



DR. SEBI

THE COOKBOOK

SEA MOSS RECIPES, HERBAL TEAS, SMOOTHIES,
DESSERTS, SALADS, SOUPS AND MORE TO
REBUILD THE BODY

KERRI M. WILLIAMS



BOOK 5

200

RECIPES





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DR. SEBI

**From Sea moss meals to Herbal teas,
Smoothies, Desserts, Salads, Soups &
Beyond...200+ Electric Recipes to Rejuvenate
the Body Naturally**

By

KERRI M. WILLIAMS



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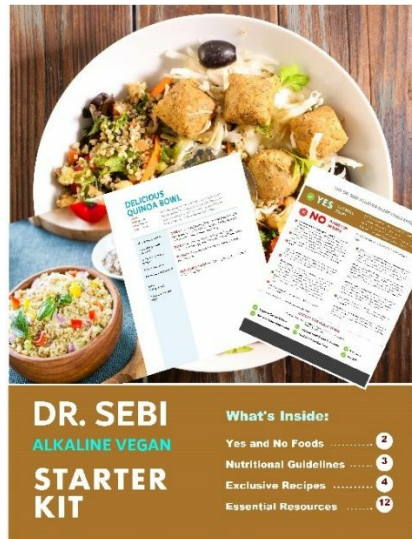
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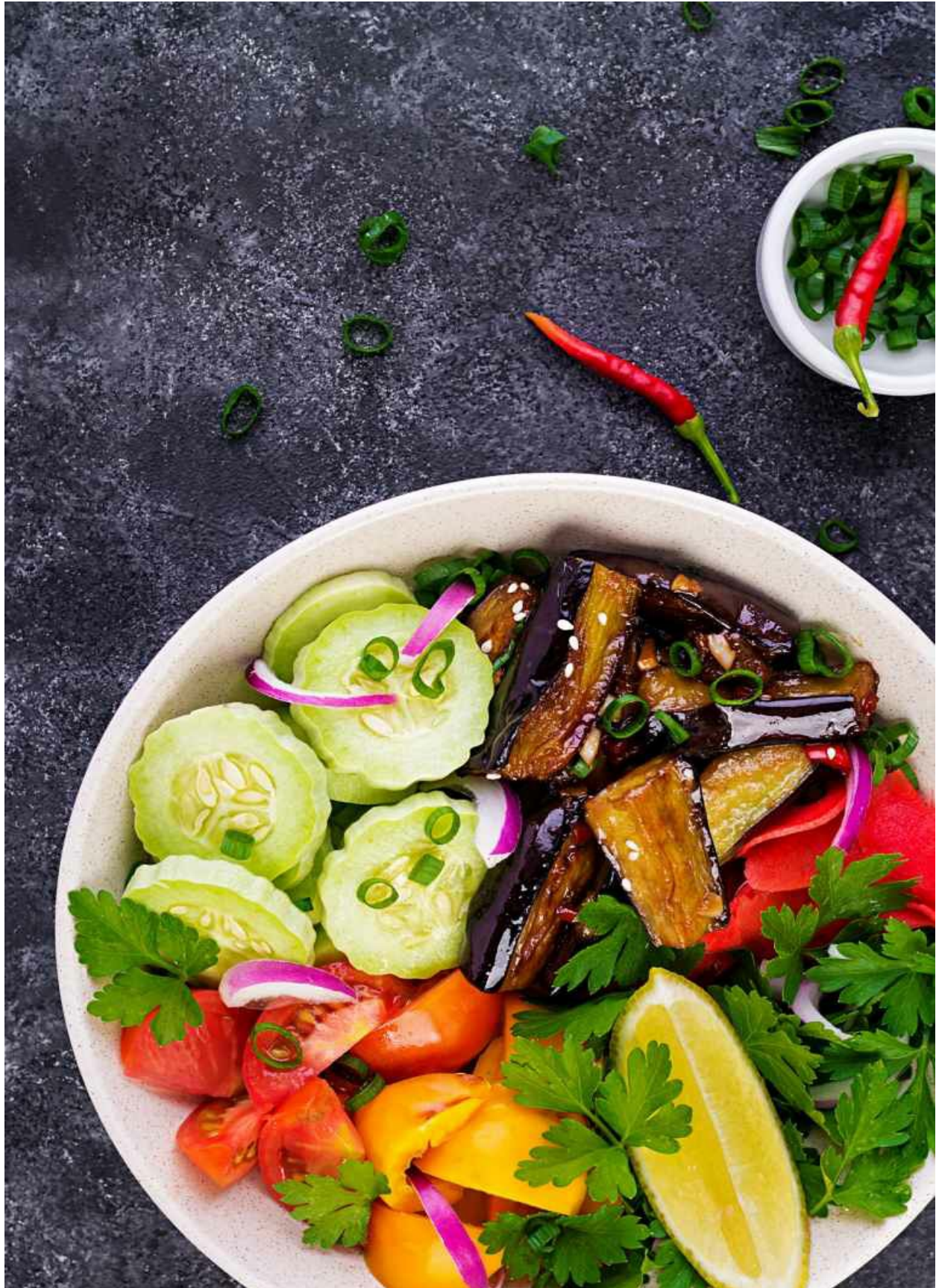
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Introduction

The Dr. Sebi Alkaline Recipe

The food we eat today is unfortunately based on acidic foods, e.g. meat, dairy, sugar, etc. Today's diet is typically western, it is so high in processed ingredients, GMO and hybridized foods which unbalance the alkalinity of the blood. Dr. Sebi advised to avoid all these foods and eat only natural foods made by God. Dr. Sebi healing method revolves around the idea that disease exists only in an acidic environment. Therefore, his motto was: alkalize the environment and get rid of the disease. We know that the body constantly tries to maintain a healthy balance of 7.4 pH level in the blood. We can help it achieve and maintain this balance if we eat a natural alkaline based electric diet. Unfortunately, a typical western diet is high in very acidic foods. It is tasty, convenient, and nutrient deficient. Dr. Sebi protocol is based on the idea that the reason the western diet is unhealthy is that, being heavily processed, it lacks nutrition. That's why he insisted on foods that include over 100 minerals that support electrical activity and overall vitality of the body.

Principles of the Dr. Sebi Recipe

1. You must only eat foods listed on the Dr. Sebi Food List

Dr. Sebi insisted that you eat only the foods from his list of approved foods. Although the list is quite restrictive and many foods are left out, it contains wholly natural alkaline foods. Besides, Dr. Sebi insisted that no hybridized foods should be taken. By hybridized foods, he meant all the plants produced by artificial cross-pollination. Needless to say, most of the fruits and vegetables available today are hybridized.

Although Dr. Sebi diet seems rather restrictive, you can still create healthy, balanced, and tasty meals with the approved foods. One of the reasons so many foods have been left out from the list is that so much of what we eat today is hybridized. Dr. Sebi believed that hybridized fruits and vegetables generally are unnatural and not electric, and that their nutrient level is lower. One of the ways to know a plant that is hybridized is if it has no seeds. We now have quite a lot of seedless fruits ranging from watermelon, oranges, grapes, to tomatoes and berries. etc. Avoid these whenever you can. Dr. Sebi believed that natural foods are much healthier than those created by man.

Must-Have Kitchen Equipment

Most activities require certain tools and this also applies to cooking. Must-have kitchen equipment can be categorized according to its purpose.

1. Cutlery

These are spoons, knives, forks, ladle, spatula, tongs, slotted spoon, whisk, etc.

2. Slicing tools

Anything used for cutting, chopping, mashing or grinding falls into this category - knives, grater, potato masher, vegetable peeler, etc.

3. Oven-safe storage containers

There's nothing as convenient as taking your meal prep containers out of the refrigerator and right into the oven. Try to store your foods in different containers if they will require different methods of reheating. For example, a container of wild rice or quinoa would go straight to a steamer while my container of roasted chicken is placed in the toaster oven.

4. A Crock-pot

A great tool for lunch or reheating prepped meals.

5. A Powerful Blender

6. A Food Processor or Juicer

7. A Toaster Oven

8. A Tea Kettle

9. Pans and Pots

10. Special extras (optional)

These can help but you can easily do without them, e.g. spiralizer, an instant pot, air fryer, a tool for zesting key limes, steamer basket, sandwich maker, immersion blender, etc.

11. Miscellaneous

These are uncategorized items found in most kitchens, e.g. can opener, corkscrew, measuring cups or spoons, pepper mill, salad spinner, colander/strainer, cutting board, pots and pans, mixing bowls, etc.

Some of these tools are essential and no kitchen should be without them, e.g. cutlery, pots and pans, etc. Others, you should get if you can but there is no need to try and get them all at the same time. You can start by getting one or a couple from each of the categories and gradually add new ones if you think you need them. However, if you can't get most of these tools don't fret, our grandmothers prepared fantastic meals although they had very few pieces of cooking equipment and often did not even have electricity. Besides, what tools you'll need in your kitchen depends not only on your budget but also on the type of meals you are likely to prepare. For example, if smoothies are part of your diet, you will need a blender, if you bake often you will need kitchen scales, etc.

Dr. Sebi Nutritional Guide

The body produces all the acid it needs, so when your urine pH levels are high, it means that your body is trying to rid itself of excess acid. This excess acid gets into your organs through acidic foods and beverages. Fortunately, your body continually tries to maintain balance and will not tolerate the surplus of acid so it gets rid of it. However, if you continually, over many months and years, consume very acidic foods, your kidneys and lungs will eventually become unable to process the surplus and you may develop acidosis. Most of the surplus of acids come from proteins. That is why Dr. Sebi never cared much about proteins and amino acids. An easy solution to this problem, if you can't avoid or reduce protein, is to simply eat more alkaline foods (i.e. fruits and vegetables). That way, alkaline foods will reduce acid levels. However, the trouble is that the modern diet contains too many neutral foods, e.g. starches, fats, and sugar, which are unable to compensate for a surplus acid load.

Dr. Sebi food list is what your diet should focus on if you want to reap the benefits of the alkaline lifestyle. Although, many of the foods listed may not be available where you live, it's easy to prepare tasty and varied meals even with only some of the foods from this list.

Dr. Sebi Electric Food List

Below are Dr. Sebi generally approved List in the Nutritional Guideline. This list of vegetables, fruits, herbs, grains, oils and nuts and seeds is general and represents the general rule of thumb for foods to eat for healthy living. They include:

Dr. Sebi Food Electric Food List Table

Vegetables	Fruits	Spices	Grains	Sweeteners	Herbals
Olives	Cantaloupe	Oregano	Kamut	Agave Syrup	Fennel
Wakame	Bananas	Cloves	Rye	from cactus	Elderberry
Zucchini	Prickly Pear	Tarragon	Quinoa	Date Sugar	Chamomile
Wild Arugula	Peaches	Pure Sea Salt	Wild Rice	from dried	Red
Cucumber	Soursops	Powdered	Amaranth	dates	Raspberry
Mushrooms	Limes	Granulated	Spelt		Tila
(but not	Cherries	Seaweed	Fonio		Ginger
Shitake)	Plums	Cayenne			Burdock
Squash	Berries	Habanero			
Onions	Tamarind	Sage			
Garbanzo	Rasins	Sweet Basil			
Beans	Papayas	Dill			
Cherry and	Soft Jelly Coconuts	Basil			
Plum Tomato	Currants	Achiote			
Tomatillo	Apples	Savory			
Nori	Pears	Thyme			
Turnip Greens	Dates	Onion Powder			
Amaranth	Figs	Bay Leaf			
Kale	Prunes				
Okra	Orange				
Watercress	Mango				
Dandelion	Grapes				
Greens	Melons				
Chayote					
Arame					
Lettuce (but not iceberg)					

Bell Pepper					
Avocado					

SALADS

Alkaline Salad Burritos



There's no meat, there's no potato. It's the burger replacement. Eat your way to health and vitality. Take a go at it. You'll love it

Serving : 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 274 Cal; 9.1 g Fats; 11.5 g Protein; 39 g Carb; 4.4 g Fiber;

Ingredients

- 2 ounces arugula
- ¼ cup cherry tomatoes
- 2 tablespoons tahini butter, homemade
- ¾ cup cooked chickpeas

- 2 Kamut flour tortillas

Extra:

- 1 tablespoon key lime juice
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Prepare the dressing and for this, take a small bowl, place tahini butter in it and then stir in lime juice until mixed.
2. Take a medium bowl, place tomatoes in it, add arugula and chickpeas, drizzle with the dressing, toss until mixed, then cover the bowl and let it rest in the refrigerator for 20 minutes.
3. When ready to eat, heat the tortillas until warm, fill them with chickpeas mixture, sprinkle with salt and cayenne pepper, and then roll to serve.

Rainbow Mango Salad



Make this whenever you need a heart-warming food, feel like you are kind of religious, or catch a cold (although we vegans don't really catch colds).

Prepare this and feel like conquering the world.

Serving : 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 108 Cal; 0.5 g Fats; 1 g Protein; 28.1 g Carb; 3.3 g Fiber;

Ingredients

- 1 mango, peeled, destoned, cubed
- ¼ of onion, chopped
- ½ cup cherry tomatoes, halved
- ½ of cucumber, deseeded, sliced
- ½ of green bell pepper, deseeded, sliced

Extra:

- 1/3 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 of key lime, juiced

Directions

1. Take a medium bowl, place the mango pieces in it, add onion, tomatoes, cucumber, and bell pepper and then drizzle with lime juice.
2. Season with salt and cayenne pepper, toss until combined, and let the salad rest in the refrigerator for a minimum of 20 minutes.
3. Serve straight away.

Satisfying Spring Salad



So maybe you don't live around the Mediterranean or Caribbean. That's okay, you can still eat this. Just do it in a corner. Just kidding. Wasn't that tasty?

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 87.3 Cal; 7 g Fats; 1.4 g Protein; 6 g Carb; 1.3 g Fiber;

Ingredients

- 4 ounces arugula
- ½ cup cherry tomatoes, halved
- ¼ cup basil leaves
- ½ key lime, juiced
- 2 tablespoons walnuts

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ tablespoon tahini butter

Directions

1. Prepare the dressing and for this, take a small bowl, place key lime juice in it, add tahini butter, salt, and cayenne pepper and then whisk until combined.
2. Take a medium bowl, place arugula, tomatoes and basil leaves in it, pour in the dressing, and then massage by using your hands.
3. Let the salad rest for 20 minutes, then taste to adjust seasoning and then serve.

The Raw Green Detox Salad



“The electric greens you sow will be the deliciousness you reap”. Yeah, no. Ok, so this salad is not just “greeny” but quite tasty, I mean very very tasty. That’s what I meant to say.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142 Cal; 12.5 g Fats; 1.6 g Protein; 7.8 g Carb; 1 g Fiber;

Ingredients

- ½ of cucumber, deseeded
- 4 ounces arugula
- 1/8 teaspoon salt
- 1 tablespoon key lime juice
- 1 tablespoon olive oil

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Extra:

- 1/8 teaspoon cayenne pepper

Directions

1. Cut the cucumber into slices, add to a salad bowl and then add arugula in it.
2. Mix together lime juice and oil until combined, pour over the salad, and then season with salt and cayenne pepper.
3. Toss until mixed and then serve.

Dandelion and Strawberry Salad



You can never go wrong with dandelion. Super food, super nutritious. Combined with the flavors of onion and berries, you've got yourself a winner.

Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 7 minutes;

Nutritional Info: 204 Cal; 16.1 g Fats; 7 g Protein; 10.6 g Carb; 2.8 g Fiber;

Ingredients

- ½ of onion, peeled, sliced
- 5 strawberries, sliced
- 2 cups dandelion greens, rinsed
- 1 tablespoon key lime juice
- 1 tablespoon grapeseed oil

Extra:

- ¼ teaspoon salt

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and let it heat until warm.
2. Add onion, season with 1/8 teaspoon salt, stir until mixed, and then cook for 3 to 5 minutes until tender and golden brown.
3. Meanwhile, take a small bowl, place slices of strawberries in it, drizzle with ½ tablespoon lime juice and then toss until coated.
4. When onions have turned golden brown, stir in remaining lime juice, stir until mixed, and then cook for 1 minute.
5. Remove pan from heat, transfer onions into a large salad bowl, add strawberries along with their juices and dandelion greens and then sprinkle with remaining salt. Toss until mixed and then serve.

Spicy Wakame Salad



Don't let the wakame stems throw you off, it's healthy, but also integrated nicely. Enjoy this flavor dish on a bright sunny day. Bon appetit!

Serving: 2

Preparation time: 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 106 Cal; 7.3 g Fats; 3 g Protein; 8 g Carb; 1.7 g Fiber;

Ingredients

- 1 cup wakame stems
- ½ tablespoon chopped red bell pepper
- ½ teaspoon onion powder
- ½ tablespoon key lime juice

Extra:

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- ½ tablespoon agave syrup
- ½ tablespoon sesame seeds
- ½ tablespoon sesame oil

Directions

1. Place wakame stems in a bowl, cover with water, let them soak for 10 minutes, and then drain.
2. Meanwhile, prepare the dressing and for this, take a small bowl, add lime juice, onion, agave syrup and sesame oil in it and then whisk until blended.
3. Place drained wakame stems in a large dish, add bell pepper, pour in the dressing and then toss until coated.
4. Sprinkle sesame seeds over the salad and then serve.

Avo-Orange Salad Dish



Want a guaranteed laugh? Say the title of this meal in a very high voice. Okay, maybe that wasn't funny, but not only is this healthy, it's delicious and convenient to carry. The dressing is trapped at the bottom of the jar with the greens. Genius! I know. When you empty the jar into a bowl, it mixes nicely too. Or you can eat it right out of the jar after a few hearty shakes.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 228 Cal; 18.9 g Fats; 3.3 g Protein; 14.7 g Carb; 7 g Fiber;

Ingredients

- 1 orange, peeled, sliced

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- 4 cups greens
- ½ of avocado, peeled, pitted, diced
- 2 tablespoons slivered red onion
- ½ cup cilantro

Extra:

- ¼ teaspoon salt
- ¼ cup olive oil
- 2 tablespoons lime juice
- 2 tablespoons orange juice

Directions

1. Prepare the dressing and for this, place cilantro in a food processor, pour in orange juice, lime juice, and oil, add salt and then pulse until blended.
2. Tip the dressing into a mason jar. Add remaining ingredients, toss until coated, and add to a salad bowl, or serve in jar.

Nourishing Electric Salad



Serves two people. That's all. But keep your hands off thy neighbor's mason jar salad. It's a healthy alkaline vegan salad, c'mon.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info : 129 Cal; 7 g Fats; 2 g Protein; 14 g Carb; 4 g Fiber;

Ingredients

- ½ of a medium cucumber, deseeded, chopped
- 6 leaves of lettuce, broke into pieces
- 4 mushrooms, chopped
- 6 cherry tomatoes, chopped

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- 10 olives

Extra:

- ½ of lime, juiced
- 1 teaspoon olive oil
- ¼ teaspoon salt

Directions

1. Take a medium salad bowl, place all the ingredients in it and then toss until mixed.
2. Serve straight away.

Superfood Fonio Salad



Serving: 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 145 Cal; 3 g Fats; 6 g Protein; 24.5 g Carb; 5.5 g Fiber;

Ingredients

- ½ cup cooked chickpeas
- ¼ cup chopped cucumber
- ½ cup chopped red pepper
- ½ cup cherry tomatoes, halved
- ½ cup fonio

Extra:

- 1/3 teaspoon salt
- 1 tablespoon grapeseed oil
- 1/8 teaspoon cayenne pepper

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- 1 key lime, juiced
- 1 cup spring water

Directions

1. Take a medium saucepan, place it over high heat, pour in water, and bring it to boil.
2. Add fonio, switch heat to the low level, cook for 1 minute, and then remove the pan from heat.
3. Cover the pan with its lid, let fonio rest for 5 minutes, fluff by using a fork and then let it cool for 15 minutes.
4. Take a salad bowl, place lime juice and oil in it and then stir in salt and cayenne pepper until combined.
5. Add remaining ingredients including fonio, toss until mixed, and then serve.

Healthy Chickpea Roast Salad



Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 208.3 Cal; 8 g Fats; 6.4 g Protein; 30 g Carb; 8 g Fiber;

Ingredients

- ½ of cucumber, deseeded, sliced
- 2 avocados, peeled, pitted, cubed
- 1 medium white onion, peeled, diced
- 2 cups cooked chickpeas
- ¼ cup chopped coriander

Extra:

- 1 teaspoon onion powder
- ½ teaspoon cayenne pepper
- 1 teaspoon of sea salt

- 2 tablespoons hemp seeds, shelled
- 1 key lime, juiced
- 1 tablespoon olive oil

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Meanwhile, take a baking sheet, place chickpeas on it, season with salt, onion powder, and pepper, drizzle with oil and then toss until combined.
3. Bake the chickpeas for 20 minutes or until golden brown and crisp and then let them cool for 10 minutes.
4. Transfer chickpeas to a bowl, add remaining ingredients and stir until combined. Serve straight away.

Amaranth Tabbouleh Salad



Now, it's time to gobble this salad! We present to you a decadent dish that will leave you spellbound.

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 214 Cal; 4.5 g Fats; 6.5 g Protein; 37 g Carb; 9 g Fiber;

Ingredients

- 1 small white onion, peeled, chopped
- 1 cup cooked amaranth
- ½ of cucumber, deseeded, chopped
- 1 cup cooked chickpeas
- ½ of medium red bell pepper, chopped

Extra:

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- 1/3 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons key lime juice

Directions

1. Take a small bowl, place lime juice in it, add salt and stir until combined.
2. Place remaining ingredients in a salad bowl, drizzle with lime juice mixture, toss until mixed, and then serve.

Dr. Sebi Zucchini and Mushroom Bowl



This was one of the first vegan dishes I ever learned and I modified it and named it after my mentor, Dr. Sebi. It blew my mind because I hated Zucchini and didn't believe plants could be cooked to have hearty, meaty umami-esque flavors. You might think the same, but after this you won't. I guarantee it.

Serving: 2

Preparation time: 5 minutes; Cooking time: 8 minutes;

Nutritional Info: 168 Cal; 2 g Fats; 0.9 g Protein; 36 g Carb; 6 g Fiber;

Ingredients

- 2 zucchini, spiralized
- ½ of medium red bell pepper, sliced
- ½ cup sliced mushrooms

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- ½ of medium green bell pepper, sliced
- ½ of medium white onion, peeled, sliced

Extra:

- 1/3 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a large skillet pan, place it over medium-high heat, add oil and when hot, add onion, mushrooms and bell peppers, and then cook for 3 to 5 minutes until tender-crisp.
2. Add zucchini noodles, toss until mixed, and then cook for 2 minutes until warm.
3. Serve straight away.

DESSERTS AND SNACKS

Alkaline Peach Muffin



Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 76.1 Cal; 3.3 g Fats; 0.9 g Protein; 14.3 g Carb; 0.9 g Fiber;

Ingredients

- 2/3 cup spelt flour
- ½ of peach, chopped
- 1 teaspoon mashed burro banana
- 2/3 tablespoons chopped walnuts
- 6 ½ tablespoons walnut milk, homemade

Extra:

- 1/16 teaspoon salt

- 2 2/3 tablespoon date sugar
- 2/3 tablespoon spring water, warmed
- 2/3 teaspoon key lime juice

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, peel the peach, cut it in half, remove the pit and then cut one half of peach in ½-inch pieces, reserving the other half of peach for later use.
3. Take a medium bowl, pour in the milk, and then whisk in mashed burro banana and lime juice until well combined.
4. Take a separate medium bowl, place flour in it, add salt and date sugar, stir until mixed, whisk in milk mixture until smooth, and then fold in peached until mixed.
5. Take four silicone muffin cups, grease them with oil, fill them evenly with the prepared batter and then sprinkle walnuts on top.
6. Bake the muffins for 10 to 15 minutes until the top is nicely golden brown and inserted toothpick into each muffin comes out clean.
7. When done, let muffins cool for 10 minutes and then serve.

Nutty Brown Energy Balls



This recipe took some innovation since Matzo balls require eggs, but we cracked the code, so we didn't have to crack any eggs. What's better...this recipe has tons of protein! Serves two hungry people for one meal or one hungry person for two meals. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 119 Cal; 8 g Fats; 2 g Protein; 10 g Carb; 1 g Fiber;

Ingredients

- ¼ cup blueberries
- ¼ cup dried dates
- 1 cup soft-jelly coconut, shredded
- ¼ cup walnuts

- ½ teaspoon date sugar

Extra:

- ½ tablespoon agave syrup
- 1/16 teaspoon salt

Directions

1. Place walnuts in a food processor and then pulse until the mixture resembles a fine powder.
2. Then add berries, coconut, date sugar and dates, pulse until just mixed and then slowly blend in agave syrup until the soft paste comes together.
3. Spoon the mixture into a medium bowl, chill it for a minimum of 30 minutes and then roll the mixture into balls, 1 tablespoon of mixture per ball.
4. Roll the balls into some more coconut and then serve.

Flying Raspberry Energy Balls



In Los Angeles, we like to think that no one settles down, and it's all the men's fault. Since Peter Pan, a Disney mythical character, is always flying' around, it's a fitting name. These energy balls will give you so much power and energy, you'll never want to settle down.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 123 Cal; 8 g Fats; 1 g Protein; 11 g Carb; 2 g Fiber;

Ingredients

- ½ cup raspberries
- 5 dates
- 1/16 teaspoon sea salt
- 1/3 cup walnuts
- 1 ½ cup soft-jelly coconut, shredded

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Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until well combined.
3. Shape the mixture into balls by using wet hands, 1 tablespoon of mixture per ball, place the balls on the tray, and let them freeze for a minimum of 30 minutes.
4. Serve straight away.

Zucchini Bread Pancakes



I know pancakes get a bad rep in the healthy community. But what really makes it bad? Ingredients of course! I bet you if all ingredients were healthy – it becomes healthy! In this recipe, the ingredients make them frigging stellar and healthy, though.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 130 Cal; 4 g Fats; 3 g Protein; 21 g Carb; 3 g Fiber;

Ingredients

- 1 cup spelt flour
- ½ cup grated zucchini
- ¼ cup chopped walnuts
- 1 cup walnut milk, homemade

Extra:

- 1 tablespoon date sugar
- 1 tablespoon grapeseed oil

Directions

1. Take a medium bowl, place flour in it, add date sugar, and then stir until mixed.
2. Add mashed burro banana and milk in it, whisk until smooth batter comes together, and then fold in nuts and zucchini until just mixed.
3. Take a large skillet pan, place it over medium-high heat, add oil and when hot, pour the batter in it in portion and then shape each portion into a pancake.
4. Cook each pancake for 3 to 4 minutes per side and then serve.

Chickpea Nuggets



For those of you that know of Chicken Nuggets, you know it is a popular dish. But hey, this is not Chicken. We decided to take a stab at this recipe and turn it into a perfect Chicken or fish replacement dish. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 291.6 Cal; 3.9 g Fats; 19.9 g Protein; 26.8 g Carb; 3.4 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- ½ teaspoon salt
- 1 teaspoon onion powder

- 1/3 cup and 1 tablespoon bread crumbs

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place chickpeas in a food processor and then pulse until crumbled.
3. Tip the chickpeas in a bowl, add remaining ingredients in it except for 1/3 cup of breadcrumbs and then stir until a chunky mixture comes together.
4. Shape the mixture into evenly sized balls, shape each ball into the nugget, arrange on a baking sheet greased with oil and then bake for 15 minutes per side until golden brown.
5. Serve straight away.

Special Spelt Banana Bread



I don't think this needs any explaining. Make it. You're welcome.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 186 Cal; 11.3 g Fats; 1.3 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- 1/3 cup chopped walnuts
- 1 1/3 cup of burro banana
- 2/3 cup spelt flour
- 1/8 teaspoon salt
- 1/4 cup agave syrup

Extra:

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- 1 1/3 tablespoons olive oil

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place the burro banana in a medium bowl, mash it by using a fork and then stir in oil and agave syrup until combined.
3. Take a separate medium bowl, place flour in it, add salt and nuts, stir until mixed, and then stir in the burro banana mixture until smooth.
4. Pour the batter into a parchment-lined loaf pan and then bake for 20 minutes until firm and the top turn golden brown.
5. When done, let the bread cool for 10 minutes, then cut it into slices and serve.

Invigorating Sea Moss Pudding



This sweet pudding is sure to prep your day up, whether you plan to climb a mountain or lead a board meeting - with plenty of iron, vitamins and minerals to keep your brain and body nourished.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 97.8 Cal; 0.5 g Fats; 0.7 g Protein; 23.4 g Carb; 2.8 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 2 cups blueberries
- 6 tablespoons of sea moss gel
- ½ cup spring Water

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar except for water.
2. Cover the blender jar with its lid, pulse until smooth, and then slowly blend in water until thickened to the desire level.
3. Serve straight away.

Delicious Avocado Tomato Toast



This was one of my favorite breakfasts growing up, and now that I no longer eat eggs, it was time to recreate the wholesome breakfast with mashed avocado instead.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 189 Cal; 11 g Fats; 3 g Protein; 20 g Carb; 5.4 g Fiber;

Ingredients

- 2 slices of spelt bread, toasted
- 1 avocado, peeled, pitted, mashed
- ½ cup cherry tomato halves
- ½ teaspoon salt

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- 2 teaspoons key lime juice

Directions

1. Place avocado in a bowl, add lime juice, and then mash until smooth.
2. Spread mashed avocado evenly on top of each toast and then scatter cherry tomatoes.
3. Sprinkle salt over tomatoes and then serve.

Tasty Rye Crackers



Some people like buns, some others like cakes, but we know that crackers is not only tempting, it's taking the snack world by storm. And who says you can't eat crackers on the Dr. Sebi diet? A cracker made from alkaline ingredients. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 81.2 Cal; 1.2 g Fats; 0.8 g Protein; 16.4 g Carb; 1.7 g Fiber;

Ingredients

- 1 cup rye flour
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon dried thyme
- ½ teaspoon dried basil

Extra:

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- 2 tablespoons grapeseed oil
- 4 tablespoons spring water

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, place flour in a food processor, add all the seasonings and oil, and then pulse until combined.
3. Add water, pulse until the dough comes together, and then roll it into a ½-inch thick dough.
4. Use a cookie cutter of the desired shape to cut out cookie, arrange them on a large baking sheet and then bake for 10 minutes until nicely browned.
5. Serve straight away.

Healthy Date Balls



Regardless if you're black or White, you're bound to love this soothing, nutty date balls. Make it whenever you need a heart-warming snack. We didn't need to crack any eggs. Satisfies one hungry person, maybe two.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 99.1 Cal; 5.3 g Fats; 2 g Protein; 13.5 g Carb; 2 g Fiber;

Ingredients

- ¼ cup walnuts
- ½ cup dates, pitted
- ¼ cup sesame seeds
- ½ cup soft-jelly coconut, grated
- 2 tablespoons agave syrup

Extra:

- ¼ teaspoon of sea salt

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar except for sesame seeds.
2. Cover the blender jar with its lid and then pulse for 20 seconds until well combined.
3. Tip the mixture into a bowl, shape it into even size balls and then roll each ball into sesame seeds.
4. Serve straight away.

SOUPS, STEWS AND SAUCES

Zoodle Vegetable Soup



You'll love this soothing, flavorful soup that's been around since Moses roamed the desert, I think. Make it when you feel kind of religious. Stay well, eat well.

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 265 Cal; 2 g Fats; 4 g Protein; 57 g Carb; 13.6 g Fiber;

Ingredients

- ½ of onion, peeled, cubed
- ½ of green bell pepper, chopped
- ½ of zucchini, grated

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- 4 ounces sliced mushrooms, chopped
- ½ cup cherry tomatoes

Extra:

- ¼ cup basil leaves
- 1 pack of spelt noodles, cooked
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ of key lime, juiced
- 1 tablespoon grapeseed oil
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium heat, add oil and when hot, add onion and then cook for 3 minutes or more until tender.
2. Add cherry tomatoes, bell pepper, and mushrooms, stir until mixed, and then continue cooking for 3 minutes until soft.
3. Add grated zucchini, season with salt, cayenne pepper, pour in the water, and then bring the mixture to a boil.
4. Then switch heat to the low level, add cooked noodles and then simmer the soup for 5 minutes.
5. When done, ladle soup into two bowls, top with basil leaves, drizzle with lime juice and then serve.

Cucumber and Basil Gazpacho



Serves a very hungry person or two people having a nice cute little dinner date at their cute little abode. Don't give to your cat, otherwise she will love you too much.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 190 Cal; 15 g Fats; 4 g Protein; 15 g Carb; 6 g Fiber;

Ingredients

- 1 avocado, peeled, pitted, cold
- 1 cucumber, deseeded, unpeeled, cold
- ½ cup basil leaves, cold
- ½ of key lime, juiced

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- 2 cups spring water, chilled

Extra:

- 1 ½ teaspoon sea salt

Directions

1. Place all the ingredients into the jar of a high-speed food processor or blender and then pulse until smooth.
2. Tip the soup into a medium bowl and then chill for a minimum of 1 hour.
3. Divide the soup evenly between two bowls, top with some more basil and then serve.

Spicy Soursop and Zucchini Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 45 minutes;

Nutritional Info: 224 Cal; 5 g Fats; 5.8 g Protein; 38.1 g Carb; 3.4 g Fiber;

Ingredients

- 1 cup chopped kale
- 2 Soursop leaves, rinsed, rip in half
- ½ cup summer squash cubes
- 1 cup chayote squash cubes
- ½ cup zucchini cubes

Extra:

- ½ cup wild rice
- ½ cup diced white onions
- 1 cup diced green bell peppers

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- 2 teaspoons sea salt
- ½ tablespoon basil
- ¼ teaspoon cayenne pepper
- ½ tablespoon oregano
- 6 cups spring water

Directions

1. Take a medium pot, place it over medium-high heat, add soursop leaves, pour in 1 ½ cup water, and then boil for 15 minutes, covering the pan with lid.
2. When done, remove eaves from the broth, switch heat to medium level, add remaining ingredients into the pot, stir until mixed, and then cook for 30 minutes or more until done.
3. Serve straight away.

Delicious Chickpea & Mushroom Bowl



2 Zucchini made with pure love from the sun and not tortured animals. We created a simple alkaline vegan soup recipe that you can enjoy and that won't kill any chickens, cows or even fishes. Bon appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 242 Cal; 9 g Fats; 10 g Protein; 34 g Carb; 9 g Fiber;

Ingredients

- 1 ½ cup cooked chickpeas
- 2 zucchinis, spiralized
- 4 small oyster mushrooms, destemmed, diced

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- ¼ of white onion, peeled, chopped
- ¼ of red bell pepper, cored, chopped

Extra:

- 1/3 teaspoon sea salt; 1 teaspoon dried basil
- ¼ teaspoon cayenne pepper; 1 teaspoon dried oregano
- 1 tablespoon grapeseed oil
- 2 ½ cups vegetable broth, homemade

Directions

1. Take a medium pot, place it over medium-high heat, add oil and when hot, add red pepper, onion, and mushrooms, season with salt and cayenne pepper, and then cook for 5 minutes until tender.
2. Switch heat to medium-low level, add remaining ingredients except for zucchini noodles, stir until mixed, and then simmer the soup for 15 to 20 minutes.
3. Then add zucchini noodles into the pan, stir until mixed, and then cook for 1 minute or more until thoroughly warmed. Serve straight away.

Zoodle Chickpea Soup



The antioxidants, herbs and minerals in here are bound to make you at least do something productive with your day.

Serving: 2

Preparation time: 5 minutes; Cooking time: 25 minutes;

Nutritional Info: 184.5 Cal; 0.3 g Fats; 6.8 g Protein; 31 g Carb; 6 g Fiber;

Ingredients

- ½ cup cooked, chickpeas
- ½ of a medium white onion, peeled, diced
- ½ of a large zucchini, chopped
- 1 cup kale leaves

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- 1 cup squash cubes

Extra:

- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ tablespoon chopped thyme, fresh
- $\frac{3}{4}$ tablespoon tarragon, fresh
- 2 cups vegetable broth, homemade
- 1 $\frac{1}{2}$ cup spring water

Directions

1. Take a saucepan, place it over medium-high heat, pour in the $\frac{1}{4}$ cup broth, add zucchini, onion, and thyme and then cook for 4 minutes.
2. Pour in remaining broth and water, bring it to a boil, switch heat to the low level, and then simmer for 10 to 15 minutes until tender.
3. Add remaining ingredients, stir until mixed, and then continue cooking for 10 minutes or more until cooked.
4. Serve straight away.

Healthy Alkaline Green Soup



Typically, average soup dish out there has lots of seafood, but we're replacing it up here, because Fish belong in the ocean, or a fish tank, but not your belly. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 129 Cal; 0.2 g Fats; 1.1 g Protein; 28 g Carb; 4.5 g Fiber;

Ingredients

- 2 cups leafy greens
- 1 small zucchini, sliced
- 1 small white onion, peeled, sliced
- 1 medium green bell pepper, cored, sliced

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- 2 ½ cups spring water

Extra:

- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon dried basil

Directions

1. Take a medium pot, place it over medium heat, add all the ingredients, stir until mixed, and then cook for 5 to 10 minutes until the vegetables turn tender-crisp.
2. Remove pot from heat, puree the soup by using an immersion blender and then serve.

Kamut Squash Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 32 minutes;

Nutritional Info: 348.8 Cal; 8.8 g Fats; 11.3 g Protein; 57.2 g Carb; 7.8 g Fiber;

Ingredients

- 6 tablespoons Kamut berries
- 1 cup chopped white onion
- ½ cup chopped squash
- ½ cup cooked chickpeas
- 1 cup vegetable broth, homemade

Extra:

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- ¼ teaspoon cayenne pepper
- ½ tablespoon chopped tarragon
- 1 bay leaf
- 1 teaspoon chopped thyme
- 1 tablespoon olive oil
- 1 cup spring water, boiling

Directions

1. Place Kamut in a small bowl, pour in the boiling water, and let it stand for 30 minutes.
2. Then take a medium pot, place it over medium heat, add oil and when hot, add onion, stir in thyme and tarragon and then cook for 5 minutes until tender.
3. Drain Kamut, add to the pot, add bay leaves, pour in the vegetable broth, and then bring it to boil.
4. Cover the pot with its lid, simmer for 20 to 30 minutes, then stir in cayenne pepper and cook for 5 minutes.
5. Remove bay leaf, add chickpeas, and then cook for 2 minutes.
6. Serve straight away.

VEGETABLES

Power Pesto Zoodles



*Combined We replaced pasta with zucchini. I mean, why buy white pasta?
When Zucchini is more delicious and nutritious?*

Serving: 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 214 Cal; 1017.10 g Fats; 4.8 g Protein; 13.2 g Carb; 6.1 g Fiber;

Ingredients

- 2 zucchini
- 1 avocado, peeled, pitted

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- ½ cup cherry tomatoes
- 2 tablespoons walnuts
- ½ of key lime, juiced

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 teaspoons grapeseed oil
- 2 tablespoons olive oil

Directions

1. Prepare the zucchini noodles and for this, cut them into thin strips by using a vegetable peeler or use a spiralizer.
2. Then take a medium skillet pan, add oil in it and when hot, add zucchini noodles in it and then cook for 3 to 5 minutes until tender-crisp.
3. Meanwhile, place the remaining ingredients in a food processor and then pulse until the creamy paste comes together.
4. When zucchini noodles have sautéed, drain and place them in a large bowl and add the blended sauce in it.
5. Add 2 tablespoons of water and then toss until well combined.
6. Garnish the zoodles with grated coconut and then serve.

Mushroom Gravy



Ready for some gravy? Maybe. But this recipe will make you wonder why you weren't making soups since the dawn of the buddha, in India, aka before you were born, yeah, like 5000 years before you were born.

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 65.3 Cal; 1.6 g Fats; 3.5 g Protein; 9.6 g Carb; 1 g Fiber;

Ingredients

- ¾ tablespoon spelt flour
- ¼ of onion, peeled, diced
- 4 ounces sliced mushrooms
- ½ cup walnut milk, homemade

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- 1 tablespoon chopped walnuts

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ teaspoon dried thyme
- 1 tablespoon grapeseed oil
- ¼ cup vegetable broth, homemade

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and mushrooms, season with 1/16 teaspoon each of salt and cayenne pepper, and then cook for 4 minutes until tender.
2. Stir in spelt flour until coated, cook for 1 minute, slowly whisk in milk and vegetable broth and then season with remaining salt and cayenne pepper.
3. Switch heat to low-level, cook for 5 to 7 minutes until sauce has thickened slightly and then stir in walnuts and thyme.
4. Serve straight away with spelt flour bread.

Nori Burritos



If you want to be adventurous, just make this on a sunny day and eat it. But if you cut yourself, don't sue me.

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 90 Cal; 1.5 g Fats; 1.5 g Protein; 12.5 g Carb; 1 g Fiber;

Ingredients

- 1 avocado, peeled, sliced
- 1 cucumber, deseeded, cut into round slices
- 1 zucchini, sliced
- 2 teaspoons sprouted hemp seeds
- 2 nori sheets

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Extra:

- 1 tablespoon tahini butter
- 2 teaspoons sesame seeds

Directions

1. Working on one nori sheet at a time, place it on a cutting board shiny-side-down and then arrange half of each avocado, cucumber and zucchini slices and tahini on it, leaving 1-inch wide space to the right.
2. Then start folding the sheet over the fillings from the edge that is closest to you, cut into thick slices, and then sprinkle with 1 teaspoon of sesame seeds.
3. Repeat with the remaining nori sheet, and then serve.

Zesty Citrus Salad



Serves two hungry people who do not eat fish. Fish have feelings too, except the ones that live in fish tanks. Those are just robots. They can enjoy this greatly.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 265 Cal; 24 g Fats; 3.8 g Protein; 11.6 g Carb; 6.4 g Fiber;

Ingredients

- 4 slices of onion
- ½ of avocado, peeled, pitted, sliced
- 4 ounces arugula
- 1 orange, zested, peeled, sliced

- 1 teaspoon agave syrup

Extra:

- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons key lime juice
- 2 tablespoons olive oil

Directions

1. Distribute avocado, oranges, onion, and arugula between two plates.
2. Mix together oil, salt, cayenne pepper, agave syrup and lime juice in a small bowl and then stir until mixed.
3. Drizzle the dressing over the salad and then serve.

Zucchini Hummus Wrap



Zucchini? Pasta? WTF. Well, you'll be proud of yourself after making this delicious dish, you real food lover. African, American and the Caribbean flavors come together to satisfy your belly.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 264.5 Cal; 5.1 g Fats; 8.5 g Protein; 34.5 g Carb; 5 g Fiber;

Ingredients

- ½ cup iceberg lettuce
- 1 zucchini, sliced
- 2 cherry tomatoes, sliced
- 2 spelt flour tortillas

- 4 tablespoons homemade hummus

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a grill pan, grease it oil and let it preheat over medium-high heat setting.
2. Meanwhile, place zucchini slices in a large bowl, sprinkle with salt and cayenne pepper, drizzle with oil and then toss until coated.
3. Arrange zucchini slices on the grill pan and then cook for 2 to 3 minutes per side until developed grill marks.
4. Assemble tortillas and for this, heat the tortilla on the grill pan until warm and develop grill marks and spread 2 tablespoons of hummus over each tortilla.
5. Distribute grilled zucchini slices over the tortillas, top with lettuce and tomato slices, and then wrap tightly.
6. Serve straight away.

Basil and Avocado Salad



Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 387 Cal; 16.6 g Fats; 9.4 g Protein; 54.3 g Carb; 8.6 g Fiber;

Ingredients

- ½ cup avocado, peeled, pitted, chopped
- ½ cup basil leaves
- ½ cup cherry tomatoes
- 2 cups cooked spelt noodles

Extra:

- 1 teaspoon agave syrup
- 1 tablespoon key lime juice
- 2 tablespoons olive oil

Directions

1. Take a large bowl, place pasta in it, add tomato, avocado, and basil in it and then stir until mixed.
2. Take a small bowl, add agave syrup and salt in it, pour in lime juice and olive oil, and then whisk until combined.
3. Pour lime juice mixture over pasta, toss until combined, and then serve.

Vegan Portobello Burgers



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Goodbye hamburger! Perfect burger dish for your alkaline vegan lifestyle.

Enjoy! Serves two persons or ¼ of a hippopotamus.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 354 Cal; 32.8 g Fats; 3.7 g Protein; 14.4 g Carb; 4.4 g Fiber;

Ingredients

- 2 Portobello mushroom caps
- ½ of avocado, sliced
- 1 cup purslane
- 2 teaspoons dried basil
- 2 tablespoons olive oil

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Extra:

- ¼ teaspoon salt
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Prepare the marinade and for this, take a small bowl, pour in oil, add cayenne pepper, onion powder, oregano, and basil and then stir until mixed.
3. Take a cookie sheet, line it with a foil, brush with oil, place mushroom caps on it, evenly pour the marinade over mushroom caps and then let them marinate for 10 minutes.
4. Then bake the mushroom caps for 20 minutes, flipping halfway, until tender and cooked.
5. When done, place mushroom caps on two plates, top the caps with avocado and purslane evenly and then serve.

Grilled Romaine Lettuce Salad



The name doesn't do it justice, but when you prepare it, your mouth will sentence it to lifetime in your belly. In order to hand down this sentence, you gotta get to work in that kitchen. And Right away!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 130 Cal; 2 g Fats; 2 g Protein; 24 g Carb; 4 g Fiber;

Ingredients

- 2 small heads of romaine lettuce, cut in half
- 1 tablespoon chopped basil
- 1 tablespoon chopped red onion
- ¼ teaspoon onion powder
- ½ tablespoon agave syrup

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 tablespoon key lime juice

Directions

5. Take a large skillet pan, place it over medium heat and when warmed, arrange lettuce heads in it, cut-side down, and then cook for 4 to 5 minutes per side until golden brown on both sides.
6. When done, transfer lettuce heads to a plate and then let them cool for 5 minutes.
7. Meanwhile, prepare the dressing and for this, place remaining ingredients in a small bowl and then stir until combined.
8. Drizzle the dressing over lettuce heads and then serve.

Vegetable Fajitas



*We created a simple veggie wrap recipe that you can take with you on the go.
And you don't need to kill any animals for it.*

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 337 Cal; 3.7 g Fats; 2.6 g Protein; 73.3 g Carb; 21.3 g Fiber;

Ingredients

- 2 Portobello mushroom caps, 1/3-inch sliced
- ¾ of red bell pepper, sliced
- ½ of onion, peeled, sliced
- ½ of key lime, juiced
- 2 spelt flour tortillas

Extra:

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- 1/3 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon onion powder
- 1 tablespoon grapeseed oil

Directions

4. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and red pepper, and then cook for 2 minutes until tender-crisp.
5. Add mushrooms slices, sprinkle with all the seasoning, stir until mixed, and then cook for 5 minutes until vegetables turn soft.
6. Heat the tortilla until warm, distribute vegetables in their center, drizzle with lime juice, and then roll tightly.
7. Serve straight away.

Appetizing Baked Apple



Serves a hungry human, but probably two. Be careful, this dish can cause feelings of romance. Yea, it's like French and stuff.

Serving: 2

Preparation time: 10 minutes; Cooking time: 55 minutes;

Nutritional Info: 346 Cal; 6.4 g Fats; 1.5 g Protein; 78 g Carb; 6.2 g Fiber;

Ingredients

- 4 apples, large, cored, sliced
- 1/8 teaspoon ground cloves
- 3 tablespoons agave syrup
- 1 tablespoon chopped walnuts

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, take a large bowl, place apple slices in it, drizzle with agave syrup and then toss until evenly coated.
3. Take a small bowl, place nuts in it, add cloves, and then stir until mixed.
4. Sprinkle nuts mixture over the apple and let it rest for 5 minutes or more until apples start releasing their juices.
5. Take a medium casserole dish, arrange apple slices on it, and then bake for 15 minutes.
6. Cover the casserole dish with foil and then continue baking for 40 minutes until bubbly.
7. Let apples cool for 10 minutes and then serve.

Classic Banana Fries



Banana fries is an ancient dish that the traditional African tribes brought to America. Just kidding, but it's probably the most popular dish in parts of Africa, which is centered around just one ingredient – Burro bananas.

Prepare and enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 130.5 Cal; 6.5 g Fats; 1 g Protein; 20 g Carb; 3 g Fiber;

Ingredients

- 4 baby burro bananas, peeled, cut in squares
- ¼ teaspoon salt
- ½ of a medium onion, peeled, chopped
- ½ of medium green bell pepper, cored, chopped
- 2 teaspoons grapeseed oil

Extra:

- ¼ teaspoon cayenne pepper

Directions

1. Take a medium skillet pan, place it over medium-low heat, add oil and when hot, add burro banana pieces and then cook for 3 minutes or until beginning to brown.
2. Then turn the burro banana pieces, add remaining ingredients, stir until mixed, and then continue cooking for 5 to 7 minutes until onions have caramelized.
3. Serve straight away.

Zoodles with Basil & Avocado Sauce



Can certainly cure a hangover and make your spouse like you more, if you have one. Serves two hungry people who do not eat pork. Pigs have feelings too!

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 330 Cal; 20.7 g Fats; 7.1 g Protein; 35.3 g Carb; 7.8 g Fiber;

Ingredients

- 2 zucchinis, spiralized into noodles
- 2 avocados, peeled, pitted
- ½ cup walnuts

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- 2 cups basil leaves
- 24 cherry tomatoes, sliced

Extra:

- 1/3 teaspoon salt
- 4 tablespoons key lime juice
- ½ cup spring water

Directions

1. Prepare the sauce and for this, place all the ingredients except for zucchini noodles and tomatoes in a food processor and then pulse until smooth.
2. Take a large bowl, place zucchini noodles in it, add tomato slices, pour in the prepared sauce and then toss until coated.
3. Serve straight away.

Butternut Squash and Apple Burger



If you know what Squash are, you probably know how the word ‘Squash’ is pronounced. It ends with a ‘shhh’ sound, which, in our humble opinion literally means to keep calm while you prepare and enjoy this.

Serving: 2

Preparation time: 10 minutes; Cooking time: 1 hour;

Nutritional Info: 250 Cal; 4 g Fats; 6 g Protein; 51 g Carb; 5 g Fiber;

Ingredients

- ¾ cup diced butternut squash
- ½ cup diced apples
- 1 cup cooked wild rice
- ¼ cup chopped shallots
- ½ tablespoon thyme

Extra:

- ¼ teaspoon sea salt, divided
- 1 tablespoon pumpkin seeds, unsalted
- 1 tablespoon grapeseed oil
- 2 spelt burgers, halved, toasted

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, take a cookie sheet, line it with parchment sheet, spread squash pieces on it and then sprinkle with 1/8 teaspoon salt.
3. Bake the squash for 15 minutes, then add shallots and apple, sprinkle with remaining salt, and then bake for 20 to 30 minutes until cooked.
4. When done, let the vegetable mixture cool for 15 minutes, transfer it into a food processor, add thyme and then pulse until a chunky mixture comes together.
5. Add pumpkin seeds and cooked wild rice, pulse until combined, and then tip the mixture in a bowl.
6. Taste the mixture to adjust and then shape it into two patties.
7. Take a skillet pan, place it over medium heat, add oil and when hot, place patties in it and then cook for 5 to 7 minutes per side until browned.
8. Sandwich patties in burger buns and then serve.

Kale and “Awevocado” Dish



Maybe we should replace the starting A in Avocado with “Awe”, as in, awesomeness. So, we iterated. Enter the ‘Awevocado’ and it comes as a salad. Or maybe we really should call it ‘Awevocadosomeness’, but that might be pushing it. Now cook!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 143 Cal; 10.5 g Fats; 3 g Protein; 12.4 g Carb; 4.8 g Fiber;

Ingredients

- 1 bundle of kale, cut into thin strips
- 1 small white onion, peeled, chopped
- 12 cherry tomatoes, chopped
- 1 tablespoon salt
- 1 avocado, peeled, pitted, sliced

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Directions

1. Take a large bowl, place kale strips in it, sprinkle with salt, and then massage for 2 minutes.
2. Cover the bowl with a plastic wrap or its lid, let it rest for a minimum of 30 minutes, and then stir in onion and tomatoes until well combined.
3. Let the salad sit for 5 minutes, add avocado slices, and then serve.

Zucchini 'Bacon' Dish



The word “Bacon” in the title of this dish might be making fun of meat eaters, because they would otherwise have to pay more with buying all the meat this dish usually requires. But no, we pay less, and live more.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 184 Cal; 2 g Fats; 12 g Protein; 26 g Carb; 2 g Fiber;

Ingredients

- 2 zucchini, cut into strips
- 1 tablespoon onion powder
- 1 tablespoon of sea salt
- ½ teaspoon cayenne powder

Extra:

- ¼ cup date sugar

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- 2 tablespoons agave syrup
- 1 teaspoon liquid smoke
- ¼ cup spring water
- 1 tablespoon grapeseed oil

Directions

1. Take a medium saucepan, place it over medium heat, add all the ingredients except for zucchini and oil and then cook until sugar has dissolved.
2. Then place zucchini strips in a large bowl, pour in the mixture from the saucepan, toss until coated, and then let it marinate for a minimum of 1 hour.
3. When ready to cook, switch on the oven, set it to 400 degrees F, and let it preheat.
4. Take a baking sheet, line it with parchment sheet, grease with oil, arrange marinated zucchini strips on it, and then bake for 10 minutes.
5. Then flip the zucchini, continue cooking for 4 minutes and then let cool completely.
6. Serve straight away.

Vegan Veggie Fritters



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 281.5 Cal; 15.2 g Fats; 13.8 g Protein; 26.2 g Carb; 5 g Fiber;

Ingredients

- 1 cup chickpea flour
- 200g mushrooms, chopped
- 1 medium green bell pepper, cored, chopped
- 1 tablespoon onion powder
- 2 medium white onions, peeled, chopped

Extra:

- 1 teaspoon of sea salt
- 1 tablespoon oregano

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- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- 1 tablespoon basil leaves, chopped
- 1/2 cup spring water

Directions

1. Take a large bowl, place all the vegetables in it, add all the seasonings, basil and oregano, stir until mixed, and then let the mixture rest for 5 minutes.
2. Add chickpea flour, stir until mixed and then stir in water until well combined and smooth.
3. Take a large skillet pan, place it over medium heat, add oil and when hot, ladle vegetable mixture in it in portions, press down each portion, and then cook for 3 to 4 minutes per side until cooked and golden brown.
4. Serve straight away.

Chickpea and Mushroom Curry



Feeds two people and potentially a dog or 5 parrots. Enjoy

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 194.7 Cal; 8.5 g Fats; 5.8 g Protein; 25.7 g Carb; 5.4 g Fiber;

Ingredients

- 1 cup cooked chickpea
- 1 small white onion, peeled, diced
- ½ of medium green bell pepper, cored, chopped
- 1 cup diced mushrooms
- 8 cherry tomatoes, chopped

Extra:

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- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon grapeseed oil

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion, tomatoes, and bell pepper and then cook for 2 minutes.
2. Add chickpeas and mushrooms, season with and cayenne pepper, stir until combined, and switch heat to medium-low level and then simmer for 10 minutes until cooked, covering the pan with its lid.
3. Serve straight away.

Vegetable Low Mein



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 330 Cal; 11 g Fats; 10 g Protein; 48 g Carb; 4 g Fiber;

Ingredients

- 2 cups cooked spelt noodles
- ½ of medium green bell pepper, cored, sliced
- ½ of medium red bell pepper, cored, sliced
- 1 medium white onion, cored, sliced
- ½ cup sliced mushrooms

Extra:

- 2/3 teaspoon salt

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- ¼ teaspoon onion powder
- 1/3 teaspoon cayenne pepper
- 1 key lime juiced
- 1 tablespoon sesame oil

Directions

1. Take a large skillet pan, place it over medium heat, add oil and when hot, add all the vegetables and cook for 3 to 5 minutes until tender-crisp.
2. Add all the spices, drizzle with lime juice, stir until mixed, and then cook for 1 minute.
3. Add noodles, toss until well mixed and then cook for 2 to 3 minutes until hot.
4. Serve straight away.

Spiced Okra Curry



This variation of the famous African Okra soup will leave you speechless because it's so freaking tasty, and you shouldn't even talk, I mean talk while you eat anyways. Ssshhh. And enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 137 Cal; 8.4 g Fats; 4 g Protein; 15 g Carb; 5.6 g Fiber;

Ingredients

- 1 ½ cup okra
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade

Extra:

- 6 teaspoons spice mix
- ¼ teaspoon salt
- ½ tablespoon grapeseed oil
- ¼ teaspoon cayenne pepper
- ¾ cup tomato sauce, alkaline
- 6 tablespoons soft-jelly coconut milk

Directions

1. Take a large skillet pan, place it over medium heat, add oil and warm, add onion, and then cook for 5 minutes until golden brown.
2. Add spice mix, add remaining ingredients into the pan except for okra, stir until mixed, and then bring the mixture to a simmer.
3. Add okra, stir until mixed, and then cook for 10 to 15 minutes over medium-low heat setting until cooked.
4. Serve straight away.

Baked Portobello Mushrooms



Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 72 Cal; 2 g Fats; 6 g Protein; 10 g Carb; 2 g Fiber;

Ingredients

- 2 caps of Portobello mushrooms, destemmed
- 2/3 teaspoon minced onion
- 2/3 teaspoon minced sage
- 2/3 teaspoon thyme
- 2/3 tablespoon key lime juice

Extra:

- 2 tablespoons alkaline soy sauce

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Take a baking dish and then arrange mushroom caps in it, cut side up.
3. Take a small bowl, place remaining ingredients in it, stir until mixed,

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brush the mixture over inside and outside mushrooms, and then let them marinate for 15 minutes.

4. Bake the mushrooms for 30 minutes, flipping halfway, and then serve.

Kale and Sprouts Salad



All Avocado are created equal and they may be kinda boring, until you put stuff and garnish dishes with them. Prepare this and get ready to blow up your taste buds in a good way.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 179.2 Cal; 14.1 g Fats; 3.7 g Protein; 13.5 g Carb; 6.1 g Fiber;

Ingredients

- 2 cups kale leaves
- 1 cup sprouts
- 1 cup cherry tomato

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- ½ of avocado, peeled, pitted, diced
- 1 key lime, juiced

Extra:

- 1 teaspoon agave syrup
- ½ tablespoon olive oil
- 1/8 teaspoon cayenne pepper

Directions

1. Take a small bowl, place lime juice in it, add oil and agave syrup and then stir until mixed.
2. Take a salad bowl, place remaining ingredients in it, drizzle with the lime juice mixture and then toss until mixed.
3. Serve straight away.

Chard and Lime Pasta



No eggs or animal parts in this recipe here, but plenty of minerals, oils and fiber! Serves two people that miss Dr. Sebi.

Serving: 2

Preparation time: 5 minutes; Cooking time: 5 minutes;

Nutritional Info: 224 Cal; 7 g Fats; 7 g Protein; 33 g Carb; 2 g Fiber;

Ingredients

- 1 head of Swiss chard, cut into ½-inch pieces
- 1 cup spelt pasta, cooked
- 2 green onions, sliced
- ¼ cup cilantro
- 1 key lime, juiced, zested

Extra:

- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon olive oil

Directions

1. Take a large skillet pan, place it over medium heat, add oil and when hot, add chard pieces and then cook for 4 minutes or more until wilted.
2. Remove pan from heat, transfer chards to a large bowl, add remaining ingredients and then toss until combined.
3. Serve straight away.

Creamy Squash Soup



If you didn't Pad Thai when you used to eat Thai food, you didn't really eat Thai food. 'Thai' it out with this dairy-free soup with plenty of fiber and oils.

Serving: 2

Preparation time: 5 minutes; Cooking time: 25 minutes;

Nutritional Info: 183 Cal; 14.4 g Fats; 1.9 g Protein; 13.4 g Carb; 2.7 g Fiber;

Ingredients

- ½ of medium white onion, peeled, cubed
- 2 cups cubed squash
- ¼ cup basil leaves
- ½ cup soft-jelly coconut cream

Extra:

- 1/8 teaspoon sea salt

- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- 1 cup vegetable broth, homemade

Directions

1. Take a medium saucepan, place it over medium heat, add oil and when hot, add onion, and then cook for 5 minutes or until softened.
2. Add squash, cook for 10 minutes until golden and begin to soften, pour in the vegetable broth, season with salt and pepper and then bring the soup to boil.
3. Switch heat to medium level and then simmer the soup for 10 minutes until squash turns very soft.
4. Remove pan from heat, puree it by using a stick blender until smooth, and then garnish with basil.
5. Serve straight away.

Creamy Mushroom Soup



Cream of Broccoli doesn't sound as cool as Cream of Mushroom. Plus, mushroom has a ton of nutrients, so it needs some love.

Serving: 2

Preparation time: 5 minutes; Cooking time: 20 minutes;

Nutritional Info: 100 Cal; 2 g Fats; 2 g Protein; 18 g Carb; 2 g Fiber;

Ingredients

- 2 cups baby Bella mushrooms, diced
- ½ cup diced red onions
- 1 cup vegetable broth
- 1 ½ cups soft-jelly coconut milk

Extra:

- ½ teaspoon of sea salt

- ¼ teaspoon cayenne pepper
- 2 teaspoons grapeseed oil

Directions

1. Take a medium saucepan, place it over medium-high heat, add oil and when hot, add onion, mushrooms, season with salt and pepper, and then cook for 3 to 4 minutes until vegetables turn tender.
2. Then add soy sauce, pour in milk and broth, stir until mixed and bring it to a boil.
3. Switch heat to medium-low level and then simmer the soup for 15 minutes until thickened to the desired level.
4. Serve straight away.

Onion Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 35 minutes;

Nutritional Info: 76 Cal; 2.1 g Fats; 2.3 g Protein; 13.1 g Carb; 2.5 g Fiber;

Ingredients

- 2 large white onions, peeled, sliced
- ½ cup cubed squash
- 1 sprig of thyme
- 1 tablespoon grapeseed oil
- 2 cups spring water

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

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1. Take a medium pot, place it over medium heat, add oil and when hot, add onion and cook for 10 minutes.
2. Add thyme sprig, switch heat to the low level and then cook onions for 15 to 20 minutes until soft, covering the pan with its lid.
3. Add remaining ingredients, stir until mixed and simmer for 5 minutes.
4. Ladle soup into bowls and then serve.

Roasted Squash and Apples



Serving: 2

Preparation time: 10 minutes; Cooking time: 35 minutes;

Nutritional Info: 126.4 Cal; 4.9 g Fats; 1.1 g Protein; 22.2 g Carb; 5.1 g Fiber;

Ingredients

- 1 ½ pounds butternut squash, peeled, deseeded, cut into chunks
- 2 apples, cored, cut into ½-inch pieces
- 2 tablespoons agave syrup
- 1/2 teaspoon sea salt

Extra:

- 2 tablespoons grapeseed oil

Directions

1. Switch on the oven, then set it to 375 degrees F and let it preheat.

2. Meanwhile, take a baking sheet and then spread squash pieces on it.
3. Take a small bowl, pour in oil, stir in salt and allspice until mixed, and then drizzle over squash pieces.
4. Cover the pan with foil and then bake for 20 minutes.
5. Meanwhile, place apple pieces in a medium bowl, drizzle with agave syrup, and then toss until coated.
6. When squash has baked, unwrap the baking sheet, spoon into the bowl containing apple and then stir until mixed.
7. Spread apple-squash mixture evenly on the baking sheet and then continue baking for 15 minutes.
8. Serve straight away.

Mushroom Steak



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 302 Cal; 18 g Fats; 2 g Protein; 27 g Carb; 3 g Fiber;

Ingredients

- 2 portabella mushroom caps, 1/8-inch thick sliced
- ½ cup sliced green bell peppers
- ½ cup sliced white onions
- ½ cup sliced red bell peppers
- ¼ cup alkaline sauce

Extra:

- ½ teaspoon of sea salt
- ½ tablespoon onion powder
- ½ teaspoon dried oregano

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- ½ teaspoon dried thyme
- ½ tablespoon grapeseed oil
- 2 spelt flatbread, toasted

Directions

1. Take a medium bowl, place sauce in it, add all the seasoning, and then whisk until combined.
2. Add mushroom slices, toss until coated, and then let them marinate for a minimum of 30 minutes, tossing halfway.
3. Then take a pan, place it over medium-high heat, add oil and when hot, add onion and pepper and cook for 3 to 5 minutes until tender-crisp.
4. Add mushroom slices, stir until mixed and continue cooking for 5 minutes.
5. Distribute vegetables evenly between flatbread, roll them, and then serve.

Chayote Mushroom Stew



We took two delicious traditionally meat-laden stews of France and turned them into a savory meat-free vegan iteration with plenty of protein and flavor. Now you know this dish is just as classy as it sounds.

Serving: 2

Preparation time: 10 minutes; Cooking time: 40 minutes;

Nutritional Info: 173 Cal; 9 g Fats; 2 g Protein; 20 g Carb; 2 g Fiber;

Ingredients

- 2/3 cup chayote squash cubes
- 1 cups sliced mushrooms
- 1/3 cup diced white onions
- ½ cup chickpea flour
- 1/3 cup vegetable broth, homemade

Extra:

- 1/3 tablespoon onion powder
- 2/3 teaspoon sea salt
- 2/3 teaspoon dried basil
- 1/3 teaspoon crushed red pepper
- 2 cups spring water
- ½ tablespoon grapeseed oil
- 1/3 cup hemp milk, homemade

Directions

1. Take a medium pot, place it over medium-high heat, add oil and when hot, add onion and mushroom, and then cook for 5 minutes.
2. Switch heat to medium level, pour in 1 cup water, milk, and broth, add chayote and all the seasoning, stir until mixed, and then bring it to a simmer, covering the pan with lid.
3. Pour remaining water into a food processor, add chickpea flour, pulse until blended, add to the pot and then stir until mixed.
4. Switch heat to the low level, simmer for 30 minutes, and then serve.

Veggie Lettuce Wraps

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 155 Cal; 10.5 g Fats; 4.8 g Protein; 13.2 g Carb; 3.5 g Fiber;

Ingredients

- ½ cup cherry tomatoes, halved
- 1 avocado, peeled, pitted, sliced
- ½ cup sprouts
- ½ of medium white onion, peeled, sliced
- 2 large lettuce leaves

Extra:

- 2 tablespoons key lime juice
- ½ tablespoon raisins
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Take a small bowl, add lime juice, add salt and pepper and then stir until mixed.
2. Take a medium bowl, place all the vegetables in it except for lettuce, drizzle with the lime juice mixture and then toss until mixed.
3. Place a lettuce leaves on a plate, top with half of the vegetable mixture, and then roll it tightly.
4. Repeat with the other lettuce wrap and then serve.

Vegan Rib Roast

Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 108 Cal; 0.6 g Fats; 6 g Protein; 18 g Carb; 3 g Fiber;

Ingredients

- 2 caps of Portobello mushrooms, ½ -inch thick sliced
- 1 teaspoon of sea salt
- ½ cup Alkaline Barbecue Sauce
- 1 teaspoon onion powder
- ¼ cup spring water

Extra:

- ½ teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Place mushroom slices in a container with a lid, add BBQ sauce, all the seasoning, and water, cover with a lid, and then shake until coated.
2. Place the container into the refrigerator and then let it marinate for a minimum of 6 hours, shaking every 2 hours.
3. When ready to cook, take a griddle pan, place it over medium-high heat, brush with oil and let it preheat.
4. Thread three slices of mushrooms in a skewer, then arrange these skewers on the pan and then cook for 15 minutes, flipping every 3 minutes.
5. Serve straight away.

Zucchini Linguine



I've always wondered if Zucchini should be spelled with a "C" or a double "C". Then I found Google, and it helped me, a lot. If you'd like to eat some veggie noodles, you might want to try this dish.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 284 Cal; 23.6 g Fats; 5.7 g Protein; 18.8 g Carb; 9.7 g Fiber;

Ingredients

- 2 zucchini, spiralized
- ½ cup sliced mushrooms
- ½ teaspoon dried thyme
- ½ cup alkaline Avocado sauce
- ¼ cup chopped cilantro

Extra:

- 1/3 teaspoon salt

- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- ½ teaspoon dried oregano

Directions

1. Take a skillet pan, place it over medium heat, add oil and when hot, add mushrooms and cilantro and then cook for 3 to 5 minutes until tender.
2. Add avocado sauce, season with salt, pepper, oregano, and thyme, stir until mixed and cook for 1 to 2 minutes until warmed.
3. Place zucchini noodles in a large bowl, drizzle with some oil, and then toss until well coated.
4. Add avocado mixture, toss until combined, and then serve.

Butternut Pumpkin Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 133.3 Cal; 4.8 g Fats; 2.1 g Protein; 23.6 g Carb; 1.3 g Fiber;

Ingredients

- 2 medium butternut squash, peeled, deseeded, chopped
- 1 medium white onion, peeled, chopped
- 2 cups soft-jelly coconut milk

Extra:

- 2/3 teaspoon sea salt
- 1 cup spring water

Directions

1. Take a large saucepan, place it over medium-high heat, pour in water,

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and then bring it to a boil.

2. Stir in salt, and add vegetables and then cook for 5 to 10 minutes until vegetables turn tender.
3. Remove pan from heat, add milk and then puree by using an immersion blender until smooth.
4. Serve straight away.

Spiced Mushroom Bowl



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 186 Cal; 3.4 g Fats; 2.1 g Protein; 36.7 g Carb; 3.5 g Fiber;

Ingredients

- 1 ½ cup sliced mushrooms
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade

Extra:

- 6 teaspoons spice mix
- ¼ teaspoon salt
- ½ tablespoon grapeseed oil
- ¼ teaspoon cayenne pepper
- ¾ cup tomato sauce, alkaline
- 6 tablespoons soft-jelly coconut milk

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Directions

1. Take a large skillet pan, place it over medium heat, add oil and warm, add onion, and then cook for 5 minutes until golden brown.
2. Add spice mix, add remaining ingredients into the pan except for okra, stir until mixed, and then bring the mixture to a simmer.
3. Add mushrooms, stir until mixed, and then cook for 10 to 15 minutes over medium-low heat setting until cooked.
4. Serve straight away.

Chickpea and Kale Curry



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 522 Cal; 38 g Fats; 15 g Protein; 26 g Carb; 8 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- 2/3 teaspoon salt
- 1 cup Kale leaves
- 2/3 cup soft-jelly coconut cream
- 2 tablespoons grapeseed oil

Extra:

- 1/3 teaspoon cayenne pepper

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Then take a medium baking sheet, spread chickpeas on it, drizzle with

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1 tablespoon oil, sprinkle with all the seasonings and then bake for 15 minutes until roasted.

3. Then take a frying pan, place it over medium heat, add remaining oil and when hot, add kale and cook for 5 minutes.
4. Add roasted chickpeas, pour in the cream, stir until mixed and then simmer for 4 minutes, squashing chickpeas slightly.
5. Serve straight away.

GRAINS AND MAIN DISHES

Mushroom Risotto



Serving: 2

Preparation time: 5 minutes; Cooking time: 1 hour and 25 minutes;

Nutritional Info: 133 Cal; 1.3 g Fats; 4.5 g Protein; 25.2 g Carb; 2.4 g Fiber;

Ingredients

- 4 ounces sliced mushrooms
- ¼ of an onion, chopped
- 1 cup wild rice
- 1 tablespoon grapeseed oil
- 2 cups vegetable broth, homemade

Extra:

- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Take a medium pot, place it over medium heat add oil and when hot, add onion and mushroom and then cook for 4 to 5 minutes until mushrooms have turned golden brown and the liquid in the pan have evaporated.
2. Add rice, stir until mixed, cook for 1 minute, and then stir in salt and cayenne pepper.
3. Pour in the broth, switch heat to the low level and then cook the rice for 1 hour and 20 minutes until rice is tender.
4. Serve straight away.

Delicious Quinoa Bowl



Serving: 2

Preparation time: 5 minutes; Cooking time: 3 minutes;

Nutritional Info: 141 Cal; 6.2 g Fats; 6.5 g Protein; 32 g Carb; 4.1 g Fiber;

Ingredients

- 1/3 cup quinoa, cooked
- ¼ cup cherry tomatoes, quartered
- ½ of green bell pepper, chopped
- 1/3 cup basil leaves
- 1 tablespoon grapeseed oil

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Take a pan, place it over medium heat, add oil and when hot, add

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cherry tomatoes and bell pepper and cook for 2 to 3 minutes until tender-crisp.

2. Take a medium bowl, place cooked quinoa in it, add tomatoes and bell pepper mixture, and then add basil leaves.
3. Season with salt and cayenne pepper, stir until mixed, and then serve.

Spelt and Raisin Cookies



Serving: 2

Preparation time: 10 minutes; Cooking time: 18 minutes;

Nutritional Info: 149.2 Cal; 4 g Fats; 3 g Protein; 55.3 g Carb; 2.2 g Fiber;

Ingredients

- 1 cup spelt flour
- 1/3 cup raisins
- ½ cup dates, pitted
- 3 ½ tablespoons, applesauce homemade or pureed apples
- 2/3 tablespoon spring water

Extra:

- 1/16 teaspoon sea salt
- 2 tablespoons agave syrup
- 1 ¾ tablespoon grapeseed oil

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.

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2. Meanwhile, place flour in a food processor, add dates and salt in it, and then pulse until well blended.
3. Transfer flour mixture into a medium bowl, add remaining ingredients, and then stir until well mixed.
4. Divide the mixture into parts, each part about 2 tablespoons of the mixture, and then shape each part into a ball.
5. Place the cookie ball on a cookie sheet lined with parchment sheet, flatten it slightly by using a fork and then bake for 18 minutes until done.
6. Let cookies cool for 10 minutes and then serve.

Chickpea and Quinoa Burgers



Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 315.4 Cal; 9.4 g Fats; 10.1 g Protein; 47.7 g Carb; 5.8 g Fiber;

Ingredients

- 2 tablespoons chopped onion
- $\frac{3}{4}$ cup chickpeas
- $\frac{1}{4}$ cup cooked quinoa
- 1 tablespoon spring water
- 1 tablespoon grapeseed oil

Extra:

- $\frac{1}{3}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cayenne pepper

Directions

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1. Switch on the oven, then set it to 375 degrees F and let it preheat.
2. Meanwhile, place onion, chickpeas, quinoa into a food processor and then pulse little chunky mixture comes together.
3. Add water, salt, and cayenne pepper and then pulse until the dough comes together.
4. Then tip the mixture into a medium bowl, cover it with its lid and then let it rest in the refrigerator for 15 minutes.
5. Shape the mixture into two patties, place them on a baking sheet lined with parchment paper and then bake for 20 minutes, turning halfway.
6. Then switch on the broiler and continue cooking for 2 minutes per side until golden brown.
7. You can serve the patties with spelt flour burgers and tahini butter.

Tef Grain Burger



Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 122 Cal; 4.1 g Fats; 4.2 g Protein; 16.6 g Carb; 2.6 g Fiber;

Ingredients

- $\frac{3}{4}$ cup cooked tef grains
- $\frac{3}{4}$ cup chickpea flour
- 2 tablespoons diced onion
- 2 tablespoons diced red bell pepper
- $\frac{1}{2}$ teaspoon dill

Extra:

- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon basil
- 1 tablespoon grapeseed oil

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Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and bell pepper and cook for 3 minutes until tender.
2. Transfer vegetables into the large bowl, add remaining ingredients, stir until mixed, and then shape the mixture into patties.
3. Place patties into the pan and then cook for 3 minutes per side until crisp and golden brown on all sides.
4. Serve straight away.

Kamut Porridge



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 183 Cal; 2 g Fats; 10 g Protein; 30 g Carb; 4 g Fiber;

Ingredients

- ½ cup Kamut
- ¼ teaspoon salt
- 2 tablespoons agave syrup
- ½ tablespoon coconut oil
- 2 cups walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender, add Kamut in its jar, and then pulse until cracked.
2. Take a medium saucepan, add Kamut in it along with salt, pour in the milk and then stir until combined.

3. Place the pan over high heat, bring the mixture to boil, then switch heat to medium-low level and simmer for 5 to 10 minutes until thickened to the desired level.
4. Then remove the pan from heat, stir agave syrup and oil into the porridge and then distribute evenly between two bowls.
5. Garnish the porridge with Dr. Sebi Diet's approved fruits and then serve.

Green Pancakes



Serving: 2

Preparation time: 10 minutes; Cooking time: 6 minutes;

Nutritional Info: 144 Cal; 0.6 g Fats; 6 g Protein; 31.6 g Carb; 5.4 g Fiber;

Ingredients

- ½ cup chickpea flour
- ¼ cup blueberries
- 1 burro banana, peeled
- ½ cup amaranth greens
- ½ cup spring water

Extra:

- ½ teaspoon of sea salt
- 1 tablespoon agave syrup
- 1 tablespoon walnut butter
- 1 tablespoon grapeseed oil

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid, pulse for 40 to 60 seconds until smooth, tip the mixture in a bowl and let it rest for 10 minutes.
3. When ready to cook, take a large frying pan, place it over medium-high heat, add oil and then let it heat.
4. Scoop prepared batter into the hot pan into six portions, shape each portion like a pancake and then cook for 2 to 3 minutes per side until edges have cooked and firm.
5. Serve straight away.

Chickpea Loaf



Serving: 2

Preparation time: 10 minutes; Cooking time: 45 minutes;

Nutritional Info: 268.7 Cal; 6.2 g Fats; 10.3 g Protein; 46 g Carb; 9.4 g Fiber;

Ingredients

- ¼ cup spelt flour
- 1 ½ cups chickpeas, cooked
- ¾ cup diced onions
- ¼ cup minced basil
- ½ cup sliced white mushrooms

Extra:

- 1 red bell pepper, cored, diced
- 1 tablespoon grapeseed oil
- 1 tablespoon and ¼ teaspoon granulated onion, homemade
- 1/8 teaspoon dried thyme

- ½ teaspoon sea salt and more as needed
- 1/3 teaspoon dried sage
- ¼ teaspoon cayenne pepper and more as needed
- ¼ teaspoon dried oregano

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, take a large skillet pan, place it over medium-high heat, add oil in it and when hot, add onion, pepper, and mushroom and then cook for 3 minutes or until begin to tender.
3. Add minced basil into the pan, stir until mixed, remove the pan from heat, add all the seasonings and then stir until mixed.
4. Place chickpeas in a food processor, pulse until coarsely chopped, and then transfer into a medium bowl.
5. Add cooked vegetable mixture along with remaining ingredients, stir until well mixed and then spoon into a greased loaf pan.
6. Bake the loaf for 30 to 40 minutes until firm and cooked, cool it slightly, cut into slices and then serve.

Alkaline Fried Rice



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 140 Cal; 7 g Fats; 4 g Protein; 15 g Carb; 1.1 g Fiber;

Ingredients

- ½ cup sliced mushrooms
- 1 cup cooked wild rice
- ½ cup sliced red bell pepper
- ¼ of a medium onion, peeled, cubed
- ½ cup sliced zucchini

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

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1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until browned.
2. Add remaining vegetables, stir until mixed, and then cook for 5 minutes until almost soft.
3. Add rice, stir until combined and cook for 3 minutes until golden brown.
4. Serve straight away.

Kamut Porridge with Dates



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 132 Cal; 1 g Fats; 0.3 g Protein; 30.2 g Carb; 2 g Fiber;

Ingredients

- 1 cup dates, pitted, chopped
- 1 cup rolled Kamut flakes
- 1/8 teaspoon salt
- 2 cups spring water

Directions

4. Place Kamut flakes in a small saucepan, pour in the water, and let soak for overnight.
5. Then stir in salt, place the pan over medium-high heat and bring the mixture to a slow boil.
6. Switch heat to medium-low level and then continue cooking for 10

minutes or more until all the liquid has absorbed.

7. Remove pan from heat, add dates into the porridge and then stir until mixed.
8. Divide porridge between two bowls, drizzle with agave syrup if needed, and then serve.

Kamut Pasta



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 143.7 Cal; 1.8 g Fats; 4.5 g Protein; 29.1 g Carb; 4.8 g Fiber;

Ingredients

- ½ cup sliced zucchini
- 2 cups cooked spelt pasta
- ¼ cup diced onions
- ½ cup diced green bell peppers
- ¼ cup cherry tomatoes, cut in half

Extra:

- 2 tablespoons olives
- ½ cup alkaline sauce, homemade

Directions

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1. Take a large bowl, place all the ingredients in it and then toss until well coated.
2. Serve straight away.

Quinoa and Wild Rice



Serving: 2

Preparation time: 10 minutes; Cooking time: 18 minutes;

Nutritional Info: 132 Cal; 3.5 g Fats; 4.5 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- ½ cup wild rice, boiled
- 2 tablespoons dried cherries
- ½ cup tricolor quinoa, uncooked
- ½ key lime, zested
- ¼ cup cherry tomato dressing, homemade

Extra:

- ½ teaspoon salt, divided
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon ground cardamom
- ½ tablespoon olive oil

- ½ cup spring water

Directions

1. Cook the quinoa, and for this, take a medium saucepan, place it over medium heat, add oil and when hot, add quinoa and cook for 3 minutes until softened.
2. Pour in the water, add lime zest and all the seasonings and spices, stir until mixed, and then bring the mixture to a boil.
3. Then switch heat to medium-low level and simmer quinoa for 10 to 12 minutes until tender.
4. When done, let the quinoa cool for 10 minutes, fluff it with a fork and transfer into a medium bowl.
5. Add rice and tomato dressing, stir until well mixed, add cherries and then toss until mixed.
6. Serve straight away.

Pasta with Chickpea Sauce



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 197 Cal; 6.1 g Fats; 6 g Protein; 30.5 g Carb; 5 g Fiber;

Ingredients

- ½ cup cooked chickpeas
- 2 cups cooked spelt pasta, hot
- ½ cup chopped onion
- 2 tablespoons chopped basil

Extra:

- 1 ½ tablespoon olive oil
- 1/3 cup spring water
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

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1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion, and cook for 5 to 8 minutes until golden brown.
2. Spoon the onion mixture into a food processor, add chickpeas, salt, cayenne pepper, and water and then pulse until smooth.
3. Place pasta into a large bowl, add blended chickpea sauce, toss until mixed, and then garnish with basil.
4. Serve straight away.

Mashed Potatoes



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 52 Cal; 2.6 g Fats; 1.4 g Protein; 6 g Carb; 1.2 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- 2 teaspoons onion powder
- 2 teaspoons sea salt
- ¼ cup diced green onion
- 1 cup walnut milk, homemade

Directions

1. Place chickpeas in a food processor, pour in the milk, and then pulse for 1 to 2 minutes until blended.
2. Tip the chickpea mixture into a medium saucepan, place it over medium heat, add green onions and then stir until mixed.

3. Cook the chickpeas for 25 to 30 minutes until cooked, stirring constantly, and then serve.

Mushroom Wild Rice Stir-fry



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 234 Cal; 13 g Fats; 6 g Protein; 22 g Carb; 6 g Fiber;

Ingredients

- ½ of medium white onion, peeled, diced
- 10 button mushrooms, sliced
- 1 cup Kale leaves
- 2 cups cooked wild rice

Extra:

- 1 tablespoon grapeseed oil
- 2/3 teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Take a large skillet pan, place it over medium heat, add oil and when

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- hot, add onion, and then cook for 4 minutes until tender.
2. Add mushrooms, stir until mixed and cook for 4 minutes until mushrooms have almost tender.
 3. Add wild rice and Kale into the pan, season with salt and cayenne pepper, stir until mixed, and then cook for 5 minutes until leaves wilts.
 4. Serve straight away.

Blueberry Spelt Pancakes



Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 156 Cal; 3.6 g Fats; 8.4 g Protein; 22.8 g Carb; 3.3 g Fiber;

Ingredients

- 1 cup spelt flour
- ¼ cup blueberries
- ¼ cup agave syrup
- 1/8 teaspoon sea moss
- ½ cup soft-jelly coconut milk

Extra:

- ¼ cup spring water
- 2 tablespoons grapeseed oil

Directions

1. Take a large bowl, place flour in it, add agave syrup, 1 tablespoon oil

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and sea moss, and then stir until mixed.

2. Whisk in milk and water until smooth batter comes together and then fold in berries.
3. Take a large skillet pan, place it over medium heat, add remaining oil and when hot, ladle batter in it, shape into a pancake and then cook for 2 to 3 minutes per side until golden brown and cooked.
4. Serve straight away.

Falafel



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 182 Cal; 10 g Fats; 6 g Protein; 18 g Carb; 4 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- ½ cup chopped white onion
- ½ cup chickpea flour
- ¼ cup green onions, chopped
- 1 teaspoon chopped basil

Extra:

- 1 teaspoon chopped oregano
- 1 tsp onion powder
- ½ tsp of sea salt
- ½ teaspoon cayenne pepper

- 1/3 cup water from cooked chickpeas
- 1 tablespoon lime juice
- 1 tablespoon tahini
- 1 tablespoon grapeseed oil

Directions

1. Add chickpeas into a food processor, add remaining ingredients except for oil and then pulse until well blended.
2. Tip the mixture into a bowl and then shape into even size patties.
3. Take a large skillet pan, place it over medium heat, add oil and when hot, place prepared falafel patties in it and then cook for 4 to 5 minutes per side until golden brown and cooked.
4. Serve straight away.

Sloppy Joe



Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 166.5 Cal; 2.5 g Fats; 7 g Protein; 32.5 g Carb; 6 g Fiber;

Ingredients

- ¼ cup chopped white onion
- 1 cup cooked Kamut
- ¼ cup chopped green bell pepper
- ½ cup cooked chickpeas
- ¾ cup Barbecue Sauce, Alkaline

Extra:

- ½ teaspoon of sea salt
- 1/8 teaspoon cayenne powder
- ½ teaspoon onion powder

- ½ tablespoon grapeseed oil

Directions

1. Place chickpeas and Kamut in a food processor and then pulse until combined.
2. Then take a large skillet pan, place it over medium-high heat, add oil and when hot, add onion and peppers into the pan, stir in all the seasonings and then cook for 5 minutes until tender.
3. Add blended chickpea mixture, add remaining ingredients, stir until mixed, and then simmer it for 5 minutes.
4. Serve straight away.

Sausage Links



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 187.1 Cal; 7.4 g Fats; 7.3 g Protein; 24.2 g Carb; 6.3 g Fiber;

Ingredients

- 1 cup cooked chickpeas
- 2 cherry tomatoes
- ½ cup sliced mushrooms
- ¼ cup chopped white onion
- ¼ cup chickpea flour

Extra:

- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon of sea salt

- ½ teaspoon cayenne powder
- ½ teaspoon dill
- 1 tablespoon grapeseed oil

Directions

1. Place all the ingredients in a food processor except for chickpeas and then pulse until combined.
2. Add chickpeas, blend again until well combined, and then spoon the mixture into a piping bag.
3. Take a large skillet pan, place it over medium-high heat, add oil and then hot, squeeze chickpea mixture to make sausage links, and then cook for 3 to 4 minutes per side until nicely brown and cooked.
4. Serve straight away.

Amaranth Vegetable Patties



Serving: 2

Preparation time: 10 minutes; Cooking time: 40 minutes;

Nutritional Info: 152 Cal; 3 g Fats; 7 g Protein; 29 g Carb; 6 g Fiber;

Ingredients

- ½ of medium white onion, peeled, minced
- ½ cup amaranth, cooked
- 1 medium zucchini, grated
- ¼ cup chopped basil
- 1 ½ cups Kale, chopped

Extra:

- ¼ cup chopped dill
- 2 tablespoons spelt flour
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

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- 1 tablespoon olive oil
- 1 ½ tablespoon tahini
- 1 tablespoon key lime juice

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, take a skillet pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until tender.
3. Add zucchini, cook for 3 to 5 minutes until soft, then add Kale and cook for 5 minutes until wilted.
4. Spoon the mixture into a bowl, add remaining ingredients, stir until mixed, and then shape the mixture into evenly sized patties.
5. Arrange patties onto a baking sheet and then bake for 15 minutes per side until golden brown and cooked.
6. Serve straight away.

Brussel Sprouts and Quinoa Salad



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 190 Cal; 12 g Fats; 5 g Protein; 18 g Carb; 3 g Fiber;

Ingredients

- ¼ cup quinoa, cooked
- ½ pound Brussel sprouts, halved, diced, roasted
- 2 tablespoons dried cranberries
- 1 medium white onion, peeled, sliced caramelized

Extra:

- 1/3 teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ of orange, juiced
- ½ teaspoon orange zest
- 1 tablespoon key lime juice

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Directions

1. Take a small bowl, pour orange juice and lime juice in it, add orange zest and then stir until mixed.
2. Take a salad bowl, place remaining ingredients in it, drizzle with the orange juice mixture and then toss until mixed.
3. Serve straight away.

Spelt Bread



Serving: 2

Preparation time: 10 minutes; Cooking time: 40 minutes;

Nutritional Info: 215 Cal; 5 g Fats; 3 g Protein; 39 g Carb; 9 g Fiber;

Ingredients

- 1 ½ cups and 2 tablespoons spelt flour
- ¼ cup quick-cooking rolled oats
- 2 tablespoons sesame seeds
- ½ teaspoon of sea salt
- 1 cup walnut milk, homemade, warmed

Extra:

- 1 tablespoon agave syrup
- 1 tablespoon olive oil

Directions

1. Switch on the oven, then set it to 350 degrees F, and let it preheat.

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2. Meanwhile, take a medium bowl, place flour in it, add oats, salt, and sesame seeds and then stir until mixed.
3. Take a separate bowl, pour in milk, whisk in oil and agave syrup until combined, and then whisk in flour mixture until smooth.
4. Pour the batter into a loaf lined with parchment paper, sprinkle some more oats on top, pressing them into the batter, and then bake for 30 to 40 minutes until firm.
5. When done, let the bread cool completely on the wire rack, then cut it into slices and serve.

Amaranth Porridge



Serving: 2

Preparation time: 5 minutes; Cooking time: 30 minutes;

Nutritional Info: 373 Cal; 9 g Fats; 14 g Protein; 64 g Carb; 14 g Fiber;

Ingredients

- 1 cup amaranth, soaked
- 2 tablespoons chopped walnuts
- 1 cup soft-jelly coconut milk
- 1 cup spring water

Extra:

- 1/16 teaspoon salt
- 2 tablespoons agave syrup

Directions

1. Drain soaked amaranth, place them in a medium pot, pour in milk and

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water.

2. Place the pot over medium-high heat, bring the mixture to boil, then switch heat to medium level and cook for 25 minutes or more until amaranth has cooked.
3. Stir in salt and agave syrup, remove the pan from heat and distribute between two bowls.
4. Top amaranth with nuts and then serve.

Teff Sausage



Serving: 2

Preparation time: 10 minutes; Cooking time: 6 minutes;

Nutritional Info: 88.3 Cal; 2.3 g Fats; 4.6 g Protein; 12.7 g Carb; 1.6 g Fiber;

Ingredients

- 2 tablespoons diced onions
- $\frac{3}{4}$ cup cooked teff grain
- 2 tablespoons diced red bell pepper
- $\frac{1}{4}$ cup chickpea flour
- 1 teaspoon basil

Extra:

- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon of sea salt
- $\frac{1}{4}$ teaspoon crushed red pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a medium skillet pan, place it over medium-high heat, add oil and

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when hot, add onion and peppers, and then cook for 2 to 3 minutes until tender.

2. Stir in chickpea flour, transfer the mixture into a medium bowl, add remaining ingredients, stir until well mixed, and then shape the mixture into evenly sized patties.
3. Return skillet pan over medium heat and when hot, place patties on it and then cook for 3 minutes per side until crisp and cooked.
4. Serve straight away.

Amaranth with Walnuts



Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 175 Cal; 0 g Fats; 1.3 g Protein; 42 g Carb; 4 g Fiber;

Ingredients

- 1 cup amaranth
- 2 cups of spring water
- ¼ teaspoon salt
- 2 tablespoons chopped walnuts
- 2 tablespoons agave syrup

Directions

1. Take a medium saucepan, place it over medium-high heat, add amaranth, pour in water, and then bring it to a boil.
2. Then switch heat to medium level, cook it for 25 minutes until all the liquid has been absorbed, and then stir in salt.
3. Remove pan from heat, let amaranth rest for 10 minutes, and divide

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- evenly between two bowls and then top with nuts and agave syrup.
4. Serve straight away.

Spelt Pancakes



Serving: 2

Preparation time: 10 minutes; Cooking time: 6 minutes;

Nutritional Info: 103.4 Cal; 1.6 g Fats; 7 g Protein; 23.1 g Carb; 3.5 g Fiber;

Ingredients

- ½ cup spelt flour
- ¼ cup mashed burro banana
- ¼ cup and 2 tablespoons walnut milk, homemade
- ½ teaspoon date sugar
- 1 ½ teaspoons key lime juice

Extra:

- 1 tablespoon grapeseed oil
- 1 ½ teaspoon walnut butter, homemade

Directions

1. Take a medium bowl, pour in milk, stir in lime juice, let it rest for 5

minutes and then whisk in butter and mashed burro banana until combined.

2. Take a separate medium bowl, place flour in it, stir in sugar and then whisk in milk mixture until smooth.
3. Take a large skillet pan, place it over medium-high heat, add oil, and when hot, ladle the batter in it in four portions, shape each portion into a pancake and then cook for 2 to 3 minutes per side until golden brown and cooked.
4. Serve straight away.

Chickpea Flour Quiche



Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 182 Cal; 6 g Fats; 8 g Protein; 25.3 g Carb; 7.2 g Fiber;

Ingredients

For the Batter:

- 1 ½ tablespoon olive oil
- 1 ¼ cup chickpea flour
- 1 1/2cup spring water
- 1 teaspoon of sea salt

For the Filling:

- ½ cup chopped and cooked vegetables
- ½ teaspoon dried basil
- ½ teaspoon dried oregano

Directions

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1. Switch on the oven, then set it to 500 degrees F and let it preheat.
2. Meanwhile, prepare the batter and for this, take a medium bowl, place all of its ingredients and then whisk until smooth batter comes together.
3. Add vegetables and herbs into the batter and then stir until combined.
4. Take six silicone muffin cups, grease them with oil, fill evenly with the prepared batter and then cook for 10 to 15 minutes until firm and turn golden brown.
5. Serve straight away.

Revitalizing Chickpea Dish



Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 259 Cal; 13.7 g Fats; 6.1 g Protein; 27.7 g Carb; 5.2 g Fiber;

Ingredients

- ¼ cup diced red onion
- 2 cups cooked chickpeas
- 1/8 cup diced green bell pepper
- ¼ teaspoon of sea salt
- 2 teaspoons onion powder

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2/3 cup alkaline hemp seed mayo
- 1 teaspoon dill

- ½ nori sheet, cut into small pieces

Directions

1. Take a large bowl, place chickpeas in it, and then mash them by using a fork.
2. Add remaining ingredients, stir until well mixed and then chill the salad for a minimum of 30 minutes.
3. Serve straight away.

Burro banana Nut Muffin



Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 204.1 Cal; 8.5 g Fats; 3.3 g Protein; 30 g Carb; 1.4 g Fiber;

Ingredients

- 1 burro banana, peeled, mashed
- $\frac{3}{4}$ cup spelt flour
- $\frac{1}{2}$ burro banana, peeled, cut into chunks
- 6 tablespoons date sugar
- 6 tablespoons walnut milk, homemade

Extra:

- $\frac{1}{4}$ teaspoon of sea salt
- $\frac{1}{2}$ tablespoon key lime juice
- 2 tablespoons grapeseed oil
- $\frac{1}{4}$ cup chopped walnuts

Directions

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1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, take a medium bowl, place all the dry ingredients in it and then stir until mixed.
3. Then a separate bowl, place the mashed burro banana in it, add all the wet ingredients, whisk until combined, and then whisk in flour mixture until smooth.
4. Fold in nuts and burro banana pieces and then spoon the mixture evenly into four muffin cups.
5. Bake the muffins for 15 to 20 minutes until firm and cooked and then serve.

Crunchy Alkaline Breakfast Bars



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 108.6 Cal; 3 g Fats; 1.6 g Protein; 19.4 g Carb; 1.6 g Fiber;

Ingredients

- ½ cup spelt flour
- 2 baby burro bananas
- 1 cup quinoa flakes
- 1/16 teaspoon sea salt
- 1 tablespoon agave nectar

Extra:

- ¼ cup grapeseed oil
- ½ cup alkaline blackberry jam

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place peeled burro bananas in a medium bowl and then

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mash by using a fork.

3. Add agave nectar and oil, stir until well combined, and then stir in salt, flour, and quinoa flakes until a sticky dough comes together.
4. Take a square dish, line it with parchment sheet, spread two-third of the prepared dough in its bottom, layer with blackberry jam, and then top with remaining dough.
5. Bake for 10 minutes and then let the dough cool for 15 minutes.
6. Cut the dough into four bars and then serve.

Spiced Amaranth Patties



Serving: 2

Preparation time: 10 minutes; Cooking time: 12 minutes;

Nutritional Info: 148 Cal; 2 g Fats; 10 g Protein; 24 g Carb; 8 g Fiber;

Ingredients

- ½ cup amaranth, cooked
- ½ of medium white onion, peeled, chopped
- ¼ cup grated zucchini
- ¼ cup chopped red bell pepper

Extra:

- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon coriander powder
- ¼ teaspoon key lime zest
- 2 tablespoons grapeseed oil

Directions

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1. Take a small frying pan, place it over medium heat, add 1 tablespoon oil and when hot, add onion and then cook for 5 minutes until tender.
2. Add zucchini and red pepper, stir until mixed and cook for 3 minutes.
3. Add remaining ingredients except for oil and amaranth, stir until mixed, then remove the pan from heat and cool for 10 minutes.
4. Take a medium bowl, place cooked amaranth in it, add vegetable mixture, stir until combined, and then shape the mixture into evenly sized patties.
5. Take a large skillet pan, place it over medium heat, add remaining oil and when hot, place patties in it and then cook for 3 minutes per side until golden brown.
6. Serve straight away.

Spiced Chickpeas



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 187.9 Cal; 7.7 g Fats; 6.4 g Protein; 26.2 g Carb; 6.6 g Fiber;

Ingredients

- 1 ½ cup cooked chickpeas
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade

Extra:

- 6 teaspoons spice mix
- ¼ teaspoon salt
- ½ tablespoon grapeseed oil
- ¼ teaspoon cayenne pepper
- ¾ cup tomato sauce, alkaline

- 6 tablespoons soft-jelly coconut milk

Directions

1. Take a large skillet pan, place it over medium heat, add oil and warm, add onion, and then cook for 5 minutes until golden brown.
2. Add spice mix, add remaining ingredients into the pan except for okra, stir until mixed, and then bring the mixture to a simmer.
3. Add chickpeas, stir until mixed, and then cook for 5 minutes over medium-low heat setting until thoroughly warmed.
4. Serve straight away.

Spelt Biscuits



Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 240 Cal; 4 g Fats; 10 g Protein; 56 g Carb; 16 g Fiber;

Ingredients

- 1 cup spelt flour
- ½ teaspoon salt
- ½ tablespoon baking powder
- 3 tablespoons walnut butter, homemade
- 6 tablespoons walnut milk, homemade

Directions

1. Switch on the oven, then set it to 450 degrees F and let it preheat.
2. Meanwhile, place flour in a food processor, add salt, baking powder, and butter and then pulse until mixture resembles crumbs.
3. Tip the mixture in a bowl, stir in milk until dough comes together, and then roll it into 1-inch thick dough.
4. Use a cutter to cut out biscuits, arrange them on a baking sheet and then

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- bake for 12 to 15 minutes until golden brown.
5. Serve straight away.

Herbed Wild Rice



Serving: 2

Preparation time: 5 minutes; Cooking time: 45 minutes;

Nutritional Info: 165 Cal; 0.6 g Fats; 6.5 g Protein; 35 g Carb; 3 g Fiber;

Ingredients

- 1 cup wild rice
- ½ tsp dried basil
- ½ tsp dried thyme
- ½ tsp dried oregano
- 3 cups vegetable broth, homemade

Extra:

- ½ teaspoon salt

Directions

1. Take a medium saucepan, place it over medium-high heat, add rice, pour in water and bring it to a boil covering the pan with lid.

2. Then turn heat to the low level and simmer the rice for 40 minutes until tender.
3. Drain excess liquid from rice, add herbs, stir until mixed, and then serve.

Quinoa Porridge with Amaranth



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 204 Cal; 4 g Fats; 8 g Protein; 33 g Carb; 3 g Fiber;

Ingredients

- ½ cup amaranth, cooked
- 2 tablespoons agave syrup
- ½ cup black quinoa, cooked
- ½ cup soft-jelly coconut milk
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium heat, add cooked quinoa and amaranth, pour in the water, stir until mixed, and then bring it a boil.

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2. Switch heat to the low level and then simmer for 10 to 25 minutes until grains have absorbed all the liquid.
3. Pour in the milk, add agave syrup, stir until mixed, and then simmer for another 5 minutes until thoroughly cooked and slightly thickened.
4. Serve straight away.

Amaranth Polenta



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 172 Cal; 7.3 g Fats; 4.5 g Protein; 18.5 g Carb; 1.8 g Fiber;

Ingredients

- ¾ cup amaranth
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- 6 tablespoons walnut milk, homemade
- 1 ½ cups vegetable broth, homemade

Extra:

- 1/8 teaspoon cayenne pepper

Directions

1. Take a medium pot, place it over medium heat, pour in the broth, stir in

salt and then bring it to a boil.

2. Then switch heat to medium-low level, whisk in amaranth and then cook for 10 to 20 minutes until slightly thick mixture comes together.
3. Add remaining ingredients, stir until mixed and continue cooking for 5 minutes.
4. Serve polenta with chickpeas.

Savory Walnut Meat



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 240 Cal; 23.7 g Fats; 5.7 g Protein; 5.6 g Carb; 2.7 g Fiber;

Ingredients

- 8 ounces walnuts, soaked overnight
- ¼ cup sliced green bell peppers
- ½ cup sliced white onions
- ¼ cup sliced red bell peppers
- ¼ cup sliced orange bell peppers

Extra:

- 1 tablespoon onion powder
- ½ teaspoon of sea salt
- 1 teaspoon dried oregano

- ¼ teaspoon cayenne pepper
- 1 teaspoon dried basil
- 2 tablespoons grapeseed oil
- 2 tablespoons spring water

Directions

1. Drain the walnuts, place them in a food processor, and then pulse until crumbled.
2. Take a skillet pan, place it over medium-high heat, add oil and when hot, add onions and all the peppers, stir in all the seasoning and then cook for 10 minutes until tender.
3. Add walnuts, stir in water and then cook for 3 to 5 minutes until hot.
4. Serve meat with cooked spelt pasta.

Amaranth Bowl with Butternut Squash



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 325 Cal; 12 g Fats; 9.2 g Protein; 50 g Carb; 8.1 g Fiber;

Ingredients

- 10 ounces cooked butternut squash chunks
- 1 apple, peeled, cored, sliced
- 8 ounces collard greens
- 1 teaspoon garam masala
- 1 ½ cup cooked amaranth

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon and 1 tablespoon grapeseed oil

Directions

1. Take a pan, place it over medium heat, add 1 teaspoon oil and when hot, add squash piece, sprinkle with garam masala and $\frac{1}{4}$ teaspoon salt, stir until mixed and then cook for 5 minutes until hot.
2. Transfer squash mixture to a bowl, return skillet over medium heat, add remaining oil and when hot, add collard green, season with remaining salt, and then cook for 5 minutes until hot.
3. Divide amaranth between two bowls, top with apple, collards, and squash mixture and then serve.

Alkaline Hot Dogs



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 120 Cal; 2 g Fats; 16 g Protein; 8 g Carb; 2 g Fiber;

Ingredients

- 1 cup cooked chickpeas
- 1/3 cup diced green bell pepper,
- 1 cup spelt flour
- 1/3 cup diced white onion,
- 1 teaspoon coriander

Extra:

- ¼ cup diced shallots,
- 1 tablespoon onion powder
- 2 teaspoons sea salt
- ½ teaspoon dill

- 1 tablespoon grapeseed oil
- ½ cup liquid from chickpeas

Directions

1. Take a pan, place it over medium heat, add oil and when hot, add chickpeas and all the vegetables and then cook for 5 minutes.
2. Transfer the chickpeas and vegetables in a food processor, add remaining ingredients and pulse until well combined.
3. Shape the mixture into hot dog shape rolls, and then wrap each hot dog in a parchment paper.
4. Boil some water in a pot, place a steamer on it, arrange wrapped hot dogs on it and then steam for 30 minutes.
5. When done, uncover the hot dogs and then fry for 10 minutes over medium heat until browned on all sides.
6. Serve hot dogs in spelt buns.

SMOOTHIES, JUICES AND PARFAITS

Breakfast Herbal Smoothie



This creamy drink will not only wake you up, it will boost your confidence in how easy it is to make a healthy take-with-you smoothie that's not only healthy, its alkaline, plant based and raw.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 75.5 Cal; 2.1 g Fats; 0.9 g Protein; 13.2 g Carb; 1.8 g Fiber;

Ingredients

- 2 cups Dr. Sebi's Herbal Tea
- 1 burro banana, peeled
- 1 tablespoon walnut

- 1 tablespoon agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Triple Berry Banana Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 130 Cal; 1.5 g Fats; 5 g Protein; 26 g Carb; 4 g Fiber;

Ingredients

- ½ cup strawberries
- 2 tablespoons agave syrup
- ½ cup raspberries
- 1 burro banana, peeled
- ½ cup blueberries
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the
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ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Blueberry Smoothie



Studies have shown that quinoa and the other alkaline stuff that's in here is not just healthy but needed to supercharge your electric body. So, I decided to help bang this together quickly, and I mean quickly...and ensure you maintain your greatness, regardless of what you did to your body in years past on junk diet. You're welcome.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 194 Cal; 5 g Fats; 5 g Protein; 34 g Carb; 2 g Fiber;

Ingredients

- ½ cup blueberries
- 1 burro banana, peeled
- ¼ cup cooked quinoa
- 2 tablespoon date sugar
- 1 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Raspberry, Peach and Walnuts Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 0.3 g Fats; 12 g Protein; 18.7 g Carb; 2.5 g Fiber;

Ingredients

- ½ of peach
- ½ cup raspberries
- 1 ½ tablespoons walnuts
- 2 tablespoons agave syrup
- ½ tablespoon Bromide Plus Powder
- 2 cups spring water

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve. \

Smoothie with Strawberries and Coconut



A long time ago, in a diet not so far away, there lived just simple and basic eaters. They didn't eat creative fun amazing vegan alkaline meals, and then, everything changed in a flash when this drink was bestowed upon them. Smiles. Here's the recipe:

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 168 Cal; 2.5 g Fats; 2 g Protein; 38 g Carb; 4.5 g Fiber;

Ingredients

- 1 ½ cup Dr. Sebi's Herbal Tea
- ¼ cup soft-jelly coconut, shredded
- ½ cup strawberries
- 2 tablespoons agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Nutty Date Papaya Smoothie



Sometimes sweeteners are bad, and some are good. But when they're sweet and nutty AND healthy - let's be real - they're the best. So, herein comes the nutty date smoothie.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 152 Cal; 3.6 g Fats; 2.4 g Protein; 33 g Carb; 5 g Fiber;

Ingredients

- 1 papaya, deseeded
- 3 dates, pitted
- 1 burro banana, peeled
- ¼ of key lime, juiced
- 1 tablespoon Bromide Plus Powder

Extra:

- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cucumber and Coconut Smoothie



I call this the “Double C”. If you watch closely, you’ll probably see the double ingredient packed into this recipe. Can you spot even more? Tell me if so. Speaking of packing, let’s pack this Jar with these flavors from you-know-where so you can relive the beauty and aroma of this Caribbean and African delight.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 138 Cal; 5 g Fats; 3 g Protein; 22 g Carb; 3 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ of cucumber, deseeded
- ½ teaspoon Bromide Plus Powder
- ½ cup soft-jelly coconut water

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- ½ cup Dr. Sebi's Herbal Tea

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Tamarind and Cucumber Breakfast Drink



For those of you that know Tamarind, you know it has an edgy-tarty flavor. With that, we decided to take a stab at it with Cucumber and arugula, and spice it up with cayenne. Yes! Rather than stabbing a chicken. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 2 cups Dr. Sebi's Herbal Tea
- 1 tablespoon tamarind pulp
- 1 cucumber, deseeded
- 2 ounces arugula

- 1 key lime, juiced

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Hearty Berry Smoothie



We get it, you aren't a crabby person. Given you are what you eat, we decided to eliminate the crap and trade it for a goodness of berries and other awesomeness! Indeed, happy and healthy people deserve to eat crap-free meals.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 180 Cal; 8 g Fats; 4 g Protein; 25 g Carb; 5 g Fiber;

Ingredients

- ¼ cup strawberries
- ¼ cup blueberries
- ¼ cup blackberries
- ¼ cup raspberries
- 2 tablespoons walnuts

Extra:

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- 1 tablespoon of Bromide Plus Powder
- 2/3 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Dandelion Green Smoothie



If you think about those alkaline recipes from Dr. Sebi where you have the salads with the herbs, the greens and the nuts - what do you end up doing with them more often than not? Of course, you mix it all together! We decided to embrace that inevitability, but in a somewhat different way. We thought that mixing herbs, walnuts and some good veggies and blending them would make a really good, healthy, hearty and alkaline smoothie. Turns out we were right on the money.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 317 Cal; 11 g Fats; 10 g Protein; 42 g Carb; 7 g Fiber;

Ingredients

- 1 cup dandelion greens
- ½ of cucumber, deseeded

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- 1 apple, cored, deseeded
- 1 burro banana, peeled
- ½ tablespoon walnuts

Extra:

- ½ teaspoon Bromide Plus Powder
- 1 cup soft-jelly coconut milk

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cantaloupe Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 114.7 Cal; 0.6 g Fats; 1.8 g Protein; 27.8 g Carb; 1 g Fiber;

Ingredients

- 1 cantaloupe, peeled, deseeded, sliced
- ½ cup Dr. Sebi Herbal Tea
- ½ of burro banana, peeled
- ½ cup soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

3. Divide the drink between two glasses and then serve.

Watermelon Refresher



Combining the flavors of Africa, America and the Caribbean, and the Alkaline Vegan Gods, we present a decadent entree that will leave you spellbound.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 55 Cal; 1.3 g Fats; 0.9 g Protein; 9.9 g Carb; 7 g Fiber;

Ingredients

- 1 watermelon, peeled, deseeded, cubed
- 1 tablespoon date sugar
- ½ of key lime, juiced, zest
- 2 cups soft-jelly coconut water

Directions

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1. Place watermelon pieces in a high-speed food processor or blender, add lime zest and juice, add date sugar and then pulse until smooth.
2. Take two tall glasses, fill them with watermelon mixture until two-third full, and then pour in coconut water.
3. Stir until mixed and then serve.

Smoothie Bowl



We added some healthy berries and creamed it up with walnut butter. Such deliciousness feeds two people who just woke up from dreamland.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 338 Cal; 9.6 g Fats; 8.6 g Protein; 64.3 g Carb; 12.1 g Fiber;

Ingredients

- 1 burro banana, peeled
- 1 ½ cup mixed berries
- 1 mango, peeled, destoned, chopped
- 2 tablespoons walnut milk, homemade
- 1 tablespoon walnut butter, homemade

Extra:

- 2 tablespoons agave syrup

Directions

1. Plug in a high-speed food processor or blender, add burro banana and berries, and then pulse at low speed until small pieces of fruits remain in the jar.
2. Add milk, butter, and agave syrup, pulse until combined, and then divide the mixture evenly between two bowls.
3. Top evenly with mango slices and some more berries and then serve.

Refreshing Smoothie with Nuts



All smoothies do not have to taste astringent or bland. Create goodness with nuts, figs and berries. Serves two people that are hungry, or one that can take this twice in a day.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 234 Cal; 2 g Fats; 6.1 g Protein; 53.1 g Carb; 5.8 g Fiber;

Ingredients

- ½ of burro banana, peeled
- ½ cup figs
- 2 strawberries
- ¼ cup Brazil nuts
- 1 cup spring water

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watercress Detox Smoothie



We replaced broccoli with watercress that you would otherwise have found in non-Dr. Sebi alkaline recipes. And added the bromide plus powder for complete goodness. Serves two people that know how to enjoy watercress and all the other stuff in this dish.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 146 Cal; 10.5 g Fats; 7 g Protein; 7.5 g Carb; 2.5 g Fiber;

Ingredients

- ½ cup watercress
- ½ of avocado, peeled, pitted
- 1 key lime, juiced
- 1 cup soft-jelly coconut milk, homemade
- 1 teaspoon Bromide Plus Powder

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Mango and Orange Smoothie



This delicious delight is reminiscent of the ambience of sunlight. But who wouldn't want this? Not me. Okay. Before I ruffle up too many feathers, let's just get down with this in a moment.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 163 Cal; 3.4 g Fats; 1 g Protein; 32 g Carb; 6 g Fiber;

Ingredients

- ½ of a large mango, peeled, destoned, cubed
- 1 key lime, juiced
- 1 orange, peeled
- 1 tablespoon agave syrup
- 1 tablespoon grapeseed oil

Extra:

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- 1 cup herbal tea

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Smoothie with Apple and Blueberries



Head into the kitchen and prepare this deliciousness so we can all agree that the proof of the pudding is in the eating. Then you can go on to enjoy your beautiful life.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 215 Cal; 1.1 g Fats; 2.3 g Protein; 48 g Carb; 8.3 g Fiber;

Ingredients

- 1 cup blueberries
- 1 apple, cored
- 1 cup turnip greens
- ¼ cup Brazil nuts
- ½ tablespoon agave syrup

Extra:

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- 1 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Nutty Sea Moss Smoothie



The goodness of sea moss, dates and walnut milk all in one dish. One Sebian is allowed to enjoy this, unless there is a lovely cat behind who peeps and wants to enjoy too. You're welcome.

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 100.5 Cal; 0.1 g Fats; 1.7 g Protein; 22.5 g Carb; 3.5 g Fiber;

Ingredients

- 33 g sea moss, rinsed
- 1 tablespoon coconut nectar
- 2 cups spring water, warmed
- 1 cup walnut milk, unsweetened

Extra:

- 1/4 cup dates

Directions

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1. Place rinsed seaweed in a medium bowl, pour in the water and let it soak for a minimum of 4 hours until thickened slightly.
2. Drain the soaked sea moss, transfer into a food processor, pulse until the smooth paste comes together, and then refrigerate until required.
3. When ready to drink, transfer 8 tablespoons of sea moss paste into a food processor, add remaining ingredients and then pulse until smooth.
4. Divide the drink evenly between two glasses and then serve.

Zucchini and Avocado Smoothie



Suited for anyone in need of healthy electric herbal intake and a detox. But then again, almost all the smoothies in this book is a detox. Whatever.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 6.8 g Fats; 8.5 g Protein; 17.3 g Carb; 5.5 g Fiber;

Ingredients

- 3 tablespoons hemp seeds
- 1/3 cup diced zucchini
- 1 cup dandelion greens
- ¼ of a large avocado, peeled, pitted
- 1 ¼ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Blueberry-Pie Smoothie



The blueberries give you some vitality, the amaranth, some minerals and the dates are natural sugar.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 302 Cal; 3 g Fats; 11 g Protein; 60 g Carb; 7 g Fiber;

Ingredients

- ¼ cup cooked amaranth
- 1 cup blueberries
- 1 teaspoon Bromide Plus Powder
- 1 burro banana, peeled
- 1 tablespoon walnut butter, homemade

Extra:

- 2 tablespoons date sugar

- 2 cups soft-jelly coconut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cucumber and Basil Cleansing Drink



It's not soda, it's not wine, it's a Cleansing detox drink. Combining the flavors of Cucumber, Basil and coconut water, you'll be spell-bound not to agree that this isn't just like any other detox smoothie. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 56.1 Cal; 0.5 g Fats; 0.9 g Protein; 12 g Carb; 2 g Fiber;

Ingredients

- 4 cucumbers, deseeded
- 1 bunch of basil leaves
- 2 key limes, juiced
- ½ teaspoon Bromide Plus Powder
- 2 cups soft-jelly coconut water

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Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana, Pear and Coconut Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 90 Cal; 0 g Fats; 1 g Protein; 24 g Carb; 3 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups chopped kale
- 1 pear, diced
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

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until smooth.

3. Divide the drink between two glasses and then serve.

Watermelon and Raspberries Smoothie



I mean, it's lean and it's ready to enter your mouth whenever you want it to. Be prepared to have this goodness right in your belly for a better, healthier colon.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 1 g Fats; 3.4 g Protein; 26 g Carb; 7 g Fiber;

Ingredients

- 1 cup watermelon chunks
- ½ cup raspberries
- 1 key lime, juiced
- ¼ cup cucumber, deseeded, diced
- ½ cup soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Papaya and Quinoa Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 224.6 Cal; 7.7 g Fats; 7 g Protein; 33.7 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups papaya cubes
- 2 tablespoons date sugar
- 1 cup cooked quinoa or amaranth
- 2 teaspoons Bromide Plus Powder
- 2 cups hemp milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

until smooth.

3. Divide the drink between two glasses and then serve.

Avocado and Cucumber Smoothie



It might be Friday, but even if it's not, you still should gulp this healthy hearty green drink. Drinking a margarita or soda or vodka is out the door, and never to come back. Yes, we won't take you to jail if you do, but you get your body all locked up – if you know what I mean.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 103 Cal; 4.5 g Fats; 1.6 g Protein; 16.2 g Carb; 2.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- ¼ of an avocado
- ¼ of a cucumber
- 1 tablespoon agave syrup

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- ½ cup herbal tea

Extra:

- 1 tablespoon chopped walnuts
- 1 cup soft-jelly coconut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Orange and Banana Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 138.5 Cal; 0.6 g Fats; 1.5 g Protein; 35.1 g Carb; 4.7 g Fiber;

Ingredients

- ½ of a burro banana, peeled
- 3 oranges, peeled
- 1 ½ tablespoons Date sugar
- ½ teaspoon Bromide Plus Powder
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the

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ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Lettuce, Banana and Berries Smoothie



Does this even need an explanation? Are you not excited to have this right now? By the way, it tastes better than it looks, I promise!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147 Cal; 0.8 g Fats; 3.3 g Protein; 36 g Carb; 4 g Fiber;

Ingredients

- ½ of a burro banana
- ¼ cup blueberries
- 1 cup Romaine lettuce
- 2 tablespoons key lime juice
- ½ cup soft jelly coconut water

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple, Quinoa and Fig Smoothie



Nutrition facts: I can't believe there's no meat, no dairy, yet so much protein in here. Makes 2 glasses that feed one person. Also feeds one dog.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 153 Cal; 1 g Fats; 3 g Protein; 28 g Carb; 3 g Fiber;

Ingredients

- ½ cup cooked quinoa
- ½ of a large red apple, cored
- 1 cup amaranth greens
- 1 fig
- 1 teaspoon Bromide Plus Powder

Extra:

- 1 tablespoon raisins

- 1 tablespoon date sugar
- 1 cup hemp seed milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Strawberry Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 137 Cal; 5 g Fats; 1 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- 1 cup strawberries
- ½ cup Brazil nuts, soaked
- 1 tablespoon agave syrup
- 1/3 cup Irish Moss gel
- 1 ½ cups spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

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3. Divide the drink between two glasses and then serve.

Sweet Sunrise Smoothie



This yellow delight will take care of on hungry person or two who are not very hungry or just love each other and want to share.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 130 Cal; 0 g Fats; 0 g Protein; 30 g Carb; 3 g Fiber;

Ingredients

- 1 cup mango chunks
- 1 cup raspberries
- ½ of a burro banana
- 1 orange, peeled
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the

ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Sea Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 156 Cal; 1.8 g Fats; 9.4 g Protein; 32.8 g Carb; 10.2 g Fiber;

Ingredients

- 1 apple, cored, diced
- 2 cups kale
- 1 cup cucumber chunks
- 2 cups of coconut water

Extra:

- 1 key lime, juiced
- 1 tablespoon of sea moss gel

Directions

1. Plug in a high-speed food processor or blender and add all the

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ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

3 ingredient Banana Herbal Drink



This burro banana blast can certainly cure a hangover and make your spouse like you more, if you have one.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 177 Cal; 1 g Fats; 2 g Protein; 40 g Carb; 4 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 1 cup herbal tea
- 1 tablespoon agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

3. Divide the drink between two glasses and then serve.

Watermelon, Cantaloupe and Mango smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 132 Cal; 1 g Fats; 3.5 g Protein; 30.1 g Carb; 3.2 g Fiber;

Ingredients

- ½ of a large mango, peeled
- ½ of burro banana, peeled
- ½ cup cantaloupe, peeled
- ½ cup amaranth greens
- ½ cup watermelon chunks

Extra:

- 1 cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

BlackBerry & Banana Smoothie



“It doesn’t matter if you’re black or white”, the superstar sang, and he literally lived that way, too. I wanted the blackberries and walnut milk in this smoothie to feel at ease with each other’s color differences. Working together, they create the ultimate taste bud Thriller. Enjoy

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147.7 Cal; 0.7 g Fats; 5 g Protein; 34 g Carb; 4.1 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ cup blackberries
- 2 dates, pitted
- 1 cup mango chunks
- ¼ cup walnut milk, unsweetened

Extra:

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- $\frac{3}{4}$ cup of coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Smoothie with Raspberries



Ever been to Africa or the Caribbean? Maybe Not. Ever had Caribbean food? I sure hope so. Regardless, we made a fun take with this sea moss drink – in replacement of the popular mojito or Piña Colada. Bon Appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 151 Cal; 1.2 g Fats; 3 g Protein; 37 g Carb; 8 g Fiber;

Ingredients

- 1 cup raspberries
- 1 cup kale leaves
- 1 tablespoon sea moss
- 2 tablespoons key lime juice
- 1 cup soft-jelly coconut milk

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Veggie-Ful Smoothie



Ever played Mario Kart? Ever notice how Luigi always caught up to Mario? It's because he's vegan. Stop killing chicken eggs, Mario! Luigi also wears green, and greens are in this recipe. Okay, so this is delicious and will start your day faster than eating a rainbow power star boosts by any Nintendo® character on a race track.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 145 Cal; 6 g Fats; 1 g Protein; 25 g Carb; 6 g Fiber;

Ingredients

- 1 pear, cored, deseeded
- ½ cup watercress
- ¼ of avocado, peeled
- ½ cup Romaine lettuce
- ½ of cucumber, peeled, deseeded

Extra:

- 1 tablespoon date sugar
- ½ cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple Pie Smoothie



Feeds two hungry people or one person for two meals! Also feeds a cookie monster who has switched from cookies to smoothies.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 170 Cal; 8 g Fats; 2 g Protein; 26 g Carb; 8 g Fiber;

Ingredients

- ½ of a large apple, deseeded
- ¼ cup walnuts
- 2 figs
- 1 teaspoon Bromide Plus Powder

Extra:

- 1 tablespoon date sugar

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Orange and Lettuce Smoothie



We created a simple smoothie recipe that you can take with you on the go that won't kill any chickens, cows or even hipsters. Bon appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 140 Cal; 0.9 g Fats; 1.3 g Protein; 31.8 g Carb; 3 g Fiber;

Ingredients

- 2 oranges, peeled, sliced
- 1 cup shredded lettuce, rinsed
- 2 apples, cored, sliced
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Tea and Lettuce Detox Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 134 Cal; 4.5 g Fats; 4.6 g Protein; 20 g Carb; 3.7 g Fiber;

Ingredients

- ½ of burro banana
- ¼ cup blueberries, fresh
- 1 cup Romaine lettuce
- 3 tablespoons key lime juice

Extra:

- ½ cup soft jelly coconut water
-

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Chamomile Delight Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142 Cal; 5 g Fats; 3.5 g Protein; 25 g Carb; 8.5 g Fiber;

Ingredients

- 2 burro bananas, peeled
- ½ cup chamomile tea
- 1 tablespoon date sugar
- ½ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

3. Divide the drink between two glasses and then serve.

Honey Dew and Arugula Smoothie



Suited for 2 nice people or 4 Siamese cats with steady hands.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 189.5 Cal; 2.5 g Fats; 1.5 g Protein; 42.6 g Carb; 6.6 g Fiber;

Ingredients

- 1 large bunch of callaloo
- 1 cup cucumber, deseeded
- 1 large bunch of arugula
- ¼ cup honeydew pieces
- 1 pear, diced

Extra:

- 6 dates, pitted

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- 1 tablespoon of sea moss gel
- ¼ cup key lime juice
- 2 cups soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watermelon and Strawberries Drink



You'll see that despite being basic and classic, it's pretty delicious. So, give it a try before laying down some judgement on this basic smoothie. Besides, it's reddish but contains no blood from any animal, so why are you judging it anyways?

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0 g Fats; 0 g Protein; 28 g Carb; 6 g Fiber;

Ingredients

- 1 cup strawberries
- 1 cup watermelon, chunks
- 1 tsp date sugar
- 1 cup soft jelly coconut water

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Sweet Green Drink



Don't worry there aren't any Aloe vera included in this recipe. It's all green and clean. Feeds two people who love their bodies and also love pigeons

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 112 Cal; 0.1 g Fats; 0.3 g Protein; 27 g Carb; 5 g Fiber;

Ingredients

- 1 cup greens
- 1 cucumber, peeled, deseeded
- 1 key lime, peeled
- 2 dates, pitted

Extra:

- 2 cups of soft-jelly coconut water

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana Sea Moss Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 115 Cal; 0.5 g Fats; 2 g Protein; 28 g Carb; 2 g Fiber;

Ingredients

- 1 cup kale
- ½ apple, cored, sliced
- 1 teaspoon sea moss
- ½ of a burro banana

Extra:

- 1 teaspoon Bromide Plus Powder

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana and Walnut Smoothie



I call this the “Cream milky nutty delight. Absolutely my go to favorite any day any time. Serves two Sebian who know they need to eat only real food. Can I get a glass-yeah?

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 199 Cal; 5 g Fats; 6 g Protein; 34.7 g Carb; 3.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- 4 dates, pitted, chopped
- 1 cup walnut milk, homemade
- 6 tablespoons walnut
- 1 cup of soft-jelly coconut water

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Lime and Kale Smoothie



Sometimes life handles you gentle, sometimes it is so tough. Regardless, this smoothie shows you just how delicious and healthy life is when you combine them both – the Sebian way.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 188 Cal; 1 g Fats; 4.4 g Protein; 50 g Carb; 14 g Fiber;

Ingredients

- 1 apple, peeled, cored, chopped
- 2 cups kale leaves
- 1 teaspoon key lime juice
- 1 1/4 cups orange juice

Extra:

- 1/16 teaspoon cayenne pepper

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Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Soothing Arugula & Apple Smoothie



A sweet tangy taste, this green burst keeps my morning motivated and ready to take a go at the rest of the day. Two people may enjoy this fine drink.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 180 Cal; 0 g Fats; 0 g Protein; 45 g Carb; 8 g Fiber;

Ingredients

- 2 cups arugula
- 1 burro banana, peeled
- 2 apples, cored
- 2 cups of soft-jelly coconut water

Extra:

- 4 tablespoons key lime juice

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Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Breakfast Boost with Apple and Berries



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 136.5 Cal; 2.9 g Fats; 7.1 g Protein; 23.4 g Carb; 8.1 g Fiber;

Ingredients

- 2 cups greens
- 1 cup mixed berries
- 1 apple, cored, diced
- 1 cup hemp milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Aru-Avocado Detox Smoothie



They say the number 7 is a lucky number. Today is your lucky day, because you get to make a simple salad with only 7 ingredients. There might be no one as lucky as you, and as healthy as you. Plenty of good oils, nutrients and vitamins in here.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 192 Cal; 9.4 g Fats; 6 g Protein; 22 g Carb; 4 g Fiber;

Ingredients

- 2 cups arugula
- ¼ cup cranberries
- ½ of avocado, peeled, pitted
- 1 apple, cored
- 1 kiwifruit

Extra:

- 1 tablespoon key lime juice
- ½ cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Revitalizer Kale Smoothie



They say messages are made of paper and come in bottles. We take a different approach and believe that messages come in mason jars and are made out of the electric foods of Africa, the Caribbean and Americas. Oh, and they taste so good.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 145 Cal; 0.5 g Fats; 2 g Protein; 36.5 g Carb; 4.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups chopped kale
- 1 mango, peeled, destoned, diced
- 1 cup of coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the

ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cleansing Apple and Avocado Smoothie



You know I so so love Avocados. They are one of the richest foods I know. Get this bad boy and some apples and berries all blended up. How about that? Ok, maybe we've been eating too much vegan food. Onward!
Serves two persons or one person for two meals. That's all. No more. Maybe also a pet.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 215 Cal; 7.2 g Fats; 2.8 g Protein; 39.3 g Carb; 5.3 g Fiber;

Ingredients

- 1 cup of soft-jelly coconut water
- 1 cup strawberries
- 1 apple, cored, diced
- ½ of avocado, peeled, pitted

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- 1 cup Kale

Extra:

- 1 tablespoon key lime juice
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Kale Green Smoothie



In some religions, Mac N Cheese is considered holy. If you believe so, then get ready to learn and taste something new. We have defied egg and dairy gravity with this dish. Buckle up.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 117 Cal; 0.8 g Fats; 2.5 g Protein; 26.4 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups kale leaves
- 1 cup mango cubes
- 2 key limes, juiced
- 1 cup peaches

Extra:

- 1 ½ cups spring water
- 1 tablespoon agave syrup

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Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

The Green Detox Smoothie



Serves any two hungry people, regardless of their American citizenship status or feelings about the president.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 154 Cal; 0.2 g Fats; 0 g Protein; 37.7 g Carb; 6.8 g Fiber;

Ingredients

- 1 cup Kale leaves
- 1 orange, peeled
- 2 cups kale leaves
- 1 burro banana, peeled
- 2/3 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the

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ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Dandelion Revitalizing Smoothie



Serves 2 people who have exercised today or anyone who wants extra who wants leftovers.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142.5 Cal; 5.1 g Fats; 5.3 g Protein; 26.8 g Carb; 9.6 g Fiber;

Ingredients

- ¼ cup blueberries
- ½ of a large bunch of dandelion greens
- 2 baby burro bananas, peeled
- ½ cup watercress

Extra:

- 3 dates, pitted
- 1 tablespoon Bromide Plus powder
- 1 cup of soft-jelly coconut water

- 2 tablespoons lime juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Power Burst Banana Green Smoothie



Yeah, Carey loves Kale. How do you think she became such a strong sailor?
All that iron. Guess that's how Iron man got so strong too. Want to be like them? Maybe not. Maybe you just want a delicious healthy electric smoothie.

Coming right up!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 271.1 Cal; 4.3 g Fats; 1.5 g Protein; 56.6 g Carb; 10.1 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups kale leaves
- 1 tablespoon walnut butter, homemade

- 2 cups soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Mango and Arugula Smoothie



If you hate plant-based smoothies, then drink this - you'll suddenly love not only vegans, but the earth, and maybe even the animals.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 220 Cal; 18 g Fats; 3 g Protein; 25 g Carb; 7 g Fiber;

Ingredients

- 1 cup mango chunks
- 2 cups arugula
- ¼ cup soft-jelly coconut, shreds
- ½ of a medium avocado, peeled, pitted
- ¾ cup of soft-jelly coconut water

Extra:

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- ½ of key lime, zested, juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Blue-Green Detox Smoothie



Yes, we had the Kale and Mango drink, and after trying it, Letisha finally came around to becoming a vegan! She was so inspired, she's decided to contribute a recipe of her own, but with her own red flair. Are you prepared for this delightful retort, to start your day for the next race on your path to success?

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 220 Cal; 7 g Fats; 8 g Protein; 30 g Carb; 4.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ cup blueberries
- 2 cups kale leaves
- 1 tablespoon agave syrup

Extra:

- 1 cup walnut milk, unsweetened

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Peachy Hemp Seed Smoothie



We love this recipe – and again, it is rich in fiber and Iron. And kind of easier to make too. YAS.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 250.4 Cal; 12 g Fats; 5.4 g Protein; 35 g Carb; 4 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 2 tablespoons walnut butter, homemade
- 1 cup peach slices
- 1 tablespoon hemp seeds
- 2 cups spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

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2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple and Avocado Smoothie



Ever been on a cruise? I haven't, but this is the closest I could make of it, and now your mouth can come to it – at least during the wee hours of the morning when you're supposed to be eating breakfast! Serves two people who want to go on a romantic cruise together. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 216.4 Cal; 7.5 g Fats; 2.9 g Protein; 39.3 g Carb; 7.7 g Fiber;

Ingredients

- 2 apples, peeled, cored, diced
- 4 cups Kale leaves
- 1 avocado, peeled, pitted

- 1 burro banana, peeled
- 2 teaspoons agave syrup

Extra:

- 1 cup walnut milk, unsweetened

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Key Lime Tea



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 2.4 Cal; 0 g Fats; 0 g Protein; 0.5 g Carb; 0 g Fiber;

Ingredients

- 1 sprig of dill weed
- 1/16 teaspoon cayenne pepper
- 1 tablespoon key lime juice
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium-high heat, pour in water, and then bring it to a boil.
2. Boil for 5 minutes, and then strain the tea into a bowl.
3. Add lime juice stir until mixed and then stir in cayenne pepper.
4. Divide tea between two mugs and then serve.

Kale and Apple Smoothie



Perfectly suits a go-go hipster listening to beats while sipping smoothie. Can also feed an old lady's cat, but never mind.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 121 Cal; 3.4 g Fats; 4.2 g Protein; 22 g Carb; 6 g Fiber;

Ingredients

- 2 cups kale leaves
- 2 tablespoons agave syrup
- 2 small apples, peeled, cored, diced
- 2 tablespoons key lime juice
- 1 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

The 3 ingredient Green Smoothie



We have replaced soy and dairy with greens and fruits in this dish. Buckle up and Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 160 Cal; 0.3 g Fats; 1.7 g Protein; 39.7 g Carb; 7.7 g Fiber;

Ingredients

- 2 burro bananas, peeled
- ½ cup lettuce
- 1 cup spring water
- 2 cups orange juice, fresh

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Amazing Sea Moss Green Drink



If you don't eat sea moss, you haven't really tried Dr. Sebi's Diet. Gel it up with this special dairy free sea moss recipe with plenty of minerals and fiber.

Serving: 2

Preparation time: 5 minutes; Cooking time: 00 minutes;

Nutritional Info: 120 Cal; 0.1 g Fats; 3.4 g Protein; 26 g Carb; 3.4 g Fiber;

Ingredients

- 4 tablespoons of sea moss gel
- 4 cups mixed greens
- 2 burro banana, peeled

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

until smooth.

3. Divide the drink between two glasses and then serve.

Ki-Ki Mango & Banana Smoothie



They say that to look good, you need to eat healthy. Well, friends I've got the answer, in fact I am so confident about this smoothie, I named it after my Cat. You'll see.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 157 Cal; 2 g Fats; 3 g Protein; 35.5 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups mango pieces
- 2 burro bananas, peeled
- 2 oranges, peeled
- 2 teaspoons agave syrup
- 1/3 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple Juice Mix



Not many people like raw kale in their smoothies, but this will change your view because you're really going to love it like no other. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 152 Cal; 8.2 g Fats; 2.7 g Protein; 16.7 g Carb; 7.7 g Fiber;

Ingredients

- 2 cups kale leaves
- ½ of avocado, peeled, pitted, diced
- 1 apple, peeled, cored, diced
- 1 ½ cups apple juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

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2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Alkaline Vegan Pink Smoothie



Regardless if you're black or White, you're bound to love this soothing, flavorful smoothie that's been around for a long time. Perfect for finding your fountain of youth.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 222.7 Cal; 2.2 g Fats; 4.6 g Protein; 50.3 g Carb; 7.3 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ cup raspberries
- 1 mango, peeled, destoned, diced
- ½ cup walnut milk, homemade

Directions

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1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

SEA MOSS RECIPES

Sea Moss Gel Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 pack organic Irish sea moss
- 1/2 Cup Spring Water

Directions

1. Take a pack of sea moss and cut into chunks.
2. Wash and soak in spring water for 6 hours.
3. Drain from water.
4. Plug in a high-speed food processor or blender and add the drained

- sea moss and water in its jar.
5. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
 6. Divide the gel between mason jars to be stored in the refrigerator, or serve immediately.

Banana Mango Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ mango, peeled
- 1 mason jar sea moss gel
- 1 tablespoon green coconut water
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

until smooth.

4. Divide the drink between two glasses and then serve.

Creamy Sea Moss Milk Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup dates
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

until smooth.

4. Divide the drink between two glasses and then serve. \

Sea Moss Berry Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup blueberries
- ½ cup raspberries
- ½ mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the

ingredients in its jar.

3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Sunshine Sea Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ mango, medium, peeled and chopped
- ½ mason jar sea moss gel
- ½ cup walnut milk (optional)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

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until smooth.

4. Divide the drink between two glasses and then serve.

Alkaline Sea Moss Candy



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup raspberries
- ½ cup blackberries
- 1 avocado, destoned and peeled
- ½ jar sea moss gel
- ½ cup hemp milk
- 2 tablespoon date sugar (or as needed)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Pour mixture into popsicle molds.
5. Freeze candy for 3 hours and serve.

Blueberry Sea Moss Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup blueberries
- 1 mason jar sea moss gel
- ½ cup hemp milk, (optional)
- 1 tablespoon date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

4. Divide the drink between two glasses and then serve.

Fruity Sea Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1/3 pack dried fruit of choice
- 1 burro banana, peeled
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

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4. Divide the drink between two glasses and then serve.

Avocado Creamy Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 Avocado, destoned and peeled
- ½ cup raspberries
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade
- Handful dates

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Banana Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 mason jar sea moss gel
- 1 tablespoon date sugar
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

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until smooth.

4. Divide the drink between two glasses and then serve.

Berry Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup strawberries
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade
- 1 tablespoon date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

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4. Divide the drink between two glasses and then serve.

Nutty Sea Moss Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup dates
- ½ cup green coconut water
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

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until smooth.

4. Divide the drink between two glasses and then serve.

Apple Sea Moss Delight



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 Apple, chopped
- ½ banana, peeled
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

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until smooth.

4. Divide the drink between two glasses and then serve.

Nutty Irish Moss Milkshake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup walnuts
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade
- 2 tablespoons date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Peachy Moss Drink Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 peach, peeled
- ½ cup raspberries
- 1 mason jar sea moss gel
- 1 tablespoon date sugar
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

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3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Banana Date Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 cup dates
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

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Creamy Strawberry Jar



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 cup strawberries
- ½ mason jar sea moss gel
- 1 cup hemp milk, homemade
- 1 tablespoon date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds

until smooth.

4. Divide the drink between two glasses and then serve.

Banana Date Sea Moss Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup dates
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

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Simple Sea Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 mason jar sea moss gel
- 1 tablespoon date sugar
- ½ cup spring water

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Berry Mix Moss Milk



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 cup berry mix
- ½ mason jar sea moss gel
- ½ cup hemp milk (optional)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

4. Divide the drink between two glasses and then serve.

Sea Moss Coconut Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup raspberries
- 1 mason jar sea moss gel
- ½ cup green coconut water
- 1 tablespoon date sugar (optional)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

4. Divide the drink between two glasses and then serve.

HERBAL TEA RECIPES

Liver-Kidney Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon dandelion root powder
- 1 teaspoon burdock root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Refreshing Kidney Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Prodigiosa powder
- 1 teaspoon burdock root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Mucus Liver Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon dandelion root powder
- 1 teaspoon Prodigiosa powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Colon-Gallbladder Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Cascara powder
- 1 teaspoon Rhubarb root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Colon-Gallbladder Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Cascara powder
- 1 teaspoon Cahparral
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Respiratory Mucus Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Guaco herb
- 1 teaspoon Mullein
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Respiratory and Mucus Syrup (Elderberry Syrup)



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Elderberry fruit
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

198. Immune Boosting Tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- 1 teaspoon linden powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

199. Bromide Plus Cleansing Drink



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- 1 teaspoon bromide plus powder
- 1 teaspoon dandelion root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

200. Chamomile tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- Handful chamomile flowers
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

201. Bromide Plus Revitalizing Tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon bromide plus powder
- Handful chamomile flowers
- 1 cup spring water

Directions

1. Place flowers and water into a kettle.
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and add bromide powder.
4. serve

202. Respiratory Power Boost



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

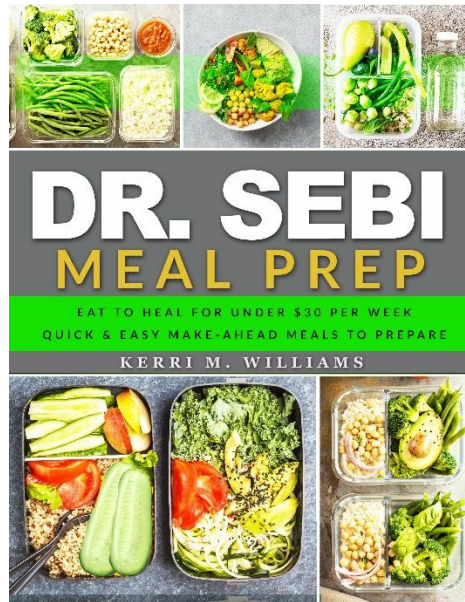
Ingredients

- 1 teaspoon Guaco herb
- 1 teaspoon Mullein
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

RELATED BOOK YOU MAY LIKE



THE DR. SEBI MEAL PREP

Eat to Heal for Under \$30 Per Week. Quick & Easy Make-Ahead Meals to Eat all Week. With Shopping Lists & 8 Week Meal Plan

While a \$30 meal plan per week sounds way better than a \$350 supplement deal per week, I bet it doesn't sound as good against a \$999 hospital bill.

Are you a mom, college student or just a beginner looking to go plant based on Dr. Sebi dietary lifestyle and can't seem to find a balance between expenses and what's really necessary? Do you find the hassle of expensive food produce labelled organic a problem? If this sounds like you, then you're welcome.

How about a meal plan, well curated to provide the best of alkaline

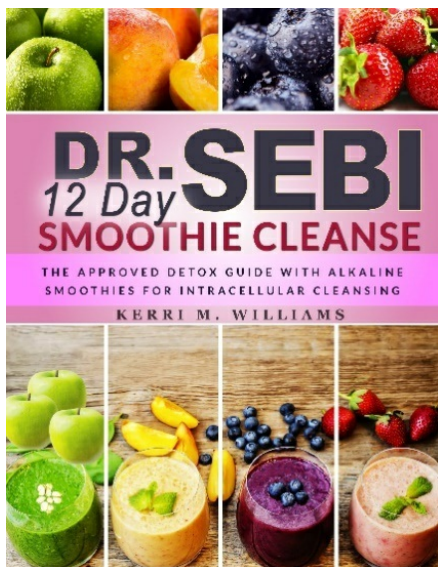
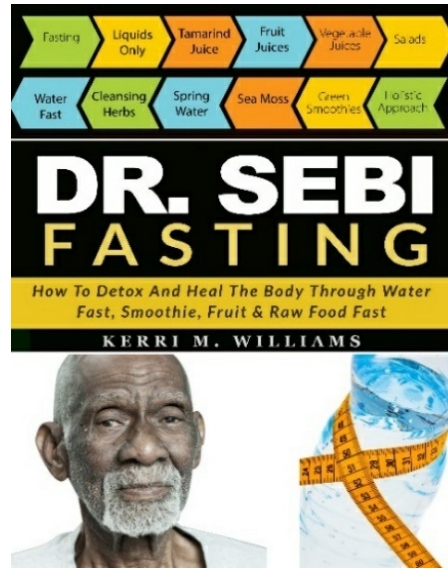
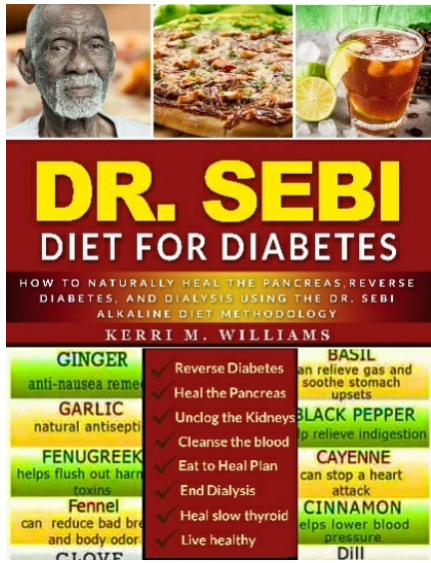
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nourishment just for under \$2 per meal? What about getting back on track to truly living the dream life without breaking the bank for your vegan rack?! I know it sounds pretty dynamic and kinda cheesy, doesn't it? But think about it! Is it really possible to go on organic alkaline diet lifestyle on a budget yet without skipping meals? Well, we'll find out.

In this guide, we'll lead you to discover;

- A Progressive 8 Week Meal Prep Plan
- Shopping Lists for each week
- Clear and concise prepping, cooking and Storage instructions
- How to repurpose left Overs
- Easy to Prepare recipes with no more than 5 ingredients only
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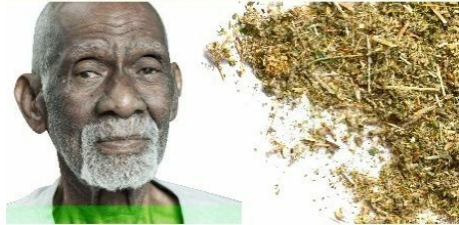




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HOW TO USE THE SEBI RECOMMENDED ELECTRIC HERBS TO NATURALLY HEAL THE BODY

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150 RECIPES



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EAT TO HEAL FOR UNDER \$30 PER WEEK QUICK & EASY MAKE AHEAD MEALS TO PREPARE

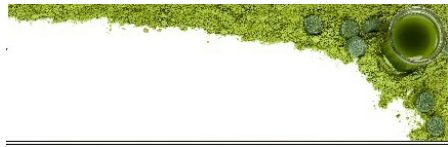
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GARLIC natural antiseptic	✓ Cleanse the Colon ✓ Purify the Blood	BLACK PEPPER helps relieve indigestion
FENUGREEK helps flush out harmful toxins	✓ Relieve pain ✓ End tiredness	CAYENNE can stop a heart attack
Fennel can reduce bad breath and body odor	✓ Lift Depression ✓ Live Healthy	CINNAMON helps lower blood pressure
CLOVE		Dill