6 cups filtered water
- ½ teaspoons fennel seeds
- 2 cloves garlic
- 6 dried Shitake mushrooms
- ¼ cup daikon radish or carrot
- 2 cups kale or other hearty leafy green
- 1 oz each Arame and Wakame seaweed, or other seaweed, soaked for 7 min., drain
- 1 tablespoons miso, diluted in ½ cup water
- green onions finely chopped for serving

Directions:

- Place drained and rinsed beans in a soup pot with water and kombu. Cook for 1 hour.
- Add in ginger, fennel carrot or daikon and mushrooms. Cook for another 30-45 min. Check for beans softness, when still firm – add kale, arame, wakame and a pinch salt.
- Cook until beans are soft. Take off heat – Stir in miso. Garnish with onions.

BORSCHT (serves 2-4)

- 2 to 3 cups chopped red cabbage
- 1 beet, shredded
- 2 tablespoons red miso
- 1 clove garlic
- 1 cup filtered water

*In a blender, blend the cabbage, beet, miso, garlic, and water until smooth. Serve!

TASTE OF THE MEDITERRANEAN SOUP

- 1 cucumber, peeled and cut into large dice
- ½ apple, cored, peeled and cut into large dice
- 2 cups arugula, julienned
- 1 medium avocado, peeled and pitted
- 1 tbsp lemon juice
- 1 cup purified water
- ½ cup sprouts
- 1 tbsp fresh mint, or more to taste
- ½ tsp oregano
- Pinch of Himalayan or Celtic sea salt.

*Put all ingredients into a blender and pulse until blended, but still a little chunky. Ladle into a bowl.

SPINACH AND DULSE SOUP

- 1 zucchini, cut in ½ inch cubes
- 1 celery stalk
- 1 scallion
- 1 Tbsp. extra virgin olive oil
- ¼ cup dulse flakes (seaweed)
- ¼ cup avocado
- 2 cups spinach leaves (washed)
- 4 cups pure water

*Blend on high speed until smooth. Season w/sea salt. Serve w/dulse flakes and extra virgin olive oil.

SQUASH-CARROT AND GINGER SOUP (RAW)

- 1 ½ cups butternut squash, peeled and diced
- 2 cups diced carrots
- 1 ½ cups diced yellow squash
- ¼ cup chopped red onion
- ¼ cup sliced celery
- 2 Tbsp. extra virgin olive oil
- 1 ½ Tbsp. apple cider vinegar
- 1 tsp. sea salt
- Juice of fresh ginger passed through a juicer (about 2-3 inches)
- 4 cups pure water
- Additional olive oil and chopped herbs (garnish)

*Blend all together on high speed for about 3 minutes, or until smooth. Warm slightly to serve. Drizzle with a little olive oil and freshly chopped herbs.

GREEN SPRING SOUP (serves 6)

- 6 cups water or vital broth
- medium sweet potatoes
- ¼ medium onion or leek, chopped
- 2-3 kale leaves, chopped

- 2 cloves garlic
- 1 teaspoon Himalayan or Celtic salt
- 1 teaspoon olive oil

*Bring liquid to boil. Add potatoes, onion and salt. Cover. Reduce heat. Simmer until tender. Add kale and garlic. Simmer until kale is tender and bright green. Puree all ingredients together. Add olive oil before serving.

CREAM OF BROCCOLI SOUP (RAW) (serves 2-4)

- 1 cup soaked almonds
- 3 cups filtered water
- 1 small head broccoli, chopped (about 2 cups)
- ½ cup chopped red onion
- ¼ cup loosely packed fresh parsley leaves
- Himalayan Sea Salt to taste
- 2 tablespoons minced onion, for garnish
- 2 tablespoons chopped cilantro, for garnish

*In a blender, blend the almonds and water until smooth. Blend in the broccoli, red onion, parsley, and salt. Spoon the soup into individual serving bowls. Top each with a little of the minced onion and cilantro and serve.

MAUI ONION GAZPACHO (serves 2-4)

- 3 large tomatoes
- 1 Maui onion, diced, and rinsed
- 1 yellow or red bell pepper, seeded and chopped
- 1 clove garlic
- 1 ripe tomato, chopped
- 1 cucumber, peeled and chopped
- 2 tablespoons chopped fresh dill
- Juice of 1 lemon
- 1-2 cups filtered water
- Bragg's Liquid Aminos, Celtic- or Himalayan pink salt

*Using a juicer, juice the tomatoes. (you should have about 2 cups). Place the onion, pepper, and garlic in a food processor/blender. Blend slightly. Add the chopped tomato, cucumber, dill, lemon juice, tomato juice and 1 cup of water. Blend until thin but still chunky. If the soup is too thick, add more water. Do not blend until smooth. Add Braggs to taste. Serve immediately.

MISO SOUP FOR ALL SEASONS (4 servings)

- 4 cups filtered water
- ¼ pound soft tofu, cut into ½" cubes (optional)
- 2 teaspoons dried wakame seaweed
- 4 tablespoons red or yellow miso
- 2 green onions, thinly sliced

1. Place the water in a medium stockpot and bring to a boil. Reduce the heat to medium. Add the tofu and wakame, if desired, and simmer for 2 to 3 minutes, uncovered.
2. Pour ¼ cup of the hot water into a small bowl. Add the miso and stir to dissolve with a wooden spoon. Return the miso mixture to the stockpot and add green onions. Reduce the heat to low and allow to simmer for 1 more minute. Adjust taste with a touch more miso or a bit more water, as desired. Serve immediately.

GREEN RAW SOUP

- 1-2 avocados
- 1-2 cucumbers peeled
- 1 jalapeno pepper seeded
- 1 spring onion thinly sliced
- 1/2 lemon (juiced)
- 1-2 cups light vegetable stock or water
- 2 cloves garlic
- 1 tablespoon fresh cilantro
- 1 tablespoon fresh parsley
- 1 carrot finely diced

*Puree all ingredients (except onions and carrots) in a blender. Add more or less water to desired consistency. Add onions and raw crunchy carrot bits at the end for a garnish. YUM!

CREAMY WINTER BEET SOUP

Ingredients:

- 2 medium sized beets
- 1 small shallot, peeled and quartered
- 1 garlic clove, peeled and roughly chopped
- 2 tablespoons hemp seeds
- 2 teaspoons apple cider vinegar
- Himalayan sea salt, to taste
- ¼ cup parsley
- ¼- ½ cup coconut milk (blend coconut flakes/meat with water and strain with cheesecloth)
- Garnish: ½ ripe avocado, peeled, pitted and sliced into wedges

Directions:

1. Peel the beets and cut into quarters.
2. Place on a steaming dish, along with the shallot and garlic, above an inch of water. Cover the pot, bring to a boil and steam until tender. (If you don't have a steamer, you can put a half-inch of water in a pot, place the vegetables in the water, cover and steam it that way)
3. Put the vegetables into a high speed blender along with the leftover steaming liquid (should be bright red). Add the vinegar, hemp seeds, and parsley.
4. Blend the soup while drizzling in enough coconut milk to develop smooth creamy consistency. Taste, season with sea salt.
5. Serve in bowls with slices of avocado.

CRUCIFEROUS SOUP

- 1 cup broccoli
- 1 cup cauliflower
- 1 clove garlic
- 2 tablespoons chopped onion
- 2 tablespoons nutritional yeast
- Himalayan sea salt and cayenne pepper to taste

*Steam broccoli and cauliflower until colors brighten. Do not overcook the veggies. Sauté garlic and onion with coconut oil or ghee. Blend veggies with cooking water, garlic, onion, yeast, salt, and cayenne to desired consistency. *Note:* Add fresh herbs or other spices for variety.

BLOOD BUILDER SOUP

- 1 cup black beans
- ½ oz Rehmania (Shu Di Huang) cut into small pieces
- ½ oz Astragalus (Huang Qi)
- ¼ oz Ligusticum (Chuan Xiong)
- 1 oz Lycii (Gou Qi Zi)
- ½ oz Longan (Long Yan Rou) cut into small pieces
- 6 pieces red dates (Hong Da Zao) cut into small pieces
- ½ inch piece fresh ginger (Sheng Jiang) minced
- 3-4 Shitake mushrooms cut up
- ¼ cup wood ear fungus
- ¼ cup pine nuts
- ¼ cup walnuts
- 2 tablespoons apple cider vinegar
- 2 carrots, thin matchsticks
- 4 cups spinach, beet greens, kale, chard or collards
- salt and pepper

Directions:

- Simmer black beans, herbs, dates, mushrooms, ear fungus for 1 hour in 2 cups filtered water.
- Remove Astragalus and Ligusticum
- Dry roast nuts
- Add nuts, veggies, vinegar, S&P
- Mix everything together and let sit with cover on bowl for 10 minutes.

Benefits: Heart, kidney and lungs. Tonifies blood, strengthens reproductive organs, and improves circulation.

LUNG TONIC SOUP

- 2 cups silver ear fungus (Bai Mu Er)
- ½ oz apricot kernels (Xing Ren)
- ½ oz lycium berries (Gou Qi Zi)
- ¼ oz licorice root (Gan Cao)
- ¼ oz cinnamon bark (Rou Gui)
- Optional: Honey to taste

1. Soak fungus overnight and remove core stem
2. Place all in 1-1/2 to 2 quarts water and simmer for 1 hour.

Benefits: Builds lungs, soothes throat, opens air passages, stops coughing.

ENERGY BUILDER SOUP

- ½ oz Astragalus (Huang Qi)
- ½ oz Dioscorea (Shan Yao)
- ½ oz lotus seeds (Lian Zi)
- ½ oz Codonopsis (Dang Shen)
- 6 pieces red dates (Hong Da Zao)
- ½ piece fresh ginger (Sheng Jiang)
- 4 cups filtered water
- 1 turnip, thinly sliced
- 2 yams cubed
- ½ cup fresh parsley chopped

Directions

1. Cook herbs in water and simmer for 45 minutes. Add prepared veggies and cook for 30 minutes. Garnish with parsley. Add sea salt, Bragg's or Shoyu, and pepper to taste.

Benefits: Energizes the body, builds vitality, and strengthens the immune system.

~ Wraps & Rolls ~

SUPER WRAP

- steamed veggies (such as broccoli, kale, asparagus, cabbage, cauliflower)
- sprouted grain gluten-free tortilla wrap
- sprouted beans/peas
- handful of fresh spinach
- avocado slices
- hummus or pesto
- lemon or lime juice
- Himalayan Sea Salt & Cayenne

Directions: Lay out the tortilla on a flat surface and spread a quality/homemade pesto (see recipe under: Sauces, pates dips & nut chesses). Then lay the sprouts, veggies, and spinach down the center of the tortilla. On top of this, layer any or all of the above ingredients. Roll up tightly and eat that same day to avoid sogginess.

THAI VEGETABLE SALAD WRAPS WITH ALMOND SAUCE

Ingredients:

- 1 Tbsp almond butter
- 1 tsp grated fresh ginger
- ½ lemon, juiced
- 1 tsp apple cider vinegar
- 1-2 clove garlic
- 1 tsp nama shoyu or wheat free tamari
- Pinch of cayenne
- 1/3 cup pure water
- Nori sheets cut into strips 2 inches wide
- 4 large romaine lettuce leaves
- ½ shredded Napa cabbage
- 1 carrot, shredded
- 2 scallions, thinly sliced
- 6 snow peas, thinly sliced
- 1 cucumber, peeled, seeded and thinly sliced
- 1 small handful cilantro cut for garnish.

Preparation:

- 1- To make almond sauce, blend together almond butter, ginger, lemon juice, apple cider vinegar, garlic, and nama shoyu or tamari until creamy. Add more water if needed.
- 2- Wash lettuce leaves and set aside to drain
- 3- Combine remaining ingredients except for the nori in a bowl.
- 4- Into each romaine leaf put about 1-quarter of the mixture and roll up
- 5- Drizzle with 1 Tbsp Spicy Almond Sauce per wrap.
- 6- Garnish with cilantro leaf and strips of thinly sliced almonds.

NORI ROLLS (serves 4)

- 4 sheets of nori (make sure they are dried, not toasted, if eating raw)
- 3 cups loosely packed field greens
- 1 cup seed cheeze (optional)
- 1 cup of one of the above mentioned pates
- 1 avocado, peeled, pitted, and sliced
- 1 carrots, cut into 1/8-inch-thick strips
- 1 beet, cut into 1/8-inch-thick strips
- 1 cup loosely packed sunflower sprouts
- 1/4 cup sesame seeds, for garnish

Directions: For each roll, place a nori sheet on a roller or the counter shiny side down with the ridges running vertically. Lay a few greens on the sheet 1 inch from one edge. Cover with 1/4 cup of seed cheeze and/or 1/4 cup of the pate. Top with one-quarter of each of the avocado, carrot, beet, and sprouts. Fold the nori sheet in half and firmly envelop the contents by tucking the folded sheet into a cylinder, wrapping the contents firmly. Moisten the outside edge of the nori sheet and seal. Let sit, seam side down, for 2 minutes. Cut with a wet, serrated knife. Serve garnished with sesame seeds.

NORI MAKI (serves 4)

- 4 sheets nori
- 8 stalks asparagus, trimmed and blanched for 1-2 minutes
- 1 small cucumber, peeled and seeded, cut into matchsticks
- 1 carrot, cut into matchsticks
- 1 avocado, sliced
- 2 cups cooked quinoa or brown rice

For each roll, follow the above mentioned directions on how to wrap. Lay the rice or quinoa on the nori roll first, then avocado, then veggies. Optional: sesame seeds on top

~ Side Dishes ~

CELERY AND ALMOND BUTTER (serves 2 to 4)

- 1 bunch celery, separated into stalks and trimmed
- 1 cup sprouted almond
- ½ cup soaked raisins

*Break the celery stalks in half and peel off the fibrous strings. Cut the celery into uniform 5-inch pieces. In a blender, blend the almonds and raisins. Spread the almond mixture on the celery sticks and serve.

STEAMED BEET WITH DILL SAUCE

In a medium saucepan with steaming insert, pour in 1 cup filtered water, and add sliced beets (¼-inch thickness). Bring to a boil, turn to simmer. Steam until tender-crisp about 10 minutes. While beets cook blend all dressing ingredients, except dill and zest, on high until smooth and creamy. Add dill and zest, and allow to rest for 10 to 15 minutes.

Dressing:

- ½ cup raw cashews
- 1/3 cup filtered water
- 1 Tbsp fresh lemon juice
- 1 Tbsp apple cider vinegar
- 1 garlic clove
- 1 tsp umami plum vinegar
- 1 tsp sea salt
- 1 Tbsp fresh dill chopped
- 1 tsp lemon zest (optional)

WASABI MISO MASHED SWEET POTATOES (6 servings)

- 2 sweet potatoes, peeled and cubed
- Sea salt
- 2-4 tablespoons wasabi powder
- 3-6 tablespoons filtered water
- 2 tablespoons ginger juice or smashed ginger root
- 2 tablespoons melted coconut butter

- 2 tablespoons raw sesame oil or olive oil
- 2 tablespoons white miso

*Place the sweet potatoes in a saucepan. Cover with filtered water by 2” and add a teaspoon of sea salt. Bring to a boil and cook until easily pierced with a fork (5 to 10 minutes). Drain. Mix the wasabi powder and water to form a paste. Let stand 5 minutes. Mix with the ginger, coconut butter, sesame oil, and miso. Mash the sweet potatoes. Mix in the wasabi-miso mixture and season to taste.

REFRIED BEANS

- 3 cups cooked aduki or black beans
- 1/2 cup onion, chopped
- 1 teaspoon minced garlic

*Combine all ingredients. Toss in sparing amount of dressing made from flax seed oil, Braggs Liquid Aminos, fresh lemon juice and cayenne pepper.

ADZUKI BEANS

- adzuki beans, cooked
- seaweed (Kombu or Wakame)
- cayenne pepper
- Himalayan sea salt
- garlic
- chopped red onion
- olive or flax seed oil

*Heat beans, pinch of cayenne, and chopped garlic and onion on stove top on low heat with a bit of water. Meanwhile soak seaweed in water in bowl. Mix ingredients all together and add sea salt and desired oil.

GREEN AND WAX BEANS WITH BASIL & MINT (2-4 servings)

- ½ pound green beans, stems snapped off (younger and tender are better)
- ½ pound yellow wax beans, stems snapped off (or additional green beans)
- 2-3 tablespoons olive oil
- 1 teaspoon lemon juice
- 1 teaspoon apple cider vinegar + ½ teaspoon maple syrup
- 1 cup chopped basil
- ½ cup chopped mint
- Sea salt
- Cayenne pepper

*Steam the green beans and wax beans for about 5 minutes, or just until bright and tender, but still crisp. Shock by running under cold water to arrest the cooking process. Toss with the olive oil, lemon juice, aged balsamic (or balsamic + maple syrup), basil, and mint and season to taste with sea salt and cayenne pepper.

KALE WITH EGYPTIAN GARLIC SAUCE (2-3 servings)

- 1 pound kale
- 2 teaspoon ground coriander
- 4 medium garlic cloves, minced
- Sea salt and cayenne pepper

*Rinse kale and remove stems, including tough part of stem in leaf. Pile leaves and cut into manageable size. Steam kale until tender-crisp, and transfer to bowl. Steam-fry (baste) garlic, about 1 minute. Add coriander, salt, and cayenne and stir over low heat for 15 seconds to blend. Immediately toss with kale, in pan or in bowl. Taste and adjust seasoning. Serve hot.

SAURKRAUT

- 4 cups chopped/shredded clean cabbage
- 1 teaspoon juniper berries
- 1/2 teaspoon cumin
- 1/2 teaspoon mustard seed
- -1 tablespoon Sea Salt
- 1 cup filtered water

*Mix all ingredients together with the water. Pack into a wide mouth jar wadding water if necessary to bring water to just at 1 inch from the top of the jar. Cover tightly and keep at room temperature (72 degrees) for 2-4 days. Then put into cool (40 degrees) storage to improve with age.

ALMOND CRUSTED ZUCCHINI FRIES (serves 2)

- 2 zucchini
- a pinch of Himalayan pink salt
- 1 cup ground almonds
- 2 tbsp sunflower oil

Preheat the oven to 325 degrees. Slice the zucchini into long, french-fry like shapes - the thinner they are, the more crunchy they will become. Combine the salt and almonds in a wide shallow bowl. Massage the zucchini "fries" with the oil, then roll then into the almond mixture. Place on a baking sheet and bake for 15-20 minutes until they start to brown. Remove from the oven and serve immediately.

~ Breakfast ~

IMMUNE BOOSTING PORRIDGE

- 1 tablespoon chia seeds
- 1 1/8 cups rolled oats
- 1 small apple, grated
- 1/2 inch piece cinnamon stick
- 1 star anise
- 1/4 teaspoon ground cinnamon
- 1 cup rice milk, plus extra if necessary
- 1 tablespoon baobab fruit powder

for the garnish:

- 4 tbsp pomegranate seeds (optional)
- bee pollen

Put all the ingredients into a saucepan, stir well and let sit for 10 minutes. Set the pan over low heat and stir the mixture constantly for about 2 minutes until thoroughly heated. If it starts to get too thick, add a little more rice milk to achieve the consistency you like. Serve hot and garnish with a scattering of pomegranate seeds and a sprinkle of bee pollen.

HOT BREAKFAST QUINOA

- 1 cup quinoa, cooked
- ½ cup chopped apples, pears, raisins, soaked almonds and/or dates.
- ½ cup almond or rice milk
- 1 Tbsp maple syrup or raw honey
- Pineapple bits and shredded coconut
- ½ tsp cinnamon

*Add all ingredients to the cooked quinoa and slightly warm over heat. Transfer to bowl.

SUPERFOOD OATMEAL

- 1 cup rolled oats
- macadamia nut milk or almond milk (*To make nut milk: Soak 1 cup of nuts overnight. In the morning, strain and discard water. Blend nuts with 1 quart filtered water in blender until water becomes milky. Strain milk through a cheesecloth.*)
- pinch of cinnamon
- 1 tablespoon cacao nibs
- 1 tablespoon hemp seeds
- diced papaya and/or handful blueberries and goji berries

*Bring nut milk and rolled oats to a boil. Turn heat to low and add papaya and/or berries & cacao nibs. Simmer on low until oats are soft. Transfer to serving bowl and mix in cinnamon and hemp seeds.

ENGLISH MUFFINS WITH:

- sprouted wheat muffins (Ezekiel brand)
- tahini or any of the pates(the variety of pates will make the muffins seem different each time)
- avocado and tomato slices
- Himalayan sea salt
- cayenne

*Toast muffin. Spread tahini or pate, then avocado, add tomato. Sprinkle sea salt and cayenne.

CHIA PUDDING

- 2 cups nut milk (homemade or natural)
- ½ cup chia seeds
- ½ tsp vanilla extract
- 2-3 drops liquid stevia (Sweet Drops brand) or small amount maple syrup
- ¼ tsp cinnamon (optional)

*For blended smooth version: Place all ingredients in blender and blend until completely smooth. For

whole chia seed version, blend all ingredients except chia seeds. Whisk in chia seeds. Pour mixture into a Mason jar and refrigerate for at least 4 hours or overnight to let gel. Also makes a great dessert! To make a chocolate version – Add ¼ cup unsweetened cacao powder and/or chocolate flavored stevia.

PAPAYA WITH TAHINI

- payaya
- tahini
- lime
- blueberries

*Slice payaya in half, take out seeds, add tablespoon of tahini to each half, squeeze a bit of lime, and add blueberries on top.

SCRAMBLE

Desired amount of the following:

- crumbled organic tempeh, tofu and/or aduki or black beans
- chopped broccoli
- sliced shitake mushrooms
- chopped green/red bell peppers
- diced onions

*Water sauté veggies with tempeh and/or beans. Add pinches of Himalayan salt, cayenne pepper, and cumin. Sautee until desired.

SEED YOGURT (makes 4 cups)

- 3 cups sunflower, pumpkin, or sesame seeds
- filtered water
- 1 tablespoon rejuvelac
- optional: any type of veggie, pine nuts, fresh herbs to make the yogurt festive

Place the sunflower seeds in a ½ gallon glass jar and fill the jar full with water. Cover with cloth, screen, or mesh, and soak overnight. The next morning, drain and rinse the seeds. Place the seeds in a food processor/blender and blend with 2 cups of fresh water, until chunky. Pour into a clean jar. If desired, add the rejuvelac to make the seeds culture faster. Place the jar in a dark, warm place for 10 to 12 hours, or only 6 to 8 if rejuvelac was added. The curds (solid part) and whey (liquid part) should separate. The seed yogurt should smell slightly sour and cultured, like yogurt. Drain off as much whey as you can, reserving it for other uses. Squeeze the curds in a piece of cheesecloth to remove the remaining whey. (If you do this over a bowl you can save this whey, too.) The dry curds are the seed yogurt and are now ready for use. To store or shape the yogurt, pack it into a bowl or container, cover, refrigerate for up to 2 days.

REJUVELAC (A cultured-drink full of healthy bacteria and enzymes helpful in the digestion of raw food.) *Great anytime of day, does not have to be for breakfast only.

- 1 cup sprouted wheat berries or sprouted quinoa
- 7 cups filtered water

Place the sprouts in a clean 1/2-gallon jug and add the water. Cover with a screen or leave open. Place

the jug in a warm area out of direct sunlight, and soak the sprouts overnight. Strain through a wire-mesh strainer, discarding the soaked wheat berries. The rejuvelac should smell slightly sour. Refrigerate until chilled before serving.

~ Lunch & Dinner ~

SWEET POTATO & BLACK RICE (serves 2-3)

- 1 cup black rice
- 3 1/2 cups, about 1 lb, sweet potato
- 1 tablespoon sunflower oil
- 2 teaspoon bouillon powder
- 1 tablespoon coconut oil
- 1 glove garlic, grated
- juice of 1/2 lemon
- 1 leek, chopped into 1 in pieces
- 1 cup kale, chopped
- 3 tablespoon water
- 1 teaspoon apple cider vinegar
- 3/4 cup dill sprigs, chopped
- freshly ground black pepper

Preheat the oven to 350 degrees.

1. Cook the black rice according to the instructions on the package and add the bouillon to the cooking water.
2. Peel and chop the sweet potato into the 1/3 in thick half moons, then toss with the sunflower oil. Place on a baking tray and put into a preheated oven for 45 minutes. Melt the coconut oil in a saucepan and sauté the garlic for 30 seconds. Add the lemon juice and leek and continue to sauté on medium heat, adding the water to cool down the pan. Leave for 1 minute, stir in the kale and cook for 1 minute until slightly wilted. Remove from the heat. Once the rice has finished cooking, drain it of any remaining water. Mix in the apple cider vinegar and half of the dill along with some black pepper. Remove the sweet potato from the oven and get ready to serve. Make a bed of kale and leeks on each plate, then spoon on the black rice, top with the sweet potato, and sprinkle with the remaining dill. Recipe from: *Alkaline Cleanse*, Natasha Corrett

LIMA BEAN & BUTTERNUT CURRY (serves 2)

- 1 tsp coconut oil
- 1/2 white onion
- 1 clove garlic, grated
- 1/2 lemongrass stalk, crushed with a rolling pin
- 1/2 cup water
- 1 2/3 cups coconut milk
- 1 1/2 cups butternut squash, cut into 3/4 in cubes
- 1 2/3 cups lima beans
- 3/4 cups cilantro leaves

for the curry paste:

- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon paprika
- 2-1/2 inch piece of ginger
- 2 tablespoons brown rice vinegar
- 2X 1 inch slices galangal (optional)
- 2 tablespoons sesame oil
- 1/4 teaspoon Himalayan pink salt
- finely grated zest and juice of 1 lime

1. Put all the curry paste ingredients in a small food processor or blender and process until you get a nice chunky paste. Set aside.
2. Melt the coconut oil in a saucepan and sauté the onion and garlic for 1 minute. Add the curry paste along with the whole lemongrass stalk. Cook the sauce for 2 minutes more, then add another 4 tablespoons of the water. After another 2 minutes, add the coconut milk and butternut squash, and continue to cook for 5 minutes medium heat. Add the lima beans and half the cilantro leaves and simmer for about 7 minutes. Test to see if the squash is cooked, if not, then simmer for another few minutes until totally tender. Remove the lemongrass stalk before serving, and sprinkle the curry with the rest of the cilantro.

CHICKPEA "TOFU" AKA CHIFU (makes 16 "steaks")

- 6 cups water
 - 3 cups chickpea flour
 - 1 tablespoon olive oil
 - 1/4 teaspoon cumin seeds
 - 1/4 teaspoon fennel seeds
 - a pinch of Himalayan pink salt
 - 1 teaspoon dried rosemary
1. Bring 4 cups of the water to a boil in a shallow pan and line a baking tray with parchment paper, Sift the chickpea flour gradually into a bowl and whisk in the remaining measured water, so it combines and makes a thick glossy mixture without any lumps.
 2. Put the olive oil, cumin, and fennel seeds, salt and rosemary in a mortar and pestle and mash together to combine. Then stir this into the chickpea mixture.
 3. Once the water has come to a boil, slowly pour in the spiced chickpea mixture, stirring all the time to avoid any lumps. Once everything is completely incorporated, the "chifu" will become glossy and thick. Remove from heat and pour the mixture into the prepared tray. Transfer to the fridge for 4 hours or until solid. Cut into the desired shape for your soy-free tofu.

ROASTED CAULIFLOWER & SAFFRON QUINOA CHIFU SALAD (serves 2)

- 2 cups cauliflower, broken into florets

- 1 tbsp sunflower oil
- a pinch of Himalayan pink salt
- 1 1/4 long stalks celery, torn and sliced lengthways
- 1 cup quinoa
- a pinch of saffron strands
- 2 pieces of lemon zest, cut with a potato peeler
- 10 oz chifu (see previous recipe) cut into 4 inch "steaks"
- 1 1/2 tbsp dill, chopped
- 3 tbsp flat leaf parsley, chopped

for the marinade:

- 8 tbsp apple cider vinegar
- 4 tbsp sesame oil
- 4 tsp rice vinegar
- 1 tsp fennel seeds
- juice of 1/2 lemon

Preheat the oven to 325 degrees.

1. Put the cauliflower into a baking dish with the sunflower oil and salt and roast for 10 minutes. Add the celery to the mix and roast for 15 minutes more, until the cauliflower starts to brown.
2. Meanwhile, cook the quinoa according to the instructions on the package and add the saffron and lemon zest to the water. Combine all the marinade ingredients in a pan, add the chifu steaks to marinate, and set aside. When the quinoa and vegetables are ready, set them aside. Take the steaks out of the marinade and heat up the liquid until it starts to sizzle slightly, and then reduce. Either warm the chifu steaks in the hot marinade or cook them, as I like to, on hot grill pan to get charred lines across them. To serve, pile up the quinoa in 2 bowls, add the chopped dill and parsley, then drizzle with half the marinade, Arrange the cauliflower and celery on top, the chifu and drizzle with the remaining marinade. Recipe from: *Alkaline Cleanse*, Natasha Corrett

CHANTARELLE MUSHROOM POT (serves 2-3)

- 1/2 cup dried porcini mushrooms
 - 2 1/8 cups warm water
 - 1 tablespoon sunflower oil
 - 1 onion, sliced
 - 2 cloves garlic, chopped
 - 1-1/2X 8 inch pieces celery, cut into 1/3 in pieces
 - finely grated zest and juice of 1 lemon
 - 1 cup zucchini cut into 1 in. cubes
 - 3 2/3 cups chanterelle mushrooms, halved if large
 - 2-1/3 cups spinach
 - 4 tablespoon finely chopped flat leaf parsley
 - 1/4 tsp Himalayan pink salt
 - freshly ground black pepper
1. Soak the porcini mushrooms in a small bowl with the warm water. Heat the oil in a pan and sauté the onions and garlic for about 3-5 minutes until translucent. Add the celery and lemon

zest and continue to cook until softened.

2. Strain the porcini, being careful to keep the soaking water. If the mushrooms are big, chop them into pieces about 1.5 cm long, then add to the pan and continue to sauté for 3 more minutes.
3. Gently stir in the zucchini and chanterelles, add porcini water and simmer for about 3-4 min., until all of the vegetables have softened. Remove the pan from the heat and stir in the lemon juice, parsley, and seasoning. Serve in a bowl. Recipe from: *Alkaline Cleanse*, Natasha Corrett

COCONUT ENCRUSTED TOFU AND BLACK QUINOA SALAD (serves 2)

- 2/3 cup black quinoa (red or white will work too)
- 1 1/4 cups wakame seaweed
- 3/4 cup firm tofu
- 1 clove garlic, grated
- 1 tbsp coconut flour
- 1 tbsp ground flax seeds
- 2 tbsp olive oil
- a pinch of Himalayan pink salt
- finely grated zest and juice of one lime
- 1 cup cilantro, finely chopped, plus extra whole leaves to garnish

for the dressing:

- 2 tbsp white miso
- 1 tbsp brown rice vinegar
- 2 tsp water
- 1/4 tsp mirin

Preheat the oven to 325 degrees and line a baking sheet with parchment paper.

1. Cook the quinoa according to the instructions on the package, drain and set aside.
2. Meanwhile, boil a kettle and pour the boiling water over the wakame seaweed to cover, leave to expand and set aside. Make the dressing by mixing all the ingredients together in a cup until fully incorporated, set aside.
3. Cut the tofu into 2 cm cubes and put into a bowl. Add the garlic, coconut flour, ground flax seeds, half the olive oil, the salt, and lime zest. Mix thoroughly and press onto the tofu to form the crust. Put the cubes onto the prepared baking sheet, spacing them well apart, and bake in a preheated oven for 10 minutes to crisp up.
4. Meanwhile, put the drained quinoa into a clean bowl and add the remaining olive oil, along with the cilantro and lime juice.
5. Drain the wakame, slice off the "stalks" and discard. Mix the seaweed into the quinoa mixture. To serve, divide the quinoa mixture between 2 plates, add the crusted tofu. Drizzle the dressing over the salad and garnish with cilantro leaves.

QUINOA STUFFED ACORN SQUASH (serves 4)

- 1 large acorn squash
- 2 tablespoons sunflower oil
- 1 tsp bouillon powder
- 1 cup boiling water
- 1/3 cup quinoa

- 1 red onion, finely chopped
- 1 large clove garlic, finely chopped
- 4-6 whole ready cooked chestnuts, chopped
- 1/4 teaspoon Himalayan pink salt
- 2 tablespoons finely chopped flat leaf parsley
- 5-6 unsulphured dried apricots, chopped
- finely grated zest and juice 1/4 lemon

for the seeded crust: (optional)

- 1/2 cup raw sunflower seeds
- 5-6 whole ready-cooked chestnuts, chopped
- 1 tablespoons sunflower oil
- 1/4 teaspoon Himalayan pink salt
- freshly ground black pepper
- 3 tbsps finely chopped flat leaf parsley
- a squeeze of lemons

Preheat oven to 325 degrees.

1. Chop the squash in half and remove the seeds. Place the squash on a baking tray and drizzle with 1 tbsp sunflower oil. Bake in preheated oven for about 30 minutes or until the flesh softens and you can easily pierce it with a knife. Meanwhile, add the bouillon powder to the boiling water stirring until dissolved. Use this stock to cook the quinoa over a medium heat.
2. While the quinoa is cooking, heat the remaining oil in another pan and sauté the onion and garlic for around 2 minutes until translucent, adding a splash of water if the pan gets too hot.
3. Once the quinoa is cooked, add the onions and garlic along with chestnuts, salt, parsley, apricots, lemon juice, and zest, and mix through. If the mixture is looking a little dry, add a splash of water.
4. If you want to prepare the crust, gently dry-toast the sunflower seeds and chestnuts. Transfer them to a food processor or blender and pulse to a rough consistency. Put them into a bowl and mix through the remaining crust ingredients.
5. Once the squash is cooked, stuff the center with the quinoa mixture, pressing down so it is well compacted and flat. Top with the crust mixture. Return the stuffed squash to the oven for 15 minutes more or until the crust begins to crisp up. Remove from oven and serve immediately.

HUMMUS AND AVO SANDWICH

- hummus (homemade is best, if buying hummus then choose one with olive oil rather than canola oil)
 - avocado
 - lettuce
 - sprouted bread
- *Spread hummus on one slice of bread, avocado on the other. Add lettuce in between.

STEAMED VEGGIES WITH MISO-TAHINI SAUCE & QUINOA/MILLET

Veggies:

- 2 cups of your choice of the following veggies: kale, chard, beets, broccoli, Brussels sprouts

Dressing:

- 1 tablespoon Tahini (sesame seed butter)
- 1/2 tablespoon miso paste (non-soy miso)

- squeeze of lemon or lime juice
- 1 tablespoon or more of olive oil
- one soaked date or 1 teaspoon raw Hawaiian honey
- pinch of cinnamon
- pure water

Quinoa/Millet:

- 1 cup quinoa or millet or a blend of both

OPTIONAL:

- A blend of powdered turmeric, coriander and cumin
- 2 tablespoons chopped fresh rosemary, basil, cilantro

*Quinoa or millet is usually located in the bulk section at your local health stores. Cook it just like rice. 1 cup quinoa or millet, 2 cups water. Bring to boil. Turn heat to low, add optional dry spices, cover, and cook until water is evaporated (about 15-20 minutes). Turn heat off, uncover and mix in optional fresh chopped herbs.

Directions: *Steam veggies until their color brightens. Be careful not to overcook. Blend dressing ingredients in blender adding water to desired consistency. Drizzle dressing over veggies. Serve with the quinoa or millet.

PASTA WITH RED SAUCE

Pasta:

desired amount of vegetable or quinoa pasta

Red Sauce (makes 3 1/2 cups):

- 7 dry-packed sun-dried tomatoes, soaked in water until soft, and drained
- 2 large tomatoes, chopped
- 1 clove garlic
- 4 fresh basil leaves, chopped
- 2 Tbsp Bragg Liquid Aminos
- 2 Tbsp olive oil
- 1 Tbsp nutritional yeast

*Place the sun-dried tomatoes in a blender. Add the chopped tomatoes, garlic, basil, Braggs, olive oil, and yeast. Blend well, until smooth. The sauce should be very thick.

Cook pasta and pour sauce on top. You can add steamed veggies to the sauce also, such as broccoli, bell peppers, water-sauteed mushrooms, etc.

KITCHARI

- 1 cup organic split yellow mung dahl (beans)
- ½ cup white basmati rice or quinoa
- 1 tsp (each) fresh ginger root and fresh turmeric
- ½ tablespoon of a curry spice blend
- 1 tablespoon ghee or coconut oil
- 4-6 cups water
- squeeze of a fresh lemon
- Himalayan sea salt to taste

- 1 small handful of fresh cilantro leaves, chopped

Directions: *Soak split yellow mung dahl overnight. Wash the beans and rice/quinoa together until water runs clear. Heat a large pot on low heat and add ghee or coconut oil until melted, add ginger, turmeric and curry spices. Cook for 3-4 minutes, stirring constantly. Careful not to burn. Add the dahl and rice and stir again so all the grains are covered with the spices. Add water, turn heat to high, and bring to boil. Turn heat to low, cover pot and cook until dahl and rice become soft (about 20 minutes). Turn off heat and add Himalayan sea salt, stir once more. Serve portion into a bowl and add chopped cilantro, squeeze of lemon, and more sea salt if desired. Add ½ tablespoon of ghee too if desired. Store leftovers in fridge. Eat leftovers within 24 hours.

TOFU SCRAMBLE

Desired amount of the following:

- cubed or smashed tofu or aduki and/or black beans
- chopped broccoli, chopped small
- sliced shitake mushrooms
- chopped green/red bell peppers
- diced onions

Water sauté veggies with tofu and/or beans. Add pinches of Himalayan salt, cayenne pepper, cumin, and tumeric. Saute until desired.

MUSHROOM AND TOFU CLAY POT (serves 2)

- 1 block medium or soft tofu
- 15-20 cremini mushrooms (small ones)
- 4 Tbsp shoyu (organic)
- 1 Tbsp maple syrup
- 2 Tbsp sake or mirin
- 1 1/2 Tbsp juice from ginger
- 2 Tbsp arrowroot
- 3 green onions, chopped

Preheat oven to 350 degrees.

Drain the water the tofu is packaged in. Place the tofu on a plate, with another plate on top of it. Put a light weight on top, such as a small bottle of water. Let stand for 10 to 15 minutes to press out excess water. This will help the tofu absorb the flavor of the marinade. Drain off the water and blot the tofu dry with a clean towel. Cut into small cubes. Place the tofu in a clay pot with the mushrooms.

In a small bowl, combine the shoyu, maple syrup, sake or mirin, ginger juice, and garlic. Stir in the arrowroot until dissolved. Pour over the tofu and mushrooms and fold gently to coat. Fold in the green onions. Bake, covered, for 35-45 minutes. Serve hot!

QUINOA NOODLES W/ PESTO

- quinoa noodles
- pesto sauce (see recipe under: Sauces, Pates, Dips & Nut Cheeses)

*Boil water, cook noodles, add pesto to cooked noodles. Serve with steamed veggies and fresh herbs.

CELERY AVOCADO STUFFING

- 2 ripe avocados

- 1 sm. bunch parsley (or cilantro)
- 5-6 ribs celery
- 1 bunch Lacinato kale, flat leafed variety
- 2-3 cloves crushed garlic
- squeeze of lime
- cayenne to taste
- dulse flakes (optional)

Preparation: Mash avocados in a medium bowl. Chop parsley and dice celery ribs into very small cubes. Add parsley and celery to mashed avocados. You can also add 2-3 cloves of garlic crushed by a garlic press for a spicier taste. Top stuffing with dulse seaweed flakes if desired. Spread mixture onto Lacinato kale leaves and eat like a wrap or taco. Another option is to stuff bell peppers with mixture or simply add a scoop onto a bowl of mixed greens for a filling salad.

RAW PASTA WITH BASIL CREAM SAUCE

Pasta

- 3 medium zucchini (“spiralize” or use a mandolin)

Sauce:

- 1 cup young coconut water
- 1 cup raw macadamia and/or pine nuts and/or tahini
- 1-2 large handful basil
- 1-2 cloves garlic

Suggested Garnishes:

- ¼ cup chopped parsley
- ½ cup sliced cherry tomatoes
- ¼ cup chopped bell peppers
- Diced avocado
- Sun dried olives

Preparation: Spiralize or mandolin the zucchini into angel hair type pasta. For the sauce, blend in a high speed blender the coconut water, nuts basil and garlic. Pour the sauce over the pasta and garnish with the suggested garnishes of your choice.

EASY CHILI

- 1 can of organic aduki or black beans
- pinches of cumin, chili pepper, Himalayan salt
- 1 organic garden burger

*Break up garden burger into small pieces. In a pot, heat up beans, garden burger, and spices. Add a little water if needed. If desired, lightly steam veggies (such as broccoli) and add to the chili.

VEGGIE KABOBS

Marinated vegetables:

- 2 cups Cremini mushrooms

- 1 cup cherry tomatoes
- 1 red bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini sliced into large rounds
- 1 yellow zucchini, sliced into large rounds

*Prep veggies. Whisk together marinade ingredients, season with salt and pepper to taste. Tread veggies onto skewers and place on baking sheet. Brush on marinade and let sit for 10 minutes or longer. Set oven to 400 degrees F. Roast skewers for 10-12 minutes.

Marinade:

- 1/4 cup olive oil
- 3 cloves garlic, pressed
- juice of 1 lemon
- 1/2 teaspoon each dried oregano and basil
- Sea salt and freshly ground black pepper

Indian Flavored Marinade

- 1/4 cup grated onion
- 1/4 cup lemon or lime juice
- 2 TBSP olive oil
- 2 TBSP garam masala (Indian spice mix)
- 1 tsp salt

* Whisk until well combined

~ Fresh Juices ~

To make fresh juice – Push listed ingredients through the funnel of a juicer, use a plunger to push through. For easy processing – Alternate veggies, herbs and roots etc. *Drink as fresh as possible!*

Dragon's Den Green Drink, a powder, loaded with nutrition and blood cleansing may be added to any juice. To add, whisk in or shake with juice in a Mason jar to combine.

Green Lemon Ginger Beauty Tonic (serves 2)

- 1 medium cucumber
- 1 green apple (Granny Smith)
- 6 celery stalks
- 1 head romaine lettuce
- 1/2 bunch parsley
- 1/2-1 lemon peeled
- 1-inch fresh ginger root
- 2 tsp. Dragon's Den Green Drink Powder, if desired

Green Veggies and Fresh Herbs (serves 1)

- 1 medium cucumber
- 3 stalks celery
- 1/2 green apple (Granny Smith)
- 2 cups spinach
- 3 large leaves kale, destemmed
- 4 large leaves lettuce
- 1/2 cup fresh herbs like: Parsley, cilantro, mint

Green Sprout Drink (serves 1)

- 4 cups mixed sprouts and/or microgreens
- 1 large carrot
- 1/4 of a sweet red pepper or 1/2 green apple
- 1/2 bunch of parsley
- 1 medium cucumber
- 1 tsp of Dragon's Den Green Powder, if desired

Up Beet! (serves 1)

- 1 medium red beet
- 1 small fennel bulb around 4 oz.+ a few fronds
- 1 small orange or 1/2 large, peeled
- 1/2 lemon, peeled
- 2 radishes, any color
- 1-inch ginger root, no need to peel
- pinch cayenne, optional, added after juicing

Daily Immune Booster (serves 1)

- 1 small red beet root

- 2 carrots
- 4-inch burdock root
- 4 stalks celery
- ½ green apple (Granny Smith)
- 2 cups spinach
- ¼ lemon peeled
- 1-inch each fresh ginger and turmeric root
- 1 tsp of Dragon's Den Green Powder, if desired

Liver Rescue Juice (serves 2)

Ingredients

- 2 apples
- 1 cup coarsely chopped pineapple
- 1 small cucumber
- 1-inch ginger
- 1 bunch celery
- 1 cup loosely packed parsley
- 1 cup sprouts and/or microgreens
- 4 small radishes
- 1 cup loosely packed dandelion greens

Melon Mint Cooler (serves 1)

- ¼ cantaloupe, skin and seeds removed
- 1 cucumber
- 2 cups spinach or kale
- 4 large lettuce leaves
- ½ fennel bulb (optional)
- 1 handful fresh mint
- ½ peeled lemon
- 1-inch piece ginger root

Blood Builder (serves 1)

- 4 oz. coconut water
- 1 small to medium-sized beet
- 2 oz. wheat grass juice

Flu-Buster Tonic

Ingredients

- ½ cup apple cider vinegar
- 1-2 cloves garlic (optional)
- 1 teaspoon cayenne pepper, or to taste
- 2 teaspoons wasabi powder
- 2-4 tablespoons raw honey
- ¼ cup finely shredded ginger

Directions:

- In a blender, combine vinegar, garlic and ginger and blend until smooth. Pour through a fine strainer and press with the back of a spoon to extract as much juice as possible. Discard pulp.
- Whisk in the wasabi, cayenne, and honey.

Serve 2 tablespoons at a time on an empty stomach. Add 1 cup hot water for a warming tonic. Store in a glass jar in the refrigerator.

**Also, create your own custom juice blend, using a combination of below fresh ingredients:*

- Spinach, Kale, Lettuce, Watercress, Sprouts (radish, sunflower, lentil, alfalfa, clover etc.)
- Microgreens like buckwheat, arugula, beet root, Swiss chard, mustard greens etc.
- Carrot, Burdock, Beet, Celery, Bell Pepper
- Parsley, Cilantro, Mint, Basil
- Ginger, Turmeric, Onion, Garlic (small amounts)
- Green Apple, Pears, Grapes, Cucumber, Melons, Pineapple (small amount)
- Lemon or Lime
- Pinch Cinnamon, Cayenne, Black Pepper, Turmeric