



*EarthGut for Foodies: Recipes to Build*  
***PEACE LOVE & HAPPY MICROBES***

*by Tami Hay*

# Food, Love and Eating for Peace

*“Eating is the act of creating your body, your very life. What more important act do we perform daily?  
What more profound way do we honor and love ourselves?”*

Lino Stanchich

Detox living food is eating for a quiet mind, alkaline body and happy soul. Detox live food can be fun and nutritious, delicious addition to our summer gatherings.

## INTENTION:

I will start with the disclaimer that we are providing anecdotal information, research results and not giving medical advice. Always consult with your healthcare provider before choosing your course of action.

Now... The intention is to make it simple for you fill your life, your fridge and your body with delicious vibrant nutrition.

The intention is to make it simple for you to live and eat in a way that supports your ability to thrive. We all know what it's like to feel bad about our choices - especially with something as primal as food. We applaud you for your interest and willingness to take steps to continually improving your health. It takes a courageous person to challenge their own status quo. You're already ahead of the game for even being willing!

It's the most self-loving act when we pay attention to our cravings and fill those cravings with healthy fats, healthy sweets, healthy crunchy and healthy refreshing... we add so many nutritious food options, the less-than-healthy and even habitual food choices fall away- naturally!

For instance, you may be craving chocolate because your body's craving Magnesium! Or, you may be craving salty-vinegary flavors because your body may be craving probiotics. Your body is inherently wise and is wired for health.

We all know we “should” eat more veggies. Move beyond the “shoulds” and “shouldn'ts”, beyond right and wrong, beyond willpower, discipline and ‘white-knuckling’ your diet... right to the core of satisfaction, vitality and collaboration with your body, mind, heart and soul.

We live in a culture where indulgence is often equated with unhealthy choices... we invite you to redefine indulgence, to redefine “treats”, to redefine “fast food” and make it inspired and easy to update your choices to delicious, thriving, fulfilling and invigorating.

Mix and match! Experiment and get creative. Listen to what your body is asking for and listen to what your groceries want to be made into - you just may surprise yourself!

Explore what inspires you, what feels amazing and what you love - in and out of the kitchen! Pour love and gratitude into your food, life and beautiful self. You are a miracle. Truly, you are. Play with your food. Do it. You know you want to! Prepare it with love and plate it in a way that makes your eyes and heart happy! This has the most amazing positive effect on your digestion.

Keep a food journal. Journaling on how we feel one-two-three hours after a meal will provide information about how the food we are eating is metabolizing. This can be one of the most empowering and illuminating things you can do for your health.

Chew-chew-chew your food. So essential!

This is not separated into breakfast, lunch and dinner because raw, vegan, organic food is delicious at any time of day. Your body may feel like a smoothie for breakfast one day and a delicious salad for breakfast the next. The more you clear out your diet, the stronger your connection to your body and intuition becomes.

Your invitation is to take this on as a lifestyle. You matter, how you feel matters, how you fuel your body, heart, mind and soul matters. Let's make a difference together.

"Freedom Foods" comes from body sensation understanding that once we cleanse we reclaim the freedom to make choices because we are now free from the over-stimulating addictive food feedback trap. A big part of why detoxification is powerful is that countless people heal body, mind and spirit using an organic/ veganic, live, whole-foods, plant based diet.

### **FOOD FOR THOUGHT:**

Every Choice Matters! Eating clean and avoiding toxins free up our bodies' energy so our energy may be used to create a purposeful, joyful journey.

So, no matter what your current state of health, integrating live food will have a positive impact on your health, mood and energy levels. Eating raw plant-powered food is a "cleanse" within itself. If one is not ready to do a full juice fasting protocol, one may begin their day with juice cleansing, eat raw food throughout the day and end their day with a green juice - this alone will have an transformative / alkalizing effect on the whole body.

We truly can push the reset-button at any time: start a cleanse again, start your day anew anytime, one day at a time.

### **DISCOVER YOUR BASE-LINE:**

1. What are my biggest reasons for wanting to learn more about clean living?
2. What are my biggest obstacles to integrating a detox friendly routine in my life?

I invite you to check back in every 7 days to re-evaluate your symptoms, mood and energy level. You may be amazed at the differences you will see in 7 days, 14 days and 21 days!

Everything we put in our minds, our mouth, on our skin either heals and restores us or puts greater strain on our sensational cellular matrix! It's very important to remember that it's not only what you DO eat and drink, but also what we DON'T eat and drink.

Every living food choice we make takes the burden off our systems.

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## THE GUEST

You are an honored guest here  
At this feast called life  
Every breath you breathe is proof  
You belong here at this time

Come take this place set for you  
And choose each dish  
With clear intention  
For each will lead you in a different direction  
And perhaps enough dishes have been servings of suffering

It is all self-serve from here  
So, choose from the light menu  
For it is time to walk  
With light hearted ease  
Down your path  
Enjoy the journey  
For you are but a guest here  
For a VERY short while  
And you were never meant to leave this world  
Carrying a sack of regrets

Spend time each day  
With the silence of your inner flame  
For the wise one's dwell there  
Seek their counsel often  
For you are wiser than you know

From that silent wisdom  
You will always find that fork in the road  
Leading you back home  
To your honored place at our table





*“Learning to prepare raw, vibrant food is an act of self-love.”*



## **Making Peace with Food, Animals and the Planet...**

When we are at peace with our bodies we have found a diet that promotes 'ahimsa' - peace of mind and non-harm. We choose infused cuisine, rich in both plant fiber and microbial builders. We know by keeping our gut flora strong and diverse we are living a type of freedom that only vibrant health can provide. People are awakening to this revitalizing lifestyle everywhere. Community gardens are being built, organic food found everywhere and information is being shared.

**This is Awakened Love.**



## **4 WAYS A VEGAN DIET IS BETTER FOR THE ENVIRONMENT**

### **80% OF THE WORLD'S FARMLAND IS USED FOR LIVESTOCK**

#### **LAND**

It's obvious really. A lot of land is required to farm animals. In fact, according to a 2018 study published in the journal Science, more than 80% of the world's farmland is used for livestock, but this produces just 18% of the world's calories. All too often, wild land is destroyed to free up space for animal farming.

### **ANIMAL AGRICULTURE IS RESPONSIBLE FOR 91% OF THE AMAZON RAINFOREST'S DESTRUCTION**

#### **NATURE**

The Rainforest Foundation has found that animal agriculture is responsible for 91% of the Amazon rainforest's destruction. That means the destruction of important ecosystems and animal habitats. Since forests take in carbon dioxide and give out oxygen, this is also a contributing factor to the rise of CO2 levels.

### **ANIMAL AGRICULTURE IS RESPONSIBLE FOR 18% OF GLOBAL GREENHOUSE GAS EMISSIONS**

#### **POLLUTION**

Animal agriculture is responsible for 18% of global greenhouse gas emissions, according to UN scientists. If worldwide demand for meat and dairy doesn't fall, emissions from agriculture are projected to rise by 80% by 2050.

### **1/3 OF THE WORLD'S WATER CONSUMPTION IS USED IN THE PRODUCTION OF MEAT AND DAIRY**

#### **WATER**

It can be all too easy to take water for granted. But 1.2 billion people live in areas of water scarcity. Did you know that a UN study found that one-third of the world's water consumption is used in the production of meat and dairy?



# WE ARE TOO BLESSED TO BE STRESSED

Hippocrates Health Institute Magazine

*“The human body contains:*

*Enough WATER to fill a 10-gallon barrel.*

*Enough FAT to make 7 bars of soap.*

*Enough CARBON for 9,000 lead pencils.*

*Enough PHOSPHORUS to make 2000 match heads.*

*Just enough IRON for one medium-size nail.*

*Enough Calcium (Lime) to completely whitewash a large storage shed.*

*Every day:*

*Your heart beats 103,689 times.*

*Your blood travels 168 million miles (6,720 times around the globe)*

*You breathe 23,040 times.*

*You inhale 438 cubic feet of air.*

*You eat 2-3 pounds of food.*

*You drink 2.9 pounds of liquid.*

*You eliminate about a pound of waste.*

*You move 750 major muscles, some of them subconsciously.*

*You exercise 7,000,000 million brain cells.*

*You speak about 7,000 words.*

*That's child's play when you consider that every:*

*2-3 days, the mouth lining is renewed.*

*5 days, the intestinal lining is renewed.*

*11 days, the respiratory lining is renewed.*

*15 days, white blood cells are replaced.*

*120 days, red blood cells are replaced.*

*6 months, we have a whole new bloodstream.*

*11 months, we have a new cell structure.*

*2 years, we have a whole new bone structure.*

*7 years, we have a brand new body. “*

## CONSCIOUS EATING & MINDFUL MASTICATION

*Before we reach for food, you may be craving hydration  
Drink two glasses of water, and we often are craving connection to ourselves and others  
Give yourself a scalp massage, get a hugs and do some deep belly breathing.*

*If you crave this...  
What you really need is...  
And here are healthy foods that have it:*

If you crave Chocolate

**Magnesium**  
Raw Nuts & Seeds, Legumes, Fruits

If you crave  
Sweets

**Chromium**  
Broccoli, Grapes, Dried beans

**Carbon**  
Fresh fruits

**Phosphorus**  
Nuts, Legumes, Grains

**Sulfur**  
Cranberries, Horseradish, Cruciferous Vegetables, Kale, Cabbage

**Tryptophan**  
Raisins, Sweet Potato, Spinach

If you crave Bread and Toast...

**Nitrogen**  
High Protein Foods: Nuts, Beans

If you crave  
Oily snacks and Fatty foods

**Calcium**  
Mustard & Turnip Greens, Broccoli, Kale, Legumes, Sesame

If you crave Coffee and Tea

**Phosphorous**

Nuts, legumes

**Sulfur**

Red Peppers, Garlic, Onion, Cruciferous Vegetables

**NaCl (salt)**

Himalayan Salt, Apple Cider Vinegar (on salad)

**Iron**

Seaweed, Atlantic Dulse, Greens, Black Cherries

If you crave

Recreational Drugs and Alcohol

**Protein**

Spirulina, Nuts, Seeds, Hemp Hearts

**Calcium**

Mustard & Turnip Greens, Broccoli, Kale, Legumes, Cultured Vegan Cheese, Sesame

**Glutamine**

Supplement Glutamine Powder for withdrawal, Raw Cabbage Juice

**Potassium**

Sun-Dried Black Olives, Potato Peel Broth, Seaweed, Bitter Greens

If you crave Chewing Ice

**Iron**

Seaweed, Greens, Black Cherries

If you crave Burnt food

**Carbon:**

Fresh Fruits

If you have a loss of Appetite

**Vitamin B1**

Nuts, Seeds, Beans

**Vitamin B3**

Seeds & Legumes

**Manganese**

Walnuts, almonds, pecans, pineapple, blueberries

**Chloride**

Himalayan salt

If you crave Tobacco...

**Silicon**

Nuts, seeds; avoid refined starches

**Tyrosine**

Vitamin C supplements or orange, green and red fruits and vegetables

Mustard and Turnip Greens, Broccoli, Kale, Legumes, Sesame

If you crave Salty Foods...

**Chloride**

Himalayan Salt, Raw flax crackers

If you crave Acid Foods...

**Magnesium**

Raw nuts and seeds, legumes, fruits

If you crave Cool Drinks...

**Manganese**

Walnuts, Almonds, Pecans, Pineapple, Blueberries

If you crave liquids over solids...

**Water**

You have been so dehydrated for so long that you have lost your thirst.

Flavor water with lemon, lime or raw apple cider vinegar.

Remember - 8 to 10 glasses per day

If you have Premenstrual Cravings...

**Zinc**

Leafy Vegetables, Root Vegetables

If you Generally Overeat...

**Silicon**

Nuts, Seeds; Avoid Refined Starches

**Tryptophan**

Raisins, Sweet Potato, Spinach

**Tyrosine**

Vitamin C Supplements or Orange, Green, Red Fruits & Vegetables

Iodine decalcifies the pineal gland, our third eye.

**FOOD OR THOUGHT**

Iodine also heals our colon, assists our thyroid and heals fibroids and ovaries.



*“The moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events, issues from the decision rising in one’s favor all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way”*

W.H. Murray





## **TOP FORAGE FOODS OF ALBERTA**

### **WILD ROSE**

Hips & Petals are high in Vitamin C. Rose is the oldest and highest vibrational flower. Slimmer them in water and let steep over night to make a rose water spray.

### **DANDELION**

Though it's not native to North America, the dandelion can now be found It grows in nearly every habitat – deep woods, open fields, rocky hillsides – and Dandelion leaves, which are loaded with vitamins A, C, and K, are excellent in salads and sandwiches, particularly when they're young and tender. The flowers can be fried or made into juice or wine, and the root can be dried and roasted to make a coffee substitute.

### **RASPBERRY LEAF**

Dried leaves steeped as a tea to balance hormones.

### **PLANTAIN**

Miracle Polace for Wounds

### **CATTAIL ROOTS**

Most of the cattail is edible especially the mineral density of the roots.

### **STINGING NETTLES**

Stinging nettle is a tall, prickly plant with tiny white flowers that's commonly found along riversides and in moist wooded areas. Harvesting it requires protective clothing, because its tiny, sharp hairs can pierce the skin and release formic acid, which causes itching or burning. Once the leaves have been cooked, however, the stinging hairs fall off, and they make a good spinach substitute in soups and stews.

### **SASKATOON BERRIES**

These berries are so packed with phytonutrients and polyphenols. They are known as the gogi berries of the north.

### **CHOKE CHERRIES**

Amazing in Vitamin C and a great puckering liver cleanse.

### **WILD RASPBERRIES**

Raspberries are one of the most anti-cancer foods and get them wild and wow! Dry the leaves for women's hormone balance health.

### **CLOVER FLOWERS**

Packed in nutrients and tasty in salad, a clove flower is an amazing addition, there is a reason bees love them.

### **WILD MUSHROOMS**

We must know our mushrooms before we pick. Mushrooms are an amazing adaptogen, meaning they help the body adapt to all types of stress.

### **WOOD SORRELL**

This common weed can be identified by its clusters of three heart-shaped leaves, similar to a shamrock's, and its five-petaled yellow flowers. It grows in moist, semi-shaded areas throughout most parts of Canada, and is a common part of forest undergrowth. Its leaves, flowers, and immature seed pods are all edible, with a flavor that's described as lemony and pungent. It can be added to salads, cooked in soups and sauces, or used as a garnish for meats.



## LAMBS QUARTERS

This tall weed can be recognized by the white, powdery coating on its leaves, which gives it a dusty appearance when seen from a distance. The individual leaves have a diamond or teardrop shape, and the tiny green flowers grow in clusters on top of spikes. The plant is a common garden weed in many parts of Canada, but it also grows near rivers and streams, in forest clearings, and on waste sites. Often referred to as wild spinach, it has an earthy flavor that's often compared to chard and is good steamed or sautéed. The leaves are rich in calcium and protein, as well as vitamins, A, C, and K.

## YARROW

Dried flowers steeped as a tea for Women's Health



# WHY ORGANIC AND VEGANIC:

## GARDENING FOR PEACE

- Veganic farms use only plant-based fertilizers, together with smart growing techniques such as alternating crops over time to build nutrients in the soil. Veganic is a step beyond organic — a step toward greater purity, greater health benefits and a safer food supply. Organic farming may still use animal-waste fertilizer, which may still have contaminants found in animal products.
- More beneficial nutrients
- Fresher: not sprayed with preservatives and aren't stored for months at a time.
- Less allergy stimulating - fewer chemicals to irritate sensitive systems
- Fewer pesticides. The chemicals in non-organic foods, such as poisons as fungicides, herbicides, and insecticides, are not just on the peel of the food - the food is soaked in these chemicals.
- Grown in soil with its natural flora and nutrients intact
- More environmentally sound: Organic farming practices reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without pesticides is also better for nearby birds and animals as well as people who live close to farms.

## GMO-FREE, NATURE FARMING (Natural after fertilizers)

“The basis of Nature Farming is an appreciation for the power of “living soil,” which is the key factor that makes the system sustainable and resilient.” Gabriel Cousens

Nature veganic farming practices respect the land, and all creatures and uses natural re-mineralization through EM (Effective Microorganisms), sea minerals, rock dust etc.

Nature farming began in 1935 with Mokichi Okada in Japan. The philosophy was to create agricultural ecosystems that harmonized and respected nature through minimal disturbance. This type of practice kept disease in check and allowed the soil to heal itself.

The use of natural compost and the application of EM was founded by Dr. Higa in 1969.

EM was brought to the Tree of Life in 1998 by John Phillips. John Phillips, ‘Gardening for Peace’, he says nature farming is designed by creator. John goes on to say:

*“Practical tools employed include microbial inoculants such as EM, beneficial insects, organically grown seeds (Non-GMO) cover crops and green manure, weed suppressive cover crops and mechanical cultivation, flame weeding, compost and organic fertilizers, rock dust, minimal tillage, greenhouses and other advanced technologies of eco-farming... EM is a consortium of beneficial microorganisms comprised of five main groups including photosynthetic bacteria, lactic acid bacteria, beneficial yeast, beneficial fungi and actinomycetes.”*

*Gardening for Peace is a method to help create world peace by taking steps to end world hunger.*

*Gardening for Peace is first of all a practical method to produce food abundantly using methods that are in harmony with nature and the design of the creator. Gardening for Peace uses a regenerative organic farming method known as Nature Farming, and employs advanced techniques to create living soil, the basis of sustainable agriculture.*



*Research shows these methods can produce equally as well as conventional farming with chemicals without the environmental damage that chemical farming entails.*

*Gardening for Peace also recognizes that gardening and farming are practices that have spiritual significance for the practitioner, especially when the spiritual dimension is consciously included in the practices of gardening and farming.*

*Gardening for Peace can become the path to Awakened Being, a spiritual practice and a tool for the evolution of human consciousness.*

*Gardening for Peace understands that we cannot have a world at peace so long as any members of the human race are left to starve. Ending hunger in the world is a key step in creating world peace. To do so, we must understand that bread alone will not succeed in ending hunger - we must find the means to end the hunger of spirit that allows the inhumanity of poverty, hunger and war to exist.*

***“Gardening for Peace is a method to feed both the human body and the human spirit.***

***Peace is the end, the means, and the goal.”***

**John Phillips**

Reference

[www.gardeningforpeace.com](http://www.gardeningforpeace.com)



## What is Gardening for Peace and How do we do it?

“There is no one way to practice Gardening for Peace. In a sense, all gardening is Gardening for Peace, for the peaceful feeling of being in a garden is one of the major attractions for practicing gardening in the first place. This sense of being at peace in the garden is one of the reasons that gardening surpasses all other forms of recreation in the number of people actually participating in doing it. For gardening to become the conscious practice of Gardening for Peace, only a focusing of intent on the part of the practitioner is necessary to complete the transition from a peaceful recreational activity to a personal spiritual practice and a powerful force for world peace. After some decades of discovery and practice of Gardening for Peace, certain elements common to gardens dedicated to this practice become evident as common features and principles.

### Some of these Essential Elements are as follows:

Dedication of the garden and the work of the gardener(s) to the spirit of peace in this world. Acknowledgment that the humble practice of gardening can become a powerful spiritual practice sending forth a vibration of peace and healing throughout the planet and to all humanity, especially to that portion of our human family suffering from war, hunger and poverty.”







## RECOMMENDED EQUIPMENT

Dehydrator

Juicer

Vitamix

Food Processor

Spiralizer

Knives

Wooden Cutting Board

Blender Ball

Mason Jars

Screen

Sauerkraut pounder

Sauerkraut crock

Love

### FOOD FOR THOUGHT:

Consider using glass to-go jars

We love our wide-mouth mason jars for everything!



## SPROUTING

### WHAT ARE SPROUTS?

Sprouted nuts and seeds are simply raw nuts and seeds that have been soaked for an extended period of time, drained and rinsed. Some of them do not grow sprout “tails”.

A sprouted bean, legume or grain is soaked for an extended period of time, drained and rinsed and sprouted until the “tail” of the sprout begins to grow.

Sprouts are the number one provider of magical life-giving enzymes, they are dense in protein, are loaded with vitamins A, B-complex, C, D and numerous minerals. And a cool thing is that you don’t get the nutritional loss (up to 70%!) that happens to all our other veggies and fruit through storage and transportation. Sprouts are easy to grow, super convenient, super economical, versatile in use and mouth-wateringly delicious! If you have had alfalfa sprouts and said “Not for me”, then you may have yet to experience the full array of choices of spouts from a-z.

Sprouts are living food. Seeds are life. From the seed into the sprout there is a magical transformation of enzymatic action that converts complex carbohydrates into easily digestible compounds. Sprouts maintain their enzyme power and provide us with nutrients 300 – 1200% greater than raw conventional veggies, allowing our body the optimal uptake of nutrients.

Every single action in your body requires enzymes. If we are not adding these life-giving enzymes, then we are depleting our bodies of enzymes. Sprouts are an economical way to have delicious fresh food all year long, in any climate. Sprouted Mung beans taste like fresh peas out of the garden, and are one of the easiest things to replace for a satisfying and rejuvenating snack of substance.

All nuts, seeds, and grains have phytates which is an enzyme inhibitor. This coating prevents them from digesting properly. Enzyme inhibitors dissolve when nuts/seeds are soaked and rinsed. Every single action in your body requires enzymes.

## GLASS JAR SPROUTING TECHNIQUE

Soak nut, seed, or grain according to the Instructions for Soaking given above.

Drain and place in a glass jar with a fine-mesh screen secured over the top with a rubber band. This allows for aeration

Place the seeds in a dark area for 24 hours and then expose to indirect sunlight

Sprouts should be rinsed 2-4 times a day, by simply filling the jar with water, lightly swishing, and draining with the screen in place. Repeat this twice. For proper drainage the jar should be stored upside down at an angle of 50-70 degrees

When the sprout “tails” reach the same length of the bean or seed, store them in the refrigerator to slow their growth and preserve their freshness.

### SPROUTING CHART:

Seed Approx. Amount Average Soak Time Ready in:

<i>Alfalfa</i>	<i>1 tablespoon</i>	<i>6 – 8 hours</i>	<i>4-6 days</i>
<i>Fenugree</i>	<i>1/3 cup</i>	<i>8-12 hours</i>	<i>2-3 days</i>
<i>Lentil</i>	<i>¾ cup</i>	<i>8-12 hours</i>	<i>2-3 days</i>
<i>Mung</i>	<i>½ cup</i>	<i>12-18 hours</i>	<i>2-4 days</i>
<i>Nuts</i>	<i>1-2 cups</i>	<i>12-18 hours</i>	<i>Rinse</i>
<i>Seeds</i>	<i>1 cup</i>	<i>8 hours</i>	<i>Rinse</i>

NOTE: Rinsing sprouts cleanses and nourishes them. Rinse two to three times daily and drain them well. Sprouts need to breathe, too.

Keep them moist, not wet. Sprouting the seeds in darkness provides for slightly higher nutritional content. Use a paper towel, dark 49 plastic or a dish towel to shut out the light. Sprouts are still alive and well if you store them in the refrigerator for about one week, continuing to rinse them once daily and drain them well.





## SPROUTING WHILE TRAVELING

Use the same process, but in a seed bag (nut milk bag) and then the seed bag inside a hemp bag. Tie bag closed overnight while they soak. In the morning, lift out seed bag from plastic bag. Open bag and rinse both bags well, then continue to rinse seeds at least a couple of times per day. To slow sprouting process, cover gently to shut out light. Carry them in a larger plastic bag or dangling from a backpack.

## DO NOT SPROUT THE FOLLOWING BEANS

Soy beans, Black Beans, Lima Beans, Kidney Beans (Only 4 or 5 can give you food poisoning)

Once sprouted, they must be BOILED FOR TEN MINUTES IN ORDER TO DESTROY THE TOXINS IN THE BEANS. There is no enzyme benefit once they've been cooked.

## Getting in the Gap

Sometimes there's a gap between what we know and what we do... Ummm... have you ever experienced this - I know I have! It's helpful to find the humor and be gentle with ourselves on this journey to the 'light menu'. Jungian therapists may call this our shadow, Kabbalistic Jewish may call this the opponent/ backlash or Buddhists may call this the hungry ghosts, yet, one thing is for certain - when we bring breathful mindfulness to mindless eating and consuming, we have an opportunity to begin to interrupt and upgrade our patterns.

The deep full body connection to food that we have acquired since birth is one of incredible intimacy. When we fully commit to upgrading our nutrition we may come face to face with much opposition - both externally and internally.

Being peaceful and gentle with ourselves during this transition and allowing the 'fast-track' and allowing the incredible recipes and food to start to become the 'proof in the chia pudding'.

When our bodies began to upgrade to one's from the 'light menu' we feel more alive and whole.

The shift towards plant-based nutrition is growing astronomically fast for both health and planetary concerns.

Much research has been done on the power of chewing your food thoroughly. Research has shown us that mindful mastication creates relaxation responses, allows us to connect and feel blessed with all the energy and care that has gone into our food. There has been research on how chewing your food slowly and thoroughly has even allowed some people to live and survive in concentration camps, extracting the most nutrition out of their food as possible. When we make eating a meditation practice we may access divine digestion by connecting with the trees, the gardens and the people involved with our food. Thoroughly chewing your food also allows us to be more connected to when we have had enough to eat and to only eating until we are 70% full.

## Alkaline vs. Acidic

Alkaline environments within our bodies have been shown to heal our bodies of disease whereas processed foods of any-kind create inflammation. A whole food, plant based diet promotes an anti-inflammatory and detoxified body.

Increasing cleansing food in your diet lessens the stress on your organs, joints and tissues on a daily basis. Daily doses of cleansing foods will be great in assisting your body to cleanse and energize. The general rule is the more bitter, pungent, tart a fruit, vegetable or herb – the more detoxifying it is for the body – especially the liver.



## INFLAMMATORY FOOD

## ANTI-INFLAMMATORY FOOD

GMO Food

Refined flour products (e.g., bread, pasta, pizza dough, bagels)

Dairy products i.e.: Cheese

Meat

Trans fats

Sugar (in most dressings, processed food, desserts and sweet

Snack foods (potato chips, corn chips, bagel chips, cheese puffs, etc.)

Fast foods (French fries, burgers, tacos, deep-fried foods)

Vegetables (especially high water content)

Fresh vegetable juices

Fresh whole fruit

Fermented food

Flaxseed (ground)

Legumes (beans, split peas, lentils)

Most nuts and seeds (soaked in water or ground are best)

Fresh herbs (e.g. parsley, cilantro, basil)

Purified water

Herbal teas

Fiber supplements

Sattvic food is food to not overstimulate the body.

**Foods that overstimulate are:**

Meat

Caffeine

Sugar

Over Spicy

Over salty

Process heavy fats

Gluten

Alcohol

Dairy, (Dr. Gabriel Cousen tells us dairy blocks your 72,000 plus Nadis) It is too mucus forming

**FOOD FOR THOUGHT:**

**There are Two Components of the Mechanism of Detoxification:**

Reduce toxins going into your body.

Eliminate toxins stored in your body. For a safe cleanse, detox in this order and prepare for several days for a detox diet by reducing the amount of toxins going into your body.

# CLEANSING - FOUR STEP PROCESS

Two weeks before beginning a cleanse consider gently releasing:

Dairy

Meat-all animal products

Anything refined and not whole food

Consider eating only food in its unbroken wholeness- raw organic fruit and more veggies begins a deep cleanse

Drink more purified water

Consider starting your first few hours with a fresh celery or green juice while the body is in its greatest detox state until noon

Consider releasing bread and gluten products

Release alcohol

As Sattvic yogis, we use herbs for deep flavor instead of onions, garlic and too much hot overstimulating spice.

## 1. Reduce or eliminate ingestion of toxins

Avoid; excess salt only using a mineral balanced salt in small amounts like himalayan, oil, sugar (S.O.S), fried food, dairy products, processed meats/foods, artificial food and beverages, trans fats, GMO foods, GMO grains: this includes most grains commercially sold even those sold in many health food stores.

Rule of thumb: If it does not have clear labeling it is non-GMO and organic (veggies and fruit starting with #9) it is usually best to assume it is not non-GMO and organic.

The more attention you pay to adding cleansing foods to your diet before you begin a detox, fewer side effects that you will experience in those first few days of your cleanse.

## 2. Gently cleanse - Inside and out:

Drink lots of purified water – one ounce of water to every pound of your body weight. Begin every morning with fresh lemon water.

Dry brush your skin

Rebound to help your lymphatic system pump & promote circulation

**3. Support the side effects** – headaches, cravings and irritability are common. Support this flush by drinking 2x as much alkaline water and fresh juice, smoothies and infused water. What we do not eliminate, we circulate.

Know that all of your symptoms are coming up because they are coming out. These are not new symptoms created by the cleanse.

## 4. Maintain and Prevent – Every choice makes a difference

All the detoxifying habits you implement are golden towards prevention. Fresh morning lemon water, organic/veganic, live food as much as possible, herbal tea (Cleansing tea, Nettle leaf and peppermint) instead of another coffee (use: dandelion root and chaga tea).

## Why We Choose “Living Raw Food”?

Living raw food is in its Perfect State to give us the optimal amount of nutrition, minerals, enzymes, vitamins, energy and life force. Cooking food substantially alters this.

Along with limiting the amount of cooked food that is consumed we also remove:

Refined sugar: Causes insulin resistance and fatty liver. Strong links to obesity, diabetes and heart disease.

Refined grains: Lead to rapid spikes in blood sugar, insulin resistance and weight gain. Strong links to many chronic, western diseases.

Vegetable Oils: High in inflammatory Omega-6 fatty acids, increase inflammation and oxidative damage.

Trans Fats: Extremely harmful, man made fats found in processed foods and linked to many serious diseases, especially heart disease

Processed foods: which are low in nutrients and high in harmful.

## WHY ORGANIC AND VEGANIC

### FOOD FOR THOUGHT:

Veganic farms use only plant-based fertilizers, together with smart growing techniques such as alternating crops over time to build nutrients in the soil. Veganic is a step beyond organic — a step toward greater purity, greater health benefits and a safer food supply. Organic farming may still use animal-waste fertilizer, which may still have contaminants found in animal products.

### More beneficial nutrients

Fresher: not sprayed with preservatives and aren't stored for months at a time.

Less allergy stimulating - fewer chemicals to irritate sensitive systems

Fewer pesticides. The chemicals in non-organic foods, such poisons, as fungicides, herbicides, and insecticides, are not just on the peel of the food - the food is soaked in these chemicals.

Grown in soil with its natural flora and nutrients intact

More environmentally sound: Organic farming practices reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without pesticides is also better for nearby birds and animals as well as people who live close to farms. GMO-free.





# WATER

Purified, structured, non-chlorinated, non-fluorinated water: chlorine kills good bacteria

Water's main function is to bring active hydrogen into the cells. Water transports information, it has memory. Every biochemical reaction in the body requires water. The water in live clean vegetables is structured and mineralized. The human body is two-thirds water, blood 80%, the brain 80%. Water's role is to act as a transporter of energy. Water has a subtle adhesive quality, bonding cell membrane structures. It acts as an antioxidant. High electron water neutralizes free radicals. Our body is the body electric. Every transfer of electrical energy requires minerals. We know blessing our earth, water and food, increases the absorption many fold.

When we speak of minerals being frequencies of light the first thing that comes to mind is the mineral frequencies in water. In order to be a superconductor of the Divine, we must be super hydrated with mineralized, structured water. Conscious awakening comes from our connection to the Earth's mineralized matrix. Minerals are a deep foundational truth of Spiritual Nutrition, therefore highly mineralized conscious building foods are grown in mineral and bacteria rich soils, eaten uncensored and live from soil rich in microorganisms. Every healthy body can be traced back to having sufficient minerals. In acidic systems, calcium, magnesium and many other alkaline minerals are leached from the bones to balance the 'pH'.

## HYDRATION & STRUCTURED WATER

The root of the plant is equal to the immune system of whatever human being or whatever animal consumes that plant.

Water molecules bond easily with other molecules. In other words, water is extremely "sociable". It eagerly seeks to mingle with other elements and gladly picks up "hitchhikers". Gordy Jordahl

Hydration: Hydration is the art of connecting deeply with structured water in drink and living food so our mindbody becomes the happy and sovereign mindbody electric.

Structure electrolyte water, and green plant food and juices; raw/living food; the correct amount of salt in perfect balance; the hydration in electron water and the quality and quantity of water and how it changes form and has memory to be of most benefit to life form; is some valuable gems for life. Homeostasis, the ability for the mindbody to maintain bio-chemical equilibrium, lies in awakening the energetic body electrical field thought deep and cellular hydration, and is always the first protocol I instill in all my students seeking to feel well.





*“When we speak of minerals being frequencies of light the first thing that comes to mind is the mineral frequencies in water. In order to be a super conductor of the Divine, we must be super hydrated with mineralized, structured water.”*





## BIO PHOTONIC ENERGY

Bio photonic Energy... Oh My!

*“Minerals are the sparks of life. All body processes require minerals to activate enzymes.”*

~ Mirabel Arizpe

Life is light. Humans are essentially light. Light emissions emitted by humans and all living things are called photons. Every cell emits more than 100 thousand light photons or light pulses per second. In medicine we focus on biochemical reactions between DNA, protein and molecules, yet a bio photon is always emitting light before every chemical reaction.

With the use of bio photonic energy, we are able to restore chaotic signals - restoring our energy to health. Live food is rich in bio photonic energy.

Where are you getting your bio photons from?

### FOOD FOR MEDICINE THOUGHT:

Our cells die, regenerate or rearrange with every breath, therefore so does the energy and nutritional needs of our body electric. We are light returning to light.

What we eat, drink and think either fuels the light or dims it.

As important, is what we DO NOT eat, drink, think and do.

Succeeding on a live-food, plant-based diet strengthens is essential because living food has huge amounts of bio-photons.







### Heavily Sprayed Foods

Apples  
Celery  
Cherry Tomatoes  
Cucumbers  
Grapes  
Hot Peppers  
Nectarines  
Peaches  
Potatoes  
Spinach  
Strawberries  
Sweet Bell Peppers  
Kale  
Collard Greens  
Summer squash (including Zucchini)  
Coffee Beans  
Tea Leaves  
Almonds

### Less Sprayed Foods

Asparagus  
Avocado  
Cabbage  
Cantaloupe  
Corn (GMO-Free)  
Eggplant  
Grapefruit  
Kiwi  
Mangos  
Mushrooms  
Onions  
Papaya  
Pineapple  
Sweet Peas  
Sweet Potato (GMO-Free)

See [ewg.org](http://ewg.org) 'The Dirty Dozen' & 'The Clean 15'

The key to making any healthy choice is to be prepared and to set yourself up for success! Always having a wide selection of choices to not only keep fuel in the tank, but that actually fit your specific cravings will go a long way towards creating the new eating habits that you are wanting to put in place. Think about what you crave, when you get hungry, when is it most likely that you will reach for a food that you would rather replace?



## ***Children love veggies and dips!***

Always have your selections of veggies and dips available!

### **Suggestions:**

Cabbage salad in fridge

Veggies to Go with Dip of Choice

Sprouted Trail Mix

Turmeric Milk / Elixirs

Green / Protein Powder

Keeping Sauerkraut and Avocado available

Nut and Seed Milk

Coconut

Celery with Cashew Cheese

Celery with nut butter

### **More Suggestions:**

Any nut or seed can be replaced with local organic ones such as:

Organic cashews are quite expensive and can be replaced with local sunflower seeds and hemp hearts. Do not let a recipe trip you up, if you do not have the exact ingredients. Be creative and replace with one that has similar texture.

All recipes are made to taste. Everyday our body requires and searches for the herbs, spices, exact amount of sweet, sour, tart, that our in-tuned healthy taste buds are requiring. If the recipe does not taste exactly like you had hoped continue adding more tart such as lemon juice or apple cider vinegar or a richer thickness such as hemp hearts or a touch of salts or a different herb such as oregano and cumin.



## FOOD CHOPPING TECHNIQUES

Chopping, slicing and putting loving preparation into our food not only changes the energy of our food - but the taste and visual beauty. I must admit that my favorite chopping technique has been my food processor, depending on the blade and the amount of ingredients added to the food processor - the coarseness and the shape of the ingredients can be varied for the desired outcome. I often teach salad making with a food processor, and the feedback I get from people is a desire to know how to prepare food in a limited amount of time.

**Julienne:** Cutting into match-stick shape, ideal for carrots, zucchini and other dense vegetables

**Brunoised Dice:** Taking julienned veggies and chopping them into fine small squares

**Batonnet:** Squaring off long cube slices, such as for raw zucchini “fries”

**Wedges:** Wedge cut pieces. Ideal for yams and potatoes

**Chiffonade:** Ideal for fine herbs: stack herbs, roll and finely slice. This makes it easy to finely chop them

**Spiralizing:** Ideal for creating “Noodles”



*“Fasting is the first principle of medicine.”*

- Rumi

## **FASTING & CLEANSING FOR HEALTH**

What’s Really Happening Here? - Moving Beyond Deprivation Mindset

Let’s this about this...

In our bodies we have all of our systems sending messages to us - telling us what is needed and the status of their functionality; through feelings of hot, cold, tingling, pain, pleasure, our mood, hunger... even things like the urge to pee is a status report from our body. We get countless signals every day and we are constantly adjusting ourselves to accommodate this feedback. Now, imagine yourself at a very noisy event, with lights flashing, people moving around you, hundreds of people talking, the music playing, kitchen noises, the smells of the people and food; there’s no way that you hear, see, smell, feel, taste everything all at once. Most of us have the ability to block out a great deal of the “noise” to be able to focus (mostly) on what is in front of us, what we’ve decided as important. It’s the same within our bodies, except, we’ve gotten too good at blocking out the signals our bodies are giving us. We are missing essential messages. Fasting has the ability to clear out all of the different over stimulation in our digestive tract. Cleansing allows us to reset our telomeres, fears and intuition. Telomeres are the caps on our chromosomes, which become depleted as we age.

Research done at Tree of Life (TOL) and other scientific bodies of work have connected calorie restriction, Intermittent fasting and fasting as one of the quickest ways to activate our anti-aging genes. Remarkable research, done by TOL, shows that the telomeres reset themselves after only 7 days on a green juice fast.

## WHAT IS A GREEN JUICE FAST?

It is drinking only green juice - without sugar, such as the recipes below - fasting juice vs cleansing juice. Cucumber, celery, sprout juice will allow the body to stay in a fasting mode while cleansing, upping the epigenetic blueprint and allowing the body to go into auto-ketosis - which means that the body is able to burn fat instead of glucose. In this state the body is able to get rid of debris - to 'burn up the rubbish'.

Even a 24 hour fast will:

Kick on a multitude of anti-aging genes

Begin to clean out the colon

Begin to break overeating / addictive food patterns

The research of "indican bowel toxicity" testing tells us that a 7-day green juice fast rids the bowel of most to all toxins.

Every single person that I have witnessed and has been witnessed throughout time by healing centers and practitioners have seen incredible changes in both the physical, mental and emotional bodies.

## POINTS TO PONDER REGARDING FASTING

Honoring the 'law of readiness' when it comes to fasting

For most people, setting themselves up for success when fasting usually looks like unplugging from 'business' and carving out 3-7 days just to juice, rest and reset. For many people eliminating solid food is challenging and people find having support very beneficial when they begin fasting. This may be done with a partner, a nutritional counselor, a rejuvenation center and/or connected to a higher divine source through quietude, rest and readiness.

## BEING PREPARED IS OF ESSENCE

What this could look like is carving out your 3-7 days for rest time; purchasing all food and supplies for juicing ahead of time, having a ready supply of your green juice, herbal teas and purified water to nourish yourself with. Also ensuring you have other fasting supporters: enema bag (colon cleansing is very important during a fast) and even a journal to write in.

A seven-day green juice fast will keep your blood sugar balanced, reset our telomeres, remove bowel toxicity and upgrade our body chemistry that results in non-causal happiness (happiness for no reason - unreasonable happiness, even). Fasting has been written about in all ancient scripts and used in all native traditions. It's used as a way to connect, clear and receive guidance.

Many health practitioners, have used fasting as a way to heal themselves and their clients. For instance: Dr. Bernard Jensen healed his prostate cancer through fasting. Anne Wigmore healed her IBD.

*Intermittent fasting means shortening the time per day that we are putting calories into the body.*

We can customize juicing to fit our lives. When we realize that everything matters, we realize that intermittent fasting, one-day fasting, three-seven-day fasting... and beyond has the ability to significantly upgrade our health towards living a dis-ease-free life.

*Consider Fasting for The Seasons: Spring and Fall are the body's most receptive time to 'clean house'.*

Earth often lends her medicine herbs at this time that are most restorative to flush liver, bowel and whole body toxins, such as the large amount of dandelion greens that are given to us so generously in the spring. I invite you to connect with the 'weeds' of spring and fall, to allow yourself to connect with their medicine. When we clear the toxins from our bodies, we have a deeper connection with what the earth is lending to us. This connection may look like a release from annihilating all that's good in our systems, to releasing our need to use poison, such as chemical weed killers, that have a horrific effect on the oneness of our planet.

When people have seasonal allergies, they often get the most relief from doing a cleanse. Cleansing allows us to discover the direct correlation to releasing ingested toxins/ allergens to the body's ability to not overreact to external allergens. It is often in the spring and fall that we want to cleanse the cobwebs and excess of 'stuff' in our homes. If we overlook the home which is our body, we are missing out on the most significant piece of cleansing.

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## HOW CAN WE BE MAINLY RAW FOODISTS IN THE WINTER MONTHS?

As the seasons change, so do our nutritional needs, cravings, earth plant medicine, organ chi and celebrations. Such as in the spring and summer, our earth is rich in chlorophyll oxygen rich food, both of forged medicine and gardens. It is so very natural for us to eat mostly green food in its full alive and high enzyme state of spring and summer.

The earth lends us the medicine of dandelion greens, plantain, wild raspberry leaf, and wild rose petals, just a few gifts given to help clear and sluggish liver from a long vitamin D deficient winters nap! It is quite unnatural to eat heavy cooked food in the summer, as the spring, summer and fall are the ultimate times the body is renewing and cleansing in its ever changing systems.

As summer lends its way to autumn's abundance we continue on enriching and building our enzyme and nutrition stores. Everything can be enriched deeply with the herbs on the earth that grow like weeds during these times: such as a variety of mint, both wild and planted, aiding our digestion, and lowering blood sugar. The cilantro to release heavy metals and parsley that cleanses our blood. The oregano which is anti-viral and anti-bacterial. The list is so deep and wild, continual refinement and spiritual curiosity endeavors us to understand each plant with its various cellular memory of healing.

As time turns into colder months and the earth goes slightly dormant, we may add some fire to our food with a little bit of organic cayenne and add a little bit of cooked squash or cooked whole food soup to predominantly raw diets.

We can sip on peppermint tea while we eat our salad to feel warmth in the winter, or a cup of miso and still remain 80% high enzyme-rich in our living food. Winter lends its way to growing indoor micro-greens and jar sprouts as we eat living food to keep us well.

I take my salad out on the counter for a 30-60 minutes before I eat it, warmed to room temperature. I toss my salad with sautéed hot cabbage, quinoa, or squash to warm the salad, loving the warmth, keeping the meal predominantly raw.

Winter is where we switch to more hardy and root salads and such as cabbage and carrot, instead of leafy greens. Let's eat for the seasons.

A glass jar filled with water and green herbs, sitting on a wooden surface next to some dried herbs.

# INFUSED WATERS

All Infused Waters Have 3 C of Water Added



## LIME LEMONADE

½ lemon or lime with ½ of peel if organic

¼ tsp cayenne

1 tsp turmeric

Sweetener is optional

Add H<sub>2</sub>O blend and strain

## APPLE CIDER GINGER INFUSION

½ apple

2 thin slices of organic ginger

1 oz raw apple cider vinegar

3 stalks of celery

1 tsp of cinnamon

3 C of water and steam

## DANDELION SPIRULINA GREENS

1 C dandelions

1 tsp TriPow

1 Scoop of green powder such as macro greens or Progressive greens

Add 3 C of water and blend for 1 minute

## CUCUMBER MINT PARSLEY TRIPOW

½ organic cucumber

10 mint leaves

5 drops of mint extract

1 C of parsley

1 tsp TriPow

Blend with 3 C of water and strain



## PINEAPPLE TURMERIC INFUSION

½ C of pineapple

1 tsp of turmeric

½ organic lemon organic with peels

Blend with three cups of water and steam

## REJUVELAC

Rinse one cup of quinoa in a strainer until it rinses clear to strain off the soppins. Add to 1 litre of water and let sit on the counter for 2 days. Strain and the liquid is rejuvelac which can be used for making cheese for probiotic drinks.

## TRIPOW MINT COCONUT CREME RELAXER

1 tsp TriPow

10 mint leaves

five drops of mint extract

1 tsp honey

3 drops of stevia

½ coconut cream or milk

5 ice cubes or no ice cubes if it will be heated

Blend with two cups of cold water serving cold with ice if serving hot blend with 2 cups of hot water

## THE INCREDIBLE HULK MORNING FLUSH

2 stalks of celery stalks and or 10 dandelion leaves in season

½ cucumber sliced

1 T spirulina or TriPow

1 tsp stevia or a pinch of monk fruit optional

6 C purified structured water

Blend

A vibrant collage of fresh vegetables and fruits. In the center is a glass of bright green juice, garnished with a lime wedge and a sprig of celery. Surrounding the glass are various fresh ingredients: a whole cucumber at the top, a bunch of celery on the left, a carrot behind the glass, a whole lime and a lemon wedge at the bottom, and a cucumber on the right. The background is a warm, wooden surface.

# FRESH JUICE

Remember: If Your Limes And Lemons  
Are Organic Juice The Rind Along With The Fruit

## BASIC GREEN

Daily supply for someone who is juicing

5 cucumbers

1 head celery

1 lemon or lime

1 tsp TriPow (Chlorella, Spirulina mix)

Optional: 1 green apple

## GREEN JUICE FOR INTERMITTENT FASTING

Daily supply for someone who is juicing

5 cucumbers

1 head celery

½ lemon or lime

1 tsp TriPow (Chlorella, Spirulina mix)

## APPLE OF MY EYE

½ apple

3 – 4 stalks of celery

1 cucumber

½ tsp apple cider vinegar

1 tsp TriPow (Chlorella, Spirulina mix)

Optional: 1 tsp greens powder

## FRESH GREEN

1 apple

1 cucumber

½ bunch of cilantro

sprig of fresh basil

1 tsp TriPow (Chlorella, Spirulina mix)

## GREEN DRINK

Preferably in the afternoon, drink 10 ounces freshly juiced green vegetables – cucumber, parsley, spinach, kale, celery, or any other green herb or vegetable.

Add fresh lemon juice and/or freshly juiced ginger to pep up the flavor.

Fresh mint also makes a nice addition with cucumber and other milder-tasting greens.

## THE REVITALIZER

2 tomatoes

½ lemon or lime, peeled

½ cucumber, peeled

6 to 8 string beans

1 tsp TriPow (Chlorella, Spirulina mix)

Cut produce to fit juicer feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible.

## MOOD MENDER

3 fennel stalks, including leaves

2 stalks celery and flowers

½ pear

3 carrots, scrubbed well, tops removed,

½ - inch chunk ginger, scrubbed, ends trimmed or peeled if old

Cut produce to fit juicer feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible.

1 tsp TriPow (Chlorella, Spirulina mix)

## FOOD FOR THOUGHT:

Fennel juice has been used as a traditional tonic to help the body release endorphins, the “feel good” peptides, from the brain into the bloodstream. Endorphins help to diminish anxiety and fear and generate a mood of euphoria.

## PEPPY PARSLEY

1 bunch parsley

½ cucumber, peeled

2 celery stalks

½ lemon, peeled

1 to 2 carrots, scrubbed well, tops removed, ends trimmed

1 tsp TriPow (Chlorella, Spirulina mix)

## GRATITUDE GINGER

5 cucumbers

1 head celery

1 lemon or lime

1 green apple

1-inch ginger

1 tsp TriPow (Chlorella, Spirulina mix)

## FOOD FOR THOUGHT:

TriPow Blue/Green algae heals us.



# VEGETABLE JUICE RATIOS

## REGULAR JUICE PROPORTIONS PER 12 oz

5 oz cucumber  
2 oz zucchini  
3 oz celery  
1 oz cabbage  
1 oz carrot  
sprouts

## LOW-GLYCEMIC JUICE PROPORTIONS PER 12 oz

6 oz cucumber  
2 oz zucchini  
3 oz celery  
1 oz cabbage  
sprouts





# SMOOTHIES



## PLANT-BASED PROTEIN SUGGESTIONS - VEGA & SUN WARRIOR VANILLA PODS

BLUEBERRIES: CAN BE EXCHANGED WITH ANY LOW-GLYCEMIC BERRY SUCH AS RASPBERRY, BLACKBERRY, SOUR CHERRY, CRANBERRY

### BASIC BLUEBERRY

½ C frozen blueberries (or other low-glycemic berry)

1 C celery & cucumber juice

1 T hemp protein powder

1 T ground flax

1 tsp greens powder

1 tsp TriPow (Chlorella, Spirulina mix)

Optional: small handful of mixed greens

### SMOOTHIE FOR TWO

1 C frozen blueberries

1 C cucumber pulp

1 scoop plant-based protein powder

¼ C hemp hearts

3 - 4 C water

Optional: Sweeten to taste with low-glycemic sweetener such as lakanto, monk fruit or stevia.

### NUTTY RASPBERRY SMOOTHIE

½ C frozen raspberries

½ C cucumber pulp

1 scoop plant-based protein powder

¼ C sprouted almonds

2 C water

optional: 1 tsp almond butter

Sweeten to taste with low-glycemic sweetener such as lakanto, monk fruit or stevia.

For extra low-glycemic replace the coconut nectar with 5 drops of stevia.

## PULPERY BLUEBERRY BLISS SMOOTHIE

½ C frozen blueberries

½ C cucumber pulp

1 scoop plant-based protein powder

1 C cashew-sesame milk

½ C cashew-sesame milk pulp

2 C water

Optional: Sweeten to taste with low-glycemic sweetener such as lakanto, monk fruit or stevia.

## ORAGNE CREAMSICLE

1 organic orange

½ peel left cut into cubes

6 soft pitted dates

1 can of coconut milk

10 ice cubes

1 scoop of vegan vanilla protein powder

Blend at low speed for 30 seconds and high speed at 420. A delicious summer replace for popcicles.

## GREEN MINT SMOOTHIE

1½ C almond milk

1½ C water

12 organic mint leaves

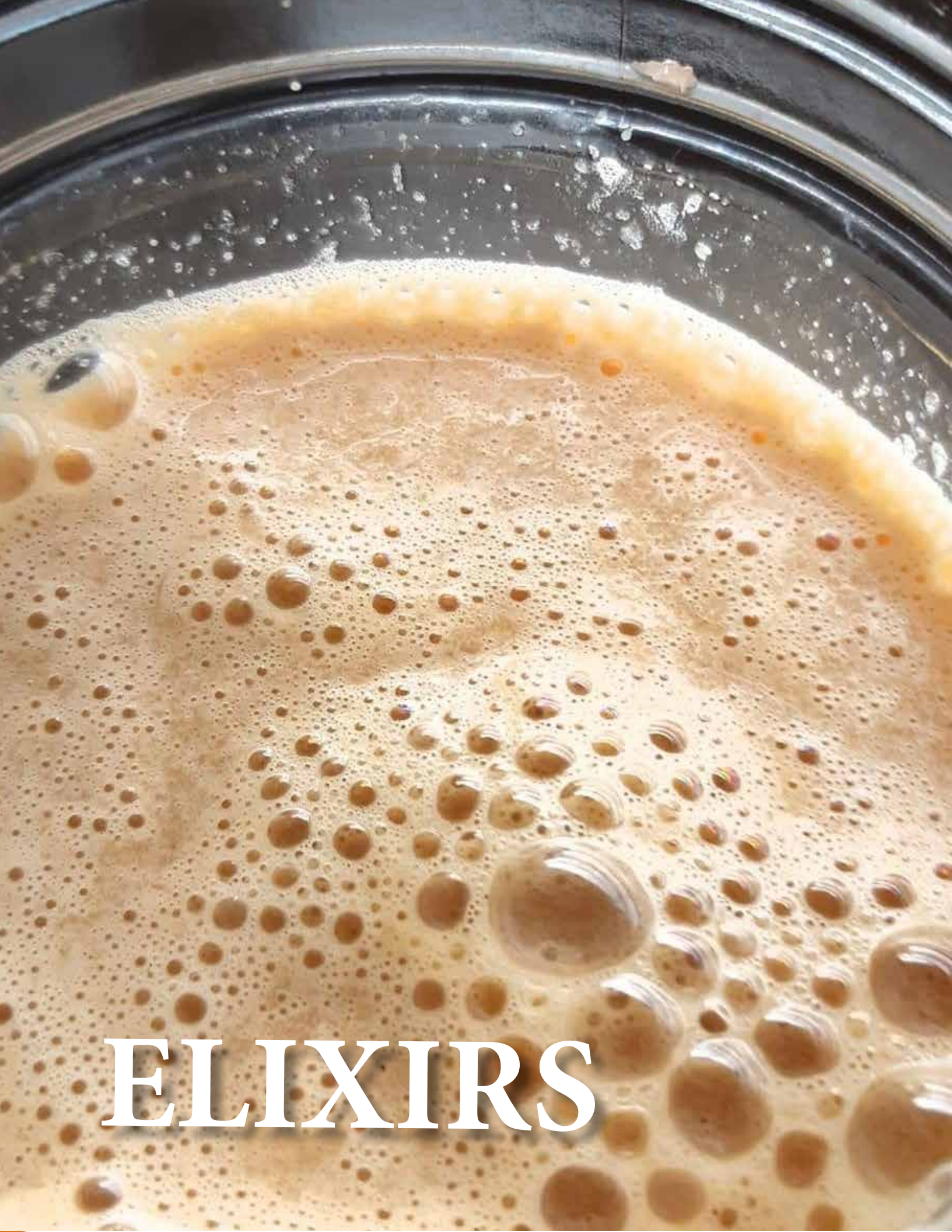
1 ½ C spinach or kale or a 50/50 mix

2 T organic raw almond butter or almond pulp

1 T or more organic raw coconut nectar







ELIXIRS



Blend it up and enjoy!

Drinking medicinal herbs, green juices and blended food is a beautiful and nourishing way to easily assimilate and connect - to ourselves, divine and others.

Tea rituals have been performed and continue to be mindfully practiced around the world.

Many people are discovering the art and joy in liquid elixirs, the sipping of a high quality herbal tea, sweet fresh almond milk made fresh or a nutritional smoothie. Smoothies have become a common food for many people on the go. Yet, many are full of sugars, highly processed protein powders and combinations that are sure to imbalance blood sugar and energy levels. May we explore a new way to look at liquid love food, that will love you back - that is both satisfying and balancing.

Discover how:

Mixing and matching herbs to any drink

Adding good healthy fat to a smoothie enriches the flavor, enhances energy, keeps the body balanced and creates satisfaction. Such as adding avocado, raw almond butter, nuts, seeds, coconut oil

Adding high protein food will provide you sustained energy over the day. Such as spirulina, chlorella, nuts, seeds, spinach and other delicious greens. Sipping a warm beverage such as an elixir, miso broth or peppermint tea can support digestion and add warmth to a raw meal during cold months.

A glass of fresh green juice is energizing, satisfying and detoxifying - all in one!

May we all be joyful in our endeavors in knowing liquid food is an amazing way to access nutrition in all situations. And considerably more so when time for mindful mastication is not available.

There is no limit to what you can do with elixirs - these are soothing and nutritionally power-packed beverages!

Basic Elixir Instructions:

Put dry ingredients into Vitamix first

## GENERAL NUT & SEED MILK SUGGESTIONS

Blend:

1 C soaked nuts to 3 C water

Optional:

Almond Extract

Vanilla Extract

Cinnamon Extract

½ tsp natural sweetener

## ALMOND MILK

1 C sprouted almonds (soaked 12 to 24 hours and rinsed)

Blend with 3 C of water

Pour into pulp bag, milk bag (as if milking a cow) into another container

Add Vanilla to taste

Add a pinch of Himalayan Salt

## CASHEW-SESAME MILK

1 C cashews

1 C sesame

4 C water

optional: 2 T yacon syrup (or sweeten to taste)

## COCONUT MILK

1 C shredded coconut

3½ C water

Blend at high speed for 1 minute

## LIQUID GOLD

3 C nut or seed or coconut milk

3 tsp turmeric

optional: natural sweetener to taste

## COCO CHAGA LOVE

3 C richly steeped chaga

1 C nut or seed milk

2 T cacao powder

1 T natural sweetener

optional: 1 tsp cinnamon

1 tsp cardamom

\*For diabetics we suggest replacing cocoa with carob - as cacao has been found to increase blood sugar

## FOOD FOR THOUGHT:

Chaga has been known to native people as a powerful medicine for a long time. Chaga grows on birch trees in northern climates and is known as one of the most medicinal, anti-disease, adaptogen fungi- a food that helps us adapt to stress, environmental and emotional. In the past, reishi mushroom has been given a lot of press, now we understand that chaga is even a more powerful plant-food medicine. The black-rich color of chaga adds to our 'jing' or life-force.

## MOUNTAIN MINT ELIXIR

1 C peppermint tea

1 C nut or seed milk

4-5 fresh mint leaves

4-5 fresh mint extract

Optional: natural sweetener to taste

Blend and top with a mint leaf

To serve cool add ice before blending

## EARTHGUT GODDESS MORNING ELIXIR

1/2 cup of frozen organic mango's

1/2 cup of cucumber pulp from morning juice/ or 1/3 English organic cucumber, (as cucumbers are on the dirty dozen list for high sprayed food)

1/2 cup of Northlights microgreens

1 organic lemon with 1/2 the peel. Much phytonutrients are in the white peel yet must be organic to use peel.

1 tsp. TriPow

6 cups of water

Blend well & drink throughout the morning to HEAL & alkalize

## ALMOND CHAI INFUSION

1 C soaked almonds

3 ½ caffeine free chai tea

Blend

Milk through pulp bag

Serve chilled or warm, but no higher than 125°F

## GINGER LEMONADE

2-inch piece of ginger

2 lemons

1½ L of water

Optional: Natural sweetener to taste

Juice ginger with lemons, including the rinds (of lemons are organic)

Serve chilled

## SOLEIL SAGE-MINT TEA

½ C sage leaves

10 mint leaves

1 peppermint/ spearmint tea bag

Optional: natural sweetener to taste

Fill 2 L jar with water, sage, mint and tea ingredients.

Cover jar and place in sunlight for full day

Strain

# FERMENTATION & CULTURED FOOD

For the Love of Life and our Microbiome



Culture Me

Beyond a germ-phobic reality

Back to real sauerkrauts and brines Kimchi AH, we're free

For in brine we trust!

Lactobacilli too numerous to count

Oh, how much joy you bring me!

My microbial mystery

Each batch bubbling with unity Colonies to override yeast and disease

You set my heart to ease Vitamin B's of plenty and minerals galore

OH SAUERKRAUT, BUBBLY SAUERKRAUT!

I salt, I score!

Producing more and more

I soar!

“This is a miracle of coevolution—the bacteria that coexist with us in our bodies enable us to exist...  
The problem with killing 99.9 percent of bacteria is that most of them protect us  
from the few that can make us sick.”  
~ Sandor Katz

## FOOD FOR THOUGHT

Once a sweeter fruit or vegetable are fermented or cultured the sugars are transmuted - this turns them into a low-glycemic cultured choice.

When you think of making your own sauerkraut, kimchi, fermented (vegan) cheese or yogurt, do you think it sounds too complicated? No way!

## WHY FERMENT AND CULTURE FOOD?

### FERMENTATION:

Fermentation uses the natural occurrence of salts and bacteria on plants - known as *Lactobacillus plantarum*.

### CULTURE:

Cultured food uses a culture such as kefir grains, yogurt starter or a multi-strain pre and probiotic, such as a living probiotic.

Fermentation and culturing is the most ancient way to preserve, store, neutralize unhealthy bacteria, build tons of healthy bacteria, build and assimilate vitamins/minerals and heal digestion through re-establishing what an unhealthy world destroys.

Microbes were first on Earth. They are brilliant beyond belief! They reproduce and give us joy and wellbeing through the gut/brain connection.

They reproduce in culture/fermented vegetables, fruit, and through the gut/brain vagus nerve connection – make us feel good.

The Russian word ‘Kefir’ literally means that – to feel good.

The study of the microbiome is the study of our largest immunity – the trillions of tiny bacteria living within our intestines. There are ten times as many good bacteria in a healthy microbiome than there are cells in our body. These thriving bacteria have been increasingly linked to a healthy metabolism, happiness, and a disease free life. This ‘forgotten organ’ – our microbiome, helps us extract nutrients and digest food, regulates weight and hunger signals.

Cultured food is the safest food on our planet. It has been known to quickly heal food poisoning by eating up the bad bacteria. Many people who have become ‘fermentistas’ have reported an elevation in spiritual consciousness, their connection with Gaia and REAL food.

When you buy pickles/sauerkraut from a store, most are made from vinegar.  
Ancient practices encompass chopping, crocks, real salt, mixing and kneading vegetables to make brine.

## FOOD FOR THOUGHT

Almost any veggie can be cultured. Start with the basic Sauerkraut and Kimchi, then let yourself go wildly into fermentation – forage and add rose hips, juniper berries, crab apples, and watch your ferment bubble, crunch and pop. Feel how these ferments satisfy cravings, delight any salad, make great flax crackers, and amaze other side dishes. Added to all meals, cultured vegetables prevent putrefaction of poor food combining in the gut.

May you all be blessed with a healthy intestinal garden thriving with good microbes.

\*\*Just make sure all ferments are pressed down tight to release oxygen, making certain brine covers all vegetables, contents are weighed down and there is room left in jars for expansion!

## DISCOVERING PRE AND PROBIOTICS

### PREBIOTICS:

Prebiotics are understood as dietary fiber providing nutrition for probiotics. The understanding of this interrelationship has only been explored since 1995.

Dr. Shalla names 3 criteria that qualify a substance as a prebiotic:

1. Resistant to gastric acidity - not digestible by host.
2. Able to be fermented by the gut microbiota.
3. Stimulate growth and activity of the gut microbiota which contributes to your health and well being.

“When you ingest prebiotic fiber, the fermentation that takes place in your gut helps with water and electrolyte reabsorption and produces short-chain fatty acids (SCFAs) which help maintain the lining of the bowel.

Fiber can be water insoluble or water soluble. Bacteria in the gut ferment less than 50% of water insoluble fiber, whereas water soluble fiber is fermented well by your gut microbiota.”

~ Dr. Shalla

All recipes are made with FRESH, RAW, ORGANIC ingredients ~ YUM!

(OPTION1)

### SAUERKRAUT: BASIC INSTRUCTIONS

Wash Cabbage

Shred cabbage by hand or in a food processor. (The smaller the pieces, the less time to culture)

Knead cabbage with salt until a brine forms (this is water released from vegetables).

Add ½ C Water

Add any other vegetables that you would like to add.

Stuff and pound down into jar or crock.

Make sure all the vegetables are covered in brine leaving a couple of inches for expansion.

If you add a culture starter, (a probiotic to increase the variety of strains) your kraut may culture sooner.

Make sure contents are weighed down.

Must be left in room temperature for 7-14 days.

This will last up to 3-6 months in cold storage.

Adding prebiotic foods such as leeks, carrots, onions, garlic, and Jerusalem artichokes will help build the intestinal garden to assimilate the probiotics.

## (OPTION 2)

### SAUERKRAUT: BASIC INSTRUCTIONS

Wash cabbage

Remove and save outer leaves to cover sauerkraut during fermentation.

Using the blank attachment, put one cabbage and core of 2nd cabbage through juicer.

Chop the second cabbage finely.

Optional: season with optional ingredients.

Cover with outer cabbage leaves.

Press dinner plate on top of mixture. Weight down with stone or jar full of water to help create its own juice.

Cover with towel.

Ferment at 68 – 80 degrees for 2 days.

Uncover and scrape off top layer of gray, oxidized cabbage.

Pour liquid off and reserve to drink or use for salad dressings. Let the sauerkraut ferment in refrigerator for 2 more days.

Store in tightly covered glass jar in refrigerator for up to 3 weeks.

## (OPTION 3)

### SAUERKRAUT: BASIC INSTRUCTIONS for JAR KRAUT

Stuff 1 L jar with mix of cabbage and other optional veggies stirred with any spices you wish.

Pour juice over mix until it covers cabbage mix - leave 3/4 inch at top of jar.

Top off with cabbage leaf to cover space and keep cabbage mixture under liquid.

Place lid on the jar.

Burp once a day.

### GROUNDING ROOT KRAUT

1 grated turnip

5 grated carrots

1 kohlrabi

2 sweet potatoes

(These are only suggestions – add any vegetables you wish)

Follow sauerkraut recipe

Options:

juniper/caraway sauerkraut

fennel/fennel seed kraut

apple/carrot kraut



## SALT FREE KRAUTS

### SPICY SAUERKRAUT...not sattvic

2 heads cabbage

#### Optional:

1 T seaweed (nori, dulse, kelp)

1 T caraway or dill

2 or 3 cloves garlic

shredded carrots, beets, onion, celery or bok choy

ginger

#### Equipment:

1-gallon glass container

Large sharp knife

Large dinner plate and towel

Juicer (Champion or Sampson)

#### Directions:

Wash cabbage, remove and save outer leaves to cover sauerkraut during fermentation.

Using the blank attachment, put one cabbage and core of 2nd cabbage through juicer.

Chop the second cabbage finely.

Optional: Season with optional ingredients.

Cover with outer cabbage leaves.

Press dinner plate on top of mixture. Weight down with stone or jar full of water to help create its own juice.

Cover with towel and Ferment at 68 – 80 degrees for 2 days.

Uncover and scrape off top layer of gray, oxidized cabbage.

Pour liquid off and reserve to drink or use for salad dressings. Let the sauerkraut ferment in refrigerator for 2 more days. Store in tightly covered glass jar in refrigerator for up to 3 weeks.



## CELERY SALTY SAUERKRAUT

6 C shredded cabbage  
1 ½ C celery juice  
1-2 capsules probiotic

Optional:

½ C carrots shredded  
½ tsp spice of your choice such as caraway seed or fennel or turmeric

Directions:

Stuff 1 L jar with mix of cabbage and other optional veggies stirred with any spices you wish  
Add the probiotic powder to juice  
Pour juice over mix until it covers cabbage mix - leave ¾ inch at top of jar  
Pour juice over mix until  
Top off with cabbage leaf to cover space and keep cabbage mixture under liquid  
Place lid on the jar  
Burp once a day

## BASIC KIMCHI (not Sattvic)

3 heads of napa/bok choy/savory cabbage (mix and match), chopped coarsely  
5 grated carrots and scallions

Brine

1 ½ inch piece of ginger  
2 garlic cloves (leave out for Sattvic kraut)  
1 tsp Himalayan salt  
1-2 chili peppers (use gloves when chopping peppers)  
1 C water

Add more or less of anything according to taste preference and spiciness desired.

Stuff cabbage in jars half full, pound down, add brine half full, finish adding cabbage and pound down leaving 2 inches at the top. Finish adding brine to cover ingredients. Weigh down and leave out of direct sunlight.

Store in tightly covered glass jar in refrigerator for up to 3 weeks.

## TURMERIC KIMCHI (EASY PEASY)

3 C processed will make a 1-litre jar  
In food processor pulse bok-choy, savory cabbage, napa cabbage (one type or all types)  
Add celery and peppers (never green)

In blender make a slurry with:

hot chili pepper  
1 tsp salt  
fresh turmeric root  
2 inch piece  
1 tsp of organic turmeric

Optional: 1 small piece of ginger root

Blend at high speed with 2 C of water

Pour over tightly packed cabbage and put on lid and under-mount with a plate to catch liquid drippings.

## COCONUT - CASHEW YOGURT

1 ½ C fine shredded coconut

1 C cashews

½ tsp powdered probiotic

Soak above in 2 C of water for 1 hour to soften

Blend in processor, stirring until creamy

Add a pinch of salt

½ tsp powdered probiotic

Stir together and pour into nut mylk bag.

Hang bag over bowl overnight. In morning put into jar, let culture until evening.

Optional:

Sweeten with coconut nectar or Stevia

Add cinnamon or vanilla

## CASHEW CHEESE

2 C cashews soaked for 20 minutes then drained

4 T nutritional yeast

½ tsp Himalayan salt

1 C water

Blend above ingredients until smooth

Add probiotic or culture

Cover with cheesecloth overnight or up to 24 hours

## SEEDY CULTURED TURMERIC PARMESAN CHEESE

1 C pumpkin seeds

1 C sesame seeds

1 C sunflower

¼ C lemon or lime juice

2 T nutritional yeast

1 tsp Himalayan salt

2-4 T water

2 capsules probiotic or culture starter or 4 T sauerkraut juice

Soak seeds overnight and rinse

Blend ingredients in food processor or vita-mix blender

Stir in probiotic of choice

Spread onto teflex screen - dehydrate for 4 hours, flip onto screen and dehydrate 12-24 hours until crumbled.

# Sensational TriPow

DRESSINGS REFER TO PAGE

ORDER YOUR TriPow

<https://tripow.ca/>



Spirulina is a type of cyanobacteria in the blue-green algae family.

Chlorella is a type of green algae that grows in freshwater. Both types of algae are extremely nutrient-dense and provide a wide range of vitamins, minerals, and antioxidants

Chlorella is also a nutrient-dense algae, but it's part of the green algae family and grows in freshwater. There are actually over 30 different types of this alga, but you'll see *Chlorella vulgaris* and *Chlorella pyrenoidosa* most commonly in research (Rosenberg, 2014).

Chlorella has an abundance of omega-3 fatty acids and nutrients.



# SENSATIONAL SALADS



## GREENHOUSE CUCUMBER AVOCADO PEPPER SALAD

2 C cucumber chopped  
1 C avocado, diced  
1 C cherry tomatoes  
1 C diced peppers  
3 T fresh basil, finely chopped  
2 T hemp or avocado oil  
1 ½ T lime juice  
1 tsp TriPow (Chlorella, Spirulina mix)  
pinch Himalayan salt  
Combine all ingredients in a bowl and mix well

## MASSAGED KALE SALAD

4 kale stocks with the stem removed  
small handful of pecans (or any nut)  
½ of an apple  
small handful of cranberries (optional)  
½ of a large beet, thinly sliced or shredded (or cultured beets)  
handful of pomegranate seeds  
Optional: mix in any beans, sprouts, avocado or hemp seeds

Start by tearing the kale leaves into bite-size pieces, discarding the stems. Then wash the kale leaves and pat dry. Before you massage the kale, you want to pour the turmeric dressing you prepared (by whisking all the ingredients together in a small bowl) on top of the leaves. Then use your hands to massage the dressing into the kale. The acid from the dressing will help break down the cell wall. Massage for 1-2 minutes. The longer you massage, the softer the kale will become.

Then simply cut all the ingredients for the salad, cubing the beets, and mix with the massaged kale. Top with the chopped nuts and pomegranate seeds. You can warm up this salad by replacing the raw beets with steamed cubed beets.

## MASSAGED CABBAGE KALE SALAD

3 C cabbage  
1 bunch of kale stemmed  
4 celery stalks  
1 yellow pepper  
¾ tsp Himalayan salt  
Optional: 1 apple  
1 C hemp hearts  
1 tsp TriPow (Chlorella, Spirulina mix)

Process cabbage until chunky. Process kale for a few seconds. Massage both in a bowl with salt that begins the breakdown for digestion. Process remaining veggies and add to cabbage/kale.

Add Massaged Cabbage Kale Salad Dressing and toss

## CAULIFLOWER TABOULI ~ Courtesy of the Tree of Life Café

3 C cauliflower florets  
1 C parsley, finely chopped  
¼ C bell peppers, red, finely chopped  
3 T olive oil  
½ tsp Himalayan salt  
1 tsp lemon juice  
1 tsp TriPow (Chlorella, Spirulina mix)

In processor, pulse the cauliflower until it resembles grains of rice  
Place cauliflower into a bowl and stir in the remaining ingredients

## DILLY CURRY-TAHINI SALAD

1 head of lettuce, chopped  
2 C cherry tomatoes, chopped  
½ bell pepper, chopped  
2 cucumbers, chopped  
1 tsp TriPow (Chlorella, Spirulina mix)  
Toss with Dilly Curry-Tahini Dressing

## RED CABBAGE SALAD

½ head red cabbage  
4 stalks of celery  
½ C cranberries, sulfate-free  
1 apple  
Dress with basic dressing

## TOMATO PESTO SALAD

10 small tomatoes on the vine  
8 basil leaves  
2 celery stalks  
1 cucumber  
2 T pumpkin seed pesto  
In food processor pulse onion and celery  
Add in basil, cucumber, pesto and tomatoes - pulse 3 or 4 times to chop and blend

## “JENNY’S” MASSAGED CAESAR SALAD

2 bunches of romaine stemmed and broken into large pieces

Massage with 1 T of oil and ½ tsp. salt until kale begins to soften slightly, yet still crunchy

Dressing:

½ C pine nuts

¼ C apple cider vinegar

¼ C avocado oil

1 tsp of Himalayan salt

1 garlic clove (optional)

3 T nutritional yeast (gives it a cheesy flavor)

½ english cucumber chopped

¼ C water

2 T coconut nectar (or organic coconut sugar)

Blend in high speed blender or Vitamix at medium and then high until well blended.

It will store nicely in fridge for 1 week.

(This makes enough dressing for approx. 4 kale salads - use approx. ½ cup per salad)

## COCONUT FLAKES “COCO-BITS”

Toss 2 cups of unsweetened coconut chips with a tbsp. of natural liquid smoke flavor, 1½ tsp of smoked paprika, and ½ tsp of salt.

Spread on dehydrator sheet and dehydrate for 4 hours. Taste like bacon bits

## TOMATO PESTO TRIPOW SALAD

10 small tomatoes on the vine

8 Basil leaves

2 celery stalks

1 cucumber

2 T of pumpkin seed pesto

In food processor pulse onion and celery

Add in basil, cucumber, pesto and tomatoes - pulse 3 or 4 times to chop and blend, toss.

## KATE’S BEET BASIL POTATO SALAD

5-7 medium sized beets chopped

5-7 med red potatoes chopped

Lots of fresh basil finely chopped

4-5 stalks of celery finely chopped

½ red onion (optional, not Sattvic)

Roast beets in water in roast pan for 1 hour at 350°F, (halved, or quartered if large)

Add potatoes, (halved, or quartered if large) and roast for another 50 minutes at 350°F

When beets and potatoes cool at room temperature, toss in a bowl with basil, celery, and onion along with:

4 T avocado oil,

4 T apple cider vinegar,

1 tsp. salt.

Mash together lightly until potato salad is chunky. And enjoy!



# DRESSINGS, DIPS & PATES



There is a richness, a decadence and an indulgent feeling when you add a dip or paté to your meal. Dips make the difference between a meal feeling like a rich banquet of flavors and just an ordinary meal. They add flavors, a great dose of protein healthy oils and that creamy texture to the crispness of your veggies and/or dehydrated crackers and are ridiculously easy and quick to whip up!

Adding in delicious rich healthy dips are an amazing way to fill cravings. They are satisfying and stabilizing, filled with nutrients.

We encourage you to experiment and explore with dips and patés - keeping them on hand for quick satisfying snacks and as beautiful additions to any meal. I've even eaten veggies and sprouted hummus for breakfast more than once! And, I always had a veggie platter and some kind of dip on hand for after school snacks for the kids. Which they always reached for first. And now they've grown to be adults who love raw veggies and make healthy food choices.

They are also always a huge hit at potlucks and shared meals, people just flip for dips! You'll just smile as people rave over your delicious dip that only took you mere minutes to prepare!

Dips and dressings are a staple in many homes. Yet, do we really know what is in most bottled and packaged dressings... saturated fats, trans fats, chemicals, preservatives, artificial coloring, msg, refined sugar... to name but a few. Many of the suspect ingredients are even found in the so-called 'healthy' dressings. Understanding that it takes literally under 5 minutes to make a delicious dressing that tastes and even feels so much more amazing. Dipping into this experience and delighting in the dips that add probiotics, healthy fats and greens and bountiful nutrition to everything you eat is actually much more simple than we know.

## FOOD FOR THOUGHT:

Apple cider vinegar is an excellent source of niacin, which gives us a stimulating buzz and is great for depression.

All recipes are made with FRESH, RAW, ORGANIC ingredients ~ YUM!

### Tips:

Blend using high-power blender - such as a Vitamix.

Make dips and dressings ahead of time. They will thicken up in fridge.

Add more or less water depending on the consistency you wish to have: you can add cucumber in place of water.

You can also add less water to turn any of these dressings into delicious vegetable dip.

You can add left-over dressings and dips to your dehydrated crackers.

Adding apple cider vinegar and/or lemon is a natural preservative.

Dips and dressing will last in fridge about 5-7 days.

## MY FAVOURITE BASIC DRESSING - perfect for cabbage salads

1-2 T avocado oil or other cold-pressed oil such as olive oil

1-2 T lemon juice or apple cider vinegar

½ tsp Himalayan salt (to taste)

Optional: 1 T yacon syrup or coconut nectar or 3 drops stevia, 1 tsp Ryan's Hot Mustard

If not, you can simply pour ingredients directly on salad and toss

## ITALIAN TOMATO SEED DRESSING/ DIP

⅓ C avocado or olive oil

lemon/ lime fresh squeezed juice

¾ C tomato, chopped

1 T Italian spice (basil, oregano, thyme)

½ tsp Himalayan salt

1 tsp mesquite

Optional: Fresh basil or cilantro, 2 T lemon juice

Blend

## SENSATIONAL CAESAR SEED DRESSING/ DIP

¼ C avocado oil

1 C half sunflower seeds half hemp hearts - soaked to soften (May substitute with cashew nuts)

2 T apple cider vinegar

2 T lemon or lime juice

¼ - ½ C water

2 T nutritional yeast

½ tsp Himalayan salt

Optional: Fresh basil or cilantro, 2 T natural sweetener

Blend

## MASSAGED CABBAGE KALE SALAD DRESSING

3 T lemon juice

3 T tahini

2 T olive or hemp oil

2 T coconut nectar

Garlic clove

Optional: Juice from 1 lemon or orange

Blend

## CREAMY SPROUT DRESSING/ DIP

¼ C avocado oil  
1 C pine nuts - soaked to soften (May substitute with cashew nuts)  
2 T apple cider vinegar  
2 T lemon or lime juice  
¼ - ½ C water  
2 T nutritional yeast  
½ tsp Himalayan salt  
1 T each: tarragon, marjoram, parsley or other herbs to taste preference  
Optional: 2 T natural sweetener  
Blend

## TAHINI-APPLE DRESSING/ DIP

1 apple  
2 T apple cider vinegar  
2 T lemon or lime juice  
2 T tahini  
2 T avocado oil  
½ tsp curry, ginger or cumin powder  
½ tsp Himalayan salt to taste  
2 tsp mesquite  
Blend

## SESAME DRESSING/ DIP

(great for salad wraps)

⅔ C sesame oil  
1 C sesame seeds  
4 T apple cider vinegar  
½ tsp Himalayan salt  
¼ C water  
2 tsp mesquite  
Optional: ⅔ tsp ginger, ⅔ tsp curry  
Blend

## AVO-LICIOUS DRESSING/ DIP

1 avocado  
2 T lemon or lime juice  
2 T apple cider vinegar or 2 T of sauerkraut juice  
½ tsp Himalayan salt  
¼ C water if needed to blend mix  
¼ - ½ C fresh cilantro  
Blend

## CITRUS SLAW DRESSING

2 T lemon juice  
¼ C orange juice  
2 T orange zest  
2 T lemon zest  
2 T olive oil  
½ tsp Himalayan salt  
Optional: 1 T natural sweetener  
Blend

\*You get your zest by grating your organic orange and lemon peels all the way to the fruit (including the white)

## CABBAGE SLAW DRESSING

¼ C lemon juice  
¼ C apple cider vinegar  
1 tsp Himalayan salt  
½ C olive or hemp oil or avocado oil  
Optional: 1 T natural sweetener, 1 tsp fennel or caraway  
Blend

## MUSTARD DRESSING (delicious on spinach salad)

½ C pine nuts  
½ C sprouted sunflower seeds  
1 tsp Himalayan salt  
¼ C fresh lemon or lime juice  
¼ onion  
½ cucumber  
1 tsp natural low glycemic sweetener  
Blend

## DILLY CURRY-TAHINI SALAD DRESSING

2 T tahini  
1 T chia seeds  
½ medium organic zucchini  
1 tsp turmeric powder  
1 tsp onion powder  
¼ tsp Himalayan salt  
1 T lemon juice or juice of ½ lemon water  
(start with 1 T for consistency)  
2-3 T chopped fresh dill, or to taste  
Blend



## MISO TAHINI GARLIC DRESSING

3 - 4 T tahini  
¼ C olive oil  
½ C water  
2 T lemon or lime juice  
1 T chickpea miso  
2 T dulse flakes  
¼ tsp Himalayan salt  
1 tsp turmeric (or 1 inch peeled fresh)  
Optional: 1 clove garlic  
Blend

## ALIVE CHIVE DRESSING ~ Adapted from Ken Dorr

1 C sauerkraut  
2 T chives  
½ tsp mustard  
1 T tahini  
2 T apple cider vinegar  
½ tsp himalayan salt  
Blend

## SOUR CREAM

1 C cashews, soaked and drained  
½ C water  
¼ C lemon or lime juice  
2 tsp apple cider vinegar  
2 tsp olive oil  
1 tsp Himalayan salt  
Blend

## EASY GUACAMOLE

2 -3 ripe avocados mashed  
2 T lemon juice or juice from 1 medium lemon  
small dash of Himalayan salt  
Optional: Add finely chopped cilantro and tomato or Add pomegranate  
Mash together with fork and serve with veggies or dehydrated crackers

## ZUCCHINI HUMMUS

2 - 3 zucchini

4 T tahini

⅓ C lemon Juice

⅓ C olive oil

1 tsp salt

½ tsp cumin basil or other flavorings

Combine all ingredients in food processor while stirring continually until spread is smooth. Taste and adjust.

## HUMMUS ALIVE

1 C sprouted crunchy bean mix

Soak sprouted bean mix in warm water for 10 minutes

⅓ C lemon or lime juice

¼ C avocado oil

¼ tsp Himalayan salt

2 T tahini

½ - ¾ cucumber or zucchini

2 T cumin

Garnish:

2 T olive oil

1 tsp ground cumin

Blend the sprouted chickpeas with remaining ingredients until smooth stirring on low.

Spoon the hummus into a bowl then dust with paprika and cumin and drizzle with olive oil.

Optional: 1 tsp ground turmeric

Sesame seeds and/or parsley as a garnish.

## PUMPKIN SEED RED PEPPER HUMMUS

¾ C sprouted pumpkin seeds

½ organic cucumber

1 medium red pepper

1/4 C fresh lemon or lime juice

1 tsp turmeric or cumin

2-3 T tahini

½ tsp Himalayan sea salt

Blend on high speed till smooth, scrape down sides as needed.

You can add ~ ⅓ C of water if too thick

Optional: Exchange sprouted pumpkin seeds for ¾ of a cup of sprouted mixed beans

To make a zucchini hummus by adding 2 C of zucchini and omit the cucumber and water

## SUN & SEA PATE

(Better than Tuna)

Blend veggie mixture in food processor:

1 red pepper

4 celery stalks

Put aside in bowl

In processor combine:

3 C sprouted raw sunflower seeds

2 T raw apple cider vinegar

1 tsp raw salt

2 T tahini (sprouted organic version is best)

3 T Atlantic dulse flakes

1/4 C fresh lemon juice

1/2 C water

Process until pate texture, stopping processor to scrape down sides until all sunflower seeds are blended evenly into mixture. Add to veggie mixture and serve.

## OPEN SESAME DIP

1 organic cucumber - cubed

1/3 C sundried tomatoes - soaked for 20 minutes in 1/2 C warm water

1/2 C sesame seeds

2 T lemon juice or Juice of 1 lemon

1/2 tsp Himalayan salt - to taste

Blend all ingredients in vitamix while stirring (including water from soaked sundried tomatoes)

Add 1 T water if needed for thickness

Add 1 T chickpea miso and blend for another 30 seconds

## SUNDRIED TOMATO, OLIVE & WALNUT PATE

In a food processor add

1/2 C sundried tomatoes that have been soaked in 1/2 C water

3 medium or 5 small cherry tomatoes

1/2 C soaked and rinsed pumpkin seeds

1/2 C walnuts

1 1/2 C pitted olives (rinse to remove excess salt)

1/2 tsp paprika

Add ingredients to food processor - pulse for 1 min

Open processor and scrape down sides 2-3 time during process.

Form dome shape with half the pate on the plate and sprinkle with paprika and garnish with olives and cherry tomatoes.

Garnish with spinach leaves and cherry tomatoes, you can also add pumpkin seeds.

A close-up, high-angle photograph of a white ceramic bowl filled with a thick, golden-brown soup. A wooden spoon is partially submerged in the soup, its handle extending towards the bottom right. The background is a dark, textured surface, possibly a wooden table, with several small, light-colored, oval-shaped objects (possibly nuts or seeds) scattered around the bowl. The lighting is warm, creating a cozy atmosphere.

# SAVORY SOUPS

I am warmed... comforted  
A cup of garden delight

Aroma of my yesteryears  
Filling the kitchen of homemade  
Simmered, inviting, awaiting to share

*“A first-rate soup is more creative than a second-rate painting”*

~ Abraham Maslow

*“There’s a sorrow and pain in everyone’s life, but every now and then there’s a ray of light that melts the loneliness in your heart and brings comfort like hot soup and a soft bed.”*

~ Hubert Selby Jr.

Soup had been a staple in my home since childhood - mostly homemade, but also a cupboard full of canned soup, like many children of today. Soup always brought a warming, comforting feeling - a winter haven. Let us redefine and explore both raw and transitional sensational soups. With a few household staples and a high speed blender most soups can be made in a time/energy pinch - after a full day or during a restful weekend... honored transitional foods.

Do note that when you have the choice - steaming veggies, like potatoes, is the preferable choice, as it produces less acrytimines. All recipes are made with FRESH, RAW, ORGANIC ingredients ~ YUM!

## MINTY CUCUMBER SOUP

1 organic cucumber, peeled and cut into chunks

¼ C chopped fresh mint

1 avocado, cubed

Add Himalayan salt to taste

Combine all ingredients in a blender and blend well. Pour into a bowl

## ONE MINUTE KALE SOUP

2 kale leaves stems removed or ⅓ C of sauerkraut

1 C hot water

Blend on high for 10 seconds.

Optional: 1 T Atlantic dulse flakes

pinch of salt

1 C celery

1 small carrot

1 C spinach

Blend until smooth



## ALMOST RAW MINESTRONE SOUP

2 T coconut oil  
4 tsp dried italian spices (basil, rosemary, thyme...)  
1 can Tree of Life Pizza Sauce  
4-5 C mixed veggies, finely chopped (broccoli, carrot, zucchini, cauliflower...)  
1 C hot water  
1 C sprouted mung beans  
1 tsp Himalayan salt (to taste)  
In a stainless steel saucepan gently melt (don't boil)  
2 T coconut oil  
Add 4 tsp dried Italian spices (basil, rosemary, thyme...)  
Simmer on medium for 3 minutes to bring out flavor of spices  
Stir into the Tree of Life Pizza Sauce recipe  
4-5 C mixed veggies, finely chopped (broccoli, carrot, zucchini, cauliflower...)  
Add 1 C hot water, 1 C sprouted mung beans, 1 tsp Himalayan salt (to taste)

## BROCCOLI SOUP

2 red potatoes  
1 yam  
½ squash  
1 head broccoli  
3 stalks celery  
2 T coconut oil  
3½ C water  
¾ tsp Himalayan salt  
1 tsp thyme  
1 tsp basil  
Chop potatoes, yam and squash & steam  
Chop celery, and broccoli and saute in coconut oil, ½ C water and spices  
Add in equal amounts of potato mixture with broccoli mixture into Vitamix (up to ¾ full only) with 3 C of water, miso and Himalayan salt - pulse until slightly chunky (not completely creamed or it will change the taste)  
This is a higher glycemic recipe. To make lower glycemic, replace potato with more squash, celery and broccoli.

## SQUASH SOUP

1 squash (butternut squash or kabocha squash are very creamy)  
1 head broccoli  
3 stalks celery  
2 T coconut oil  
2 T chickpea miso  
3½ C water  
¾ tsp Himalayan salt  
1 tsp thyme  
1 tsp basil  
Chop potatoes, yam and squash & steam  
Chop celery, onion, broccoli and saute in coconut oil, ½ C water and spices

A top-down view of a white bowl filled with a variety of fresh ingredients. The bowl is divided into sections: a large portion of purple sweet potato mash on the right, a green salad with leafy greens and small white cubes on the left, a pile of golden-brown quinoa or rice in the upper right, and a mix of green beans and other vegetables in the lower left. A long green chive stalk is placed diagonally across the bowl. In the bottom right corner, there are several bright red strawberries. The bowl sits on a wooden surface.

# ENERGIZING ENTREES

## THE BUDDHA NO-BELLY LOVE BOWL

Love bowls are great any time of the year

The infinity 8 amazing combo in a large bowl 1/2 cup of each of the following Infinity 8 ingredients:

sprouts of choice such as mung bean sprouts pea shoots microgreens  
cooked quinoa tossed with coconut oil and a half a teaspoon of salt or cauliflower rice  
shredded cabbage purple or green or mixture  
shredded carrots  
chop celery and cucumber  
½ avocado  
sunflower, pumpkin seeds or hemp hearts  
Chopped herbs such as parsley cilantro basil  
Optional: 2 T chopped onions

Dressing Buddha love pink pro-biotic dressing

½ C of beet juice or one beet cooked  
½ C of water  
½ C apple cider vinegar  
½ C avocado or hemp oil  
½ C sauerkraut  
½ C sunflower seed or hemp hearts  
2 T miso  
½ tsp of salt  
2 T coconut nectar agave syrup or maple syrup

Blend and pour in a sacred spot of the bowl

## RAW VEGGIE BURGER - Courtesy of The Tree of Life Rejuvenation Center

Makes 12 Patties

1½ C pumpkin seeds  
1½ C walnuts  
4 C minced vegetables (carrots, bell peppers, celery, zucchini)  
1 C sundried tomato  
½ C chickpea miso  
½ C olive oil  
3 T lemon juice  
2 T ginger  
⅛ tsp cayenne  
3 T Italian seasoning  
½ tsp salt  
½ tsp hing (substitute: 1/4 tsp garlic powder, 1/4 tsp onion powder)  
1 C fresh herbs (rosemary, basil, oregano)  
1 bunch fresh parsley  
water

Pulse pumpkin seeds and walnuts in food processor. Add veggies and sun-dried tomatoes and pulse. Add herbs and process together.

Blend remaining ingredients together in a blender.

Transfer all ingredients (from blender and food processor) to mixing bowl and combine well by hand. Add enough water to create smooth mixture.

Measure 1 scoop per patty and make rounds about 1 inch thick. (A mason jar lid makes for an excellent shaping tool.)

Dehydrate 8 – 12 hours at 115°F, flipping halfway through. They should still be moist and soft when done.

## SALAD ROLLS

To wrap: cabbage leaf, butter leaf lettuce or romaine lettuce

Add mixture

spiralized or shredded zucchini

shredded carrot

shredded cabbage

sesame seeds

finely chopped cilantro or Italian parsley

top with thinly sliced avocado, mint or basil leaves

Optional: add thinly sliced onions to shredded veggie mixture

## RAW LASAGNA ~ Russell -The Raw Food Chef

Serves 9 large portions

Can be made in a lasagna dish, or made as individual portions on the plate

Nut cheese

2 C macadamia nuts, soaked 4 hours or more

1 C pine nuts

2 T lemon juice

2 T nutritional yeast

1 yellow pepper

2 T fresh parsley

1 T fresh thyme

½ tsp salt

½ C water as needed

Process all ingredients together, adding as little of the water as possible, until a fluffy consistency is achieved.

## CILANTRO & QUINOA FLAX CRACKERS

1 C flax soaked in 1 C water

1 C hemp hearts

1 C sprouted quinoa

1 C fresh cilantro

½ C of sauerkraut or fresh lemon juice

¾ tsp Salt

Add more water to spread easier on teflex sheets.

Dehydrate overnight at 125 degrees

Flip onto mesh and dehydrate 2 hours

## WALNUT 'MEAT' LAYER

½ C walnuts, soaked 1 hour or more

1 C sundried tomatoes, soaked for 1 hour or more

1 T dark/brown miso

2 tsp dried oregano

2 tsp dried sage

1 T nama shoyu

½ tsp cayenne pepper

1 T olive oil

Grind all ingredients in a food processor, leaving the mixture slightly chunky.

## TOMATO SAUCE

1½ C sun-dried tomatoes, soaked 2 hours or more

2 C tomato, seeded and chopped 1 T dried oregano

2 T olive oil

2 T lemon juice

Process in a food processor until smooth.

## GREEN PESTO

2 C tightly packed basil leaves

¾ C pine nuts or walnuts

3 T olive oil

½ tsp salt

1 T lemon juice

Process all ingredients, leaving plenty of chunkiness!

## SPINACH LAYER

6 C torn spinach

5 T dried oregano

1 tsp olive oil

¼ tsp salt

Place all ingredients in a bowl to marinate and wilt for 1 hour or longer.

Putting the covered bowl in a dehydrator will help this process, but it's not essential.

## Assembly

5 medium courgettes (zucchini), cut lengthwise and marinated in ½ tsp salt and ½ tsp olive oil for 10 minutes

Pinch of black pepper

Sprigs of basil



## (RAW LASAGNA CONT.)

Line the base of your dish with a layer of the courgette strips, overlapping them slightly.

On top of this, put down a layer of the walnut meat, then the cheese, then tomato sauce and finally the pesto on top. Finish this with another layer of slightly overlapping courgette strips.

Repeat step 2, but before adding the final layer of courgette, take your wilted spinach and create an additional layer with that.

Placing the whole dish in the fridge for several hours will firm it all up slightly, which will make it easier to cut into portions.

Garnish individual portions with black pepper and a sprig of basil.

## GRATITUDE PAD... THAI

- 1 medium zucchini, spiraled
- 2 large carrots, julienned
- 1 red pepper, thinly sliced
- 1 C red cabbage, thinly sliced
- $\frac{3}{4}$  C sprouted mung beans
- 2 stalks celery, shredded
- 1 T hemp seeds
- 1 tsp sesame seeds



## DRESSING

¼ C almond butter  
2 T lime or lemon juice  
2 T chickpea miso  
2 T water  
1 tsp sweetener (yacon syrup or coconut nectar)  
1 T mesquite  
½ T avocado oil  
1 tsp freshly grated ginger  
1 T fresh lemongrass

Blend in Vitamix: the dressing may seem a bit thin at first, but it thickens as it sits.

Prep vegetables. Add the zucchini, carrots, pepper, and cabbage into one or two large bowls.

Toss with hands to combine. Top bowls with mung beans, hemp seeds, and sesame seeds. Pour on dressing.

## RAW TACOS

Ingredients:

### WALNUT MEAT

2 C raw walnuts  
1 red sweet pepper  
½ onion (optional)  
1 tsp cumin  
½ tsp salt  
pinch of cayenne  
½ tsp smoked paprika  
½ tsp chipotle

BRUSCHETTA/ SALSA - only difference is fresh basil in bruschetta or fresh cilantro in salsa

In food processor with S blade:

2 C fresh tomatoes, diced  
1 red pepper minced  
juice 1 lime  
2 T fresh cilantro, chopped  
salt to taste

### CASHEW SOUR CREAM

1 C cashews (trade cashews, sunflower seeds and hemp hearts)  
½ C water  
2 T lemon juice  
1 tsp apple cider vinegar  
½ tsp nutritional yeast  
Blend in blender while stirring

Extras:

12 leaves of romaine lettuce  
1 avocado  
fresh cilantro

## Instructions:

1. To make the walnut meat, blend all taco meat ingredients in a food processor until walnuts break down into small crumbs. Do not over mix, they will quickly form a paste. Remove from processor and set aside.
2. To assemble tacos, place 2-3 tablespoons walnut meat on the bottom of a leaf of romaine lettuce. Top with salsa, avocado cubes or quick guacamole, (mash one avocado with juice of half lemon or lime) , fresh cilantro, and cashew sour cream. Once assembled, serve immediately.

Refer to Guacamole Recipe

Refer to Cheese Recipe

## RAW PIZZA with Red Pepper Flax Crust

### CHEESE

1/3 C each, sunflower/cashew/hemp heart nuts  
juice of one lemon  
1 garlic clove  
2 tsp Italian seasoning  
2 T rejuvelac (or water)  
2 T nutritional yeast  
salt, to taste

### CRUST

1 red bell pepper  
1/3 C each of sunflower seeds, hemp seeds and 1/3 cup of flax soaked in 1/3 cup of water  
1/4 C ground flax soaked in 1/4 cup water  
salt and cayenne pepper, Italian seasoning to taste

### TOPPINGS

2 C of whatever veggies you like  
1 tsp. each of tamari and extra virgin olive oil

### SAUCE

3/4 C chopped tomatoes  
1/2 tsp lemon juice  
1-2 dates  
1 T miso  
1 small garlic clove  
fresh or dried basil and oregano, to taste

### PREPARATION

#### Cheese

1. Blend all the ingredients until very smooth and thick.

2. Wrap in cheesecloth, place in a bowl and leave alone for preferably 2-5 days. You can use the cheese right away but the longer you let it age, the more flavor and texture it will develop.

### **Crust**

1. Put all the ingredients in your food processor and process until everything has combined into rough, slightly wet “dough”.

2. Spread this evenly onto parchment on a pizza pan and dehydrate in your oven at its lowest temperature for 3-5 hours or until it's like a giant cracker.

3. If you have a dehydrator, you can use that instead and set it to just above 115°F degrees.

### **Toppings**

1. Evenly coat the veggies in tamari and oil and let them marinate in your oven at its lowest temperature, or in your dehydrator, for about an hour.

### **Sauce**

1. Blend all the ingredients until smooth.

2. Spread this evenly on your crust, followed by pieces of cheese, then the marinated veggies.

3. Pair with a salad and you've got one super delicious, super healthy dinner than everyone can enjoy!

## **ULTIMATE RAW VEGAN PIZZA**

### **CRUST**

3 zucchinis

2 tomatoes (I used beefsteak)

Juice from 1/2 lemon

½ onion

1 garlic clove

2 dates

2 bell peppers

¼ C walnuts (or nut pulp leftover from nut mylk)

### **SAUCE**

½ C sun-dried tomatoes

½ C chopped zucchini

juice from ½ lemon

handful fresh basil leaves

¼ C dates

1 garlic clove

### **TOPPINGS**

2 tomatoes (I used heirloom)

2 C mushrooms

1 bell pepper

1 tsp apple cider vinegar

## MAKING THE CRUST

Slice the zucchinis into noodles with a spiral slicer, mandolin or a cheese grater. Set aside in a large bowl. Blend the rest of the ingredients until smooth, adjusting according to taste. Mix this into the noodles. You should end up with a huge bowl of really saucy noodles. Like I said, it's hard not eating all of this by itself. Spread this evenly - keeping it thick - into a big circle on a dehydrator tray and dehydrate at 115 °F for 6 hours or so, until pliable. Flip over and do the same again. Note: you can use your oven at it's lowest temperature if you don't have a dehydrator. Keep checking on your crust as it is drying though, because everyone's will turn out different.

To make the sauce: put all the ingredients a food processor or blender and blend until smooth. Spread on your crust.

To prepare the toppings: slice all the veggies thinly, then coat in the apple cider vinegar and place in a warm spot, dehydrator or oven for around 40 minutes until they soften. Decorate your pizza with the toppings, slice, then ENJOY THE HECK OUT OF IT.

Optional: add some raw vegan cheese! I also threw on some avocado, cilantro and hemp seeds.

## NORI ROLLS ~ Courtesy of Peace Pies

ROLLS:

4 C spring mix

1 cucumber, finely sliced lengthwise

1 carrot, shredded

½ C purple cabbage, shredded

1 avocado, sliced

1 C sprouts of your choice

1 bunch fresh mint

Raw nori sheets

¼ C water

Prep all veggies and set all ingredients in front of your workstation.

Using a sushi roller or freehand start with a layer of spring mix, sprouts, cucumber, avocado, carrots, cabbage, mint and another bit of spring mix. Roll and seal with water.



# DESSERTS





## SALTED ALMOND BUTTER COOKIES

[Adapted from the recipe in The First Mess Cookbook by Laura Wright]

1 C raw almonds (preferably soaked 8-12 hours in water then rinsed)  
½ C almond butter  
1 C pitted dates  
⅓ C of ground flax soaked for 10 minutes in 1/3 C of water  
2 tsp vanilla extract  
1 tsp fresh lemon juice  
1/4 tsp maldon sea salt

In a food processor, grind the almonds into a rough flour. Add the rest of the ingredients and process until you have a thick dough that clumps together. Roll your dough into balls, then flatten into cookies. Sprinkle with some more sea salt if you like. Keep in the fridge for up to 10 days. But trust me: they'll disappear much faster than that.

## KEY LIME PIE

### CRUST

4 pitted dates  
1 C walnuts

Optional: Replace dates with dried cherries (sulfate-free) - a lower glycemic choice.  
Process until crumbly - stopping to scrape down sides frequently  
Press into 9-inch glass pie plate.

## FILLING

Add the following to blender:

½ C pine nuts  
⅝ C coconut oil - melted but not boiled  
¾ C lemon and/or lime juice  
¼ C lemon and/or lime zest  
1 C shredded coconut  
¼ C coconut nectar  
¼ C water  
1 tsp vanilla extract or fresh vanilla beans  
1 tsp mesquite powder  
1 tsp arrowroot powder  
pinch of Himalayan salt

Blend to creamy consistency in Vitamix - stirring with plunger continuously.

Add a tbsp of water at a time to thicken.

Pour into pie crust.

Refrigerate 6-8 hours or overnight.

## WUHOO RAW CACOA POWER BALLS

Warm to melt 2oz of cocoa butter

1 tsp coconut oil

Add to food processor

1 T cocoa powder

1 tsp salt

2 T maple syrup

11 pitted dates

½ C oats

1 C shredded coconut, unsweetened

½ sunflower seeds

1 C hemp hearts

Add Melted Cocoa in Food Processor for 3 minutes with S blade until its starts to stick together.

## LEMON-LIME COCONUT BALLS

2 C coconut grated, unsweetened

1 C cashews (not soaked)

1 C sesame seeds (not soaked)

½ C coconut oil - melted - not heated

¾ C lemon and/or lime juice

¼ C lemon and/or lime zest

¼ C natural sweetener (yacon or coconut nectar)

½ tsp Himalayan salt

Blend all ingredients in food processor, stopping to scrape down sides until blended thoroughly using a cookie scoop (like a mini ice cream scoop) scoop into balls and place in freezer until set.

## TAHINI CARDAMOM CRANBERRY BALLS

¼ C coconut oil (melted)

1 T natural sweetener (mesquite)

5 drops stevia

2 T ground cardamom

⅓ C tahini

1 C walnuts

1 C ground coconut

½ C hemp hearts

½ tsp Himalayan salt

½ C cranberries

Optional: 1 scoop protein powder

Melt coconut oil in pot. Turn off heat and add honey and tahini to soften. In food processor with S blade chop cranberries and walnuts together. Save ⅓ of the mixture and add remaining ingredients to the food processor. Mix until form dough like consistency. Roll into long log. Refrigerate for approximately 3 hours or if short of time put in freezer for 30 minutes. Remove from refrigerator and roll log into remaining walnuts and cranberries. Sprinkle with hemp hearts or coconuts.

## BERRY CHAGA CHIA PUDDING

1 C organic mixed berries  
½ C nut or seed milk  
½ C chaga tea  
¼ C carob powder  
4 drops vanilla extract  
½ C chia seeds  
2 T coconut oil  
1 tsp natural sweetener (sweeten to taste)  
Pinch of Himalayan Salt

Place all ingredients except chia seeds in food processor.  
Add chia seeds give another quick blend. Put in serving bowls. Put in fridge for a few hours.  
Serve chilled.

## FROZEN COCONUT CREAM PIE

### CRUST

¾ C mix of hemp/walnuts  
¾ C pitted dates  
½ tsp sea salt  
2 T melted coconut oil  
1 tsp cinnamon

### PREPARATION

Vitamix pulse on low until crumbly. Spread and press into pan (8" square/round pan approximately)

### FILLING:

2 C coconut cream  
1 ¼ C shredded coconut  
¼ C honey  
10 dates  
½ C melted coconut oil  
2 lime peels

### METHOD:

Vitamix pulse mix at low and increased speed to until it requires no more stirring. Spread over crust. Sprinkle some hemp and coconut on top for decoration. Place in freezer for one hour.

## CACAO MOUNTAIN MINT BALLS

¾ C melted raw cacao butter  
¾ C melted coconut oil  
¼ C natural sweetener  
1 C soaked cashews  
½ C coconut  
½ C dates, pitted, soaked  
½ tsp Himalayan salt  
4 T raw cacao powder or carob  
1 T peppermint  
5 fresh peppermint leaves  
10 drops of Stevia  
1-2 C shredded coconut

Continue pulsing until smooth, take out of blender and add 1 to 2 C of shredded coconut. Stir and add more coconut if unable to form balls. You may have to let it cool in refrigerator in order to form balls.

## IRRESISTIBLE ELEVEN MINUTE BROWNIES

1½ C pitted dates  
½ C walnuts  
½ C hemp hearts  
½ C cocoa powder, unsweetened  
⅓ chopped pecans

In the food processor, finely grind dates and walnuts, Add nut butter next then add cocoa and hemp hearts until well mixed. Press into a parchment-lined 8" square pan. Sprinkle with pecans. Chill for at least 1 hour.



## EDMONTON AND AREA SOURCES

**Old Strathcona Farmers Market** - [www.osfm.ca](http://www.osfm.ca)

There are other great organic farmers markets around, too - find your favorite!

### **Gold Forest Grains**

Flax, Buckwheat, Lentils

### **Sprouting**

Northern Lights

Micro-Greens - Felix & Eve

### **Lacombe Green Houses**

#### **S4 Greenhouse**

Cucumbers, Peppers, Lettuce, Tomato

#### **Doef's Greenhouse**

Cucumbers, Peppers, Lettuce, Tomato

### **TriPow**

Chlorella and Spirulina

[www.tripow.ca](http://www.tripow.ca)

### **Sunrise Gardens**

Sprouts, Wheatgrass

### **Iodine**

[Magnacent.ca](http://Magnacent.ca)

### **West Country Herbs**

Fresh Herbs... mmmm, Basil

**Mumms** - [www.sprouting.com](http://www.sprouting.com)

Organic Sprouting Supplies

**OM Food** [www.omfoods.com](http://www.omfoods.com)

Chickpea Miso, Spices, Herbs, Nuts, Seeds, Coconut Oil

**Earth's General Store and Roots on Whyte** - [www.earthsgeneralstore.ca](http://www.earthsgeneralstore.ca)

Refillable essential oils, organic soaps, spices, salt, clean veggies and fruit

**Chickadee Farm** - [www.chickadeefarmherbs.ca](http://www.chickadeefarmherbs.ca)

Culinary Herbs, Herb Teas

### **Costco**

Macro Greens Powder, Organic Dates, Organic Figs, Avocados, Lime

**In the winter:** Organic Veggies: Spinach, Mixed Greens, Carrots

Vegan Eateries

### **The Green Moustache**

Food Co-ops: consider joining or starting your own small family and friends food co-op

Great way to order in bulk and share the cost



*Eat, Pray, Live*

*We are One  
We're talking about a homecoming  
Ancients and Earth Peace keepers  
EVERYWHERE  
One day we said to our land 'I want to be your BELOVED'  
And everything changed...  
Chains fell, thunder roared, the earth moved  
Round Up and chemical farming lost its hold  
For there will always come a day,  
When the power of love  
Is greater than the love of power...  
When the power of breath and quiet life-giving food will prevail  
For the next seven generations unseen*

*“ There is seemly only one choice, the choice you are making in this very moment”.*  
Rameen

*“May all sentient beings be happy and free...  
May all being settle in Sattvic stilling...  
May we all be blessed with these teachings... eating from The Tree of Life...”*

Graphic Design - Katanya Timinsky  
[www.katanyadesign.com](http://www.katanyadesign.com)

References:

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Cousens, G. (2000). *Conscious Eating*. Berkeley, CA: North Atlantic Books.

Cousens, G. (2003). *Rainbow Green Live – Food Cuisine*. Berkeley, CA: North Atlantic Books. Cousens, G. (1986).

*Spiritual Nutrition*. Boulder, CO: Cassandra Press. Cousens, G. (2011).

Spirulina/Chlorella <https://www.getroman.com/health-guide/chlorella-vs-spirulina>

# SEVEN DAY MENU PLAN

Everyday start out with 500ml of purified water with either lemon a pinch of Himalayan salt or five drops of Magnascent iodine.

Begin your day with 500ml of infused water using one of the recipes from EarthGut for Foodies or 500ml of celery and/or celery cucumber juice.

Intermittent fasting until 11am by choosing green juice only which are very low on glycemic index

For lunch choose a low glycemic smoothie with some of the pulp from morning juice or a salad which can be pre-made or if you eat your larger meal from 1 to 2 in the afternoon you may choose to have one of the entree's such as...(maybe you can put the different Raw Tacos, Pad Thai or Raw Pizza)

Alternate your solids to provide you with more herbal medicine and vegetable diversity and pre-make your entree's to put together a Quick Taco or Pad Thai.

Monday

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Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday