The background of the entire page is a photograph of fresh vegetables, including green leafy lettuce, red cherry tomatoes, and green bell peppers, arranged on a wooden cutting board. A spiral-bound notebook is open, showing a page with the title "The Alkaline LIFESTYLE Recipe Book". The notebook has a green cover and a white page with blue lines. A green leafy branch with water droplets is in the bottom left corner. A green curved line frames the bottom and right sides of the notebook page.

The
Alkaline
LIFESTYLE

Recipe
Book

Recipes and contributions by:

Katy Joy Freeman, Lauren Golan, Jeanne Grunert & The Staff at Alkaline Lifestyle

The
Alkaline
LIFESTYLE

Recipe
Book

800.578-5939
www.AlkalineLifestyle.com

Alkaline Lifestyle Recipe Book

Recipes and contributions by:

Katy Joy Freeman, Lauren Golan, Jeanne Grunert & The Staff at Alkaline Lifestyle

Published by Alkaline People Publishing

6352 Corte Del Abeto, Suite H

Carlsbad, CA 92011

888.800.0459

www.AlkalinePeoplePublishing.com

All Rights Reserved

Copyright Alkaline People Press

Printed in the United States

1st Printing January 2011

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval systems without permission in writing from the publisher.

These statements have not been evaluated by the food and drug administration. The preceding information and/or products are for educational purposes only and are not meant to diagnose, prescribe, or treat illness. Please consult your doctor before making any changes or before starting ANY exercise or nutritional supplement program or before using this information or any product during pregnancy or if you have a serious medical condition.

By reading and using the suggestions in these materials, you take sole responsibility for the outcomes. AlkalineLifestyle.com makes no claims, guarantees, or warranties regarding the use or outcomes of these suggestions. Use this information at your own risk. No materials, including this course, can substitute for the advice of your doctor who knows your personal health history. Consult your doctor if you have any questions.

TABLE OF CONTENTS

START YOUR DAY THE ALKALINE WAY8

Juices, Smoothies, Breakfast

ALKALIZING ON THE GO: LUNCH AND SNACKS.....24

Salad, Soup, Sandwich and Other Lunch Recipes

DINNER AND DESSERT.....62



The image features three glasses of smoothies. The background glass on the left contains a vibrant green smoothie with a sprig of fresh parsley on top. The middle glass contains an orange smoothie with a slice of orange peel garnish. The foreground glass contains a purple smoothie, topped with a cluster of fresh blueberries. The text "START YOUR DAY THE ALKALINE WAY" is overlaid in the center in a bold, white, sans-serif font.

**START YOUR DAY
THE ALKALINE WAY**

Juices, Smoothies and Breakfast Choices

Fun and Fruity Fantasy Drink

- *Juice of 4 oranges*
- *10 frozen strawberries*
- *1 ½ cup frozen pineapple chunks*
- *1 cup mango frozen chunks*
- *½ cup raspberries*
- *½ cup blue or blackberries*
- *2 cups ionized alkaline water*

Directions: Combine all the fruit in the blender and mix until smooth. Pour into party glasses and feel the fun begin!

By: Katy Joy Freeman

Blackberry Mango Madness

Serves 2

- *3 cups frozen mango*
- *2 cups frozen blackberries*
- *1 cup almond milk*
- *1 cup ionized alkaline mineral water*
- *1 teaspoon vanilla*
- *Pinch of Himalayan salt*

Directions: Blend all ingredients in high-speed blender (Vita Mix or BlendTec) for 30-40 seconds. Serve immediately.

Cucumber-Lemon Lime Cooler

- *1 hothouse cucumbers, peeled and chopped*
- *8 fresh mint leaves*
- *1 cup ionized alkaline mineral water*
- *Juice of 2 limes*
- *Juice of 2 lemons*
- *Pinch of Himalayan salt*
- *2 tablespoons agave nectar or honey*
- *1 cup crushed ice*
- *4 thin cucumber slices*

Directions: Combine the chopped cucumbers, mint, water, lime and lemon juice in a high-speed blender and mix until smooth. Transfer to a glass pitcher. Add salt, agave or honey, and ice and stir. Pour into glasses and garnish with cucumber slices.

Fireworks Fun Drink

Serves 2

- *2 cups fresh pineapple*
- *4 mint leaves*
- *Juice of one lime*
- *½ - 1 cup ionized alkaline mineral water*
- *1 tablespoon honey or agave*
- *Pinch of cayenne pepper*

Directions: Blend the ½ cup of water and fresh mint. Add the rest of the ingredients and continue to blend. Add water as needed.

Grapefruit Goodness Cleansing Drink

- *1 cup ionized alkaline mineral water*
- *Juice of two grapefruits*
- *2 apples*
- *Juice of one lemon*
- *Juice of one lime*
- *3 kale leaves – cut off stems*
- *1 tablespoon ground flax seed*

Directions: Blend all ingredients in high-speed blender for 40 seconds and serve immediately.

Lemon Lime Thirst Buster

Serves 4

- *3 cups ionized alkaline mineral water*
- *Juice of 2 limes*
- *Juice of 2 lemons*
- *Honey or raw agave nectar to taste*
- *Grapefruit slices*

Directions: Pour the water into a pitcher and stir in the lime and lemon juice. Add in honey or agave nectar to desired sweetness. Add the grapefruit slices and stir.

Grape Goddess Green Smoothie

Summer is a great time to add a green smoothie into our daily routine. The fruit is so fresh and yummy and blending the greens helps your body get the nutrients you need. In her book *Green For Life*, Victoria Boutenko states “I have come to the conclusion that it is impossible to maintain a good alkaline pH balance without consuming large quantities of dark leafy greens.” Victoria goes on to say that she feels the green smoothie is a winner because “it is a complete food, it is fresh, and it takes less than a minute to prepare.” Most of us do not take the time to chew our salads until liquid before swallowing. When you blend you are breaking down the food so it is easier to digest. Set aside the red bull and try this Grape Goddess Green Smoothie for your next energy booster! Your body will love it.

I highly recommend reading *Green For Life* by Victoria Boutenko for more information on the benefits of green smoothies.

- *2 cups red seedless grapes*
- *2 bananas- can use 3 kiwis (peeled) and one ripe orange if you do not like to use bananas*
- *1 ½ -2 cups ionized alkaline mineral water*
- *2 big handfuls of fresh greens – today I used a mixture of parsley and green leaf lettuce*

Directions: Place all ingredients in high-speed blender and blend until smooth. Pour in glass. If you like, garnish with bee pollen then place a fresh strawberry on the rim of the glass.

By: Katy Joy Freeman

References

Boutenko, Victoria. *Green For Life*. Raw Family Publishing, 2005

Tequila Sunset

Serves 2

- *4 oranges – juiced*
- *¼ cup cranberry juice*
- *1 lime*
- *¼ teaspoon jalapeno*
- *Splash of Wizard Hot Stuff Sauce*

Directions: Blend all ingredients together in high-speed blender and enjoy immediately.

By: Katy Joy Freeman



Strawberry Martini

Serves 4

As you get more into the alkaline lifestyle you may decide to decrease or eliminate alcohol from your diet. It's also a good idea to have a non-alcoholic drink available at parties for those who don't drink or for those driving. I have created just the drink for you! Besides being good for you, it's delicious and fun!

- *10 strawberries*
- *Juice from one lemon*
- *Juice from one lime*
- *2 tablespoons Kombucha (original flavor)*
- *2 tablespoons raw agave*
- *2 cups ionized alkaline mineral water*
- *8 ice cubes – fill up your ice trays with ionized water to make the cubes*

Directions: Blend all ingredients, pour in martini glass and enjoy! You can leave out the ice cubes when blending and serve over ice if you prefer.

*Kombucha is a fermented natural brew of tea and probiotic cultures. Its useful probiotic substances are vital ingredients for maintaining a healthy, balanced and well-functioning body.

By: Katy Joy Freeman

Summer Party Cocktail

- *4 cups cherries – pitted*
- *1 ½ cup strawberries*
- *1 mangos*
- *1 cup coconut water*
- *½ cup ionized alkaline mineral water*

Directions: Combine all ingredients in high-speed blender and mix for 30 seconds. Serve immediately.

By: Katy Joy Freeman

Blueberry Banana Breakfast Smoothie

- *Blender and a tall glass*
- *1 cup of organic frozen blueberries*
- *1 ripe banana*
- *1 cup of orange juice (add more if you want it thinner or the blender isn't mixing properly)*

Directions: Place everything into the blender and blend on smoothie setting for 30 seconds. Pour into a tall glass and sip. It's like a fruit milkshake (without the milk) and it fills me up for hours.

By: Jeanne Grunert

Creamsicle Breakfast Smoothie

This makes a smoothie that tastes like an orange creamsicle, the kind you get from the ice cream man. It's a good transitional recipe and alkaline too!

- *A blender*
- *2 cups cantaloupe, cubed*
- *1 cup of orange juice (freshly squeezed if you have it)*
- *1 teaspoon honey (raw honey is best)*
- *Drop (literally, just a pinch) of vanilla extract*
- *3-4 ice cubes*

Directions: Combine all the ingredients in a blender and blend on Smoothie setting for 30 seconds. I blend the fruit, juice, honey and extract first, then add ice cubes last.

By: Jeanne Grunert



Berry Yummy Yogurt

- *1 ½ cup berries of your choice*
- *Coconut meat from 2 young coconuts*
–reserve 1 cup coconut water
- *1 Cup coconut water*
- *¼ cup ionized alkaline mineral water*
- *4 probiotic capsules – twist open capsules and pour out powder then discard of the shell*
- *½ tsp vanilla*
- *1 tablespoon agave or honey*

Note: you can substitute one small avocado for the coconut meat if you do not have a young coconut to use. You can then substitute 1 cup of almond milk for the coconut water.

Directions: Place all ingredients in blender or food processor and mix until creamy. Transfer to an air tight container. Refrigerate for at least 2 hours. Top with more berries and serve.

By: Katy Joy Freeman

Eggless Breakfast Scramble

- *¾ cup macadamia nuts*
- *¾ cup sunflower seeds*
- *1 ½ tsp. turmeric*
- *1/4 cup pure water*
- *1/3 cup parsley*
- *¼ cup chopped green onion*
- *¼ cup sun dried tomatoes*
- *Pinch sea salt*
- *Pinch pepper*
- *Serve on bed of spinach*

Directions: Place macadamias, sunflower seeds and turmeric in food processor, add water slowly until it looks like a thick pate but still chunky (you may not need the entire ¼ cup). Place in a bowl and fold in parsley, onion and sun dried tomatoes. Add your salt and pepper and serve on a bed of spinach. Top with fresh chopped tomatoes for added taste and color.

Nutritional tidbit: Macadamias are a great source of protein and fiber and sunflower seeds great for added vitamin E in your diet. Parsley is known for antioxidant benefits and has been known for helping with asthma and arthritic conditions.

By: Lauren Golen

Nutty Granola

- ½ cup sunflower seeds
- ½ cup sesame seeds
- ½ cup pumpkin seeds
- 1/2 cup almonds
- 1/2 cup goji berries
- ½ cup raisins
- ½ cup tropic oil
- 1 tsp. vanilla extract
- 3 Tablespoon agave
- 1 tsp. cinnamon
- Sea salt to taste

Directions: Soak all seeds and nuts in a bowl for 24 hours. Drain and lay on towel. Make sure that the coconut oil is liquid and smooth before you stir it in so that it mixes well. Mix all ingredients in a bowl until covered and moist. Spread on dehydrator sheets and dehydrate on 115 degrees for 48 hours. Serve with almond milk or eat on its own. This is a great nutrient dense snack to take on the go.

Nutritional tidbit: Native American Tribes were the first to discover the healing properties of pumpkin seeds and used them to eliminate parasites from the intestines.

By: Lauren Golen

Sunday Morning Bliss Cakes!

You will need a dehydrator for this recipe. If you do not have a dehydrator and live in a warmer climate you can bake them in the sun!

Bliss Cakes

Makes 7-8 small “pan”cakes

- *3 medium ripe bananas*
- *1 small fuji apple peeled and diced –can use any apple and feel free to keep the skin on*
- *½ cup shredded raw dried coconut flakes*
- *1 tsp. of organic vanilla –can use seeds from 1 vanilla bean instead*
- *2 Tablespoons ground flax seed*
- *3 pitted dates –chopped*
- *Dash of cinnamon*
- *2 tsp. coconut oil (optional)*
- *½ cup walnuts (optional)*
- *Pinch of mineralized salt –optional*

Directions: Mash bananas in medium sized bowl. Mix in the rest of the ingredients. Can add a little almond milk if you prefer thinner bliss cakes. Place teflex sheets over the mesh screen on your dehydrator tray. Scoop preferred amount of batter and make a small round pancake. I ended up making 7 bliss cakes. These are great just as they are or you can top with raw almond butter or organic maple syrup (heated in dehydrator). Experiment and have fun!

**Note about Maple Syrup:* It is not a raw food but it is a great sweetener to use as you are transitioning into raw foods.

Nutritional tidbit: Maple syrup, is an excellent source of manganese and a good source of zinc, both of which are important allies in the immune system.

By: Katy Joy Freeman

Peaches and Cream Oatmeal

- *½ cup steel cut oats (soaked 24 hours)*
- *1 peach*
- *¼ cup almond milk*
- *¼ cup water*
- *1-2 tsp. agave or Stevia*

Directions: Place soaked oats in the blender until smooth, add a combination of almond milk and water, until the right consistency—thick and smooth. You may add more water if you like. Place in bowl and add peaches and agave/stevia. You can enjoy this with any of your favorite fruit or nut toppings you like.

Nutritional tidbit: Oats are an excellent source of fiber, B vitamins and protein.

By: Lauren Golen

Sunny Apple Breakfast Porridge

- 1 apple
- ½ cup sunflower seeds (soaked for 2 hours)
- ½ cup raisins

Directions: Place soaked sunflower seeds and raisins in the food processor until blended well. Slice apple into small pieces and then throw in bowl with other mixture.

Nutritional tidbit: Sunflower seeds are an excellent source of Vitamin E and high in poly and mono unsaturated fats.

By: Lauren Golen

Superfood Fruity and Nut Bowl

Enough for 3 breakfast portions

- 1 Mango
- ½ cup pineapple
- ½ banana
- ½ apple
- 2 Tablespoons goji berries
- 1 Tablespoon ground flax seed
- 1 Tablespoon raw honey or agave
- 1 Tablespoon hemp seeds
- 1 Tablespoon sunflower seeds

Directions: Mix everything together. This is so refreshing and so delicious.

Nutritional tidbit: Pineapple is rich in manganese, which is needed to build healthy bones and connective tissue.

By: Lauren Golen

Super Fruity and Nutty Pancakes

- 2 cups of oat groats – soaked
- ¼ cup shredded coconut
- 1 Tablespoon hemp seeds
- ½ cup walnuts
- 2 Tablespoon agave
- ¼ cup goji berries

Directions: Put oat groats in food processor first until broken down and smooth. Add all other ingredients and small amount of water if needed, but you want it thick and not too moist. Put in refrigerator for a few hours and then cut into squares. These can also be made in the dehydrator if you add more water and then dehydrate for 6 hours.

Nutritional tidbit: Oat groats are an inexpensive healthy soluble fiber. A favorite of body builders, athletes and fitness models for its slow burning quality and great form of fuel that keeps you going and feeling full longer.

By: Lauren Golen

A close-up photograph of a fresh salad. The salad is composed of various vegetables: sliced red tomatoes, sliced cucumbers, sliced bell peppers in red and yellow, and sliced radishes. There are also some green leafy vegetables and purple-tinged leaves visible. The vegetables are arranged in a way that they are clearly visible and look fresh. The background is a plain, light-colored surface.

ALKALIZING ON THE GO: LUNCH CHOICES

Salad, Soup, Sandwich and Other Lunch Recipes

Afternoon Lift Greens Juice

- *½ bunch spinach*
- *3 kale leaves*
- *2 small Fuji apples*
- *1 medium granny smith apple*
- *1 ½ inch fresh ginger*
- *1 small lemon*
- *1 small lime*
- *1 cucumber*
- *1 stalk celery*
- *1 swiss chard leaf*

Note: Add 1 cup ionized alkaline mineral water if using blender.

Juice and enjoy! If you do not have a juicer, you can place all ingredients in a high-speed blender, and mix until smooth.

Citrus and Green Juice

- *1 cup fresh citrus juice (use grapefruit and oranges)*
- *¼ - ½ cup ionized alkaline mineral water (can add more if you prefer a less intense citrus juice)*
- *1 TBL flax seed*
- *1-2 cups greens of your choice. I enjoy kale and spinach. You can use 1 tablespoon of greens powder if you do not have fresh greens.*

Directions: Blend for 30-50 seconds and enjoy the natural lift this alkalizing juice provides!

Creamy Cucumber Soup

- *1 cucumber, peeled and cubed*
- *1 medium ripe avocado*
- *1/2 lemon, juiced (or just squeeze, but be careful to omit the seeds)*
- *1/2 cup ionized water (or spring water)*
- *2 tablespoons of fresh Dill –can use dry but use less*
- *Sea salt to taste*

Directions: Blend all ingredients and slightly heat if you want or enjoy at room temperature. Top with any or all of the following: micro greens (sprout mixture), spouted sunflower seeds, diced celery, and small avocado chunks.

Nutritional tidbit: Dill is great for good digestion.

Creamy Carrot Curry Soup

- *3 carrots – cut into chunks*
- *¼ cup raw almonds – soaked 6 hours*
- *1 ½ cup ionized alkaline mineral water*
- *1 small Serrano chili*
- *2 inch piece of turmeric root*
- *1 clove of garlic*

Blend all above ingredients in a high speed blender for 1 minute.

Add:

- *1 small avocado*
- *½ tsp garam marsala*
- *1 tsp curry powder*
- *½ tsp coriander*
- *½ tsp anise seed*
- *1 tsp Himalayan salt*
- *Dash of cumin ground cumin seed*
- *Dash of ground ginger root*
- *1 tablespoon agave*

Directions: Blend again until creamy.

Top with coconut shreds and currents. This can be enjoyed at room temperature or slightly heated.

By: Katy Joy Freeman

Energy Soup

- *Handful pea and sunflower sprouts*
- *½ beet*
- *Avocado with pit (if you have a 3HP Blender)*
- *Handful sprouted beans (lentil, mung, adzuki)*
- *Handful dulse*
- *1 scoop hemp seeds*
- *½ Apple*
- *Small slice ginger*
- *Fresh lemon balm*
- *Fresh parsley*
- *½ lemon or lime (whole fruit; peel the lime skin off but leave lemon)*
- *24 ounces water*

Directions: Put in blender and blend until smooth. Best if consumed within 3–4 hours to get the most nutrients.

Nutritional tidbit: Hemp seeds contain all the essential amino acids and essential fatty acids necessary to maintain healthy human life.

Dreamy Dill and Celery Soup

- *4 stalks celery – chopped*
- *2 cups ionized alkaline mineral water*
- *4 Tablespoons lemon juice*
- *½ red bell pepper*
- *1 bunch fresh dill*
- *½ jalapeno – seeded and chopped*
- *1 tsp agave or 1 date*
- *Salt to taste*

Directions: Place all ingredients in blender and mix for about 1 minute, then add:

- *1 avocado and blend again until creamy*

Serve at room temperature or slightly heated. When food is heated over 115 degrees, important enzymes are destroyed.

By: Katy Joy Freeman



Super Greens Soup

- 1 head spinach
- 1 large avocado
- ½–1 cup water
- ¼ cup lemon juice
- 2 cloves garlic
- ½ tsp. spirulina
- ½ tsp. wheatgrass powder
- Bunch parsley
- Pinch of cayenne
- Alfalfa or broccoli sprouts (garnish)

Directions: Blend all ingredients in blender until smooth. Add water slowly. Top with sprouts. You can start with ¼ teaspoon of wheatgrass and spirulina if you are not used to drinking these greens yet.

Nutritional tidbit: Raw garlic is used by some to treat the symptoms of acne and there is some evidence that it can assist in managing high cholesterol. Wheatgrass has endless benefits including increasing red blood cell count and lowering blood pressure.

By: Lauren Golen

Lentil Soup

1. Sauté: *1 onion, 1-2 cloves of garlic, 1 chopped carrot, and 2 stalks chopped celery* in *1 tablespoon of olive oil* for a couple of minutes in medium heat.
2. Add: *2 cups water, 1 vegan bouillon cube or 2 cups vegetarian broth, 4 chopped tomatoes, 1 cup chopped broccoli, and 1 cup sprouted lentils* (see below for directions).
3. Simmer: for 5 minutes.
4. Remove: one half of the soup and put into a blender. Let cool and then blend. Pour back in with the unblended soup. Let simmer on low heat for 10 more minutes.
5. Add: *salt, cumin, and oregano* to taste.
6. Place: *1-2 cups chopped spinach* in warm soup and mix well, turn off heat and keep covered until ready to serve.

For a heartier soup, add 1 cup cooked quinoa to the soup.

Sprouting Lentils: Place lentils in a glass jar and cover with spring water or acid water if you have an ionizer. Place a sprouting lid top or cheese cloth on the top of the jar. Let soak overnight. Drain and rinse two times/day until a little sprout appears.

By: Katy Joy Freeman

Tuscan Rosemary White Bean Soup

Adapted from the Barefoot Contessa's Rosemary Recipe

Another good transitional recipe and one which the whole family will enjoy.

- *2 cans of white cannellini beans, drained and rinsed very well*
- *1 six to seven inch long sprig of fresh rosemary*
- *1 sprig of fresh oregano*
- *1 dried bay leaf*
- *2 quarts chicken or vegetable stock*
- *2 large garlic cloves minced fine or two teaspoons of bottled minced garlic*
- *1/3 cup of olive oil*
- *3 onions, diced fine*
- *1/2 teaspoon pepper*
- *Dash of salt (if using canned broth or stock, taste it first to make sure you don't oversalt the recipe)*

Directions: Pour the olive oil into a large stockpot and saute the onions until translucent. Add the garlic and saute very quickly until done. Now add the broth or stock, beans and herbs, salt and pepper. Simmer for 20-30 minutes and serve. I prefer the soup with the beans intact and the sprigs of rosemary and oregano removed.

The original recipe called for running the whole concoction through a food mill or blender, pureeing it and doing a few other things, but I don't care for the texture, so I adapted it as a chunky bean soup with a lovely herbal tang. Enjoy!

Butternut Squash Soup

- *1 large butternut squash*
- *3 medium-sized carrots*
- *16 ounces of vegetable broth (find it in the soup aisle at the grocery store)*
- *Raw, shelled pumpkin seeds or sunflower seeds as garnish (optional)*
- *Powdered ginger*
- *Pot half filled with water*
- *Vegetable peeler*
- *Sharp knife*
- *Cutting board*
- *Blender*
- *Pyrex dish and oven (optional method to cook squash)*

Directions: Cook the squash. There are two ways to do this. Choose whichever way saves you the most time and trouble. You can cook squash in the oven. Slice off the end with the stem, then slice it in half the long way. Scoop out the seeds. Place cut side down in a Pyrex baking dish with about half a cup of water. Bake at 350 degrees for 30 to 60 minutes until it is very tender. I use this method when I'm cooking something else in the

oven; I just pop the squash in with a roast and do two tasks at once. Alternatively, you can peel, cube and boil the squash in the pot on the stove top.

Slice off both ends of the carrots. Peel the carrots. Wash them. Dice into slices and place into a pot of boiling water. Boil for about 20-30 minutes until they are mushy.

When squash and carrots are so tender that a fork breaks them up, drain off the water. Allow vegetables to cool completely. This is very important! If they are too hot and you put them into the plastic blender pitcher, you can crack your blender pitcher.

When vegetables are cool, place the squash, carrots, and vegetable broth into the blender. Add 1/8 teaspoon of powdered ginger. Blend on high on "Smoothie" or "Puree" setting. When the mixture is completely blended, you can either pour it into freezer containers to store, or pour it back into the pot to heat and serve.

Heat the vegetarian butternut squash soup recipe on the stove gently. Ladle into bowls. Garnish with a sprinkle of raw pumpkin or sunflower seeds in the center. Serve with toasted slices of Italian bread.

By: Jeanne Grunert

Ginger Carrot and Sweet Potato Soup

- *2 large sweet potatoes, peeled and cubed*
- *4 large carrots, peeled and cubed*
- *Water to cover the vegetables in the pot*
- *1 teaspoon of ginger*
- *pinch of nutmeg*
- *pinch of cinnamon*
- *1 teaspoon of raw pumpkin or sunflower seeds (optional)*

Directions: Peel and cube the sweet potatoes and carrots, placing them in a large pot. Add water to cover the vegetables leaving about an inch of water over the top of the vegetables. Bring water to a boil, then lower to simmer. Simmer them until tender, about 45 minutes. It's okay to overcook them until they're falling apart.

After the vegetables are cooked, drain the excess water but leave some in the pot. Let the vegetables cool until you can easily touch them. Place in a blender, cover and blend on puree setting until smooth or use a hand or immersion blender. Be sure to let the mixture cool before placing it in the blender or you can crack the glass or plastic!

Once the mixture is blended, add the ginger, nutmeg and cinnamon. Go easy on the nutmeg and cinnamon. When everything is blended, pour back into the pot, reheat and serve in soup bowls. Garnish with a sprinkle of raw sunflower and/or pumpkin seeds for crunch.

Optional: I sometimes add minced, diced garlic to this recipe for some added zing. Experiment with it; it's not to everyone's taste.

This recipe is vegan, vegetarian, and dairy free.

By: Jeanne Grunert

RAW WRAPS

"BLT"

- 1 Swiss Chard Leaf
- 1 sheet nori (untoasted)
- 1 Tablespoon lemon juice
- ½ avocado
- 1 TBSP dulse
- ¼ tomato
- 2 Tablespoons chopped scallion
- Handful sprouts (any kind)

Directions: Mash up the avocado with lemon juice, sea salt and pepper. Spread on nori sheet. Add the rest of the ingredients, chopped up and roll everything in the Swiss chard leaf.

Nutritional tidbit: This is so nutritious with both the chard and the nori. Chard is high in phytonutrients and fiber—excellent for the digestive tract. Nori is rich in calcium, zinc and iodine.

By: Lauren Golen

Chopped Fiesta Salad Wraps

Wrap:

6 collard greens – cut away from stems (or for transitional diets, use conventional tortillas, softened with a bit of heat and water)

Filling:

- *1 cup red or white cabbage - chopped*
- *2 celery stalks- chopped*
- *½ zucchini – chopped*
- *1 cup broccoli sprouts – chopped*
- *¼ cup sprouted red lentils*
- *4 leaves of romaine lettuce – finely chopped*
- *4 leaves of red lettuce – finely chopped*
- *Hot carrots and onions – chopped (You can get these in the deli section at your local grocer or at a local Mexican food restaurant)*

Dressing:

Lime (juice of), olive oil, salt, cumin, veganaise, and Mexican seasoning to taste.

Directions: Mix all the salad ingredients with the dressing ingredients to suit your taste.

Wrap in collard green and enjoy!

By: Katy Joy Freeman

Nori Rolls

- 2 sheets nori (untoasted)
- 1 avocado
- ½ cucumber
- ½ cup alfalfa or broccoli sprouts
- ¼ cup sun dried tomato (soaked for 10 minutes)

Directions: Place nori on a flat surface. Place very thin avocado slices about an inch from the side of the nori. Do the same thing with the rest of the ingredients. It is better to stuff less into the roll as not to tear the nori sheet when rolling it up. Before rolling, rub the oiliness of the avocado on insides of both ends of the nori sheet to help it stick. Roll it up and then cut in half.

Nutritional tidbit: Nori has 10 times more calcium by weight than dairy products.

By: Lauren Golen



Not-So-Crabby Pate Wrap

- 1 cup walnuts
- ¼ cup pine nuts
- 2 Tablespoon lemon juice
- 2 garlic cloves
- ¼ cup onion
- Handful parsley
- ½ tsp. sea salt
- ¼ tsp. pepper

Directions: Put pine nuts and walnuts in food processor with lemon juice until it breaks down then add all other ingredients. Process until it looks like a pate. Wrap in a Swiss chard leaf or enjoy it over a bed of lettuce with dressing.

Nutritional tidbit: Walnuts are one of the best plant sources of protein and an excellent source of omega 3 fatty acids.

By: Lauren Golen



DELICIOUS RAW SPREADS AND PATES

One of the easiest ways to make portable lunch wraps is to create healthy raw pates and spreads using alkalizing vegetables. Spread on traditional tortillas and stuff with vegetables of your choice, or spread on whole grain crackers if you like for a great Alkaline Lifestyle snack.

Lentil Pate

- *1 cup lentils*
- *2 garlic cloves*
- *1 zucchini*
- *¼ cup lemon juice*
- *2 tsp. sea salt*
- *1/2 tablespoon ground cumin*
- *2 tablespoons cilantro*

Directions: Soak lentils overnight and rinse in the morning. Allow to sprout overnight on paper towels, covering with plastic with poked holes. Mix all ingredients in food processor.

Serve on a Swiss Chard Wrap or over a salad. Enjoy with crackers or with carrots and celery.

Nutritional tidbit: Lentils are a great source of protein.

By: Lauren Golen

Cauliflower Pesto

- 1 head cauliflower
- 1 cup walnuts
- 2 Cups basil leaves
- 1/3 cup olive oil
- 2 cloves garlic
- ½ tsp. sea salt

Directions: Place cauliflower in food processor—pulse (on and off) for about 15 seconds until it looks like rice. Place in a bowl. Put all other ingredients in food processor and process until mixed well. Pour over “rice”. Serve over spinach or your favorite greens.

Nutritional tidbit: Basil leaves have been known to help with inflammatory problems.

By: Lauren Golen



No-Bean Cilantro Hummus

Same as Lentil Pate on page 40 except substitute no sun dried tomatoes and add ½ cup cilantro, ½ tsp cumin and ½ tsp coriander.

- *No-Bean Sun-dried Tomato hummus*
- *2 Zucchini*
- *3 garlic cloves*
- *¼ cup lemon juice*
- *½ cup sun dried tomatoes*
- *Sea salt to taste*
- *½ cup Tahini*

Directions: The texture is not that thick. You can strain through a nut milk bag for a thicker consistency or enjoy as is.

I love this with sliced cucumber and celery- simple, refreshing and delicious!

Nutritional tidbit: Zucchini squash is very low in calories and helps to make you feel full and satisfied. A medium sized zucchini squash is approximately 25 calories.

By: Lauren Golen

DELECTABLE SALADS

Almond Pate Salad

- *2 cups almonds*
- *2 celery stalks*
- *1 chopped carrot*
- *2 tbsp dulse*
- *½ onion*
- *2 Tablespoon dill*
- *2 Tablespoons parsley*
- *½ cup water*
- *2 cloves garlic*
- *1/3 cup lemon juice*
- *1 tablespoon mustard powder*

Directions: Soak almonds for 6 hours. Place almonds in food processor and process until somewhat broken down. Add carrot and onion. Chop celery and parsley separately. Add all ingredients together including herbs. In blender or whisk in bowl, mix water, garlic, lemon juice and mustard powder. Pour over almond mixture. This is excellent on top of a piece of romaine as a wrap or over a salad.

Nutritional tidbit: Almonds are a great source of potassium helpful for healthy heart function and blood pressure.

By: Lauren Golen

Superfood Salad

- 4 leaves of kale
- 3 radishes
- 1 tomato
- ½ cup sunflower sprouts
- 1 Tablespoon hemp seeds
- 1 Tablespoon olive oil
- 1 Tablespoon Braggs amino acids
- 1 tsp. vinegar
- ½ avocado
- ½ tsp. spirulina
- 1 tsp. lemon juice
- 1 inch ginger

Directions: In a small bowl, whisk Braggs, ginger, spirulina, lemon juice, vinegar and olive oil for the dressing. Toss with all other ingredients.

Nutritional tidbit: Sunflower sprouts are very high in protein. In just 3.5 ounces of these sprouts, we get 22 grams of protein!

By: Lauren Golen

Orchard Spinach Salad

- *1 cup spinach*
- *1 cup chopped apple*
- *2 tablespoons scallion*
- *½ cup walnuts*
- *1 tablespoon agave*
- *2 tsp. raw apple cider vinegar*
- *1 Tablespoon olive oil*

Directions: Whisk agave, vinegar, and oil in bowl for dressing. Pour over remaining ingredients- apple, walnuts, scallion and spinach. If you have a dehydrator, you can dehydrate the apples for delicious dried apples for salads. Soak apples in lemon juice for 10 minutes and then dehydrate for about 6 hours at 115 degrees until dry.

Nutritional tidbit: The pectin in apples helps to lower “bad” cholesterol.

By: Lauren Golen

Stuffed Mushrooms Salad

- *4 Large button mushrooms*
- *1 cup spinach*
- *2 avocados*
- *¼ cup chopped cilantro*
- *¼ onion*
- *1 small tomato, chopped*
- *Sea salt to taste*

Directions: Mash Avocado in bowl until somewhat smooth, you can leave chunks of avocado if you like. Add chopped cilantro, onions, tomato and sea salt.

Clean Mushrooms and take off the bottoms. Turn upside down and scoop out insides. Place avocado dip inside the mushroom. Place mushrooms on top of spinach.

Nutritional tidbit: Mushrooms are an excellent source of potassium and are 80-90 percent water.

By: Lauren Golen

Cilantro Pumpkin Seed Pesto

- *1 cups fresh cilantro*
- *1 cup fresh basil*
- *¼ cup fresh Italian parsley*
- *1 ¼ cup raw pumpkin – soaked overnight in Acid water*
- *1 small avocado or ½ large avocado*
- *1 tsp sea salt*
- *3-4 cloves garlic- minced*
- *¼ cup cold pressed olive oil*
- *Juice from one lemon*
- *Juice from lime*

Directions: Place all ingredients in food processor and blend until smooth. Serve on sliced cucumbers; stuff in mini red, yellow, and orange bell peppers; or spread on your favorite multi-grain cracker. I like to top it with a couple raw pumpkin seeds, freshly chopped parsley, or a piece of a ripe tomato. This is sure to be a crowd pleaser.

By: Katy Joy Freeman

Thai Salad

- 2 cups chopped red cabbage
- 3 cups chopped napa cabbage
- 2 carrots –shredded
- 2 stalks celery –chopped
- ½ hothouse cucumber –chopped
- 1 cup bean sprouts
- ½ red bell pepper –cut into strips
- Meat from one young coconut cut into strips –optional

Directions: Mix all ingredients together in large bowl and add Thai Peanut Sauce to taste (see Thai Peanut Dressing)

Thai Peanut Dressing

- 1/2 cup almond butter
- ½ cup coconut juice or spring water
- 1 Tablespoon nama shoyu
- 1 jalapeño pepper (remove seeds)
- 2 T raw honey or agave
- ½ cup fresh cilantro
- 1 Tablespoon garlic –minced
- Juice from one small lemon
- Juice from one lime
- Pinch of sea salt

Directions: Blend all ingredients until smooth.

This makes a great salad dressing. For a thicker sauce add $\frac{1}{2}$ cup almond butter and only use $\frac{1}{4}$ cup coconut juice or spring water.

Garnish Salad with fresh cilantro and raw cashews.

Nutritional tidbit: Jalapeño peppers contain capsaicin, which is a thermogenic. Thermogenics stimulate the body's burning of fat. Capsaicin is also said to be a potent anti-inflammatory agent.

By: Katy Joy Freeman



Cilantro Pumpkin Seed Pesto

- *1 cups fresh cilantro*
- *1 cup fresh basil*
- *¼ cup fresh Italian parsley*
- *1 ¼ cup raw pumpkin – soaked overnight in Acid water*
- *1 small avocado or ½ large avocado*
- *1 tsp sea salt*
- *3-4 cloves garlic- minced*
- *¼ cup cold pressed olive oil*
- *Juice from one lemon*
- *Juice from lime*

Directions: Place all ingredients in food processor and blend until smooth. Serve on sliced cucumbers; stuff in mini red, yellow, and orange bell peppers; or spread on your favorite multi-grain cracker. I like to top it with a couple raw pumpkin seeds, freshly chopped parsley, or a piece of a ripe tomato. This is sure to be a crowd pleaser.

By: Katy Joy Freeman

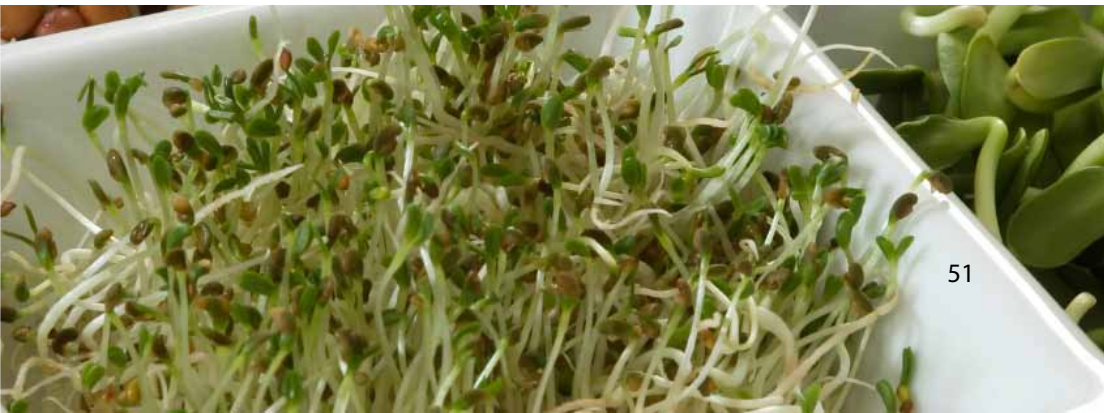
Sprout Salad

Serves 2 for a meal

- *¼ cup sprouted peas*
- *¼ cup sprouted french lentils*
- *¼ cup radish sprouts*
- *½ cup garden sprouts*
- *½ cup alfalfa sprouts*
- *½ cup shredded carrots*
- *2 stalks celery – chopped*
- *½ cup red cabbage - chopped*
- *1 zucchini – chopped*

Directions: Toss all veggies with avocado or olive oil, lemon, apple cider vinegar, and salt to taste. For a creamier dressing add 1-2 tablespoons of veganaise (non-dairy mayo made with grape seed oil). If you have some fresh herbs to add, that is a nice addition as well. Try eating this lively salad with chopsticks just for fun!

By: Katy Joy Freeman



Radish Salad

Radish salad relies upon the dressing to soften the ingredients, so be sure to let it sit for the allotted time.

- *Two cups of radishes (or less - use what you have), sliced very thin.*
- *One cup of diced celery, sliced thin*
- *Quarter cup of onion, diced into small pieces*
- *2 tablespoons of olive oil*
- *One teaspoon of fresh parsley, chopped into small pieces*
- *12 small black olives, pitted*
- *1 teaspoon of lemon juice*
- *Dash of salt*
- *Bowl*
- *Knife and cutting board*

Directions: Wash the radishes and trim off the root end and the leaves. Slice the radishes very thin, as thin as you can. Place them in the bowl.

Dice the celery, onions and parsley into small pieces and add to the radishes. Mix in the lemon juice and salt. Stir and set aside for 5 minutes or more. Stir again and drain off any liquid that is in the bowl.



Add the olive oil and the olives, toss, and chill for an hour. Serve as it is, or place salad on lettuce leaves in a bowl. For additional zest, top with Italian dressing if the olive oil dressing isn't enough for your taste.

The salt and lemon juice will naturally soften the radishes and celery. They should also take some of the bitterness out of the radishes, making them more palatable to folks who might not always enjoy the taste of radishes.

By: Jeanne Grunert

Barbara's Cucumber Salad

- *One large garden cucumber*
- *Half an onion*
- *Vinegar and oil to taste*
- *Fresh dill (or use a sprinkle of dried dill)*

Directions: Peel the cucumber. Slice it paper thin, so thin you can practically see through the slices. Slice the onion into thin strips. Mix with dressing, sprinkle with dill and serve. Keep well chilled.

By: Jeanne Grunert
(*my mother in law's summer recipe*)

Stuffed Portobello Mushroom

- 4 portobello mushrooms- scooped out (set aside the stems)

Filling:

- 1 cup marinated artichoke hearts
- 1 cup chopped spinach
- ½ cup chopped flat italian parsley
- 3 cloves garlic – minced
- ½ small onion – cut into small pieces
- 10 sun dried tomatoes in olive oil
- 3 Tablespoons mushroom caps – chopped
- Juice from ½ small lemon
- 10 brazil nuts
- Dash of sea salt –optional
- Almond cheese – shredded to place on top of the mushrooms (optional)

Directions: Fill each portobello mushroom with ¼ of the filling. Top with red onion slices or fresh tomato slices, and or almond cheese.

Dehydrated version: Place on mesh dehydrator sheet and place tray in dehydrator for 6 hours on 110 degrees.

Oven Option: Place mushrooms on lightly oiled baking sheet. Bake for at 350 degrees for approximately 30 minutes or until cooked all the way through.

Potluck Pleaser Recipe

Give yourself permission to keep things simple and make this delicious salad that is fresh, tasty, and quick to make.

Tomato and Cucumber Salad

- *4 cucumbers – cut into large chunks*
- *4 tomatoes of your choice – roma, vine ripened, heirloom*
- *1 cup of fresh basil- chopped*
- *¼ cup fresh parsley- chopped*
- *1-2 cloves garlic – pressed or finely chopped*
- *Olive oil – cold pressed*
- *Himalayan salt*

Directions: Wash all veggies and herbs in acid water, then dry. Place all ingredients in a salad bowl except the olive and salt. Toss. Drizzle modest amount of olive oil over the salad. Season with salt to taste.

Variations: Add sliced olives, pine nuts, or sprouted sunflower seeds if you like!

By: Katy Joy Freeman

Palate Treasure Wrap

Serves 2 for a meal

This delicious wrap is a feast for your palate. Try it and you will discover the treasure in this amazing and satisfying wrap. Avocados and cucumbers are great alkaline foods to incorporate into your diet.

- *2 brown rice tortillas (Food For Life Brand – gluten free)*
- *1 avocado*
- *1 cup sprouts of your choice*
- *8 pepperoncini's – chopped*
- *½ hot house cucumber – sliced thinly or 2 persian cucumbers*
- *4 marinated sun-dried tomatoes – chopped*
- *¼ cup olives of your choice – pitted and chopped*
- *Follow Your Heart Anchovy Free Caesar Dressing – egg and dairy free or healthy dressing of your choice*

Directions: Warm tortillas on burner or in oven. Spread ½ avocados on each tortilla then layer the rest of the ingredients except sprouts. Drizzle dressing over fresh veggies, top with sprouts, roll up and enjoy!

By: Katy Joy Freeman

Savory Zucchini Poppers

- 4 medium zucchini
- ¼ cup olive oil
- 2 Tablespoons fresh oregano
- 2 Tablespoons fresh basil
- 2- 3 cloves of garlic - pressed
- ½ tsp sea salt
- Juice from one lemon

Directions: Cut zucchini into thick slices (at least one inch), coat with olive oil, and mix the rest of the ingredients together in medium sized bowl. Marinate for one hour.

Dehydrated version: Place zucchini slices on mesh dehydrator tray and place in dehydrator at 105 degrees for 10-12 hours. Zucchini should be soft. Pop in your mouth and enjoy.

Oven option: Place zucchini in a corning ware baking dish and cover. Bake at 350 degrees until the veggies are cooked but not overdone. You can also spread evenly on a baking sheet and roast them in the oven on 350 degrees until cooked but still firm.

These are also great in salad or served covered with marinara sauce.

By: Katy Joy Freeman

Guilt- Free Pizzas

Makes 6 individual sized pizzas

- *6 sprouted grain tortillas (Ezekiel or Fat Flush brand)*
- small size
- *1 cup organic pizza sauce*
- *Almond cheese – shredded*
- *1 cup fresh basil*
- *Topping ideas:*
- *Soy pepperonis*
- *Sliced red onion*
- *Tomatoes*
- *Olives*

Directions: Preheat oven to 350 degrees. Spread desired amount of pizza sauce over the tortilla. Add fresh basil and almond cheese. Add preferred toppings. Place on cookie sheet and bake for 15-20 minutes or until cheese looks melted.

By: Katy Joy Freeman

SNACK RECIPES

Pumpkin Seeds

Pumpkin seeds are highly alkalizing and nutritious. Plus, if you love carving a jack o'lantern at Halloween, it will give you an excuse to have fun the alkaline way. Express your creative side by carving a pumpkin and you can cook and eat the seeds, too!

Here are three ways to cook up pumpkin seeds for snacks.

Spicy Pumpkin Seeds

Take those seeds from the pumpkin and boil them for 10 minutes. Drain well and spread them out on a cookie sheet. Combine 1 tablespoon of melted margarine or butter, 1 teaspoon of Worcestershire sauce, and a shake of garlic powder and pour it on the seeds. Stir until coated and bake at 350 for 30 minutes until dry. The seasonings coat about 1 cup of pumpkin seeds; if you have more, just increase the seasonings.

Toasted Pumpkin Seeds

Take the seeds from your pumpkin carving fun and wash them. I put them into a colander (spaghetti or pasta strainer) and rinse under cool water. Lay them on a paper towel and pat dry. Preheat the oven to 425 degrees F, and while the oven heats, melt 1 tablespoon of butter and pour it into a jelly roll pan or a shallow baking dish. Use a metal dish for best results. Place the seeds into the dish and stir them until they're coated with butter. Bake for about 20 minutes, keeping an eye on the seeds to make sure they don't burn. Shake the pan or stir them once or twice during cooking. When they're nice and brown and crispy, remove from the oven, shake on the salt (or not, depending on your mood) and enjoy. Store them in a jar on the counter. If you have any left, that is!



Curried Pumpkin Seeds

This recipe is spicy!

You'll need....

- *About 2 cups of pumpkin seeds, baked according to the second recipe*
- *1/4 cup curry powder*
- *1 1/4 cups water*
- *1 clove of garlic, crushed*
- *1 teaspoon salt*
- *Juice of about half a lemon*
- *Butter*

Get cooking....

Mix the curry powder, only 1/4 cup of the water, garlic, salt and lemon juice in a sauce pan on the stove. Whisk it together and when it's blended, add the rest of the water, heating and stirring constantly until the mixture looks shiny or shimmery. Add the pumpkin seeds and simmer it for five minutes. Drain the pot and place the seeds on baking sheet. Dot with butter and bake in a low oven, 275 for about 1 hour until super crispy. Watch the seeds while they're baking to make sure they don't burn.

By: Jeanne Grunert



DINNER & DESSERT RECIPES

Green Quinoa

- *2 cups ionized alkaline mineral water*
- *1 cup uncooked quinoa*
- *½ tsp. sea salt*
- *1 tsp onion powder*
- *½ vegan bouillon cube (optional)*
- *1 ½ cup chopped raw broccoli*
- *1 small zucchini – chopped*
- *1 cup baby spinach – chopped*
- *½ cup parsley – chopped*
- *½ cup sprouted green lentils*
- *1 tablespoon olive oil*
- *2 cloves garlic – minced*

Step One: Bring water and salt to a boil. Add quinoa, onion powder, and bouillon cube. Stir. Lower heat and simmer for 10-12 minutes.

Step Two: Add the following and recover for 3 minutes more on low heat.

- *1 ½ cup chopped raw broccoli*
- *1 small zucchini – chopped*

Step Three: Turn off heat. Gently stir in the following then recover for a few more minutes:

- *1 cup baby spinach – chopped*
- *½ cup kale – cut off stem*
- *½ cup parsley – chopped*
- *½ cup sprouted green lentils (optional)*

Step Four:

Add:

- *1 tablespoon olive oil*
- *2 cloves garlic – minced*

Options: add chopped sun dried tomatoes, olives, mushrooms, etc...be creative and have fun!

Serve warm or at room temperature the next day for leftovers. Do not reheat as it will overcook the veggies and we want to keep them as fresh as possible.

By: Katy Joy Freeman

Whole Wheat Penne with Broccoli Torfuky Sausage

- *12 ounces whole wheat penne pasta*
- *1 large bunch broccoli, cut into florets*
- *12 ounces tofurky Italian sausage*
- *1 pint grape tomatoes, each cut in half*
- *1/2 cup fresh basil leaves, chopped*
- *1/4 cup Parmigiano Reggiano or a healthy raw cheese*

Directions: Bring salted water to boil in large saucepot. Add pasta and cook as directed on label. Add broccoli when 5 minutes of cooking time remain. Reserve 1/2 cup cooking water; drain pasta and broccoli.

Meanwhile, thinly slice tofurky sausage. In 12-inch nonstick skillet, heat tofurky sausage until it begins to brown. Add tomatoes and cook a few minutes longer. Stir pasta, broccoli, and 1/4 cup pasta cooking water into sausage mixture in skillet; heat through, adding additional cooking water if needed. Remove from heat; stir in basil and cheese.

By: Zdenka

Wild Rice-Stuffed Squash

- *2 acorn squashes, halved lengthwise, seeds removed*
- *6 ounces wild-rice*
- *1/2 cup chopped pecans*
- *1/2 cup dried cherries*
- *1 shallot, finely chopped*
- *2 garlic cloves, crushed*
- *2 tablespoons butter*
- *1/2 teaspoon dried sage*
- *Sea salt and cayenne pepper*

Directions: Preheat oven to 450 degrees. Arrange squash, cut side down, on a baking sheet; cover sheet tightly with aluminum foil. Roast until tender (when pierced), for about 40 minutes.

By: Zdenka

White Beans and Italian Style Swiss Chard

Chard or Swiss chard is a cool weather vegetable that slightly resembles spinach. Most gardeners plant Swiss chard in the spring by directly sowing seeds. It matures in about 60 days, forming tall stands of green leaves. Recipes to cook chard often call for it to be boiled. This Italian style Swiss chard recipe uses a little bit of fat and lots of taste to cook up a healthy side dish that's packed with vitamin A, vitamin C, fiber, minerals and antioxidants.

- *Three or more cups of fresh swiss chard or green chard*
- *Skillet*
- *Three cloves of garlic*
- *1 can of white cannelli beans, drained and rinsed thoroughly*
- *Sharp knife*
- *Two tablespoons of butter or margarine*
- *Fork*
- *Cutting board*

Directions: Wash or rinse the fresh Swiss chard or chard thoroughly to clean off any dirt or insects. Pat dry with paper towel or allow to drain in a colander. With your hands, pull the green leafy part away from the stems. Compost or discard the stems. Rip the leaves up into one inch pieces. Set aside.

Using a sharp knife, remove the skins from the garlic cloves and the ends. Slice the garlic up into very fine pieces.

Heat two tablespoons of margarine or butter in the skillet. Once it is melted, place the garlic in the butter. Turn on the exhaust fan in your kitchen. Quickly saute the garlic. Do not burn it!

Add the chard or Swiss chard pieces. Stir rapidly with a fork, allow the chard to wilt down. The skillet may look piled high with chard, but within a minute you may be surprised at how quickly it wilts down.

Cook the chard for 1-2 minutes, stirring constantly and allowing it to wilt completely. It will resemble spinach when it is finished cooking.

When it is thoroughly cooked, mix in the beans, then plate each individual service or place it in a bowl to serve. For an extra Italian-flavor, add a sprinkle of red pepper flakes. Salt and pepper may be added to taste.

By: Jeanne Grunert



Curried Vegetables

- *2 cups cauliflower*
- *1 tablespoon curry powder*
- *1 tablespoon olive oil*
- *¼ cup coconut water*
- *1 tsp. cumin*
- *1 tsp. coriander*
- *1 tsp. turmeric*
- *2 cloves garlic*

Directions: Place all ingredients in food processor until smooth like mashed potato consistency. Add up to ¼ cup coconut water—it should be like a nice thick sauce that you can pour over the vegetables!

- *1 cup peas*
- *½ cup chopped carrots*
- *1 cup chopped green pepper*
- *1 cup chopped red pepper*
- *1 cup broccoli florets*
- *2 tablespoon sesame oil*
- *1 tsp. crushed red pepper flakes*

Directions: Mix all ingredients until lightly covered with oil. Pour the sauce over and evenly mix and distribute. Serve.

Nutritional tidbit: Coconut Water is an excellent way to hydrate the body and contains potassium and electrolytes.

Maple Baked Sweet Potatoes

This is a good transitional recipe or a side dish. At first you may wish to make it with butter, but you can switch easily to a vegan option (and more alkaline option) and just pour water over the potatoes while they are cooking. Enjoy!

- *Pyrex baking or casserole dish with lid*
- *3-4 large sweet potatoes*
- *1 tablespoon butter plus extra butter for the dish (vegans substitute 1/4 cup water)*
- *1 - 2 tablespoons real maple syrup*

Let's get cooking...

Preheat the oven to 350 degrees F. You can bake this side dish along with other foods as long as the temperature does not exceed 375.

Peel the sweet potatoes and cut them into quarter inch slices or cubes. Arrange in layers in a buttered casserole dish. Place one tablespoon of butter on top and drizzle with the tablespoon of maple syrup. Cover and bake 45 minutes to 1 hour or until tender, stirring midway through cooking.

By: Jeanne Grunert

Pasta and Greens

- *A bunch of broccoli rabe*
- *Spelt pasta (alkaline pasta)*
- *White navy beans*
- *One clove of garlic*
- *One tablespoon of olive oil with a little extra*
- *Splash of lemon juice*
- *Salt and pepper*

Directions: Cook the pasta according to the package directions. While the pasta cooks, drain and rinse the beans. Cook the broccoli rabe until it's wilted. Sauté the garlic for 30 seconds then remove from the pan so it doesn't burn. Mix the broccoli rabe, hot pasta, and beans in a bowl. Drizzle with olive oil and a splash of fresh lemon juice (or omit the lemon juice if you wish) and sprinkle with salt and pepper. Another option is a sprinkle of red pepper flakes. If you wish, add some freshly grated Parmesan or Romano cheese. Serve and dig in.

By: Jeanne Grunert

Fettuccini with Summer Tomatoes

- *2 zucchini*
- *2 cups mini tomatoes*
- *1 onion*
- *2 tablespoons cup raw cider vinegar*
- *1 tablespoon olive oil*
- *1/3 cup parsley*
- *½ tsp. pepper*
- *½ tsp. sea salt*

Directions: Shred the zucchini with a peeler into zucchini noodles and place in bowl. Halve the mini tomatoes and chop onion and add to noodles. Blend or process the oil, vinegar, parsley, salt and pepper. Pour over the ingredients and serve.

Nutritional tidbit: Drinking raw apple cider vinegar everyday will help you to have a rosy complexion.

By: Lauren Golen



Mediterranean Tabouli Salad

This is a very refreshing and satisfying salad. If your not comfortable eating cooked tabouli, feel free to soak and sprout the tabouli instead. This salad is hearty and does well as a main meal.

- *3 cups cooked or sprouted quinoa*
- *¾ -1 cups lemon juice (if you want it tart, go with 1 cup)*
- *½ cup olive oil*
- *1 cup fresh mint leaves*
- *4 cups flat Italian parsley*
- *1 clove garlic*

Directions: Put all of the above ingredients in food processor with S blade and pulse a few times until parsley and mint leaves are chopped. Transfer to medium sized mixing bowl and add:

- *1 hothouse cucumber –chopped*
- *8 cherry tomatoes –cut into small pieces*
- *11 olives –pitted and chopped*
- *1/3 c pine nuts*
- *1/3 cup red onion –finely chopped*
- *1 cup chopped spinach*
- *1 tsp. salt*

Mix all ingredients until well tossed. Garnish plates with red leaf lettuce top with the tabouli. Add avocado slices on the top and enjoy!

Nutritional tidbit: Quinoa's protein content is very high (12%–18%.) Quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete protein source. It is a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is gluten-free and considered easy to digest.

By: Katy Joy Freeman

Nori Roll with Cauliflower Walnut Pate

- *2 ½ cups walnuts, soaked in water for 2 hours*
- *1 ¾ cups cauliflower*
- *½ cup red onion*
- *½ cup celery*
- *1 clove garlic*
- *1 tsp. herbs de province*
- *2 tsp. Braggs Aminos or Nama Shoyu*
- *¼ cup fresh dill, chopped*
- *¼ cup fresh parsley, chopped*

Directions: Combine all ingredients except for dill and parsley in a food processor and blend until smooth. Stir in the fresh herbs to taste. Add sauerkraut and red pepper tahini dressing (see below). Wrap into a nori sheet.

Nutty, Wild and Sweet

- *1 cup wild rice (soaked and sprouted)*
- *½ cup raisins*
- *½ cup almonds*
- *1 tablespoon tahini*
- *¾ cup chopped carrot*
- *¼ cup chopped onion*
- *2 tablespoons olive oil*
- *¼ cup minced parsley*
- *¼ tsp. sea salt*
- *¼ tsp. pepper*

Directions: Soak wild rice for 24 hours. Rinse for a few minutes. Place on a towel or paper towels to allow the rest of the water to drain. Place in a bowl and add the rest of the ingredients. Mix thoroughly.

Nutritional tidbit: Did you know that wild rice is a grass? In addition it has great amounts of protein.
By: Lauren Golen

Pad Thai

- *4 carrots*
- *2 summer squash*
- *2 cups bean sprouts*
- *1/3 cup cilantro*
- *¾ cup white cabbage- chopped*
- *3 green onions*
- *¼ cup slivered almonds*

Sauce:

- *¼ cup tahini*
- *¼ cup almond butter*
- *1 tablespoon sesame oil*
- *2 tablespoon olive oil*
- *3 tablespoon nama shoyu*
- *3 cloves garlic*
- *2 inches ginger*
- *1 tsp. chili powder*
- *1 tsp. dulse*
- *3 tablespoons agave*
- *Water (to move ingredients around in blender)*

Directions: With a peeler, shred carrots. Use spirooli on squash and make into spaghetti. Put into a big bowl with cilantro, bean sprouts, cabbage and onions.

Place all sauce ingredients in the blender and blend until smooth. Add water if needed for some movement. Pour over the other ingredients.

Nutritional tidbit: Tahini is a tasty alternative to margarine and butter.

By: Lauren Golen

Red Pepper Tahini Dressing

- *2 red bell peppers, roughly chopped*
- *1 cup raw sesame tahini*
- *1 cup water*
- *1 tsp. frontier pizza seasoning*
- *1 tsp. fresh lemon juice*
- *2-3 drops liquid stevia extract*
- *Braggs Aminos, Dulse, or Kelp Granules to taste*

Directions: In a blender, combine all ingredients. Blend well and season to taste. Add more water to adjust consistency.

Sloppy Nuts

- *1 ½ cup walnuts*
- *¼ cup onion*
- *2 garlic cloves*
- *1 tsp. ground mustard*
- *¼ cup sun dried tomatoes, soaked*
- *½ cup tomatoes*
- *2 tablespoons agave*
- *Salt and pepper to taste*

Directions: Process walnuts and set aside in a bowl. Process the rest of the ingredients in the food processor. Mix both of them together. You can eat this like a chili or serve with a romaine leaf or Swiss chard leaf.

Nutritional tidbit: Lycopene is a phytochemical and antioxidant that fights free radicals in the body. Sun-dried tomatoes have 12 times the amount of lycopene than a tomato in its raw state.

By: Lauren Golen

Stirred (but not Fried)

- *2 cups cauliflower*
- *1 tablespoon coconut oil*
- *½ tsp. sea salt*
- *1 red pepper*
- *1 yellow pepper*
- *1 cup broccoli*
- *1 cup snow peas*
- *2 tablespoons hemp seeds*
- *¼ cup sunflower seeds*
- *1 tablespoon olive oil*
- *2 tablespoons Braggs amino acids (optional)*
- *2 inches ginger*

Directions: Place cauliflower in food processor and pulse on and off for 15 seconds until it looks like rice. Place in bowl and add coconut oil and salt.

Place all stir-fry veggies and seasonings in bowl and mix well. Serve on top of “rice”.

Nutritional tidbit: Broccoli is an excellent source of calcium for raw foodists who are not consuming dairy products.

By: Lauren Golen

Vegetable Nuggets

- 1 ½ cup corn (frozen works best)
- 1 cup zucchini
- 1 cup carrots
- ¼ onion
- ½ cup sweet potato
- 1 garlic clove
- 1 tsp. sea salt
- 2 Tablespoon olive oil
- 1 cup ground golden flax seed
- 1 tsp. sea salt
- ¼ tsp. chili powder

Directions: Put corn in processor until smooth and then the rest of nugget ingredients in the processor. Don't make too smooth—keep some texture.

Mix flax mixture in a bowl. Take about 1 tablespoon of nugget mixture and roll in flax "breading." It will be difficult to work with, but well worth it. Place balls or whatever shape you desire on dehydrator sheet. Dehydrate at 110 degrees for 2 hours, then flip and dehydrate another 2 hours or until your desired feel. Serve with your favorite dip or on top of the Caesar salad.

Nutritional tidbit: Corn is high in fiber and because of this has been known to lower blood sugar levels. Sweet Potatoes contain powerful antioxidants that are helpful in reducing inflammation in the body good for people with conditions such as arthritis and asthma.

Veggie Fajitas with Nutty Sour Cream

- *1 Swiss chard leaf*
- *1 green pepper*
- *1 red pepper*
- *½ onion*
- *1 chopped tomato*
- *¼ cup cilantro*
- *2 minced garlic cloves*
- *2 tablespoon olive oil*
- *½ tsp. cumin*
- *½ tsp. chili powder*
- *1 tsp. sea salt*
- *1 avocado*

Sour cream

- *½ cup macadamia nuts*
- *3 tablespoons lemon juice*
- *2 tablespoons raw apple cider vinegar*
- *½ tsp. salt*

Directions: Place all chopped ingredients in a large bowl and mix until everything is well coated. Spoon ingredients inside Swiss chard leaf and cut avocado slices on top.

Place macadamia nuts in small food processor and process until smooth. Add the rest of ingredients. Serve with fajita.

Nutritional tidbit: The potassium present in apple cider vinegar is important because it helps to remove the excess water and also the toxic waste.

By: Lauren Golen

Veggie Fried Rice

- *1 Whole cauliflower*
- *¾ cup green peas*
- *¼ cup chopped green onion*
- *2 inches fresh ginger, chopped*
- *½ yellow bell pepper*
- *½ red bell pepper*
- *Sea salt to taste*
- *1 tablespoon sesame oil*
- *1 tablespoon olive oil*

Directions: Place separated cauliflower pieces in food processor. Pulse on and off until it looks like rice. This should only take about 15 seconds. Don't over-pulse or it gets mushy! Pour in a separate bowl and add the rest of the ingredients.

Nutritional tidbit: Cauliflower is an amazing vegetable and although it is white in color is considered a green vegetable with lots of chlorophyll and vitamin C.

By: Lauren Golen

Veggie Soup

- 2 carrots
- 1 stalk broccoli (whole stalk)
- 2 pieces celery
- 1 sweet potato
- Handful fresh basil
- Handful fresh oregano
- Pinch Celtic salt
- 24 ounces water
- 1 cup boiling water

Directions: Blend in blender. Pour boiling water into 2 cups soup until it hot but to touch.



Grilled Vegetables

Grilling vegetables gives them a smoky flavor, and depending on the spices you use, it can also deepen and add extra flavor. I like to grill firm vegetables such as carrots, zucchini and eggplant. You can use grilled eggplant in place of 'meat' for a summertime burger, for example, or wrap it up in lettuce for a super-alkaline sandwich.

The basic vegetable grilling methods:

- Peel, seed if necessary, and slice vegetables, leaving the slices 1/2 to 1/4 inch thick. Any thinner than that and they may stick to the grill or burn.
- Toss the slices in a bowl with one tablespoon of olive oil and coarse salt, such as Kosher or sea salt. Season with pepper.
- Spray non stick spray on the grill.
- Place slices on the grill rack for about 15 to 20 minutes, turning as needed, until they're nicely charred on the outside.

You can easily make an entire meal from grilled vegetables. You can also add them to salads. I like to pile fresh lettuce in a bowl and add a mixture of fresh and grilled vegetables. With thick slices of eggplant, you can use them like hamburger patties too, and eat them as vegetarian burgers.

DESSERTS

COOKIES & BARS

Carrot Raisin Cookies

- *1 cup walnuts*
- *1 c sunflower seeds*
- *½ cup raisins*
- *1 tsp. vanilla extract*
- *¼ tsp. sea salt*
- *1 carrot*

Directions: Soak nuts and seeds for 4 hours. Process all ingredients except for the raisins. After processed, stir in the raisins. Make into cookie shapes and place in dehydrator for 6-7 hours on 115 degrees.

By: Lauren Golen

Coconut Maca Bliss Balls

- *1 ½ cup cashews/macadamias*
- *¼ c shredded coconut*
- *2 tablespoons coconut butter/oil*
- *3 tablespoons agave*
- *1 TBSP Maca Powder*

Directions: Put everything in food processor until mixed. Roll into balls—you can decide on the size.

Nutritional tidbit: Coconut Oil has been extensively used in Ayurveda for its anti-bacterial and anti-parasitic functions in the body.

By: Lauren Golen

Cookies for Breakfast

- *2 cups sunflower seeds, soaked*
- *2 cups raisins*
- *½ tsp. vanilla*

Directions: Blend together in the food processor. Make into cookies and place on dehydrator. Dehydrate at 115 degrees for 6 hours.

By: Lauren Golen

Oatmeal, Chocolate and Raisin Bars

- *1 cup steel cut oats –soaked 6–8 hours*
- *½ cup cacao nibs*
- *½ cup raisins*
- *¼ cup golden flax seeds, ground*
- *¼ cup agave*
- *1 tsp. cinnamon*

Directions: In a coffee grinder, grind the flax seeds until fine. Place in food processor and add cinnamon. Now add damp oats that have been soaked and drained and process about 30 seconds. Add agave. Place in a bowl and hand mix in the nibs and raisins. Make into bars on the dehydrator sheet and dehydrate for 4 hours at 110 degrees.

Nutritional tidbit: Studies have shown that ½ tsp. of cinnamon a day can lower LDL cholesterol levels.

Super Almond Butter Balls

- 2 cups almond butter
- 1 cup goji berries
- 1/8 cup agave (optional)

Directions: Mix all ingredients together and roll into balls. This will be messy. Place in freezer. They become hard in about an hour. They thaw out quickly, so take one out before you eat for 2 minutes and then enjoy. I love these for dessert, a mid-day snack or even for breakfast!

Nutritional tidbit: Goji berries contain powerful antioxidants and in Asia, have been eaten for generations in the hopes of living longer.

By: Lauren Golen



Walnut Fudge

- *2 cups raw walnuts*
- *¼ cup cacao powder*
- *1 cup medjool dates*
- *¼ cup almond butter*

Directions: Put walnuts in food processor until broken down. Add medjool dates until a fudge-like consistency. It will start to move as one ball in the processor. Add cacao and almond butter and process until mixed together. Spread into a casserole dish and place in freezer. Cut into squares.

By: Lauren Golen



PIES

Goji Berry Cheesecake

Crust:

- *1 cup pecans*
- *6 medjool dates*

Directions: Place walnuts in food processor and process until broken down and then add dates. Press into spring form pan.

Filling:

- *3 cups macadamia*
- *1/3 cup agave*
- *1/4 cup lemon juice*
- *1/4 cup coconut oil (in liquid form- let it sit out)*
- *1/2 tsp. vanilla extract*
- *1/4 cup water (maybe more)*

Directions: Blend all the filling ingredients in blender until smooth. Add more water if necessary. The mixture may take a few minutes to become smooth. Pour into crust and place in freezer for several hours until firm and good enough to cut. Remove from spring pan and let thaw if completely frozen. Sprinkle goji berries on top before serving.

By: Lauren Golen

Key Lime Pie

Crust:

- $\frac{3}{4}$ cup macadamias
- $\frac{3}{4}$ cup walnuts
- 6 medjool dates (soak dates for $\frac{1}{2}$ hour)
- $\frac{1}{2}$ cup dried shredded coconut

Filling:

- 2 avocados
- 2 tablespoons key lime juice
- 2 tsp. chia seeds, ground fine (makes the filling firmer)
- $\frac{1}{4}$ cup agave

Directions: Grind up walnuts and macadamias in food processor until broken down to smaller pieces. Add dates and process. Add coconut and process. Press into a 9-inch pie pan.

Put all filling ingredients into the blender and blend until smooth. Pour into crust and refrigerate for 2 hours or until firm enough to cut into slices.

Nutritional tidbit: Lime stimulates the digestive system and increases secretion of digestive juices and peristaltic motion. Having a lime with lunch and dinner is an age-old practice in India and some of its neighboring countries because of this reason.

DELECTABLE VEGAN ICE CREAM & ICES

Chocolate Lavender Gelato

- 3 avocados
- ¼ cup agave
- ½ cup cacao powder
- 1 1/2 tablespoons vanilla extract
- 1 tablespoon lavender flowers
- Up to 1 cup water

Directions: Process all ingredients except water. Add water until a nice desired consistency, not too thin. Freeze until like the consistency of gelato.

Nutritional tidbit: Lavender flowers have been shown to help in areas of relieving tension.

By: Lauren Golen



Mint Chip Ice Cream

- *2 frozen bananas –break bananas into small chunks before freezing*
- *5 mint leaves –chopped*
- *¼ cup cacao nibs*
- *1 pinch sea salt (optional)*
- *Splash or two of almond milk (optional)*
- *Tsp. of vanilla bean (optional)*

Directions: Put bananas in food processor. Blend until smooth. Add the other ingredients and blend again for a few seconds. This is so delicious!

Nutritional tidbit: Mint is excellent for digestion and upset tummies.

By: Lauren Golen

Monkey Ice Cream

- *2 frozen bananas*
- *1 tablespoon almond butter*
- *1 tablespoon cacao powder*

Directions: Put everything in food processor. Blend until smooth and creamy. Eat right away or put in freezer. This is so easy and delicious.

Nutritional tidbit: Cacao is one of the best antioxidants!

Maple Cinnamon Baked Pears

- *About a dozen pears. If you're buying them, buy the brown skinned or Bosc kind.*
- *1/4 teaspoon of cinnamon*
- *1/4 cup of pure maple syrup*
- *Cooking spray*

Directions: Preheat the oven to 350. Spray cooking spray or use butter or margarine to grease a Pyrex baking dish. Peel and slice the pears into quarter inch thick slices. Place them in the dish. Drizzle the maple syrup over the pears, and then sprinkle with cinnamon. Bake for 20-30 minutes uncovered until the pears are soft. And that's it!

By: Jeanne Grunert

Baked Apples

- *6 Cortland or green apples*
- *Lemon juice*
- *Liquid stevia*
- *Cinnamon*
- *¼ cup of water*

Directions: Peel and core the apples and place them in a Pyrex baking dish. Sprinkle with lemon juice and a little bit of liquid stevia if you wish. You can omit the stevia if you do not have it or use just a touch of maple syrup instead. Add cinnamon to taste and bake covered at 350 for about half an hour to one hour or until the apples are as tender as you like them.

By: Jeanne Grunert



Watermelon Popsicles

- *4 cups watermelon*
- *½ cup apple juice*
- *¾ cup water*
- *12 paper drink cups*
- *Wooden popsicle sticks*

Directions: Put apple juice, water and watermelon in blender until smooth. Pour into cups. Freeze for about 1 hour and then place sticks in the center. To serve, peel away the cup.

Nutritional tidbit: Fruit popsicles are an excellent way to hydrate yourself on a hot summer day. These are also great to use as ice for a smoothie.

By: Lauren Golen



At least – delicious, easy alkaline recipes anyone can make. With these recipes, living the Alkaline Lifestyle is a breeze. You'll have at your fingertips recipes to make filling alkaline smoothies, healthy salads and soups, snacks and lunches, and dinners the whole family will enjoy. With recipes contributed from the entire team at The Alkaline Lifestyle, this is sure to become your quick and easy reference book for alkaline recipes you can prepare at home.

ISBN: 978-0-9843941-8-0



9 780984 394180

\$14.97 US