

Alkaline Recipes

Simple Yet Yummy and Healthy



By Emma Deangela

ENHANCED ALKALINE MEAL PLANS & RECIPES

By Emma Deangela
www.alkalinecook.com



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Prologue

Alkaline Recipes

The difficulty of eating an alkaline diet is not about just eating all the alkaline foods, but to achieving both acid alkaline balance and yet have a balance nutrition.

When most people try to eat an alkaline diet, they do not know where to start.

Are they eating the right combinations?

Do you strictly allow to eat only the alkaline foods? And among all the alkaline foods, how do you choose and pick your food such that you have a balanced and optimal nutrition.

A cookbook will show you over 50 recipes that will show you exactly how to eat and the alkaline recipes!

The Alkaline Recipes are based upon 7:2:1 rule which we believed will help you to achieve alkaline yet nutritional diet - 70% Vegetables, 20% Fruits and 10 % Grains. The entire rule isn't about

alkaline vs acid, but the types of food we eat.

Most information available about alkaline diet is according to 70/30 alkaline/acid ratio, which we believe there is a flaw in the guideline. While it is true that eating a 70/30 alkaline/acid would balance our body pH, but it does not tell us what to eat and the proportion to eat.

If we follow this principle blindly, we may end up eating lemon to achieve an alkaline body. Can we solely rely on lemons to achieve an alkaline body? Does it give us the necessary nutrients, minerals, and vitamins for our body?

If not, what should we eat to achieve an acid alkaline balance and yet give our body what it needs?

And that is how the 7:2:1 rule come about.

About The Recipes...

Among the vegetables, it can be divided into the various types of vegetables - Leafy vegetables, melons, legumes, root & tuberous vegetables, sprouts, sea vegetables, and fungi vegetables. To have a balance and nutritional diet, we need to consume all of these vegetables.

Hence in this cookbook, we researched, tested and consolidated some of the most healthy and delicious recipes that fit the above criteria. The ingredients in each recipe are combined in such a way to give you as much alkalinity as possible.

Steam fry

Steam fry is a cooking technique which cook the ingredients in a hot pan with a little water. The water will help to cook the ingredients without the need of using cooking oil.

Eggs

Most baking recipes use eggs as a binding agent for baking foods like cakes, muffins, cookies and many more. However, whole eggs are acidifying. For alkaline recipes, we are replacing egg with flaxseed egg substitute. This can be done by grinding flaxseed to a fine powder and simmer it in water. The proportion is 1 tablespoon of flaxseed powder, with 3 tablespoons of water to replace 1 egg.

Alternatively, you can use Ener-G Egg Replacer as an egg substitute.

Proportion

By increasing the proportion of alkaline foods in the recipe, you can adjust the alkalinity of each meal based on your body and likings. If you find the portion and quantity of food insufficient, you could also cook more than 1 dish so that you can have more variety of foods.

Additional Ingredients...

In most of the recipes, you can easily add the following additional ingredients to give you more nutrients, vitamins, and more flavors to your meals.

Seaweeds

Seaweeds are an essential part in providing us with the essential nutrients and vitamins like vitamin A, C and B12. It also contains a large amount of iodine and calcium. A deficiency in iodine would lead to an enlargement of the thyroid glands known as Goiter.

Hence, you may want to add seaweeds into your meals every 2 days or so. You can add in seaweeds like Nori, Wakame and Kombu in most of the recipes.

Sprouts

Sprouts are extremely nutritious and have a highly alkalizing effect on our

body. It also provides our body with essential enzymes for our body's functions.

One of our favorite sprouts is the alfalfa sprouts. You can add them raw into any salads, sandwiches, and even meals, and it still tastes great and delicious.

Do your best to eat organic sprouts in your daily meals.

2 Weeks Sample Meal Plans

We have created 2 sample meal plans with most of the 50 recipes in this cookbook.

On top of the meal plans, you can have a combinations of a different alkaline recipes to have a variety of dishes in each meal.

For the first week, some people will undergo detoxification due to the absence of caffeine, refined foods, and processed foods.

During the detoxification process, you need to drink at least 2-3 litres of water to eliminate the toxins in your body.

Week 1 is specifically planned as more of a transition period. For week 2, there are more green juices and vegetables to supercharge your alkalinity.

The meal plans are planned in such a way that most of the essential vitamins, minerals, and nutrients are included in your diet each week or within the 2 weeks.

Week One

Week 1	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Juices	Lemon-Lime Ginger Ale	Green Supreme Drink	Apple, Carrot & Celery Juice	Bloody Mary	Green Supreme Drink	Grapefruit Smoothie	Avocado Delight
Breakfast	Fennel & Apple Salad	Stuffed Avocados	Guacamole	Greek Salad	Borscht (Beetroot) Soup	Zucchini Nut Loaf	Bruschetta on Spelt Toast
Lunch	Quinoa Tabouli	Grilled Veggies	Broccoli Salad	Steamed Green Veggies	Spinach Lasagna	Vegan Caesar Salad	Roasted Fennel & Potatoes with Celery Salad
Dinner	Japanese Soba Salad	White Bean Salad	Kale with Cranberries & Pine Nuts	Artichoke Turkish Food	Creamy Carrot Fennel Soup	Avocado Soup	Buckwheat Crêpes with Tomatoes & Spinach

Week Two

Week 2	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Juices	Green Supreme Drink	Beet Juice with Carrot & Celery	Green Supreme Drink	Bloody Mary	Green Supreme Drink	Lemon-Lime Ginger Ale	Green Supreme Drink
Breakfast	Millet Breakfast Muesli	Steamed Green Veggies	Bean Burritos	Steamed Green Veggies	Pumpkin Muesli	Steamed Green Veggies	Zucchini Nut Loaf
Lunch	Broccoli Salad	Spinach Mushroom Quiche	Alkaline Cole Slaw	Spicy Butternut Squash Soup	Fennel & Apple Salad	Quinoa Tabouli	Broccoli & Cauliflower Soup
Dinner	Vegan Scrambled Tofu Sandwich	Kale with Cranberries & Pine Nuts	Artichoke Turkish Food	Thai Papaya Salad	White Bean Salad	Kale with Cranberries & Pine Nuts	Wakame Seaweed Salad

Must Have Foods In Kitchen

Refrigerator

Avocados
Spinach
Broccoli
Celery
Cucumber
beetroot
tomatoes
lemons
limes
Pumpkin
fresh herbs like basil, mint leaves,
parsley,
carrots
tomatoes
asparagus
cabbage
lentils
Alfalfa sprouts

Kitchen

Almonds
Millet
Whole Grains
Apple Cider Vinegar
Celtic Salt
Flax Seed
Extra Virgin Olive Oil
Ginger
Bragg Aminos

Natural Almond Dates Milk

INGREDIENTS:

- 1 ½ cups of raw almonds
- 4 cups of filtered or spring water
- 3-8 dates



DIRECTIONS:

1. Soak 1½ cup of fresh raw almonds in pure water overnight. Make sure that the water should be slightly above the nuts to allow for swelling.
2. The next morning, drain the soaked almonds, fill your blender with the almonds and add 2 cups of fresh water until you get white milk-like creamy liquid.
3. You can add hint soak your dates in the morning for an hour before blending with dates (that have been soaked for at least an hour) if you like a little sweetness to your milk.
4. Strain once to remove almond granules. You will get delicious and creamy milk that is all natural, fats free and sugar free. You can keep this almond milk for around 3 days in the refrigerator.

Apple, Carrot & Celery Juice

INGREDIENTS:

- 4 small apples, cored
- 2 medium carrots peeled and cut in half
- 4 celery sticks
- 2 tablespoons lemon juice



DIRECTIONS:

1. Place all the ingredients into juicer and blend until juice.
2. Serve immediately on ice if desired

Peach & Apple Juice

INGREDIENTS:

- 1 apple, cored and sliced
- 2 peaches, remove seed
- 1 banana, peeled



DIRECTIONS:

1. Process the fruit in a juicer.
2. Pour the juice in a large glass and fill to the top with fresh water and serve.

Beetroot Juice

INGREDIENTS:

2 small beetroots

1 handful basil leaves

1 wheatgrass

½ lemon



DIRECTIONS:

1. Cut the beetroot into pieces small enough to fit in your juicer. Wash the wheatgrass, cut the lemon and put all of it into the juicer as well.
2. Fold the Basil leaves and place it between pieces of Beetroot. Juice all the other ingredients, stir and drink immediately.

Lemon-Lime Ginger Ale

INGREDIENTS:

A handful of grapes

1 apple

½ -1 fresh ginger (lesser if too
overwhelming)

½ lime

¼ lemon



DIRECTIONS:

1. Remove the grapes from the stem.
2. Juice the apple and ginger together, and then juice the other fruits.
3. Pour the juice in a large glass and you may serve with ice.

Beet Juice with Carrot & Celery

INGREDIENTS:

3 small beetroots (the small ones are sweeter!)

3 large carrots

2 stalk of celery



DIRECTIONS:

1. Wash all the vegetables using water and a stiff vegetable brush.
2. Slice up the vegetables to fit your juicer.
3. Juice and serve.

Bloody Mary

INGREDIENTS:

2 tomatoes, peeled

Fresh Water

½ lemon

3 celery stalk

Celtic salt

Ground pepper



DIRECTIONS:

1. Cut the tomatoes into wedges and remove the peel by hand
2. Put the tomatoes in blender with the celery stalks.
3. Add the Celtic salt & ground pepper into the blender for taste. Blend until smooth.
4. Garnish with the lemon and celery stalk.

Apple & Carrot Zinger

INGREDIENTS:

6 carrots

2 apples

1 lemon

2 inches fresh ginger, peeled



DIRECTIONS:

1. Juice all the ingredients. Serve immediately.

Green Supreme Drink

INGREDIENTS:

2 apples, cored

2 big handfuls of spinach

½ cup of chopped parsley

1 celery stick

½ a green pepper

1 inch of ginger root, peeled

1 medium cucumber

A handful of alfalfa sprouts



DIRECTIONS:

1. Place ingredients in a blender; add half a cup of water or a handful of ice cubes, then puree quickly for one minute.

Grapefruit, Strawberry & Banana Smoothie

INGREDIENTS:

1 red grapefruit

8 large strawberries

2 medium bananas, sliced

½ cup crushed ice



DIRECTIONS:

1. Wash all the fruits and juice them in the juicer. Serve with ice and enjoy.

Peppermint Ginger Tea

INGREDIENTS:

- 1 ½ inches of fresh ginger root, sliced
- 2 tbsp fresh peppermint leaves



DIRECTIONS:

1. Boil fresh water.
2. Place Ginger Root and Peppermint leaves in the water when the water boils.
3. Remove from heat.
4. Let the tea steep for 3 - 4 minutes and strain.

Avocado Delight

INGREDIENTS:

½ fresh avocado

2 limes

50 ml water

3 slices papaya

1½ tbsp raw honey

Celtic salt

A handful fresh mint leaves



DIRECTIONS:

1. Cut Avocado into two parts and scoop out the pulp.
2. Slice 3 papayas without the papaya's outer skin.
3. Cut the 2 limes into halves and squeeze the juice into a container.
4. Blend papaya, avocado, mint leaves and water until smooth and pour little water occasionally.
5. Finally, add Celtic salt, raw honey and lime juice and blend well.
6. Add ice and serve!

BREAKFAST

Buckwheat Crêpes with Tomatoes & Spinach

INGREDIENTS:

Buckwheat Crêpes:

- 1 cup buckwheat flour
- 1 cup whole wheat or all purpose flour
- ½ tsp Celtic salt
- 2 eggs
 - *1 egg = 1 tbsp ground flax seed
simmered in 3 tbsp of water
- 1 tbsp Olive oil
- 1 tbsp coconut butter

Toppings:

- 1 cup chopped fresh tomatoes
- 1 cup lightly packed baby spinach leaves
- ½ cup sautéed, chopped onions
- 3 bell peppers (different colors)
- ¼ cup of chopped fresh basil



DIRECTIONS:

1. Sift the flour together with the Celtic salt. Add the egg, olive oil, and whisk all ingredients for one minute. Slowly add the water until the texture is smooth.
2. Cover with a cloth over the top of the bowl and let sit at room temperature for 2 hours. Before frying, stir in enough water to bring the batter to the consistency of thin cream.
3. Heat a pan at medium heat with coconut butter and add enough mixture to the size of the crepes you want.
4. Place ¼ cup each of tomatoes, bell peppers, basil and spinach down the center of a crepe. Sprinkle 1 tablespoon of sautéed onions on top, and then fold the ends of the crepe over the filling and serve. You should be able to serve 4 servings. Enjoy!

Pumpkin Muesli

INGREDIENTS:

- ¼ cup pumpkin puree
- ¼ cup puffed rice granola/ organic oats
- ½ cup of almond milk/soy milk
- 2 tbsp of raw honey
- 1 tsp grated lemon zest
- 1 sliced fresh strawberry (optional)
- 2 tbsp slivered almonds (optional)



DIRECTIONS:

1. Combine pumpkin puree and rice granola in a bowl.
2. Mix almond milk, honey and zest in another bowl.
3. Swirl in pumpkin mixture. Top with strawberries and almonds (or your favorite fruits).
4. Serve.

Millet Breakfast Muesli

INGREDIENTS:

½ cup cooked millet

½ small ripe banana

½ cup of almond milk

½ apple chopped

1 tablespoon walnuts, pecans or almonds,
chopped

¼ cup pumpkin puree

Some sweet white grapes (optional)



DIRECTIONS:

Cooking the millet:

1. Add desired amount of grain in pan, and add cold water to about ½ above the grain line.
2. Bring to boil, simmer gently till done (around 20 minutes). Add more water if necessary during cooking.
3. Mash/blend the banana.
4. Add the rest of the ingredients and mix them well. Ready to serve.

Vegan Scrambled Tofu Sandwich

INGREDIENTS:

- 1 pound regular tofu - firm
- 2 tbsp Bragg Liquid Aminos (or Tamari)
- ¼ tsp turmeric
- ½ tsp Celtic salt
- 1-2 tbsp extra-virgin olive oil
- ¼ cup sunflower seeds
- 2 spring onions, finely chopped
- 1 onion, diced
- 1 Whole meal bread
- Organic raisins to taste
- A few pieces of lettuce



DIRECTIONS:

1. Drain and mash tofu. Mix with Bragg's, turmeric, and salt. Set aside.
2. In hot pan, heat olive oil over medium heat. Add sunflower seeds and cook for a few minutes, stirring occasionally. Add onion and bell pepper. Steam-fry the mixture for 3 minutes.
3. Add the tofu and spring onion into the pan. Steam fry for 7 minutes.
4. Add the scrambled tofu, lettuce and raisins on your whole meal bread and enjoy!

Steamed Green Veggies with Vinaigrette Sauce

INGREDIENTS:

Steamed Green Veggies:

(one or any combination of the following):

Broccoli
Cauliflower
Green beans
Asparagus
Nappa cabbage
Bok choy
Snow peas
Onions or leeks
Eggplant
Zucchini
Regular cabbage
Fennel
Yellow summer squash
Dark leafy greens
Extra virgin coconut oil
Celtic salt
Lemon juice



Vinaigrette:

2 tsp cold pressed organic flaxseed
2 tsp lemon or lime juice
1 tsp raw honey
Celtic salt
Fresh ground black pepper
2 tsp sunflower oil

DIRECTIONS:

1. Select any of the green veggies or more and steam them lightly. Cut the vegetables into bite sized pieces. Steam the vegetables lightly.
2. Add a little Celtic salt and lemon juice. Serve them hot, topped with a little virgin coconut oil.
3. Pour flaxseed oil into a small bowl. Add lemon or lime juice. Add raw honey, salt and pepper. Mix in sunflower oil. Use immediately.
4. Blend all and mix with your veggies.

Zucchini Nut Loaf

INGREDIENTS:

- 1½ cups whole wheat flour
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon nutmeg
- ½ teaspoon baking powder
- ½ teaspoon Celtic salt
- 1 cup organic molasses
- 1 cup shredded unpeeled zucchini
- 2 Eggs *
- *1 egg = 1 tablespoon ground flax seed
simmered in 3 tablespoons of water
- ½ cup olive oil
- ¼ teaspoon shredded lemon peel



DIRECTIONS:

1. Mix together flour, cinnamon, baking soda, nutmeg, baking powder, and salt. Set aside.
2. Beat together molasses, eggs, and shredded zucchini. Mix in olive oil and lemon peel. Combine zucchini mixture into flour mixture. Fold in 1/2 cup of chopped walnuts. Pour batter into greased loaf pan.
3. Bake in oven at 350 degrees for around an hour. Cool in pan for 10 minutes. Remove from pan and let it cool on rack. Wrap and store.

Guacamole

INGREDIENTS:

2 large avocados

2 limes

1 medium tomato, chopped ½

¾ cup fresh cilantro, chopped

½ cup green onion, chopped

½ tsp jalapeño pepper (red or green),
minced

1 tsp sea salt



Stuffed Avocados

INGREDIENTS:

- 1 Avocados
- ½ cup Jicama, diced
- ½ cup Celery, diced
- 1 cups Cherry Tomatoes, chopped
- 1 cup Sunflower Seeds
- ½ cup Sweet Onion, diced
- ½ lemon juice
- 1 teaspoon of flaxseed oil
- Celtic salt

DIRECTIONS:

1. Slice avocados in half.
2. In a bowl, mix the diced jicama, celery, cherry tomatoes, sunflower seeds, chopped onion, salt and oil.
3. With spoon, place mixture into the avocado and squeeze lemon juice on top of it.



Bruschetta on Spelt Toast

INGREDIENTS:

- 4 slice of spelt bread
- 4 organic tomatoes, diced
- 1 small onion, diced small
- 2 sprigs organic basil (top 3 inches, 9-10 leaves)
- 1 tbsp organic olive oil
- 2 cloves of garlic, peeled and halves
- 1 tsp Celtic salt



DIRECTIONS:

1. Sprinkle salt over tomatoes and let stand ½ hour.
2. Mix the tomatoes, onion, basic, olive oil, and chopped garlic together (set aside for an hour or more).
3. Brush both sides of the bread with olive oil. Place it on a grill plate and grill until browned.
4. After grilled, rub one side with garlic cloves.
5. Place the tomatoes mixture over the bread and drizzle olive oil and season for taste. Enjoy

Borscht (Beetroot) Soup

INGREDIENTS:

- 6 - 7 cups (1.5 L) water
- 4 whole large beets, grated
- 3 medium potatoes, chopped
- 2 stalk celery, chopped
- 2 large carrots, grated
- 1 onion, chopped
- 3 cloves garlic, chopped
- ½ small green cabbage, bite sized
- 2 tsp Celtic salt
- ¼ tsp ground black pepper
- 1 tbsp dill weed
- 2 tbsp olive oil
- 2 tomatoes



DIRECTIONS:

1. Place potatoes, celery, salt, olive oil and water in a large cooking pot. Cover and heat.
2. Cut the stems of the beets from the leaves. Slice the stems into bite size pieces.
3. Add the garlic, onion and the sliced beet stems to the soup. When the soup begins to boil, keep the fire low but ensure that it continues to boil.
4. Add the grated beets, cabbage, and carrots to the soup. Add dill weed to cover the top of the soup. Cut the beet leaves into pieces and add them into the soup.
5. Reduce heat, cover and simmer until vegetables are tender, around 20 - 30 minutes. Ready to serve!

Spicy Butternut Squash Soup

INGREDIENTS:

2 butternut squash or pumpkin

2 large carrots

1 large red onion, chopped

1 fresh red chili

1 piece of ginger

1 tbsp ground cinnamon

1 tbsp ground nutmeg

Fresh thyme leaves

Celtic salt and pepper

Olive/Coconut Oil

Coconut milk



DIRECTIONS:

1. Cut squash in half. Remove the skin and seeds. Cut flesh into cube sized.
2. Deseed the chili and cut into small pieces. Peel the ginger and slice it.
3. Bring water to boil with salt and add carrot, squash, onion, coconut milk, cinnamon, ginger, chili, thyme leaves and nutmeg.
4. After 30 minutes, when the squash and carrots soften, blend all with electric mixer. Ready to serve in bowl. Yummy!

Broccoli & Cauliflower Soup

INGREDIENTS:

- 1-2 cups broccoli, chopped
- 1-2 cups cauliflower, chopped
- 1 cup cucumber juice
- 1 avocado
- 1 clove garlic, minced
- 1 tbsp lemon or lime juice
- 1 tbsp olive oil
- 1 tbsp Bragg Aminos
- ½ - 1 tsp Celtic Salt



DIRECTIONS:

1. Heat the olive oil in a pan and gently fry the garlic until you can smell the fragrance. Add the broccoli and cauliflower and cucumber juice. Simmer with the lid on until the vegetables are cooked. Blend the avocado with the veggies mixture until smooth.
2. Add in seasoning and lemon/lime juice, Bragg Aminos and salt to taste. Ready to serve!

Avocado Soup

INGREDIENTS:

1 onion, finely chopped

1 avocado

2 Tbsp Bragg Aminos

2 cup of water

Celtic salt

1 tbsp Ginger, finely chopped

A few sprigs fresh coriander leaves

Olive oil



DIRECTIONS:

1. Cook the onion in olive oil until its transparent, add ginger and sauté for 2 -3 minutes.
2. Cut Avocado into two parts and scoop out the pulp. Blend all the ingredients together and mix well.
3. Put into a saucepan and cook until it boils. Simmer for 2 or 3 minutes. Serve right away. Enjoy!

Creamy Carrot Fennel Soup

INGREDIENTS:

- 1 ½ tbsp olive oil
- 1 clove garlic, chopped
- 1 medium onion, chopped
- 1 bulb fennel, chopped
- 4 large carrots, peeled & chopped
- 4 cups vegetable broth
- Celtic salt and pepper to taste



DIRECTIONS:

1. Heat the olive oil in a soup pot over medium heat. Add all of the chopped vegetables at once and stir. Cook the vegetables, stirring occasionally for 10-15 minute.
2. Add the veggie broth. Simmer for 15-20 minutes until all of the vegetables are soften and tender. Add salt and pepper to taste.
3. Blend the soup in batches. Ready to serve!

Tomato with Basil Soup

INGREDIENTS:

1kg ripe fresh tomatoes, peeled and chopped

1 tbsp olive oil

2 onions, chopped finely

1 garlic clove, crushed

2 tbsp tomato purée

Handful of basil leaves

4 tbsp extra virgin olive oil

2 tbsp balsamic vinegar

600 ml boiling water



DIRECTIONS:

1. Sauté the onion in olive oil in a large pan until softened. Add garlic and cook for a minute more.
2. Add the tomatoes and tomato purée to the pan and stir well. Cook for 10 minutes over a medium heat.
3. Add boiling water and simmer for 15 minutes.
4. Chop a small handful of basil and add into the soup with olive oil and balsamic vinegar. Allow it to cool for a little while and whisk in a blender until smooth. Ready for serve.

Quinoa Tabouli

INGREDIENTS:

- 1 cup organic quinoa soaked and cooked
- 2 large bunches of Italian flat leaf parsley
- 1 handful of fresh mint
- ½ cup lemon juice
- ½ cup cold pressed olive oil
- 4 medium tomatoes
- 4 Lebanese cucumbers diced
- 8 green onions chopped
- 1 lemon, flesh chopped
- Celtic sea salt to taste
- Ground pepper to taste



DIRECTIONS:

1. Combine and mix well all the ingredients in a bowl. Keep in the fridge for an hour.
2. Ready to serve with wrap or stand-alone. Enjoy!

Kale with Cranberries & Pine Nuts

INGREDIENTS:

½ cup pine nuts, toasted

¼ cup cranberries

1 bunch fresh kale, 3 to 4 cups.

1 garlic cloves, minced

1 red onion, chopped

2 tbsp olive oil

¼ cup white wine or water

Celtic Salt and pepper to taste



DIRECTIONS:

1. Wash kale thoroughly under running water. Remove the leaves from the stems and chop it into bite size pieces.
2. Heat a large pan on medium heat and add the pine nuts until they begin to turn brown. Once toasted, set aside pine nuts.
3. Add the olive oil to the pan. Then add saute onion until it turns translucent, followed by garlic for a minute. Add kale and stirring often till it is completely wilted. This would usually take around 3-5 minutes.
4. Add pine nuts into kale mixture and continue to stir. Add the white wine and toss to combine. Once liquid boil, remove from heat.
5. Sprinkle a little salt and pepper. Serve immediately!

Lentil Curry & Chapati

INGREDIENTS:

Chapati:

2 cups whole wheat flour

½ tbsp Celtic salt

½ cup of water

Lentil Curry (Serves four):

200 g red lentils

2 tbsp of oil

1 pint of vegetable stock

2 garlic cloves, peeled and chopped

1 large onion, peeled and chopped finely

2 tbsp of medium curry powder



DIRECTIONS:

Preparing the Chapati:

1. Sift the flour and combine it with salt in a large mixing bowl. Slowly add the water to make soft dough. Knead well, folding and pushing till the dough is pliable which would be around 7 minutes.
2. Cover with a wet cloth and set aside for an hour or two.
3. While waiting, prepare the lentil curry.

Preparing the Lentil Curry:

4. Combine lentils and vegetable stock in a pan. Simmer until soft and drain the water. Heat oil and cook the onions till soft.
5. Add garlic and curry powder and curry powder. Heat until all the contents are sizzling. Add curry lentils and chopped tomatoes and simmer for 15 minutes. The lentil curry is now ready.

Back to the Chapati:

6. Knead the dough again for several minutes. Then tear off the dough into several small balls. Roll out each ball flat, circular shape, with fairly thin rounds.
7. Bake on a hot griddle for a few seconds before turning over. With a pair of tongs, place it over a low direct gas flame and puff it. Place on a napkin and it's ready for serve. Enjoy it with the lentil curry!

Spinach Mushroom Quiche

INGREDIENTS:

3 Eggs *

*1 egg = 1 tablespoon ground flax seed
simmered in 3 tablespoons of water

¼ cup olive oil

2 cups fresh sliced mushrooms

2½ cups coarsely chopped spinach

½ cup fresh lemon juice

½ tsp Celtic Salt

1 tbsp red onion, finely chopped

1 garlic clove, minced

1 tbsp Deliciously Dill (Spice Hunter)



DIRECTIONS:

1. Preheat oven to 190 degrees.
2. In a pan, heat oil over medium-high heat. Add onions and mushrooms. Sauté 5 or 6 minutes, until onions start to soften and mushrooms are a little browned.
3. Add spinach. Spread around and cook until most of the moisture is evaporated, stirring occasionally for around 5-6 minutes. When finished, pour spinach mixture on to a plate. Spread out and let cool for a few minutes. Mix pastry ingredient until the mix becomes doughy.
4. Add egg with spinach mixture and stir quickly to blend. Pour the mixture into a pie pan and spread it out.
5. Bake the mixture for 30 minutes in the oven. Remove from oven and let cool for 10 minutes. Ready for serve.

Artichoke Turkish Food

INGREDIENTS:

- 2 lemons, halved
- ½ pound green peas
- 3 whole garlic cloves, smashed
- 3 large artichokes
- 1 lemon, juiced
- ¼ cup chopped fresh Italian parsley leaves
- ¼ cup chopped fresh basil leaves
- 2 garlic cloves, minced
- 2 tsp grated lemon peel
- Celtic salt and freshly ground black pepper
- 3 tbsp extra-virgin olive oil
- 6 fresh Italian parsley sprigs, for garnish
- 1 head red leaf lettuce, torn into a few pieces
- 1 potato, diced

DIRECTIONS:

1. Squeeze the lemon juice into a large pot of cold water; add the squeezed lemon and whole garlic.
2. Wash the artichokes and remove the tough outer leaves till you see the lighter colored tender inner leaves. Trim the stem of the artichokes. Cut the artichokes in half and into quarters.
3. Cut out the fibrous choke and the purple-tipped leaves and submerge the quarters into the lemon water.
4. Cover and boil for about 45 minutes. When left with 15 minutes, add in the potatoes and the carrots. Drain the mixture. Set aside the artichokes quarters. Separate the potatoes and carrots from the artichokes.
5. Mix potatoes, carrots, lemon juice, basil, parsley leaves, lemon peel and garlic in a large bowl. Add salt and pepper to taste.
6. Arrange the artichokes and spoon the potatoes mixture into the center of the artichoke quarters. Drizzle with olive oil and garnish with parsley leaves. Enjoy!



Grilled Veggies

INGREDIENTS:

- 1 big zucchini, diced
- 1 big eggplant, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 green bell pepper, diced
- 1 small green chili
- 2 tbsp fresh basil, chopped
- 2 tbsp coriander, chopped
- 2 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- Celtic salt to taste
- 3 tbsp cold pressed extra virgin olive oil



DIRECTIONS:

1. Preheat oven to 180°C. Crush the garlic, combine the diced eggplant, zucchini, crushed garlic and bell peppers in a big bowl, add the olive oil and mix well so that all the vegetables are coated thinly.
2. Now place the veggies onto a baking tray. Season with salt and drizzle the freshly chopped herbs over the vegetables.
3. Grill the veggies at 180° for 20-30 minutes. Enjoy!

Easy Pasta

INGREDIENTS:

A packet of fusilli

1 medium zucchini cut in to slices

1 cup of broccoli

5 garlic cloves chopped

6-7 basil leaves chopped

½ tsp tahini powder

1 tsp of olive oil

Celtic salt for taste

2-3 chilies crushed for taste.



DIRECTIONS:

1. Cook pasta, drain, run in cold water and put aside.
2. Heat some oil in the skillet and add garlic, chilies, basil and tahini powder. Sauté for about 2 minutes.
3. Add all the vegetables and salt and cook for about 4-5 minutes.
4. Mix the pasta inside the pan. Add a little olive oil and stir for about two minutes. Serve hot.

Spinach Lasagna

INGREDIENTS:

Lasagna noodles

3 cups raw spinach leaves

500g firm tofu

¼ cup (60 ml) almond milk

½ tsp garlic powder

2 tbsp lemon juice

3 tbsp minced fresh basil

2 tsp Celtic salt

Sauce:

4 cups tomatoes, chopped

1 tsp Bragg Aminos

1 red bell pepper

DIRECTIONS:

1. Preheat oven to 180 degrees.
2. Cook lasagna noodles according to package directions. Drain and set aside.
3. Put bell pepper on a plate and cover while hot under gladwrap. The skin will lift and you can peel it off.
4. Blend tofu, almond milk, garlic powder, lemon juice, basil and salt until smooth. Chop spinach leaves and mix together with tofu mixture.
5. For tomatoes sauce, steam fry tomatoes just enough to remove the skin from the guts. Blend skinned bell pepper, tomatoes, and basil together.
6. Cover bottom of baking tray with a thin layer of tomato sauce, then a layer of noodles (use about one-third of noodles). Follow with half the tofu mixture.
7. Continue in the same order, using half the remaining tomato sauce and noodles, and all remaining tofu mixture.
8. End with remaining noodles, covered by remaining tomato sauce. Bake for 40 to 45 minutes.
9. Enjoy with fresh baby leaves spinach to increase alkalinity and water food content.



Goodness Bean Burritos

INGREDIENTS:

2 cups organic red beans (or organic black beans)

Splash of olive oil

1 clove garlic

1 or 2 big tomatoes

¼ cup vegan red wine vinegar

1 smallish onion

1-2 fresh jalepeno peppers

Chili powder

Celtic salt

6 whole grain tortillas

1 chopped avocado



DIRECTIONS:

1. Saute chopped onion in olive oil with minced garlic clove and jalepeno. Add beans as the onions soften. Continue to saute for a few minutes.
2. Add chili powder and salt to taste. Pour in vegan wine, lower heat, and simmer for additional 10 minutes, stirring occasionally.
3. Heat tortillas in 200-degree oven till warm. Serve beans in tortillas. Garnish with chopped tomato and avocado. Enjoy!

Broccoli Salad

INGREDIENTS:

- 5 cups fresh broccoli florets
- ½ cup toasted slivered almonds
- ¼ cup of red onion, chopped
- ¼ cup of organic raisins
- 1 red bell pepper
- 1 tsp Celtic salt

Italian herb salad dressing

- 2 cloves garlic, minced
- 1 tsp dried tarragon
- 1 tsp oregano
- 1 tsp dried marjoram
- 1 tsp basil
- ½ tsp Celtic salt
- ¼ tsp pepper
- ½ cup olive oil
- ¼ cup red wine vinegar



DIRECTIONS:

1. Bring a pot of water to boil. Add a teaspoon of salt. Add the broccoli florets and cook for 1-2 minutes. Make sure not to exceed 2 minutes. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. Let cool and drain.
2. Drain the broccoli and cool it down by combining it in a bowl of ice water. Let the broccoli cool and drain again.
3. Combine broccoli, almonds, organic raisins, chopped onion, and bell pepper in a large serving bowl. In a separate bowl, whisk all the dressing ingredients together.
4. Pour the dressing into the salad and toss to mix well. Chill thoroughly and it's ready for serve.

Fennel & Apple Salad

INGREDIENTS:

Vinaigrette:

2 green apples, quartered and cored

2 tbsp apple cider vinegar

1 tbsp raw honey

1 heaping tbsp of Dijon mustard

½ cup of olive oil

Celtic salt and pepper

Salad:

1 bulb of fresh fennel, sliced thinly and fronds reserved

1 light green apple, sliced thinly

2 cups arugula

DIRECTIONS:

Vinaigrette:

1. To make the vinaigrette, place 2 apples, apple cider vinegar, raw honey and mustard in a small saucepan and cook until soft.
2. Puree with olive oil and season with salt and pepper.



Salad:

3. Mix the sliced fennel, arugula and sliced apple in a salad bowl. Add vinaigrette and toss to mix well. Ready for serve!

Kohlrabi Carrot Salad

INGREDIENTS:

- 2 Kohlrabi , shredded
- 2 small carrots, shredded
- ½ large onion, diced
- ½ tsp minced ginger
- 1-2 cloves garlic
- 3 tbsp apple cider vinegar
- 2 tbsp Bragg Aminos
- 1 tsp olive oil
- ½ tsp raw honey
- Celtic Salt and pepper to taste

DIRECTIONS:

1. Mix kohlrabi, carrot and onion in a large bowl.
2. Crush, mince and mix the ginger, garlic, onion and olive oil together. Add the apple cider vinegar, Bragg Aminos, and raw honey together.
3. Add the dressing with the vegetables and stir until covered. Add salt and pepper to taste.
4. Serve immediately or cover and refrigerate until needed.



Greek Salad

INGREDIENTS:

3 tbsp extra virgin olive oil

1½ tbsp lemon juice

1 clove garlic, minced

½ package of fresh romaine lettuce

½ tsp dried oregano

¼ tsp Celtic salt

¼ red onion, sliced

½ cucumber, sliced

½ green bell pepper, julienned

120g tofu, cut into small cubes

16 kalamata olives



DIRECTIONS:

1. Combine the olive oil, lemon juice, garlic, salt, pepper and oregano in a small jar with a tight lid.
2. Shake the jar well and let stand for half an hour at room temperature, and then chill.
3. Mix the salad ingredients in a large bowl. Pour the dressing over the salad and mix well by tossing gently. Ready for serve!

Alkaline Cole Slaw

INGREDIENTS:

½ head green cabbage, shredded

2 medium carrots, shredded

½ small red onion, sliced thinly

½ cup parsley, chopped

½ tsp Celtic salt

½ tbsp fresh lime juice

2 tbsp olive oil, cold pressed

1 cup almond milk

Dash of cayenne pepper



Roasted Fennel & Potatoes with Celery Salad

INGREDIENTS:

- 2 fingerling potatoes, diced
- 3 fennel bulb, sliced
- 1 red onion, sliced
- 2 English cucumber, sliced
- 2 tbsp extra virgin olive oil
- 2 stalks celery
- ½ lemon, juiced
- ½ tsp Celtic salt



DIRECTIONS:

1. Preheat oven to 190 degrees Celsius.
2. Place fennel and potatoes in a roasting pan sprinkle with olive oil and salt. Roast for 15-20 minutes. Discard and burnt pieces.
3. Mix with the other ingredients. Squeeze lemon juice onto the mixture. Serve immediately.

Wakame Seaweed Salad

INGREDIENTS:

20 g dried Wakame seaweed

1 tbsp sesame seeds

½ tsp chili pepper flakes

3 tbsp apple cider vinegar

1-2 tbsp Bragg Aminos

½ tbsp molasses



DIRECTIONS:

1. Soak dried seaweed in cold water for 20 minutes to reconstitute. Drain and trim off any tough central spine. Chop and set aside.
2. Mix Bragg, apple cider vinegar, and molasses together well. Pour the mixture over seaweed and mix.
3. Sprinkle sesame seeds and chili pepper flakes over the salad. Yummy and delicious!

White Bean Salad

INGREDIENTS:

- 1 cup navy beans
- 1 red onion, sliced
- 1 small yellow bell pepper, finely diced
- 1 small red bell pepper, finely diced
- 2 tbsp olive oil
- ½ lemon, juiced
- 1 cup fresh basil, chopped
- 1 cup fresh parsley, chopped
- 2 tbsp minced fresh chives or scallion
- Celtic Salt and ground black pepper to taste

DIRECTIONS:

1. Pour the beans and water into a pot and bring to a boil. Reduce heat and simmer the beans for 30 minutes to an hour.
2. Combine with remaining ingredients and toss gently. Serve at once or refrigerate until needed.



Vegan Caesar Salad

INGREDIENTS:

For the dressing:

- ¾ cup silken tofu
- ½ cup sliced almonds
- 3-4 cloves garlic, minced
- ¼ cup olive oil
- 3 tbsp fresh lemon juice
- 2 tbsp capers, drained
- ½ tsp Dijon mustard
- Pinch Celtic salt

For the croutons:

- 2 tsp fresh lemon juice
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground oregano
- 2 slices whole-wheat or multi-grain bread
- Celtic salt



For the salad:

- 1½ heads romaine lettuce, bite-size pieces
- Handful of arugula, bite-sized pieces

DIRECTIONS:

1. Pulse sliced almonds in a blender. Pour it in an airtight container that you will store for the dressing. Blend the garlic, tofu, and olive oil in blender until creamy. Add lemon juice, capers, and Dijon mustard until blended.
2. Pour mixture into the container that contains the almond and whisk to combine. Keep in the refrigerator for a minimum of 30 minutes.
3. Preheat oven to 200 degrees Celsius.
4. In a bowl, combine the spices with lemon juice. Brush one side of the bread slices with the spice mixture. Cut bread into 1-inch pieces and spread onto a rimmed baking sheet sprinkle with a little salt if you wished. Bake for 12 to 15 minutes until bread cubes turn golden brown. Remove from oven and allow croutons to cool.
5. For the final assembly of salad, combine romaine lettuce with the dressing above and toss lightly. Add the warm croutons and toss again. Divide accordingly to different portions and it's ready to serve.

Thai Papaya Salad

INGREDIENTS:

- 1 small green or red chili, minced
- 8 cloves garlic, peeled and cut
- 4 cups unripe papaya, peeled & julienned
- 1 cup long beans, cut
- 1 carrot, julienned
- Juice of 2-3 limes, to taste
- 2-3 tbsp Bragg Aminos, to taste
- 2-3 tbsp molasses
- 2 small tomatoes, cut into bite-size wedges
- ½ cup chopped unsalted roasted peanuts

DIRECTIONS:

1. Combine all ingredients, except peanuts and toss well. Mash together with a mortar and pestle. Keep in the refrigerator for at least 2 hours.
2. Add peanuts and serve cold on a bed of lettuce if desired.



Japanese Soba Salad

INGREDIENTS:

½ packet soba (Japanese buckwheat noodles)

1 tsp olive oil

1 carrot, grated

A handful sprouts

½ medium jicama, peeled and cut

4 scallions, julienned

1 tbsp seasoned rice vinegar

¼ tsp Celtic salt



DIRECTIONS:

1. Bring a large pot of water to boil over moderately high heat. Once boil, hold the noodles over the water and sprinkle them into the water just like when you cook pasta. Cook for about 7 to 8 minutes.
2. Drain noodles into a colander and immediately fill pot with cold water. Rinse well under cold water, and then drain again. Toss noodles with olive oil in a large bowl.
3. Toss together with the rest of the ingredients in another bowl, then add to noodles and toss again to combine.

Almond Jelly Recipe

INGREDIENTS:

2 cups cold water

½ cup molasses

2 tsp agar-agar powder

¾ cup Almond milk

½ tsp almond essence



DIRECTIONS:

1. Place the water and molasses in a small pan.
2. Sprinkle over the agar-agar powder.
3. Bring the mixture to the boil and simmer for 1 minute.
4. Remove the pan from heat and add the almond milk and almond essence.
5. Pour the mixture into a bowl.
6. Chill for at least 1 hour. Ready for serve!

Raspberry Muffins

INGREDIENTS:

2 cups buckwheat flour

1¼ cups spelt oats

¾ cup molasses

2 tsp vanilla essence

1 cup fresh raspberries



DIRECTIONS:

1. Preheat oven to 180 degrees.
2. Combine buckwheat flour, molasses, spelt oats, and vanilla essence in a large bowl and mix well. Lastly, add the raspberries.
3. Put into the oven and bake for 25 minutes for medium size muffins.

Watermelon Sorbet

INGREDIENTS:

4 cups watermelon chunks

1 lime

½ cup raw honey or agave nectar

A sprinkle of fresh mint



DIRECTIONS:

1. Blend all ingredients together, cover and freeze.
2. Continue to process then pulse until all of the chunks have become a smooth sorbet.
3. Can be eaten between meals and ready to be serve