

A top-down view of various fresh vegetables including tomatoes, lemons, cucumbers, mushrooms, radishes, eggplants, corn, and bell peppers arranged on a wooden plank surface. A large, curved green leaf graphic is positioned at the bottom of the image, framing the text.

The Alkaline Lifestyle Recipe Book

2nd Edition

Recipes and contributions by:
Katy Joy Freeman & Cassandra Stirling at Alkaline Lifestyle

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TABLE OF CONTENTS

Juices, Smoothies & Breakfast Choices	8
Alkalizing Snacks & Hors D'oeuvres.....	24
Salads, Soups & Main Dishes.....	32
Desserts.....	84
Kitchen Appliances.....	94



A photograph of three glasses of fresh beverages on a rustic wooden surface. The foreground features a tall glass of vibrant green smoothie, garnished with a slice of kiwi. Behind it to the left is a glass of bright orange juice with a slice of grapefruit and a sprig of mint. To the right is another glass of orange juice, garnished with a slice of lemon and a sprig of mint. The background is filled with various fresh fruits, including whole oranges, grapefruit slices, and kiwi, creating a healthy and fresh atmosphere.

**JUICES,
SMOOTHIES
& BREAKFAST
CHOICES**

Juices, Smoothies & Breakfast Choices

Green Goodness Alkalizing Smoothie

- *1 ripe avocado, peeled and pit removed (can use ¼ cup almond butter as substitute)*
- *1 banana*
- *1 pear*
- *2 cups of spinach or 5 kale leaves*
- *2 cups Ionized Alkaline Mineral Water*
- *½ cup almond milk*
- *½ teaspoon cinnamon*
- *1 teaspoon vanilla*
- *1 heaping tablespoon of vanilla protein powder (I like to use Sun Warrior Protein powder as it raw and sweetened with Stevia)*

Directions: Place in blender until well mixed and enjoy.

By: Katy Joy Freeman

Watermelon Wellness Drink

- *5 big chunks of watermelon*
- *Squeeze of one lime*
- *2 dates pitted and soaked for 10 min in 1 cup ionized alkaline mineral water*
- *Handful of spinach*

Directions: Place in blender until well mixed and enjoy.
This is great after a workout!

By: Katy Joy Freeman

Alkaline Reset Juice

Serves 2

- *Juice of 3 grapefruits*
- *1 cup ionized alkaline mineral water*
- *2 teaspoons of your favorite greens powder –
(I like Vitamineral Greens by Healthforce Nutritionals)*

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.

Pour all ingredients in a large glass water bottle or any bottle you have around that has lid to it. Cover with the lid and shake. Divide evenly into two glasses and enjoy!

By: Katy Joy Freeman

Party Down Cucumber Juice

Serves 4

- *2 cups ionized alkaline mineral water*
- *4 celery stalks*
- *3 cucumbers, peeled*
- *1 orange bell pepper*
- *2 ripe pears*
- *1 sweet apple*

Directions: Blend all ingredients together for 30-60 seconds. Serve immediately.

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.

By: Katy Joy Freeman



Strawberry Martini

Serves 4

- *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

Teecino Herbal Coffee Treat

Trying to kick the coffee and finding yourself longing for a hot substitute? Don't throw out the coffee or espresso machine quite yet. I have found a wonderful alternative that has helped satisfy that desire for a coffee beverage. It is called Teecino and it is naturally caffeine free and non acidic. Teecino is made from a blend of herbs,

grains, fruits, and ramon nuts, a nutrient-rich food of the Maya civilization. You feel a natural energy boost from the nutrients, not stimulants. It provides heart healthy potassium and soluble fiber. Teeccino comes in individual tea bags and in an all purpose grind. For more information on Teeccino visit: <http://www.teeccino.com/>.

My favorite way to enjoy Teeccino:

1 Teeccino tea bag (I love the chocolate and dark roast flavor, but they are all great!)

Coconut Creamer, by So Delicious – they have french vanilla, hazelnut, and regular (you can also use almond milk or another nut milk of your choice)

Directions: Pour 1 cup of boiling water over one Teeccino tea bag of your choice. Steep for 3 minutes. Place coconut creamer in frother and froth. Pour frothed creamer over the teeccino and enjoy your very own specialty drink at home. It seriously feels like you just got a drink from your favorite coffee shop. You can just pour the coconut creamer in without frothing if you do not have a frother. Sprinkle with cinnamon or nutmeg if you want to get real fancy! If you use the all-purpose grind teeccino you can use your coffee drip maker, french press, or espresso machine.

For your convenience, boxes of individual Teeccino bags available at the Alkaline Lifestyle Co-Op Membership Store. Frothers are also available there.

By: Katy Joy Freeman

Seasonal Immunity Booster Beverage

- *1 cup ionized alkaline mineral water*
- *Juice of one lemon and then the skin from half the lemon*
- *1 tablespoon raw honey*
- *2 inches of fresh ginger, skin cut off then cut in large chunks*
- *Pinch of cayenne pepper*

Directions: Place all ingredients in a small sauce pan and bring to a boil then lower heat and cover. Simmer for 15 minutes then pour into a tea cup (strain out the ginger and lemon rind).

By: Katy Joy Freeman

Green Smoothies for Health

Green smoothies blend green, leafy vegetables, water and sometimes fruit for a nutritious and satisfying drink. Green smoothies provide a boost of alkaline and chlorophyll-rich greens and impart wonderful benefits. They're easy to make and you don't even need a special blender to create one today. If you have a typical blender in the kitchen, you can mix up a green smoothie.

By: Katy Joy Freeman

Why Drink Green Smoothies?

While greens are tasty in salads, it can be difficult to eat as much as recommended. Chimps have the luxury of grazing all day in the forest; we must work, go to school, commute and tackle the laundry, and it's tough to eat salad while doing any of those tasks!

Green smoothies provide numerous health benefits. Victoria Boutenko, a raw food expert and author, writes in her book *Green for Life* that "the regular consumption of green smoothies...greatly benefits the health of people by improving the level of hydrochloric acid. Therefore the consumers of green smoothies should expect: to have better absorption of valuable nutrients, to lessen the possibility of infection and parasites, to heal allergies, and to improve overall health." (page 75).

Boutenko's book is filled with testimonials from people who drank this simple green drink and experienced remarkable recovery from problems ranging from cataracts to obesity. The entire Boutenko family embraced a raw food diet and achieved remarkable good health, including healing from many chronic illnesses.

Green Smoothie Cleanses

The chlorophyll, fiber and water content in green smoothies also make them excellent for detoxification. Many people enjoy a 'green smoothie cleanse', or a controlled period of taking in nothing but pure water and green smoothies.

Whether you embark on such a diet for one day or a week, you may feel lighter, lose weight, and have many nagging health complaints such as seasonal allergies, sinus problems, and skin problems clear up seemingly overnight.

How to Make Green Smoothies

The best part about green smoothies is how simple they are to make. You don't need any expensive kitchen appliances or fancy gourmet foods. All you need is a standard household blender, knife, measuring cup and a glass for your smoothie.

Extra smoothie can be kept in the refrigerator for several hours, but try not to leave it for more than a day. It can pick up flavors from other foods in the fridge or lose potency. You can make a batch in the morning and pack some for work, or drink half now and save the rest for later. One expert recommended green smoothie ice pops to enjoy greens. She makes a batch of smoothie and pours it into children's ice pop molds. She then pops one out in the evening to enjoy as a dessert!

Choosing Greens

When choosing greens for a green smoothie, green leafy vegetables are key. For newcomers to the world of green smoothies, start with mild-tasting greens such as red or green leaf lettuce, spinach or Romaine lettuce. Don't bother with iceberg lettuce. Most commercially

grown iceberg is devoid of nutrients; you'll be drinking fiber and water.

Other great greens to try as you get used to the taste of green smoothies are kale, cress, parsley and chard. Experiment to see which combination of flavors appeals to you.

Make a Green Smoothie

This sweet smoothie is easy to make. Simply take 2 cups of fresh pineapple, 1 cup of shredded Romaine lettuce, ice and water enough to cover most of the mix. Place it in a blender and blend until it's liquid. Pour and enjoy.



Gluten and Dairy Free Pumpkin Mini Pumpkin Muffins

Makes 20-24 mini muffins

- *¼ cup palm sugar*
- *¼ cup sucanat*
- *1 tablespoon maple syrup*
- *Equivalent of 2 from egg substitute*
- *¼ cup sunflower oil*
- *¼ cup apple sauce – I use any flavor I have around*
- *1 cup pumpkin puree or pumpkin pie puree*
- *1 teaspoon sea salt*
- *1 teaspoon cinnamon*
- *1 teaspoon pumpkin spice*
- *¼ teaspoon nutmeg*
- *1 teaspoon baking soda*
- *1 teaspoon vanilla*
- *1 cup gluten-free flour – Bob's Redmill brand is a good option*

Directions: Preheat oven to 325 degrees. Mix flour, salt, cinnamon, pumpkin spice, nutmeg and baking soda in a medium bowl.

Set aside. Blend oil, apple sauce, sugars, maple syrup, vanilla, and egg substitute with a hand beater. Add pumpkin puree and mix until smooth. Add wet mixture to dry mixture and use hand beater to mix until well blended. The batter will be thick. Place mini muffin tins with mini cupcake liners. Fill up liner and place in oven for 15 min or until the tops are slightly brown.

By: Katy Joy Freeman



Quick Quinoa Breakfast

- *1/2 banana*
- *2 teaspoon almond butter*
- *1/2 cup quinoa, cooked*
- *1 tablespoon ground flax seeds*
- *Soy milk or almond milk*

Directions: Mash the banana right in breakfast bowl. Stir in the almond butter, then the cooked quinoa and flax seeds. Add soy milk or almond milk to taste.

By: Cassandra Stirling

Goji-Quinoa Breakfast

- *¾ cup cooked quinoa*
- *½ cup vanilla soy milk*
- *1 tbsp maple syrup*
- *2 tsp Goji berries*
- *2 tsp shredded coconuts*
- *¼ banana, sliced up*
- *Sprinkle with cinnamon or nutmeg*

Directions: Combine quinoa, soymilk, and Goji berries in a small saucepan and place over a medium low heat. Bring to a boil, then turn it down to a simmer and allow it to cook for about five minutes or so or until the mixture has thickened. Add maple syrup to taste. Stir in walnuts and bananas and top with cinnamon and nutmeg.

By: Katy Joy Freeman

Maple & Oatmeal

- *1/2 cup quick-cooking or old-fashioned oats*
- *1 cup water*
- *Dash salt*
- *2 teaspoons maple syrup or agave nectar*
- *1 Tablespoon raisins or other chopped dried fruit*

Directions: Microwave oats, water and salt or cook on stove-top. Stir in the maple syrup or agave nectar and add chopped dried fruit and raisin and cook for about 1 minute longer. Serve with a pat of butter and a splash of almond or soy milk.

By: Cassandra Stirling

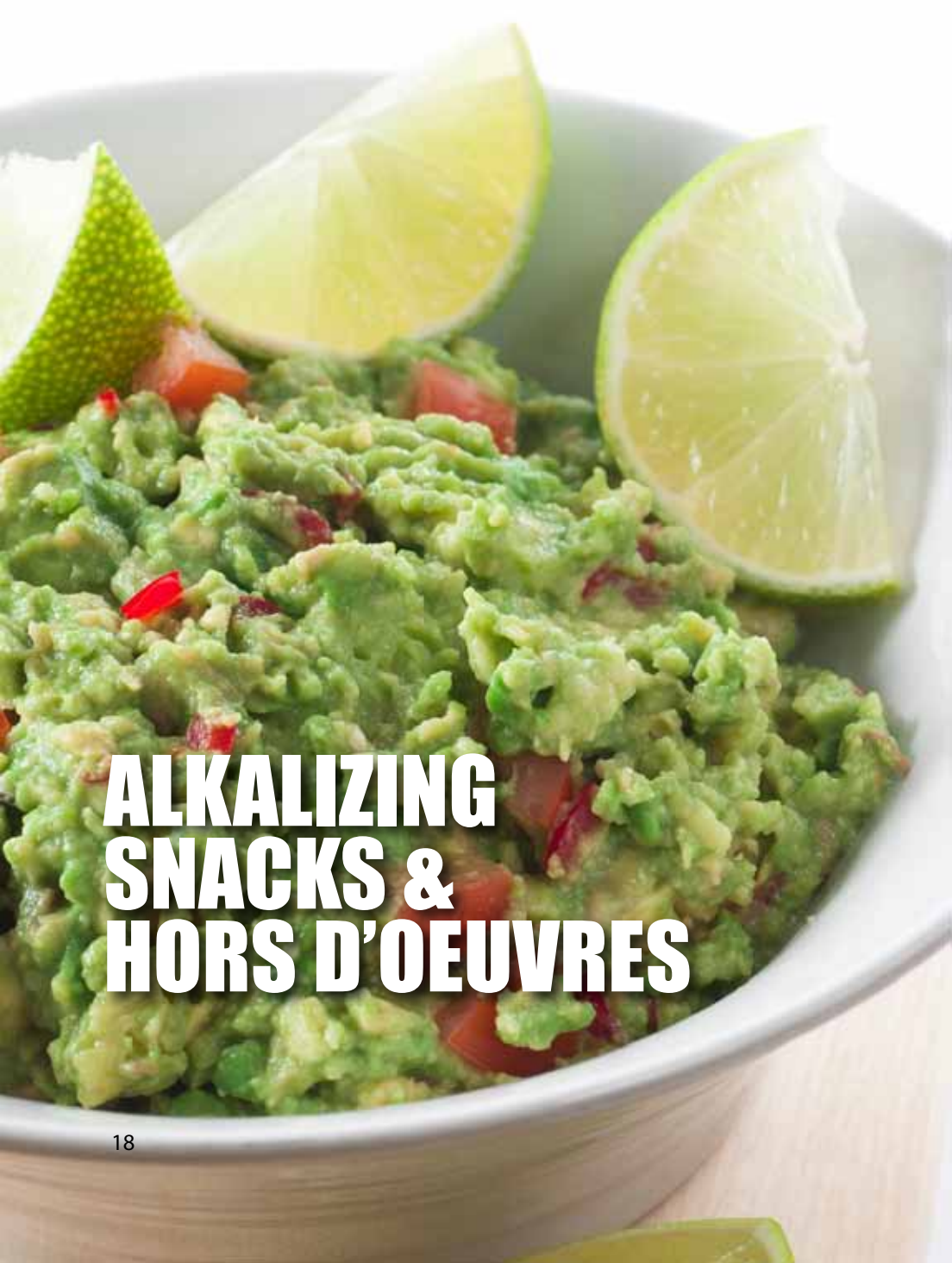
Nutty & Berry Quinoa

- *¼ cup almond milk*
- *¼ cup water*
- *¼ cup quinoa, organic preferred*
- *½ cup fresh blackberries, organic preferred*
- *pinch of ground cinnamon*
- *chopped almonds (sprinkle on top)*
- *1 teaspoons organic agave nectar*

Directions: Combine almond milk, water and quinoa in a saucepan and bring to a boil over high heat. Reduce heat, cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon. Serve and top with almonds and drizzle 1 teaspoon agave nectar over each serving.

By: Cassandra Stirling





**ALKALIZING
SNACKS &
HORS D'OEUVRES**

Alkalizing Snacks & Hors D'oeuvres

Alkaline Lifestyle Avocado Dip

- *2 avocados – peeled, pitted, and diced*
- *¾ cup Veganise (made by follow your heart)*
– I use the low fat version
- *½ cup salsa*
- *½ teaspoon ground cumin*
- *Juice of ½ lime*
- *1 glove garlic – minced*
- *½ teaspoon sea salt*
- *Dash of black pepper*

Directions: Place all ingredients in a blender and blend until creamy. Transfer to a serving dish and top with tomatoes and cilantro if you have on hand. A fresh piece of parsley works well too! Use as a veggie dip or with baked tortilla chips. This is also a great sauce to use with the Vegan Taquito recipe listed in the main dish section.

By: Katy Joy Freeman

Pumpkin Protein Balls

Makes about 25 balls

- *1 can organic pumpkin*
- *2 cups gluten-free oats – uncooked*
- *3 tablespoons raw honey or grade-b maple syrup*
- *2 scoops vanilla protein powder (I use SunWarrior™ raw vegan protein powder)*
- *¼ cup cococut flakes*
- *2 tsp. cinnamon*
- *½ tsp. nutmeg*
- *½ tsp. pumpkin spice*
- *¼ tsp. ginger*
- *2 tablespoons coconut oil – melted*
- *1 cup chopped raw almonds – soaked if you can for 6 hours (this aids with digestion)*
- *Extra coconut flakes to roll balls in*



Optional ingredients: 1 tbsp. mesquite powder, 1 tbsp. non-soy lethicin)

Directions: Place all ingredients in a food processor with “S” blade. Pulse a few times then mix until well blended and a thick batter forms. Form into balls and roll in coconut. The batter is a bit sticky but it will firm up in the fridge. For fun, you can place an almond on top and it really looks like a little pumpkin!

By: katy Joy Freeman

Artichoke with Zesty Vegan Dipping Sauce

- *1-2 Artichokes*
- *½ cup low fat veganaise*
- *2 teaspoons apple cider vinegar*
- *Juice from ¼ of a lemon*
- *Dash of sea salt*
- *Dash of pepper*

Directions: Cut off stem from artichoke. I also like to cut the edges of the top of – place artichoke on its side and use a sharp knife to cut off front end leaving a flat surface. Put a steamer tray in a large pot. Fill water to bottom of steamer. Place artichoke (stem side up) in pan. Cover and heat on medium high heat until leaves easy pull off the artichoke – about 20 or so minutes depending on how large the artichoke it. I like to put



lemon slices, garlic, and oregano oil in the pot with the artichoke but it is not necessary.

Sauce: Mix veganise, apple cider vinegar, lemon juice, salt and pepper in a small bowl.

Pull of leaves from artichoke and dip in sauce.

This is a very fun treat.

By: Katy Joy Freeman

Hazelnut Pesto

- *1 cups hazelnuts*
- *¾ cup fresh parsley, firmly packed*
- *¾ cup fresh basil, firmly packed*
- *½ cup cold pressed extra virgin olive oil*
- *½ avacacado*
- *1 clove garlic*
- *1/2 teaspoon paprika*
- *1/2 teaspoon sea or Himalayan salt*
- *1/2 teaspoon fresh cracked pepper*
- *Juice of one lemon*

Directions: Place all ingredients except olive oil in food processor, blend until well incorporated. While the blender or processor is running, pour olive oil in a slow steady stream, continue blending until pesto mixture is thick and creamy.

Serve on Blue Diamond Almond crackers; smother on top of cucumbers; stuff the pesto in some celery; or dip some carrots in it!

By: Katy Joy Freeman

Soaked Almonds

A lot of people enjoy almonds as a healthy snack. I can see why as almonds are high in monounsaturated fats, the same type of health-promoting fats as are found in olive oil. They are also high in vitamin E, potassium, zinc, and iron. In addition, they are high in protein and contain more calcium than any other nut which makes them great for those who do not eat any meat or dairy products. I suggest you eat them in their raw form to get the most nutritional value from this tasty nut! Dry roasted nuts have been cooked with oils. The when oils are heated they change and are no longer good for the body. The heated oils can also cause the nuts to be rancid. Like other nuts, almonds contain enzyme inhibitors. This means that their enzymes are lying dormant. If you soak them you will activate the enzyme and they become easier to digest.

Alkaline Water Tip: Soaking Your Nuts!

If you are going to eat nuts I suggest that you buy organic raw nuts as they will have the most nutritional value. Sure, the roasted and salted nuts taste great but the heating process they go through to get that taste depletes them of their omega 3 oils that are so good for you. Nuts have enzyme inhibitors and soaking them neutralizes enzyme inhibitors and activates beneficial enzymes. Soaking nuts also makes them more digestible and the nutrients are more easily absorbed. You can either soak you nuts in ionized alkaline water alone or add sea salt (the salt helps activate enzymes that

de-activate the enzyme inhibitors.) After you soak your nuts they can be dried in the dehydrator to keep them fresh. Nuts can go rancid quickly and are best stored in the refrigerator after they are soaked and dehydrated.

Basic instructions:

Dissolve salt in ionized alkaline mineral water and pour over nuts so they are covered in the water. Let them soak at least 7 hours – can be soaked overnight. Drain and dehydrate for 12-24 hours at 110 degrees.

It is recommended to eat nuts in small amounts and only eat one type of nut at a time.



Hummus Crunch Cakes

These are a light and very satisfying lunch. They make a great snack as well! I find them very convenient to enjoy at work and they leave me feeling energized and ready to face the rest of my day with clarity and alertness.

- *Hummus of your choice – I like raw hummus by Revolutionary Healthy Earthy – Majestic Hummus. If you want an alternative for the traditional chick pea hummus, try the zucchini hummus recipe below.*
- *Kamut Puffed Cakes (spelt or brown rice cakes work well too)*
- *Pepperoncinis – sliced and stems cut off*
- *Avocado slices – optional, but very tasty*
- *Sprouts of your choice – I prefer broccoli, radish, or alfalfa*

Directions: Spread hummus on rice cake, layer with pepperoncinis, pile on sprouts. Serve with hothouse cucumber slices and enjoy!

By: Katy Joy Freeman

Zucchini Hummus

- *4 cups zucchini, peeled and chopped*
- *½ cup tahini*
- *3 garlic cloves*
- *1/3 lemon juice*
- *¼ cup olive oil*
- *¼ teaspoon paprika*
- *Pinch of cayenne*
- *1 teaspoon sea salt*

Note: Add sun dried tomatoes, olives, or any other herb to make flavor of your choice.

Directions: Place all ingredients in a food processor and blend until smooth.

By: Katy Joy Freeman





SALADS, SOUPS & MAIN DISHES

Salads, Soups & Main Dishes

Crazy Bread

This is such a yummy way to start your day. Choose bread that works best for you. I like to use Jonathan's Gluten-Free Flax bread. Just make sure to choose bread that does not use white flour and refined sugars. You can also use brown rice cakes.

- *2 slices of your favorite bread or a brown rice cakes*
- *½ avocado*
- *Sea salt*
- *Cinnamon*
- *Agave or raw honey*

Directions: Toast bread. Spread ¼ avocado on each piece of bread. Top with a pinch of sea salt. Sprinkle with Cinnamon. Drizzle Agave or honey on top.

By: Katy Joy Freeman



Go Green Mini Tacos

This alkalizing delight will soon become your favorite snack or light meal. Easy to make and your body will love it! I discovered the Mi Rancho mini corn tortillas a couple of weeks ago and they have inspired the creation of many fun meals! You must try them!

- *Mi Rancho Mini Corn Tortillas – (a wonderful gluten-free tortilla)*
- *Almond cheese – cut into strips (I use jalapeño jack)*
- *1 Heirloom tomato – cut into thin slices*
- *Steamed greens (I used chopped asparagus, red kale, and brocollini – a bundle of each)*
- *Avocado chunks (can mix with a little hot sauce for extra “kick”*
- *Olive oil*
- *Lemon*
- *Spices for steamed greens (sea salt, cracked pepper, turmeric, oregano and Italian seasoning, fresh chopped basil)*
- *Juice of ¼ lemon*

Directions: Chop up all the green veggies and steam. Drain water and add desired amount of olive oil, spices, fresh basil, and lemon juice. Stir, cover and set aside. Place almond cheese strips and tomato slices on each Mi Rancho mini corn tortilla. Place on rack in toaster oven. Toast for roughly 4 minutes. Longer for a crisper mini taco and less for a softer taco. Remove from toaster and layer with the green veggies. Top with avocado and hot sauce. Enjoy immediately with a side of the extra green veggies.

By: Katy Joy Freeman



Vegan Taquitos

Here is a tasty vegan and gluten free alternative to traditional deep fried taquitos. Cut them in half and serve as appetizers or enjoy with a nice side salad for a complete meal.

- *Olive oil spray*
- *1 15-ounce can vegan refried beans*
– *I use Amy's Organic brand*
- *3/4 cup almond or tapioca cheddar cheese - grated*
- *3 tablespoons diced mild chilies or red pepper*
- *1 tablespoon fresh lime juice*
- *12 corn tortillas*
– *I like to use Food for Life Sprouted Corn Tortillas*
- *Avocado – peeled and diced*
- *Salsa, for serving*
- *Shredded purple cabbage*
- *Cilantro - chopped - optional*

Directions: Preheat oven to 425 degrees and spray a baking sheet with olive oil spray. In a medium bowl, combine beans, cheese, chilies, and lime juice.

In a dry skillet or griddle pan over medium heat, warm corn tortillas for 2 minutes. Spread bean mixture on tortilla, and then roll into a cylinder. Continue until all tortillas are filled and rolled. Place taquitos on baking sheet, coat taquitos with olive oil spray. Bake for 5 minutes, turn taquitos, and bake 5 minutes more. Serve immediately topped with salsa, cilantro, avocado, and shredded cabbage.

Curry Love

Serves 4

This delicious Indian delight is a staple in our household. It is simple to make, gluten-free, and very satisfying.

- *1 15oz can organic garbanzo beans – drained and rinsed*
- *½ head of cauliflower – chopped*
- *2 carrots – chopped*
- *2 tomatoes – chopped*
- *1 ½ cups alkaline water*
- *1 11.5 oz jar of Curry Love sauce (they have 4 different gluten-free flavors including passion red thai curry, blissful banana ginger curry, luscious yellow thai curry, and tantalizing tomato coconut curry)*

Directions: Boil 1 cup of water. Add the garbanzo beans. Lower heat to medium and cook for 3 minutes. Add cauliflower, carrots, and tomatoes. Stir well and cook on medium heat for another few minutes. Lower heat and add curry love sauce. Option to add a dash of your own seasonings at this point including anise seed, Indian curry powder, garam masala, turmeric, or any other Indian spices you have on hand. If the sauce is too thick for you, add the rest of the water. Stir well, cover, and simmer on low heat until garbanzo beans are soft. Serve over brown rice or quinoa.

By: Katy Joy Freeman

Mimi Green Bean Tacos

These little appetizer sized tacos are easy to make and a wonderful alternative to meat tacos. I use a new gluten-free tortilla I recently discovered by Mi Rancho. Try them, you will like them! Serve with a green side salad for a satisfying light meal.

- *2 cups green beans – steamed*
- *Mi Rancho Mini Corn Tortillas*
- *1-2 tablespoons of Flax oil*
- *1 cup almond cheese – cut into small cubes (I like to use the jalapeño jack almond cheese for extra “heat”*
- *1 avocado – cut into cubes*
- *Hot carrots – I get them from our local taco shop – can use shredded carrots as an option*
- *Seasonings for the green beans (I use turmeric, oregano and Italian flakes, sea salt, pepper)*

Directions: Place flax oil and spices on steamed green beans and mix well. Place desired amount of green beans and almond cheese on each tortilla. Place in toaster oven on toast mode. Toast for about 4-5 minutes or until tortillas are slightly crispy but still pliable. Remove from toaster and top with avocado and one hot carrot. Fold into a little taco and enjoy immediately.

By: Katy Joy Freeman



Mexican Rice

- *½ chopped white onion*
- *½ cup chopped red, orange, or yellow bell pepper*
- *1 large clove garlic, minced*
- *2 teaspoons olive oil*
- *3 tbs. of Ionized Alkaline Water*
- *1 tomato, chopped*
- *1 teaspoon chili powder*
- *¼ teaspoon ground cumin*
- *½ teaspoon sea salt*
- *1 cup raw almonds - chopped*
- *4 cups cooked brown rice or quinoa*
- *1 avocado, sliced*

Directions: Heat olive oil on medium high in a sauté pan. Add onion, bell pepper, and garlic and sauté for 2 minutes.

Add Alkaline water and the rest of the ingredients. Turn heat down after a minute to low. Simmer for 4-5 more minutes.

Add mixture to brown rice or quinoa and top with avocado slices. You can also add fresh cilantro, fresh tomato slices, salsa, and/or chopped cilantro.

By: Katy Joy Freeman

Sweet Potato and Kale with a Kick!

This is a wonderful fall side dish and also makes a great addition to any Thanksgiving meal!

- *1 large Sweet potato – baked until tender*
- *3 cups kale – chopped (I like to mix dino and red leaf kale)*
- *1-2 tablespoons maple syrup – depending on how sweet you want it*
- *Flax oil – enough to drizzle over the potato and kale*
- *Sea or Himalayan Salt to taste*
- *Dash of Cayenne Pepper*

Directions: Allow sweet potato to cool to room temperature. Steam and drain kale. Cut sweet potato into small cubes. Add kale. Fold together. Drizzle with flax oil. Gently mix again. Drizzle with maple syrup and fold in. Salt

to taste and then sprinkle a dash of cayenne pepper over the mixture. Mix one last time. The potatoes may be a bit like mashed potato, depending on how long you cooked it. Serve at room temperature or enjoy cold.

Note: to bake sweet potato: wash, dry, poke holes in skin with fork all around the potato, wrap in foil, and bake at 350 degrees until you can easily poke a fork through the potato.

By: Katy Joy Freeman



Vegan “Fish” Tacos with Creamy Avocado Sauce

This Vegan, Gluten-free, recipe is a great substitute for traditional fish tacos. They are easy to prepare and very fun to eat! Enjoy!

Tofu and marinade

- *1 block Extra firm tofu*
- *2 tablespoons olive oil*
- *1 tablespoon Braggs liquid aminos or coconut aminos*
- *1/8 teaspoon paprika*
- *1 teaspoon cumin*
- *2 teaspoon salt-free taco seasoning*
- *1/8 teaspoon red pepper flakes*
- *¼ teaspoon chili powder*
- *Juice of ½ lime*

Directions: Cut tofu into rectangular “fish sticks” (about 2 inches) and then set aside. Mix all marinade ingredients in a glass pie pan or baking dish. Delicately place tofu in marinade and make sure each piece is well coated. Cover. Place in fridge for an hour and then carefully turn tofu so it gets the marinade evenly coated. Place in fridge for another hour.



Creamy Avocado Sauce

- *½ Avocado*
- *2-3 tablespoons Ionized Alkaline Mineral Water*
- *Juice of ½ lemon*
- *Juice of ½ lime*
- *½ cup reduced fat Veganaise (or regular)*
- *Dash of sea salt*
- *Couple dashes of pepper*
- *Dash of Cayenne pepper*
- *1 garlic clove, minced*

Sauce directions: Blend all ingredients in a blender until smooth. Add more ionized alkaline mineral water if you want a thinner sauce.

Other ingredients and Toppings:

- *Mini Corn tortillas – I use gluten-free tortillas*
- *Shredded white cabbage*
- *Chopped tomato*
- *Cilantro*
- *Avocado chunks*



Directions: Preheat oven to 350 degrees. Place tofu oven for 30 minutes. Heat tortillas in toaster oven for a crisp taco or in a non-stick pan on the stove top for a soft taco. Place two tofu strips on the bottom of a tortilla, top with sauce and other preferred toppings and enjoy. They are delicious.

Note: The tortillas are a new product from a great company called Mi Rancho. They are based in Northern California and I recently had the pleasure of meeting some of their staff at a health expo in Southern California (Expo West). They will be coming out with a tortilla chip next year! I love them because they come in the mini size which is perfect for this recipe. They are so moist and tasty! I hear they are also available in mainstream grocery stores so be on the lookout for Mi Rancho corn tortillas!

By: Katy Joy Freeman

Dairy-Free Creamy Broccoli Potato Soup

Enjoy this delicious comfort soup without all the calories and health hazards of traditional creamy soups. This yummy recipe was inspired by my compassion to bring a little comfort when a loved one was suffering from the flu. It's wonderful left over! As always, this is a gluten-free and Vegan recipe. You can substitute cauliflower for the broccoli if you prefer.

- *1 small onion – chopped*
- *2 cloves garlic – minced (can use garlic powder or granules in you don't have fresh or just omit)*
- *1 tablespoon olive oil*
- *4 cups broccoli- chopped (I like to use half a head of regular broccoli and a small bundle of broccolini or baby broccoli)*
- *2 cups ionized alkaline mineral water or spring water – you may want to add more water if it is too thick for you.*
- *1 cup almond milk or nut milk of your choice*
- *3 tablespoons vegetarian chicken flavored broth powder by frontier (or vegan bouillon)*
- *½ tsp sea salt*
- *½ cup nutritional yeast*
- *2 generous skirts of coconut aminos or braggs aminos*
- *Pepper to taste*
- *1 tsp Spike or any other seasoning you prefer (thyme, turmeric, Italian seasonings, etc)*
- *1 tomato – chopped (to put on top)*

Directions: Heat olive oil on medium heat. Sauté onion and garlic for 4 minutes in soup pan. Add water and vegetable powder and potatoes and stir. Bring to a boil then lower heat and simmer for 15 minutes. Add broccoli and almond milk and cover. Simmer for 5 more minutes. Turn off heat and place about a little over half of the soup in a blender. Allow soup to cool in blender then blend and return to soup pan. Add more water if

you want to thin the soup. Turn heat back on to medium-low and add nutritional yeast, salt, and coconut aminos and any other seasonings that you are drawn to adding. Cover and turn heat to low. Allow flavors to settle in for 15 min. Turn off heat. Dish into soup bowls and top with cracked pepper chopped tomato.

By: Katy Joy Freeman



Stuffed Peppers

This is an easy recipe but looks very fancy. You will have left over stuffing that is wonderful re heated for more meals. As always, my recipes are always vegan and gluten-free!

- *2 tablespoons olive oil*
- *3-6 bell peppers (I like to get different colors for fun)*
- *4 cups firm tofu - chopped*
- *3 tablespoons olive oil*
- *1 onion – chopped*
- *1 handful fresh parsley – chopped*
- *4 cups spinach – chopped*
- *½ cup fresh basil – chopped*
- *1 tomato – chopped (I like to use heirloom tomatoes)*
- *1 cup brown rice (cook with two cups water) – quinoa also works well*
- *1 24 oz jar of pasta sauce (I use Organicville Basil Tomato)*
- *1 tsp Oregano flakes*
- *1 tsp garlic granules or 1 glove fresh garlic - minced*
- *1 tsp Italian seasoning*
- *Salt to taste (I use Himalayan salt)*
- *Pepper to taste*

Directions: Prepare brown rice or quinoa and set aside. Heat 2 tablespoons olive oil on medium heat. Add onion and sauté for 4 minutes. Add spinach, tomato, seasonings, and sauté for 1 more minute. Push mixture to side of pan and add the remaining olive oil. Add tofu

and continue to sauté mixture for 3-4 more minutes. Add half of the pasta sauce and continue to sauté for 3 more minutes. Add brown rice and mix in well. Turn off heat and cover. Slice off top of each pepper and gently cut out seeds. Save tops. Rinse out the peppers and pat dry with a paper towel. Place remaining pasta sauce on bottom of baking dish. Fill each pepper with tofu rice mixture and set into baking dish. Place the pepper tops on each pepper. Bake at 350 degrees until peppers are soft – approximately 15-20 minutes.

By: Katy Joy Freeman



Tofu Noodle Soup

Serves 4

Looking for a Vegan alternative to your childhood comfort chicken noodle soup? This will surely satisfy your yearning and is very easy to make. As with all of my recipes, this is gluten free.

- *6 cups Ionized alkaline water*
- *7 Tablespoons Vegetarian Broth Powder “chicken flavor” by Frontier*
- *1 teaspoon Himalayan or sea salt*
- *1 teaspoon pepper*
- *1 teaspoon Salt-free Spike – optional*
- *¼ cup chopped parsley*
- *2 carrots – diced*
- *3 celery stalks – diced*
- *1 cup corn – cut off cobb or frozen*
- *2 cups firm GMO free tofu – cut into small cubes*
- *½ box quinoa spaghetti noodles – broken into 1 ½ strips*

Directions: Boil water, add broth powder, carrots, parsley, celery and continue to boil for 1 minute. Reduce heat to medium low and add the rest ingredients except the noodles. Simmer for 15 minutes, stirring occasionally. Add noodles and continue to simmer for 15 more minutes. Stir every few minutes to prevent noodles from sticking together.



Luscious Lentils

- *1 ½ cup Tru Roots sprouted lentils*
- *3 ½ cups alkaline water*
- *2 tomatoes - chopped*
- *2 carrots – chopped*
- *2 stalks of celery – chopped*
- *½ white onion – chopped*
- *Seasonings (sea salt, cumin, Italian seasonings or spike, pepper)*
- *1 Avocado - diced*

Directions: Boil the water with a dash of sea salt. Add lentils, tomatoes, carrots, celery, and onion. Bring to a boil again. Put heat on low and add 1 tsp of each of the listed seasonings to start. Cover and simmer on low heat for 45 minutes or until lentils are soft. Stir occasionally. Add more sea salt and pepper to taste. You can also add more of the listed seasonings if needed. You can also add any other seasoning that sounds good to you. Adding salsa is also a great option. Serve over quinoa or brown rice and top with avocado. This is great heated up for leftovers and will last up to 5 days in the refrigerator.

By: Katy Joy Freeman



Vegetarian Quinoa Chili

- 1 cup quinoa
- 2 cups water with a dash of salt
- 2 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno pepper, diced (optional – only use if you want a spicy chili)
- 3 medium sized tomato - chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (15 ounce) can red kidney beans and 1 (15 ounce) can of pinto beans, drained and rinsed
- 2 (15 ounce) cans diced tomatoes
- 1 (15 ounce) can tomato sauce
- 2 tablespoons chili powder, depending on your taste (I also like to use a seasoning called “Mexican Fiesta” by Frontier)
- 1 tablespoon ground cumin
- Salt and black pepper, to taste

Optional toppings: red or green onions, avocado slices, Almond cheese, Coconut plain yogurt for sour cream substitute. We also like to use a new gluten-free chip by Enjoy Life, called Plentils (made from lentil flour. They are light and crispy and very good!)

Directions: In a medium sauce pan, boil water with a dash of salt in it. Add quinoa and lower heat. Cover until water is absorbed. Set aside.

In a large pot, heat the olive oil over high heat. Add the onion and cook until tender, about 5 minutes. Stir in garlic, jalapeño, carrot, and celery. Cook until vegetables are tender, about 5-8 minutes.

Add the black beans, kidney beans, pinto beans, tomatoes, and tomato sauce. Season with chili powder, cumin, salt, and black pepper. Simmer chili on low for about



30 minutes. Stir in ½ of the prepared quinoa and save the rest. Serve warm. 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.

Note: Use the extra quinoa the next morning by simply adding raw almonds, chopped apple, raisins, cinnamon, and almond milk. You can serve this cold or warm.

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

Pasta with Tempeh “Meatballs”

This is a wonderful alternative to your traditional spaghetti and meatballs and will soon be your favorite comfort food winter dinner! As always, it is a vegan and gluten free recipe.

For tempeh meatballs

- *2 packages of 8 oz tempeh (I use Turtle Island Food Brand)*
- *1 small onion – loosely chopped*
- *½ cup gluten-free oats*
- *¼ nutritional yeast*
- *2-3 tablespoons ketchup*
- *1 glove of garlic – chopped*
- *½ teaspoon of frontier chicken flavor seasoning (vegetarian)*
- *½ teaspoon oregano flakes*
- *½ teaspoon Italian seasoning*
- *¼ cup fresh parsley*
- *½ cup spinach - chopped*
- *1 teaspoon braggs liquid aminos*
- *1 teaspoon sea salt*
- *Dash of pepper*
- *Enough olive oil to grease bottom of baking sheet*

For pasta

- *1 package of gluten-free spaghetti style pasta or past of your choice (I like brown rice or quinoa pasta)*
- *1 tablespoon olive oilmore.*

For sauce

You can use any marinara sauce you prefer. I really like Organicville basil tomato sauce. Heat sauce separately and keep warm on low heat.

Directions: Preheat oven to 350 degrees. Break up tempeh and place in food processor. Place the rest of the ingredients except spinach in the food processor and process until well blended. Transfer to a medium sized mixing bowl and stir in spinach. Grease bottom of baking sheet. Roll little balls with the mixture and place on the baking sheet. Place in oven at 350 degrees. Turn the balls every 10 minutes so all sides get brown. Cook until firm. Will take about 40 minutes, depending on how big you make them. You will most likely have leftovers and they will freeze well or keep in the fridge for a week. Cook pasta according to directions. Drizzle with olive oil. I also like to put a dash of sea salt and pepper on the pasta. Cover and set aside.

Place desired amount of pasta in a bowl or on a plate. Pour on sauce and then top with tempeh meatballs.

By: Katy Joy Freeman



Mighty Fine Minestrone Soup

This soup is hearty enough for a complete meal. It is our favorite dinner to ring in the Holiday Season! This is a gluten and dairy free recipe.

- *32 oz vegetable broth – I use Pacific Brand*
- *1 cup ionized alkaline water*
- *2-3 tablespoons olive oil*
- *2 teaspoons sea salt*
- *1 tablespoon Italian seasoning*
- *1 teaspoon dried oregano*
- *2 carrots- chopped*
- *1 cup green beans – chopped*
- *1 cup chopped cauliflower*
- *1 clove of garlic – minced*
- *1 cup of fresh parsley - chopped*
- *2 celery stalks – chopped*
- *5 medium tomatoes – diced*
- *2 cups firm non-gmo tofu – cut into small cubes*
- *½ onion – chopped*
- *1 zucchini – chopped*
- *1 yellow squash – chopped*
- *1 15 oz can of kidney beans – drained*
- *Pepper to taste*
- *1 cup gluten-free elbow macaroni – I like the quinoa pasta by Andean Dream*

Directions: Directions: Heat olive oil over medium heat. Add onion, garlic, and parsley. Sauté for 2 minutes. Add 1 cup of water and add Italian seasoning, oregano, salt, pepper. Stir. Add the rest of the ingredients except the macaroni. Bring to a boil then turn down heat to low. Cover and simmer for 25 minutes, stirring every 5 or so minutes. Add macaroni and simmer for 20 more minutes, stirring occasionally. Turn off heat and remove from burner. Uncover and allow to sit and briefly cool before serving.

By: Katy Joy Freeman



Satisfying Stuffed Cabbage

Filling

- *Prepare 1 cup of uncooked brown rice – in rice cooker or on stove top – follow directions on package (can also substitute with quinoa)*
- *1 cup chopped white or brown mushrooms*
- *1-2 cups firm tofu (non gmo) – chopped into small pieces / can substitute with soaked chopped almonds*
- *2 cups chopped spinach*
- *¼ cup chopped basil*
- *½ cup chopped parsley*
- *½ half white or yellow onion – chopped*
- *½ teaspoon sea salt*
- *1 teaspoon garlic graduals or 1 clove chopped fresh garlic*
- *1 teaspoon Italian seasoning*
- *½ teaspoon dried oregano*
- *2 tablespoons mirin rice cooking wine*
- *2-4 tablespoons olive oil*

Directions: 1 large head of white cabbage – gently tear off leaves and lightly steam or boil for just few minutes to soften – do no over cook

24 oz jar of Organicville Tomato Basil Pasta sauce or sauce of your choice.

Directions: Place cooked rice or quinoa in medium sized mixing bowl and set aside. Heat 2 tablespoons of

olive oil over medium heat. Add onion and sauté for 2 minutes. Add garlic, mushrooms and tofu and sauté for two more minutes. Add more oil as needed. Add spinach, basil, parsley, salt, seasonings, and cooking wine. Sauté for 3 more minutes. Remove from heat and mix into brown rice.

Spread a thin layer of the sauce in a baking pan. Take each cabbage leaf and fill with desired amount of filling. Wrap the sides of the cabbage leaf over the filling or roll it (see what works best for the leaves you have) and place in baking pan. Repeat until you have made the amount of stuffed leaves you want (2 per person is what I plan for). Cover with remaining sauce. Cover and bake in oven at 350 degrees for an hour. Serve with steamed broccoli and enjoy!

By: Katy Joy Freeman



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

Directions: 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

Blend again until creamy.

Top with coconut shreds and currents.

This can be enjoyed at room temperature or slightly heated.

By: Katy Joy Freeman

Indian Infused Quinoa

- *1 cup uncooked white quinoa*
- *2 cups water*
- *Pinch of salt*
- *½ teaspoon of cumin*
- *½ teaspoon turmeric*
- *½ teaspoon garam masala*
- *½ teaspoon coriander seed*
- *½ teaspoon anise seeds*
- *¼ cup currents*
- *½ cup almonds – soaked for 8 hours then drained and chopped*

Directions: Boil two cups water and salt. Add quinoa and all other ingredients except the almonds. Stir and bring to a slight boil. Lower heat and cover until quinoa has absorbed all of the water. Remove from heat and let stand for 10 minutes. Fluff with a fork. Add is chopped almonds and fluff again.

Note: if you have a rice cooker just put the water, quinoa, spices, and currents in the cooker and turn on. Add almonds when the quinoa is finished.

This is wonderful with a mixture of steamed broccoli, kale, and swiss chard that has been drained and then spruced up with some olive oil and sea salt.

By: Katy Joy Freeman

Black Bean and Barley Chili

- *2 tablespoons olive oil*
- *1 white onion – chopped*
- *4 oz can green chilies – mild*
- *15 oz can black beans*
- *15 oz can pinto beans*
- *15 oz can kidney beans*
- *15 oz can diced tomatoes*
- *1 cup chopped hot carrots*
- *½ cup Muir Glen organic salsa (or another organic salsa)*
- *1 cup corn*
- *15 oz vegetable broth*
- *1 cup water*
- *1 tablespoon chili powder*
- *1 teaspoon cumin*
- *1 teaspoon oregano flakes*
- *Sea salt to taste*

Directions: Sauté onion in olive oil. Add green chilies. Sauté for 3 minutes more. Add tomatoes, broth, water, and spices. Stir. Add barely, beans, salsa, and carrots. Bring to slight boil then reduce heat. Stir and place on low heat until barley is fully cooked. Top with avocado and cilantro.

By: Katy Joy Freeman

Chopped Fiesta Salad Wraps

Wrap:

6 collard greens – cut away from stems

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.

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

Wrap in collard green and enjoy!

By: Katy Joy Freeman

Energizing Edamame Dish

This dish is great served warm for dinner and the leftovers hold up wonderfully for a next day lunch or mid-day snack. If served over quinoa, this is a meal packed with protein and provides a nice “lift” after eating. It is easy and oh so delicious!

- *2 cups frozen edamame – shelled*
- *4 carrots – washed and sliced into one inch rounds or size of your choice*
- *½ head of green kale – cut off stem and chopped into small pieces*
- *Flax or olive oil – just enough to coat*
- *Juice from one lemon*
- *Fresh herb of your choice – dill, oregano, or basil are my favorite (chopped)*
- *Sea Salt to Taste*
- *1-2 garlic gloves – minced (optional)*

Directions: Place edamame and carrots in steamer on stove top. Steam until you can start to poke a fork through the carrots (they will still be firm). Add green kale and recover. Steam for one more minute, then turn off the heat. Drain. Add oil of your choice to coat and the rest of the ingredients. Mix well.

Eat alone or serve over quinoa. Sprinkle with ground flax and enjoy! This is great left over the next day served at cold or at room temperature. Will last in the refrigerator for 5 days.

Ghandi Greens

- *8 collard green leaves – cut off stems*
- *6 curly kale leaves – cut off stems*
- *¼ cup olive oil*
- *Juice from one lemon*
- *2 cloves of garlic – pressed or minced*
- *¼ teaspoon of Himalayan or sea salt*

Sprinkles of the following herbs: Indian curry, anise seed, ground coriander, graham masala, cumin.

Directions: Place all ingredients in a medium-sized glass bowl and toss until well mixed. Refrigerate and allow the greens to marinate for at least 20 minutes before serving.

By: Katy Joy Freeman



Green Cabbage Fusion Salad

- 1 small head green cabbage – finely sliced
- Stalks celery – chopped
- ¼ cup currents
- 1 cup pea/lentil sprout mix; you can also use chopped sunflower sprouts
- 3 Tablespoons sesame seeds
- 1 Tablespoons dulse flakes (optional)

Dressing:

- 1 cup orange juice
- ½ cup sesame oil
- ½ tsp sea salt
- ½ tsp cumin
- Squeeze of one lime

Directions: Place all salad ingredients on a medium sized glass bowl. Blend all dressings ingredients in a blender and toss on cabbage mix.

Top with avocado slices and serve alone or wrap in nori sheets.

By: Katy Joy Freeman



Guacamole Wraps

- *2 ripe avocados*
- *1-2 teaspoons lemon juice*
- *1/2 medium tomato*
- *1/4 cup finely chopped red onion*
- *1/4 cup chopped cilantro leaves*
- *cayenne pepper to taste*

Directions: Combine mashed avocado, chopped tomato, onion, and lemon juice and spices into a bowl and mix. Scoop portion into Romaine lettuce leaf and wrap.

By: Cassandra Stirling



Vegan Lentil Stew

(Serves 4)

This is a wonderful alternative to heavy stews. The lentils are packed with protein and you will love how you feel after eating this tasty alternative stew! (Serves 4)

Step 1 ingredients:

- *1 cup organic sprouted lentils – dry (Tru Roots Brand)*
- *3 cups water*
- *1 vegan bouillon cube (optional)*
- *4 small red potatoes – cut into small pieces*
- *2 small roma tomatoes or one large regular tomato – chopped into small pieces*
- *Sea salt, ground cumin, celery salt, and onion flakes to taste*

Step 1 directions:

1. Place water in medium sized sauce pan and add bouillon cube
2. Add potatoes
3. Boil water
4. Add lentils and allow to boil for one minute
5. Add tomatoes and reduce heat to low and simmer for minutes
6. Cover and continue to cook on low heat for 15 more minutes
7. Add spices to taste – add or delete to your preference
8. Remove from heat and set aside and move on to step 2

Note: If you do not have dry sprouted lentils you can use canned lentils and one cup less of water.

Step 2 ingredients:

- *2 tablespoons olive oil*
- *¼ cup water*
- *½ white or yellow onion – chopped*
- *2 cloves garlic- minced*
- *2 stalks celery – chopped*
- *3 carrots – chopped*
- *1 avocado – cut into cubes*

Step 2 directions:

1. Place olive oil in sauté pan
2. Add garlic, carrots, and celery
3. Sauté for minutes on medium heat
4. Add water and lower heat and steam simmer for 3 more minutes

Add step two ingredients to step one ingredients in sauce pan. Stir well. Heat on low. Place in soup bowls and top with avocado slices. Enjoy!

By: Katy Joy Freeman



Crisp Tofu Sandwich with Spicy Almond-Ginger Sauce

Serves 2

- 6 ounces *Thai-flavored baked tempeh, cut into 1/2-inch slices*
- 2 tablespoons *almond butter*
- 1/2 teaspoon *honey*
- 1 medium *onion, cut into 1/2-inch-thick rounds*
- 1 *red bell pepper, cut into strips*
- 3/4 teaspoon *grated fresh ginger*
- *Radish sprouts for garnish*
- 2 teaspoons *olive oil*
- 1/2 teaspoon *toasted sesame oil*
- 1 *8-inch whole-wheat or whole grain baguette, halved horizontally*

Directions: Place onion slices and pepper on a broiler pan. Broil, turning over halfway through cooking time, until peppers are blistered and onion is lightly browned, approx. 10 minutes. When cool enough to handle, peel skin off pepper. In a large skillet, heat olive oil over medium-high heat. Sauté tempeh until golden brown and crisp, about 2 minutes on each side. In a small bowl, combine almond butter, honey, 1/4 teaspoon sesame oil, and ginger. Mix sautéed onions and pepper with remaining 1/4-teaspoon sesame oil. Spread almond-butter mixture on bread. Top with tempeh and sautéed onions and pepper. Place other piece of bread on top. Cut in half. Wrap tightly in foil and refrigerate. Add radish sprouts prior to eating.

Pumpkin & Sweet Potato Patties

Pumpkins are rich in potassium, magnesium, zinc, fiber, iron as well as beta-carotene (antioxidant), which are really good at neutralizing free radicals.

- *1 lb pumpkin*
- *1 lb sweet potatoes*
- *2.5 oz. soy flour*
- *4 tbsp. water (preferably alkaline water)*
- *3 tbsp. fresh parsley, chopped*
- *Pinch sea salt or organic salt*
- *Pinch of cayenne pepper*
- *Cold pressed extra virgin olive oil*

Directions: Peel and grate sweet potatoes and pumpkin into chunky pieces. Mix 2 tbsp. of soy flour with water. Stir grated items and soy flour in a bowl and add seasoning and parsley. Form into patties and fry on a cast iron skill for a couple of minutes.

By: Cassandra Stirling



Spiced Avocado Sandwich

Serves 2

- *1 ripe avocado*
- *1/2 cup grape tomatoes, halved*
- *Radish sprouts*
- *1 small cucumber, peeled, halved lengthwise, seeded, and cut into 1/2-inch dice*
- *1 tablespoon fresh orange juice*
- *1/2 to 1 teaspoon green Tabasco sauce (Green Tabasco sauce is made with jalapenos).*
- *1/4 teaspoon ground coriander*
- *1/2 teaspoon sea salt*
- *Pinch of cayenne pepper*
- *2 whole-wheat pitas split in half*

Directions: Halve and pit avocado. Scoop out avocado flesh, cut into chunks, then transfer to a medium bowl. Mix orange juice, green Tabasco sauce, and coriander, sea salt and cayenne pepper. Divide mixture between 2 pitas then add tomatoes, cucumber, and radish sprouts.

By: Cassandra Stirling



Lemon Broiled Tempeh

- *12 ounces tempeh, cut into pieces*
- *2 freshly squeezed lemons*
- *1 freshly squeezed orange*
- *2 tablespoons Braggs Liquid Aminos*
- *2 tablespoons toasted sesame-seed oil*
- *2 tablespoons untoasted sesame-seed oil*
- *Cayenne pepper*
- *Crushed red-pepper flakes, to taste*
- *1 onion, sliced*
- *2 zucchini, sliced*
- *1 red pepper, chopped*

Directions: Combine all ingredients in a glass baking dish, and marinate overnight. Preheat oven to 400 degrees. Transfer ingredients to a shallow baking pan, and bake for 30 minutes, stirring occasionally to prevent sticking. Broil for 5 minutes.

By: Cassandra Stirling



Papaya, Jicama, & Avocado Salad

Serves 4

- *1 ripe papaya (about 1-1/2 pounds), peeled, seeded, & cut into 1/2-inch dice*
- *1 jicama (about 1 pound), skinned & cut into 1/2-inch dice*
- *1 Haas avocado (about 12 ounces),*
- *1/4 cup fresh lemon juice*
- *2 tablespoons olive oil*
- *1 teaspoon sea salt*
- *1/8 teaspoon cayenne pepper*
- *1/4 cup cilantro leaves, coarsely chopped*

Directions: In a small bowl, whisk together lemon juice, olive oil, salt, and cayenne pepper. Cut avocado in half; remove pit and skin. In a medium bowl, combine diced papaya and diced jicama and cilantro. Add lemon vinaigrette and toss.

By: Cassandra Stirling

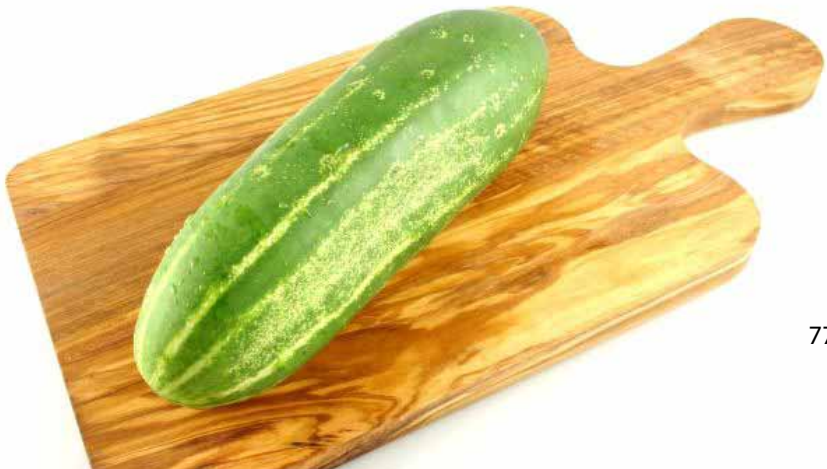


Spicy Veggie Wraps

- 3 tomatoes
- 1 cucumber
- 1 lemon
- Whole grain sprouted tortillas
- 2 cloves of garlic
- Handfuls of baby spinach
- A few sunflower seeds
- 1 onion
- Sea salt & cayenne pepper

Directions: Chop up the tomatoes 3/4 of the cucumber, 2 cloves of garlic, the almonds, and 1/3 of the onion. Place a couple handfuls of baby spinach with sea salt, pepper, cayenne pepper, and paprika to taste. Don't forget to squeeze some lemon juice in there and mix together. Put the mixture on the Romaine lettuce wraps and roll.

By: Cassandra Stirling



Vegetable Salad with Almonds

Serves 6

- *1 small butternut squash, peeled, seeded, & cut into wedges*
- *1 small acorn squash, peeled, seeded, & cut into wedges*
- *1 small yam, peeled and cut into wedges*
- *1 medium parsnip, peeled & cut into wedges*
- *1 beet, peeled & cut into wedges,*
- *1 turnip, peeled & cut into wedges*
- *1 small celery, sliced*
- *2 shallots, thinly sliced*
- *1/4 cup extra-virgin olive oil*
- *Sea salt & freshly ground black pepper*
- *1/4 cup almonds*
- *1 1/2 tablespoons sherry vinegar*

Garlic-Sage Butter

- *3 tablespoons butter*
- *1 tablespoon finely chopped garlic*
- *6 thinly sliced, fresh sage leaves*

Melt butter over medium heat. Add garlic and butter and cook until it is beginning to brown, about 3 minutes. Stir in chopped fresh sage.

Directions: Preheat oven to 375 degrees. Place wedges of root vegetables and shallots in a large bowl. Drizzle with olive oil and season with salt and pepper; toss. Evenly spread vegetables in a roasting pan or baking sheet. Roast until vegetables are tender, about 30 minutes. Remove from roasting pan and set aside on a platter and cover to keep warm. Place chopped almonds on a baking

sheet and toast until golden brown, for about 5 minutes. Remove from oven and let cool. Transfer to a medium bowl with vinegar and add Garlic-Sage butter and stir. Uncover vegetables and drizzle with almond mixture.

By: Cassandra Stirling

Greek Salad with Zucchini & Tomatoes

Serves 2

- *1 zucchini, halved lengthwise and sliced 1 inch thick crosswise*
- *1 pints (about 4 cups) grape tomatoes*
- *1 teaspoon dried dill*
- *2 tablespoons olive oil*
- *Pinch sea salt and cayenne pepper*
- *2 (6-inch) pita breads, split horizontally*
- *1 tablespoons red-wine vinegar*
- *1 romaine-lettuce hearts cut into 1-inch pieces*
- *1 ounce feta cheese*
- *Kalamata olives, pitted*

Directions: On sheet (or pan), toss zucchini and tomatoes with dill, 1 oil, pinch sea salt, and cayenne pepper. Broil until slightly charred. Place split pitas on sheet (or pan); broil until lightly browned Cool, then break into small pieces. In a small jar or bowl, combine vinegar and remaining 1 tablespoon oil with pinch salt and cayenne pepper. Whisk until combined and thickened. Divide romaine lettuce, zucchini mixture, pita pieces, feta, and olives among serving plates; drizzle with dressing as desired.

By: Cassandra Stirling

Alkaline Quinoa, Veggie Salad

serves 4

- *2 cups of quinoa tricolor*
- *3 scallion or green onions*
- *1-cup spinach*
- *½ cup cherry tomatoes*

Dressing

- *1 lemon squeezed*
- *1 tbsp of apple cider vinegar*
- *3 tbsp of extra virgin avocado oil*
- *Tsp of chia seeds*
- *1 tsp of palm sugar*

Directions: Cook quinoa according to directions. Chop the green onions and spinach. Add all the ingredients for the salad to a bowl including the quinoa and mix well. Put all the ingredients for the dressing in a shaker. Cover and shake well. Pour dressing over salad and serve.

By: Cassandra Stirling



Alkaline Rice Salad

serves 8

- *2 cup of alkaline water*
- *1-cup wild rice*
- *1 cup of chopped or slivered almonds*
- *2 tbsp of extra virgin olive oil or extra virgin avocado oil*
- *1 tsp of Salad Booster*
- *2 tbsp of balsamic vinegar*
- *1-2 cloves of minced garlic*
- *½ cup of goji berries or raisins or dried cranberries*
- *1 green onion chopped*
- *½ cup of chopped Italian parsley*

Directions: In a wok bring water to a boil. Add the rice and reduce heat. Cook until rice is tender or until all water is absorbed. Add a dash of “herbs forever spice melody.” Remove from heat. While rice is still hot add the nuts, goji berries, parsley and green onions and stir well. In a small shaker mix the olive oil, balsamic vinegar, Salad booster and garlic. Pour the dressing over the rice mixture and stir. Serve warm or cold.

By: Cassandra Stirling

Alkaline Miso Soup

serves 4

- 1.5-cup alkaline water
- 1.5 tbsp miso paste
- 4 oz of soft tofu
- 2 spring onions or scallions
- 0.5 ounce of dulse seaweed (dried).
Can also use dried Nori.
- Dash of organic triple blend seaweed powder

Directions: Boil water in small pot on stove. In a small bowl, soak the dulse in enough water to cover. Set aside. Pour miso into bowl of hot water on stove and stir well. Cut tofu into tiny cubes, add to pot and turn heat to simmer. Add the dulse and green onions to the pot. Let simmer for another 5 – 7 minutes. Add a dash of the seaweed powder and serve.

By: Cassandra Stirling



Italian-Style Chick Peas

- *1 can organic garbanzo beans*
- *1 cup ionized alkaline mineral water*
- *1 ½ cups marinara sauce*
- *½ cup fresh parsley – chopped*
- *½ cup fresh basil – chopped*
- *1 cup asparagus – cut into small pieces (optional)*
- *3 cups fresh spinach – chopped*
- *2 cloves of garlic - minced*
- *Dash of oregano flakes*
- *Salt and pepper to taste*

Optional: Add 1 cup vegan “cheese” flavored kale chips. Crumble them into the mixture.

Directions: Drain and rinse garbanzo beans then place in a medium sized sauce pan. Pour in water and bring to a boil. Lower heat to medium and then add marinara sauce. Simmer for a minute then add the rest of the ingredients and turn down heat to low. Cover and simmer for 15 minutes or until the chick peas are tender. Add crumbled kale chips if you have them and simmer for a few more minutes.

Serve with steamed broccoli topped with lemon and flax oil, and quinoa for complete meal!

By: Katy Joy Freeman



DESSERTS

Desserts

Mini Dessert Tacos

I discovered some new gluten-free mini corn tortillas made by Mi Rancho and have been having so much fun making delicious treats with them. They are only 30 calories per tortilla and very tasty.

- *1 Mi Rancho mini corn tortilla*
- *2 teaspoons almond butter*
- *2 inches of banana – chopped*
- *2 teaspoons of raw honey*
- *Dash of cinnamon*

Directions: Place tortilla in toaster oven and put on toast mode. Toast tortilla for about 2 minutes. Remove and spread the almond butter on the tortilla then top with the chopped banana. Drizzle the honey on top and place back in the toaster oven for 2 more minutes. Remove and sprinkle with cinnamon. Eat and repeat!

By: Katy Joy Freeman



Chocolate Crunch Clusters

makes 22 clusters

Looking for a super simple Valentine's Day treat? I love these almond clusters because they are full of alkalizing protein. By making your own treats you can make sure to leave out the gluten and dairy, making this recipe decadent and good for you.

- *1 package 10 oz bag of mini gluten, dairy, and soy free chocolate chips by Enjoy Life*
- *2 cups of raw almonds – coarsely chopped*
- *½ cup currents*

Optional:

- *Vietnamese cinnamon – to sprinkle on top*
- *Maca powder- enough to sprinkle on each cluster (less than a tablespoon)*
- *Handful of goji berries- 1 goji berry per cluster*
- *Finely ground coconut flakes – to sprinkle on top*

Directions: Fill up a medium sized sauce pan ¼ full with water. Place chocolate chips in Pyrex measuring cup (4-cup size) and place in sauce pan (creating a double boiler effect). Turn on low heat. Slowly melt the chocolate chips, stirring frequently. Once melted, add the nuts and currents. Stir until well mixed. Spread out a sheet of wax paper. Spoon out about a tablespoon of the chocolate nut mixture on to the wax paper and

shape into a round cluster. If desired, sprinkle with maca powder, cinnamon, and coconut. Place one goji berry in the middle of each cluster. Let sit out until firm then package up and store in the fridge or freezer (if they last that long!)

By: Katy Joy Freeman



Cherry Cream Pie

This dessert is a non-dairy dream! No baking either so you get all the enzymes in the food preserved to nourish your body.

- *1 cup raw walnuts*
- *2/3 cup shredded dried coconut*
- *¼ cup organic sucanat*
- *1 tsp. vanilla*
- *½ tsp. cinnamon*
- *¼ cup raisins*
- *4 pitted medjool dates*
- *Dash of sea salt*

Directions: Place in a food processor and process everything with S blade (except raisins and dates) until finely ground. Add dates and raisins until mixture begins to stick together.

Cherry Cream

- *1 cup cashews*
- *1 tablespoon coconut oil (melted)*
- *¼ cup honey*
- *1 cup pitted cherries*
- *Dash of sea salt (optional)*
- *1 tsp. lemon juice*
- *½ tsp. vanilla*

Topping

- *1 ½ cups pitted cherries cut in halves*
- *Place all cream ingredients in food processor with S blade and process until creamy. Pour over crust. Top with 1 ½ cups cherries*
- *and place in freezer for 1 hour or until firm.*

Directions: You can cut individual slices and slightly defrost before eating or just take out the entire pie and let sit for 5-10 minutes before serving. It won't last long, so you might just want to take it all out!

By: Katy Joy Freeman



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

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



Raspberry Superfood Sorbet

serves 2-4

- *2 cups fresh raspberries – frozen*
- *1 cup fresh raspberries*
- *½ banana*
- *4 medjool dates – soaked in ½ cup of ionized alkaline mineral water and pitted*
- *¼ cup water from date soak*
- *2 tablespoons raw honey*
- *2 tablespoons bee pollen*

Directions: Blend all ingredients in high-speed blender or food processor until smooth. Top with shredded coconut and more bee pollen and serve immediately.

By: Katy Joy Freeman

Pumpkin Pie Chia Seed Pudding

This is a gluten-free and vegan dessert that is packed with protein. It is easy and does not require any cooking. All you need is a blender!

- *1 lb silken tofu - I use one pack of Nasoya silken tofu*
- *½ tsp sea or himalayan salt*
- *2/3 cup maple syrup*
- *1 cup canned pumpkin, unsweetened*
- *1 tsp pumpkin pie spice*
- *¾ tsp cinnamon*
- *½ tsp nutmeg*
- *¼ cup coconut oil, melted slowly – I put in glass jar then fill sauce pan with water and place jar in water and heat slowly*
- *½ cup chia seeds – great source of omega 3 and they will help thicken the pudding*
- *½ cup chopped almonds*

Directions: Blend all ingredients except chia seeds and almonds on high until smooth. Transfer to a glass container and stir in chia seeds. Cover and chill for an hour before serving. Portion out desired amount into serving dish and sprinkle with the chopped almonds and cinnamon. This can be enjoyed for breakfast or a mid-day snack.

By: Katy Joy Freeman





KITCHEN APPLIANCES

Kitchen Appliances - Exclusive prices for our Members!

The right cookware makes preparing meals a snap, and the right water makes everything you cook taste better! Here are a few of our favorite alkaline mineral water ionizers and kitchen time savers from CostLessAppliances.com/alkaline, CostPlusJuicers.com/alkaline & Lifelionizers.com. There are also more to choose from on our sites!

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- LIFEtime warranty on parts/Ten (10) years labor



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- Eight (8) levels - 4 alkaline, 3 acidic, 1 purified
- Big LCD screen (different color LCD display)
- Built in pH indicator
- Two (2) large internal filters
 - Digital filter life display
- SMPS Power System—unique power source designed to produce better quality water and to extend life of the unit.
- Automatic cleaning & Touch Display
- LIFETIME warranty on parts/Ten (10) years labor

LIFE M9 UC

Retail Price \$3,597.00

Intro Price \$2,997.00

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The LIFE M9 UC is our Under Counter and Countertop model with *all conversion parts included!*

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*Available in
Black &
Silver/Black*





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