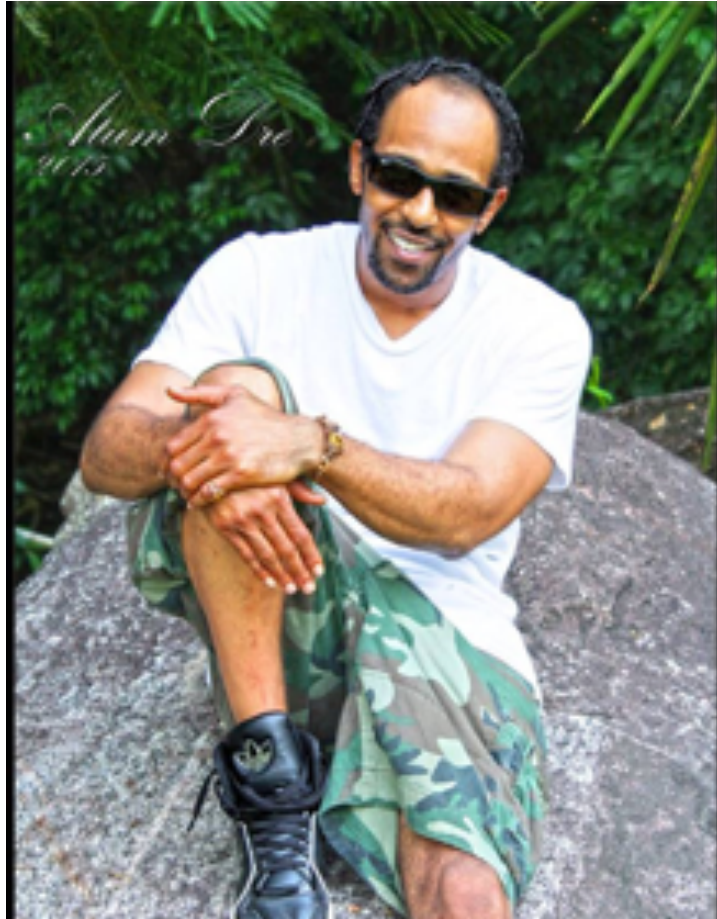




ALKALINE GOURMET COOKBOOK

CREATED BY: ATUM DRE



Thank you for choosing Alkaline Gourmet to help you reach your health conscious culinary goals.

These were all derived by being creative and innovative using the foundation of recommended foods that Dr. Sebi provided us consisting of foods that will nourish and help the body as opposed to just stimulating and eroding it. Your food should be your medicine and always remember that each and everything that you put into your mouth is either going to help you or harm you. Being conscious of that when shopping, cooking, eating is a huge step between eating to live and living to eat. Also periodically the recommended foods list is updated so visit www.drsebicellfoods.com. Eating for health can be just as delicious and 10 times more beneficial. We offer workshops, kitchen makeovers, consultations, and cooking lessons as well. Visit us online at www.alkalinegourmet.net for booking info or to see when we'll be in your area. Thank you for your support.

RECOMMENDED FOODS:

**VEGETABLES, FRUITS, SPICES,
SWEET FLAVORS, SALTY FLAVORS,
GRAINS, NUTS, NUT BUTTERS,
HERBS & SEASONS, OILS, MILK
AND PROCESSED FOODS**

RECOMMENDED VEGETABLES

This list is a collection of electric and alkaline foods. These recipes are the basis of a whole new world of whole foods prepared in a way that makes them gourmet. We encourage you to experiment with the below foods on the list and these recipes to expand your creativity. Getting back to the essence of whole foods is the key. Don't forget to enjoy what you're doing, that's the ingredient that makes the food taste it's best.

Amaranth/Callaloo greens
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans (chick peas)
Green Banana/Plantain (sparingly)
Hemp
Izote – cactus flower/ cactus leaf
Kale
Lettuce (all, except Iceberg)
Mushrooms (all except Shitake)
Nopales – Mexican Cactus Okra
Olives
Onions (chives, leeks, green onion)
Poke salad –greens
Pumpkin
Purslane Sea Vegetables
Squash (heirloom varieties)
Tomato – {cherry, plum, and heirloom varieties only}
Tomatillo
Watercress
Zucchini (heirloom variety)

RECOMMENDED FRUITS

We can't harp enough on the importance of making sure that your fruit has seeds. We often get drawn into the illusion of everything being organic as being good for us. Or even that everything that grows is good for us. Both are far from the truth. There are many things that grow now that are artificial, many of which are grown organically. Seedless watermelons and grapes and oranges that you find in your local organic markets are not truly organic. How can they be natural if they don't have seeds? How can they reproduce themselves? These too are products of laboratory creation and genetic manipulation so how can they be organic?

Apples (including crabapple)
Bananas – the smallest one or Burro/manzana mid-size (original banana)
Berries – all varieties- Elderberries in any form – except cranberries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes (SEEDED)
Limes (key limes SEEDED)
Mango
Melons –SEEDED
Oranges (Seville or sour preferred, difficult to find)
Papayas
Peaches
Pears
Plums
Prunes
Raisins -SEEDED
Soft Jelly Coconuts
Soursops –Latin or West Indian markets)
Sugar apples (cheremoya)

RECOMMENDED GRAINS

It is no surprise that many people have “wheat-allergies” and many other stomach and “gut” issues. This is so because wheat, along with a majority of the other grains that we consume is not natural grain; they are hybrids of the originals created by science. This makes them acidic in nature. Natural growing grains are alkaline-based and that is why we recommend that you consume “Only” the following grains instead

Amaranth
Kamut
Fonio
Quinoa
Rye
Spelt
Teff
Wild Rice

“All diseases are caused by
mucous”

Dr. Sebi

RECOMMENDED SPICES & SEASONINGS

Achiote
Basil
Bay leaf
Cayenne
Culantro
Dill
Ginger
Marjoram
Onion Powder
Oregano
Rosemary
Tarragon
Thyme
Sage

Salty Flavors

Celtic Salt
Pink Himalayan Rock Salt
Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulce/Nori – has “sea taste”)

“Man Is What He Eats” ~ Lucretius

RECOMMENDED SWEET FLAVORS & OILS

Raw Agave Nectar
Dried Dates

Avocado Oil (best for frying)
Hemp oil (sautéing, dressings)
Extra Virgin Olive Oil (cooking, sauté)
Cold Pressed Coconut Oil (cooking, sauté, baking,
butter substitute)
Grape seed Oil (frying, deep frying)
Sesame oil
Walnut oil

“Life is too short not to eat raw
and it's even shorter if you don't.”

– Marie Sarantakis

“By cleansing your body on a regular basis and eliminating as many toxins as possible from your environment, your body can begin to heal itself, prevent disease, and become stronger and more resilient than you ever dreamed possible!” ~Dr. Edward Group III

RECOMMENDED SEEDS, NUTS, MILKS AND NUT BUTTER

Chia seed
Linaza
Raw Tahini/sesame seed
Pine nuts
Hemp seed
Walnut
Brazil Nut
Watermelon (all melon) seeds
Coconut (yes it's a seed and nut)

“About eighty percent of the food on shelves of supermarkets today didn't exist 100 years ago.”

Larry McCleary

RECOMMENDED PROCESSED FOODS

Living an alkaline lifestyle is being responsible for the things in your environment especially including what you put into your body/temple. Processed foods should never be a staple in your diet unless you're able to process them yourself; controlling all of the ingredients and knowing that it's "all" good. There are some processed foods that are made from the wholefoods listed above. Although there are some companies out there with products that are all good, others, just from lack of knowledge or under/overstanding, have products that have a lot of good things in them but

are not all the way there. With that said you can use some of these products as a treat or on occasion, but they should not be a staple in your food consumption.

RECOMMENDED FOODS:

- Kamut Pasta
- Spelt Pasta
- Quinoa Pasta (contains corn)
- Spelt Bread (unless homemade)
- Nut Cheese (unless homemade)
- Spelt tortillas (unless homemade)
- Hummus (unless homemade, some contain garlic)

RECOMMENDED FOODS

HYBRID FRUITS & VEGGIES, ACIDIC OR STARCH BASED FOODS

Many of the vegetables that we consume today are in fact hybrids of both man and nature. Yes nature will sometimes cross pollinate different species of the same plant and give us a newer version of it, and although it may be different than both originals it is still all good. Man on the other hand, with all of his gene splicing and grafting has us in a state of confusion about what is natural and what isn't. We can no longer go by the old adage "if it grows it's good" because half of the things in the produce section are products of science and not nature.

VITAMIN & SUPPLEMENTS

It's very important that any vitamin or supplement that you take is from a plant-based source. The reason that this is so important and that so many people have mineral deficiencies, despite taking supplements, is because when you consume a synthetic or oxide version of a mineral your body will only assimilate a small percentage of that mineral. The rest will be processed through the system as acidic waste. Plants transform the minerals from a solid to a liquid form that will fully assimilate in the human body.

AFTER THOUGHT

This list is just a reference point to help guide us through the maze of confusion when it comes to health and nutrition. These are all items that we've concluded to be electrical and beneficial to the body. Granted not every single thing is listed here because there are innumerable different foods on the planet that we are not aware of. Based on what we have access to and through a process of trial and error this is what we came down with. I know many of your favorite foods aren't listed and that's because either we found them to be not beneficial or we are not sure. We welcome any input or questions you may have about this list and it is ever evolving. Please check the website <http://www.drsebellfood.com/pages/nutritional-guide> for updates as the list is ever changing.

BEVERAGES: JUICES, SHAKES & SMOOTHIES

“Don’t eat anything your great-great grandmother wouldn’t recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn’t recognize as food.. stay away from these”

~Michael Pollan

LEO DRAESEN

JET FUEL (JUICE)

1/2 seeded watermelon, cut for juicer
1/2 cantaloupe cut
1/2 honeydew or Crenshaw melon cut

Putting it together:

Juice all melons and add to 1/2 gallon mason jars, mixing evenly. Shake well, and serve chilled. (You may want to cut your melons first then let them chill in fridge until you’re ready to juice them. This method will make the juice cold immediately) Will keep in sealed mason jar refrigerated for 2-4 days.

GREEN MACHINE (JUICE)

1 bunch lacto kale
1 bunch dandelion greens
1 curly leaf kale
1 small bunch of seeded grapes
2 firm pears
2 red delicious apples
2 granny smith or green apples

Putting it together:

Juice greens first, clean juicer, then juice grapes, pears, and then apples. Mix/shake well in 1/2 gallon mason jar and serve chilled. (wash your greens and fruit when you first purchase them then return to fridge until ready to 7 juice) .

SEAMOSS SHAKE

1 tbsp. Mace Plus (optional)
3-4 cups of alkaline water

Putting it together:

Blend hot water and seamoss Add nut butter, raw agave nectar, vanilla extract and nut milk Blend until smooth and serve
Will keep in sealed mason jar refrigerated for 2-4 days.

GREEN THING (SMOOTHIE)

1 cup of kale
1 cups of dandelion greens
1 cup watercrest
1 green apple
1 small key lime(squeezed)
1 cup of walnuts
1 tbsp. of seamoss
2 tbsp. of raw agave

Mix all together in a blender...and ELECTRIFY the BODY

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” ~Thomas Edison

NUT MILK

2 cups shelled walnuts

½ cup brazil

1 pinch pink Himalayan roc salt

¼ tsp. pure vanilla extract

1 splash raw agave nectar

½ gallon alkaline spring or natural spring water

Putting it together:

Add all ingredients to blender. Starting with a low setting and increasing to blend speed, blend for 1-3 minutes (depending on power of blender), strain with cheese cloth or nut milk bag, keep in sealed ½ gallon mason jar and refrigerate. Will keep refrigerated for 5-8 days.

Berry Breeze (smoothie)

3 large strawberries

2 manzana bananas

½ small avocado

1/3 cup each blueberry and raspberry

4 pitted medjool dates

½ cup kale

1/4 cup walnuts

1Tb Maca Plus

½ cup ice

2/3-1 cup alkaline water

BRIGHT EYES (SMOOTHIES)

1 burro banana (peeled, frozen)

2 manzana banana (peeled frozen)

½ med avocado

6 med-large strawberries (frozen)

3 Tb Cacao Plus

2 Tb Maca Plus

2 Tb Brazilian nut butter

6 medjool dates (pitted)

¼ cup walnuts or brazil nuts

1-1½ cup alkaline water

Blend until creamy and enjoy

“The best and most efficient pharmacy is within your own system.” ~Robert C. Peale

PAPAYA SUNRISE SHAKE

2 cups of walnut milk

1/2 cup of agave nectar

1 tsp. of seamoss or Seamoss Plus

1 tsp. Maca Plus

1/2 cup of cold water

1/2 cup of fresh or frozen papaya

1/3 cup fresh or frozen mango

Putting it all Together: Blend water and seamoss
Add Papaya, milk, and agave nectar

Blend until smooth and serve

1/4 cup walnuts

1Tbsp. Maca Plus

½ cup ice

2/3-1 cup alkaline water

Blend until creamy and enjoy

BERRY BREEZE SMOOTHIE

3 large strawberries

2 manzana bananas

½ small avocado

1/3 cup each blueberry and raspberry

4 pitted medjool dates

½ cup kale

SUNRISE STARTER

KAMUT CURRANT PANCAKES

1 cups of Kamut flour

1 cup of Spelt flour

2/3 cup of chopped medjool dates (soaked in 1/3 cup water blended)

2 tsp. of vanilla extract

1 2/3 tsp. of seamoss powder

1 1/2 cup of walnut milk

1/4 cup of currants or seeded raisins (optional)

Putting it all Together: Mix seamoss with 1 teaspoon hot water and mix well Mix flour and seamoss mixture in a bowl Add currants, vanilla extract, and date mixture Stir in milk Pour into heated pan with 1 Tb coconut oil and cook evenly on both sides

BANANA SPELT WALNUT PANCAKES

2 cups of Spelt flour

1 tbsp. coconut oil

2 tbsp. of raw agave

2 tsp. of vanilla extract

1 2/3 tsp. of sea moss powder

1 1/2 cup of alkaline or spring water (adjust for thickness)

1/2 cup of walnuts

1/2 cup of chopped bananas (small or burro)

Putting it all Together: Put Spelt flour, sea moss powder in a bowl Add walnuts, vanilla extract, and raw agave Stir in water Pour into heated pan with 1 tbsp. coconut oil and cook evenly on both sides

GOLDEN GRAIN WAFFLES

2 cups of kamut flour
1/2 cup rye flour
1/2 cup quinoa or amaranth flour
2/3 cup of walnut milk
2 Tb coconut oil
1/4 cup of water
1 Tb of seamoss
1/4 cup of agave nectar
1 tsp. of vanilla extract
6 strawberries cut into small pieces

Putting it all Together: Put spelt flour, seams, and strawberry pieces Add agave nectar, vanilla extract, water, and almond milk Mix together and pour into waffle maker and cook

CREAM OF RYE

1 1/2 cup of rye flour or ground rye berries
1/2 cup of water
1/2 cup of walnut milk
1 tsp. of vanilla extract
1/4 cup of agave nectar
1 tsp. vanilla
1 dash sea or pink rock salt
1/2 cup of chopped walnuts
1/2 cup chopped medjool dates
1/2 cup fresh berries

Putting it all Together: Add water, salt, dates, rye and vanilla to a pot and bring to boil. Boil until it thickens (app 15-20 minutes) Add agave nectar, chopped nuts and milk
Stir, top with berries and hemp seeds (optional) then serve

AVOCADO SCRAMBLE

1 thin sliced/browned portabella mushroom
cap

2 firm avocados cubed

¼ onion diced

¼ sweet pepper diced

2 tbsp. sea salt

3 tbsp. avocado or coconut oil

Putting it together:

Sauté onions and peppers in oil until tender,
add avocado, seasoning and mushroom.
Stir in well and serve hot with sides or in a
spelt wrap.

ALKANOON CUISINES

Mushroom Quinoa Patties

2 portabella mushrooms

1 cup cooked quinoa

½ cup red and yellow bell peppers

½ cup scallions

¼ tsp. oregano

¼ tsp. marjoram

1 Pinch of cayenne pepper

1/4 bunch of culantro

4 tbs sea salt

1 tsp. dill

2 tsp. onion powder

Putting it all Together:

Place in food processor with scallions and bell peppers Add culantro, quinoa and other seasonings -Mix thoroughly and form patties -Place them in heated pan (med heat) with 2 tbsp. avocado -Fry on both sides until browned (approximately 3 minutes each)

SWEET AND SPICY PATTIES

4 Cups Cooked Chickpeas

2 Tbsp. Basil

1 Cup Cooked Quinoa

2 Tbsp. Onion Powder

1 Cup Diced Bell Pepper

2 Tsp. Sea Salt

1/3 Cup Diced Jalapeño Pepper

1 Tsp. Marjoram

1 Cup Diced Onion

1Tsp. Savory

½ Cup Spelt Flour

1 Tsp. Tarragon

1 cup chopped mango

1 Tsp. Ground Coriander Seed

1 Tbsp. Red Pepper Flakes

Using a potato masher or food processor, mash chickpeas and place in large bowl. Add remaining ingredients and mix well. Form into patties and fry in grape seed/avocado oil until brown. Enjoy!!!!!!

SAUTÉED GREENS

1 bunch each lacto kale and curly leaf chopped

or dandelion greens

2 cups of chopped onions

1/8 cup olive oil or hemp oil

1/8 cup coconut oil

1 tsp. of cayenne or chili powder

3 tbsp. pink rock salt

Putting it all Together: -heat oil in pan then add onions, cook till golden brown -add greens, cook down for 20 min. -season with sea salt, and cayenne or chili powder

STUFFED BELL PEPPERS

1 1/2 cup of quinoa cooked

1/2 lb. oyster or brown button mushroom
(sautéed)

4 green bell peppers

3 tbsp. olive oil

1/2 red bell pepper chopped fine

1/2 white onion chopped fine

1/2 tsp. sweet basil

1/2 tsp. dill

1/2 tsp. sea salt

2 slices of kamut or spelt bread toasted,
crumbled

Putting it all Together: -steam bell peppers until tender, then hollow out -season inside bell peppers with spices and olive oil -mix quinoa, mushrooms, and red bell pepper with remaining seasonings -stuff bell peppers with mixture, then sprinkle bread crumbs on top -bake in preheated oven at 250 degrees for 10-15 minutes -serve hot and enjoy with a green leafy salad

VEGETABLE PATTIES

1 bunch of kale greens cut fine (pulp from the juicer works fine)

2 chayote squash diced

1/2 red and green peppers chopped

1 medium yellow onion chopped fine

1 pinch of African red pepper

3 tbsp. olive oil

1 Tb sea/rock salt

1 Tsp. each of thyme, basil, and marjoram

1/4 cup seamoss powder

Spring Water

Kamut Flour

Putting it all Together: heat skillet with 3 tbsp. olive oil -add onion, bell pepper, chayote squash, spices and sauté 2-3 minutes -add broccoli and kale simmer 10-12 minutes Preparation for Kamut flour: -mix seamoss with enough flour and water to make a dough -roll out on floured board cut into 10" diameter circles -place cooked vegetables 1/2 of circle -fold other half to cover the vegetables -use a

fork to pinch the edges closed -place patties on lightly greased baking sheet and bake 20-30 minutes or until golden brown

HOME-STYLE OKRA

2 lbs. fresh okra diced

4 soft tomatoes

1/2 yellow onion chopped fine

4 tbsp. hemp or olive oil

¼ tsp. African red pepper or cayenne

¼ tsp. thyme

¼ fresh chopped basil

¼ tsp. sea salt

cooked wild rice or quinoa

Add spices and sauté okra with onion in oil until tender Add tomatoes turn down to low heat and let simmer covered 7-10 minutes and serve

VEGETABLE STIR FRY

MEDLEY

1 pkg. crimini mushrooms, sliced

2 zucchini, sliced

1/2 yellow onion, chopped fine

8 cherry tomatoes, chopped

3 tbsp. olive oil

1 cup kale, chopped fine

1 small red and green pepper, poblano pepper
chopped

2 Tb of Coconut Succulent

2 tsp. sea salt

1 tsp. fresh or dried tarragon, basil, chives

Putting it all Together: Put olive oil in heated stainless steel wok add kale, peppers and onions add your seasonings and sauté 2-3 min add mushrooms and sauté another 7-10 min add zucchini and sauté until tender Serve over a bed of quinoa, wild rice or spelt pasta

FRIED GREEN BANANAS

2 green bananas

grape seed oil sea salt and ground black pepper for taste

Putting it all together: -cut green bananas into slices or cubes -heat pan up with grape seed oil - deep fry on med-med high (depending on stove) 5min (or until desired texture) –

Fold in Cooked rice and simmer for 20 minutes

Tip: If you forget to soak rice over night: Par boil rice for 20 minutes set aside loosely covered until rice opens (approx. 2-3 hours) Rinse and cook until tender

Or:

Boil rice, adding additional water and stirring as needed until tender.

SUNSET CUISINES

VEGHETTI SAUCE

4 Lbs. Roma Tomatoes
2 Bay Leaves
3 Cans Tomato Paste
1 Tsp. Crushed Red Pepper
1 Large Red Onion
1 Tbsp. Pink Rock Salt
1 Green Pepper
1 Tbsp. Oregano
1 Red Pepper
1 Tsp. Black Pepper
2 Tbsp. Onion Powder
1 Tsp. Savory
2 Tbsp. Basil Sweetener (Raw Agave)
2 Tbsp. Grapeseed Oil
1 Tbsp. (Sauté Onion)

Skin Tomatoes and puree in a blender or food processor. Dice Red and Green Peppers and Red Onion and sauté. Combine Onion and Peppers to large stock pot. Add herbs and spices reserving sweetener, bring contents to boil stirring occasionally. Reduce heat cover and simmer for 30 minutes stir occasionally. Add sweetener to taste.

SPAGHETTI RECIPE

Follow directions on the Vita Spelt Pasta box on how to cook the pasta. After the pasta is cooked, strain it. In a separate pan add:

1/2 cup of olive oil

4-6 fresh diced tomato

add 4 tbsp. of sea salt

1 1/2 tbsp. of onion powder

2 tbsp. of cayenne/chili powder

3 tbsp. of raw agave nectar

Heat sauce on medium high for 10 minutes Stir pasta into sauce Let sit for 5 minutes. Serve and Enjoy

LASAGNA

1 red bell pepper, chopped
1 yellow onion chopped
3 tbsp. olive oil
Bay leaf, crumbled
Spelt lasagna pasta
2 lb., mushrooms
8 fresh tomatoes
Vegan cheese (homemade nut cheese)
Oregano, to taste
Sea salt, to taste

Putting it all Together: Tomato sauce -Heat Skillet and add olive oil -Place onion, bell peppers, oregano, sea salt, and bay leaf in skillet and sauté -Boil tomatoes for 10 minutes -Place in ice water for five minutes, drain and remove skin from tomatoes - Blend tomato in blender -fresh tomato sauce -Add tomato sauce in skillet with sautéed seasonings - Simmer for 30-45 minutes -Set aside half of sauce to be used to make mushroom sauce, remaining half to be used when layering.

Mushroom sauce -Place mushrooms in water, soak for 1 minute, strain and slice -Season to taste sauté for 2 minutes and add 1/2 of saved sauce (see above), set aside for layering.

Pasta -Prepare pasta according to instructions -Once pasta is done, place under cold water for easy handling -Layer a deep baking dish with tomato sauce -Place a layer of pasta on top then a layer of mushroom sauce -Then add a layer of vegan cheese - Repeat steps until dish is almost full -Place 2 cups of

sauce on top of remainder of vegan cheese -Bake in 350 degree oven for 20 minutes until vegan cheese is melted

VEGGIE MUSHROOM LOAF

4 Lbs. Roma Tomatoes

2 Bay Leaves

3 Cans Tomato Paste

1 Tsp. Crushed Red Pepper

1 Large Red Onion

1 Tbsp. Sea Salt

1 Green Pepper

1 Tbsp. Oregano

1 Red Pepper

1 Tsp. Black Pepper

2 Tbsp. Onion Powder

1 Tsp. Savory

2 Tbsp. Basil Raw Agave

2 Tbsp. Grapeseed Oil

1 Tbsp. (Sauté Onion)

Skin Tomatoes and puree in a blender or food processor. Dice Red and Green Peppers and Red Onion and sauté. Combine Onion and Peppers to large stock pot. Add herbs and spices reserving sweetener, bring contents to boil stirring occasionally. Reduce heat cover and simmer for 30 minutes stir occasionally. Add sweetener to taste.

TAQUITOS

2 cups of chopped onion
4 cups of chopped mushrooms
2 tsp. chili powder
3 tbsp. sea salt
2 tbsp. tomato sauce
2 tbsp. oregano
2 tsp. onion powder
2 tsp. ground thyme

Putting it all Together:

- Add 1/4 cup of olive oil to the pan
- Add onion sauté until golden brown
- Add mushroom sauté for 5 minutes
- Then add seasonings
- Wrap in spelt tortillas tightly
- Then fry until crispy

NORI ROLLS

2 Tb Coconut Succulent
2 Tb coconut vinegar
2 Tb coconut oil
1 tsp. rock salt
Bamboo sushi roller.

Sautee mushrooms in coconut oil on med heat, stirring in salt, for 5 min and add 1 Tb coconut succulent and sauté app. 1 more min let cool. Stir coconut vinegar into rice and use fork to spread evenly over nori roll, leaving app 1/3-1/2 in. at bottom. Place ingredients

SPICY TAHINI SAUCE

2 Tb Tahini paste
2 Tb Brazilian butter
2 Tb sesame seeds
2 Tb Coconut Succulent
1 tsp. African cayenne pepper
1 tsp. achiote paste

Mix all ingredients except sesame seeds in bowl and stir until creamy. Drizzle over sushi slices and sprinkle seeds over top, or add to wraps and sandwiches. Enjoy

MUSHROOM RATTOULLE

1 lb. Fresh morel or crimini mushrooms
3 medium sized (about 1-1/4 lbs.) Zucchini
2 large chayote squash
3 medium sized (about 1 lb.) Sweet Peppers
1 cup Red Onion, coarsely chopped
1/2 cup Olive or Hemp Oil
¼ cup fresh Oregano Leaves or 1 tbsp. dried
¼ cup fresh Basil leaves or 1 tbs. dried
2 Tbsp. Pink Rock/ Sea Salt
1 tsp. Ground Green Peppercorn

Putting it together: Rinse, pat dry and half mushroom; set aside. Cut chayote into 3/4 to 1-inch cubes (makes about 7 cups). Cut zucchini into 1/2 inch thick slices. Cut peppers into 1-inch cubes. In a large heavy saucepan heat oil until hot. Add onions; Sauté for 2 minutes. Add mushrooms; Sauté for 2 minutes. Add chayote, zucchini, green pepper, tomatoes, oregano, salt and pepper; mix well. Bring to boiling point. Reduce heat 45 and simmer, covered, until vegetables are tender, about 30 minutes stirring occasionally. Serve hot or cold.
YIELD: 8 Portions

WILD RICE DRESSING

½ cup of uncooked wild rice
1-1/2 natural spring water
2 cups chopped kale
½ cup of coconut or hemp seed oil
1-½ cups chopped oyster mushrooms (browned)
1 cup chopped onion
1 cup chopped sweet peppers
14 ounces vegetable broth

Bring rice and 1 1/2 cups water to boil in a pot. Cover, reduce heat to low, and simmer 45 minutes. ½ cup coconut or hemp seed oil. Place kale in a pot with enough water to cover, and boil 5 minutes, or until slightly tender. Remove from heat, and drain. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish. Melt the oil in a skillet over medium heat, and sauté the mushrooms and onion until tender. Mix in cooked rice, cooked kale, stuffing mix, broth, and walnuts. Transfer to the prepared baking dish. Bake 30 minutes in the preheated oven, or until golden brown

PASTA AND KALE KEY LIME BRAZILIAN SAUCE

½ raw Brazilian (soaked)
3 cups vegetable broth (homemade)
1 tsp. dried basil
3 Tbsps. ground linaza
1 Tbsp. olive oil
1 box whole grain spelt or kamut Penne pasta
1 cup diced onion
2 cloves toasted shallots
1 cup sliced zucchini
5 cups kale, torn/shredded sea salt to taste

Putting it together: For the sauce: In a high-speed blender or food processor, combine broth, key lime juice, basil, linaza, and 1 Tablespoon olive oil. Drain the hazelnuts, discarding water and add hazelnuts to blender. Blend on high, until creamy; set aside. Fill a large pot with water and bring to a boil. Cook pasta according to directions on package, reserving about 2 cups of the water. In another large pan with some additional olive oil as needed, sauté onions on medium heat for about 5 minutes. Add shallots and cook 1 minute more. Add zucchini; cook and stir for another minute; add sauce. At this point, if the sauce is too thick, stir in some of the reserved pasta water, as needed. Add the kale and stir to cover with the sauce. Allow the kale to cook for about 5 minutes, until it has wilted a little, but is still bright green. Add the cooked and drained pasta, and then add to the pan and stir to combine; season with salt to taste.

BUTTERNUT LASAGNA

26-ounces homemade marinara sauce, divided
1 teaspoon olive oil
1 cup finely chopped onion
1/2 cup chopped red bell pepper
1 medium butternut squash, peeled and diced
2 tablespoons olive oil
1/2 teaspoon.
dried thyme
1/4 teaspoon salt
1/8 teaspoon freshly ground green peppercorn
12 oz. kale leaves, chopped (from about 1 lb. kale)
2 (18-ounce) tubes of toasted spelt bread, cut into 18
slices each
1 cup shredded vegan cheese (optional)

Instructions

1. Preheat oven to 400°F.
2. Spoon ½ - ¾ cup marinara sauce into a 13 X 9-inch baking dish to cover bottom, and set aside.
3. In a large baking pan, toss the butternut squash with the olive oil, thyme, salt and pepper. Roast until very tender, about 35 minutes. Transfer to a bowl and mash coarsely with a fork. Stir in chopped spinach and mix well. Reduce the oven temperature to 350°F.
4. Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 4 minutes or until tender. Sauté 2 minutes. Add remaining marinara sauce; reduce heat, and simmer 10 minutes.
5. Arrange 18 bread slices over marinara in baking dish, and top evenly with kale Brazilian mixture. Spread half remaining marinara over butternut, and sprinkle ½ cup of vegan cheese over vegetable mixture; arrange remaining bread over cheese. Top bread with the remaining sauce, and sprinkle with remaining cheese.
6. Cover and bake at 350° for 30 minutes. Uncover and bake an additional 10 minutes or until bubbly.

KALE WRAPS

Chili Seed Mix

½ cup hemp seeds

½ cup pine nut seeds

½ cup sesame seeds

2 tsp. chili powder Salt, to taste

1 cup quinoa, cooked

1 bunch kale greens

1-2 avocados

FRESH SALSA

¼ red onion, thinly sliced

½-1 fresh chili pepper, finely chopped

1/8 head butterhead lettuce, thinly sliced (optional)

½ bunch culantro, chopped

1 key lime, juiced

1 Tbsp. coconut vinegar

Instructions: Cook quinoa ahead of time and allow to cool. In a food processor, combine hemp seeds, pumpkin seeds, sunflower seeds, chili powder and salt. Process until coarsely ground. In a mixing bowl, combine red onion, chili pepper, butterhead lettuce, cilantro, key lime juice, oil and salt. Build wraps as desired using avocado, salsa, quinoa, and seed mixture and lettuce slaw.

BAKED BUTTERNUT SQUASH

1 Large Butternut Squash (peeled, seeded & cubed in 1" squares)

½ cup dried currants 1

Tsp. Sea Salt

2 Tsp. Cinnamon

½ Tsp. Ground Cloves

¼ Cup Raw Agave

2 Tsp. Vanilla

Preheat Oven to 350 degrees

Combine ingredients in casserole dish and cover.

Place in oven for 35 -45 minutes.

Uncover, stir and cook an additional 20 minutes.

Enjoy !!!

TOMATO BASIL BREAD

1 1/4 cups Kamut flour
1 1/4 cups Spelt flour
1/2 cup Rye flour
2 1/4 tsp. homemade bread starter
1 tsp. sea/pink salt
1 TBS raw agave nectar
1 TBS olive oil 1 cup warm water(110 degree)*
2 TBS pureed roam or pear/cherry tomato (2 tsp. fresh basil)
1/2 cup sundried tomatoes, chopped
4 TBS fresh basil (2 TBS for tomato puree. You can cut down on the amount, if you don't care for too much basil)
1/2 cup seamoss mixed with hot water, beaten

Directions:

In a measuring cup, add very warm water and stir in tomato paste, oil, and agave. Stir until the tomato paste dissolves...basically, just make sure it is combined. Set aside. The water will cool down a bit as it sits. Just make sure it is still warm when you need it later(about 110 degree). In the mixer bowl, add 1 1/4 cups Kamut flour, and 1 1/4 cups Spelt flour, sea salt, and basil. Stir and combine. Add the tomato water(if it is too cool, just reheat till about 110-115 degree.) and knead for 1 minute till very smooth. Add the additional 1 cup 1/2 cup Rye flour and knead for 5 minutes.

Add sundried tomatoes and knead till combined. Form rolls and brush with salted coconut oil. You should have about 12 dinner sized rolls. Let rise till doubled. Bake in preheated 375 degree oven for 20-25 minutes, or until nicely golden brown. Cover and let rise till doubled in a draft-free place, such as your oven...for about 1 hour.



KEY LIME & OLIVE OIL DRESSING

1 fresh key lime, squeezed
1/2 cup olive oil
1/8 cup spring water
1 tbs. raw agave nectar
1/4 tsp. sweet basil
1/4 tsp. thyme
1/4 tsp. oregano

Putting it all Together: Put all ingredients in a glass bottle Shake thoroughly and enjoy this delicious and easy salad dressing!

“The greatest wealth is
Health.” ~Unknown

GARBANZO BEANS

2 lbs. garbanzo beans (pre soaked)
1 whole sweet onion, chopped
2 poblano peppers, diced
2 cups chopped roma tomatoes
3 Tb rock salt
1 Tb thyme
5 bay leave crumbled
1 Tb African cayenne
3 Tb onion powder or flakes
1-1/2 gallon alkaline or spring water

Pre Soak: Soak beans covered overnight Add all dry ingredients to pot and let cook on med/low 4-5 hours, add fresh ingredients and simmer on low for another hour. Serve hot and use for soups, salads, hummus, etc.

“Let food be thy medicine and
medicine be thy
food” ~Hippocrates

TUSCAN KALE WITH WALNUTS

1 tablespoon key lime juice
1 tablespoon raw agave nectar
1 teaspoon coconut amino
1/2 teaspoon tahini
1 tablespoon olive oil
1 pound Tuscan Kale, tough ribs removed and sliced thin (about 8 cups)
1/4 cup sliced seasoned and toasted chopped walnuts
2 plums, halved, pitted and cut into wedges
1/4 teaspoon freshly ground green peppercorns

Preparation whisks together the first 5 ingredients (through olive oil) in a large serving bowl. Add remaining ingredients to dressing, and toss well to combine. Divide salad among 4 salad plates, and serve immediately.

XAVES DELIGHT

2 fresh key limes squeezed
3 tbs. raw agave nectar
3 oz. sesame tahini
1 oz. spring water

Putting it all Together: In a glass bottle, add juice of 2 limes, water, maple syrup, sea salt, red pepper, and sesame tahini Shake well and dress your salad!!

SPELT TORTILLAS 1

½ cups spelt berries, ground in mill or 2 cups spelt flour

1 Tsp. pink rock or sea salt

¾ cup hot water

1 Tbsp. coconut oil

1 ½ Tsp. seamoss powder

Mix all ingredients well in bowl, cover and let sit in warm place for 20 min. Divide into 8 equal parts and let sit covered for another 20 minutes. Roll each ball out to a 6- or 7-inch circle shape. I've found it helps to flatten each ball with your hand. Then take the rolling pin and roll from the center outwards, back and forth a few times as you go around the circle. When it starts to get thinner, take your left hand (if you're right handed) and turn the tortilla a couple inches. Use your right hand to use the rolling pin (holding in the middle) and roll from the center outwards. Keep turning and rolling until it is paper thin.

Preheat a skillet on medium high heat. Place a tortilla into the skillet and watch until bubbles form. This won't take long. After bubbles form, and the bottom is lightly brown (or there are darker spots), flip over, press down once or twice, and cook for about 30-45 seconds, or if smoke appears. Cook remaining tortillas, watching carefully, and place in a plastic bag, with wet paper towels in between them (or at least on top and bottom of stack) to keep them soft and moist Refrigerate for later or remove the paper

QUINOA CHILI WITH BUTTERNUT SQUASH AND KALE

3 toasted shallot cloves, chopped
1 tbsp. olive oil
1 tsp. achiote
1 tsp. oregano
1 tsp. chili powder
1/4 tsp. clove
1/4 tsp. salt dash red pepper flakes
3 roma tomatoes
2 cups cooked garbanzo beans
16 oz. vegetable broth
1/2 cup quinoa
1 cup butternut squash, cooked and cubed
2 cups kale, torn from stalks
1 avocado

In a large pot over medium heat, cook 1 tbsp. of olive oil and the chopped onion until the onion turns transparent, about 10 minutes.

2. Add the 3 chopped shallot cloves and stir, careful not to let them burn. After a few minutes, add the spices and tomatoes.

3. After a few more minutes add the vegetable broth, beans, and quinoa. Keep stirring until the quinoa starts "popping" out of the shell. Mine took about 25-30 minutes.

4. Finally, add the precooked squash and kale pieces, however big you want them to be.

5. Once kale is wilted to your liking, ladle into bowls and top with avocado and anything else!

KALE BUTTERNUT STUFFING

1 1/2 cups quinoa (I like a mixture of red and white quinoa for color)
1 bay leaf
1 medium butternut squash, peeled and cut into 1/2 inch cubes
1 tablespoon coconut oil, melted
1 tablespoon organic raw agave
1 tablespoon olive oil
2 Tbsp. chopped culantro
2 medium leeks, washed and chopped
1 teaspoon fresh onion, minced
3 ounces curly kale, chopped
1 cup dried cherries
1/4 cup fresh tarragon, chopped
1 - 2 teaspoons fresh sage or thyme, finely chopped
salt and pepper, to taste
1/3 cup chopped walnuts, optional

Directions:

Prepare the quinoa according to package instructions, substituting chicken for vegetable broth for the liquid called for in the instructions and adding the bay leaf to the pot with the liquid prior to cooking. Discard the bay leaf after cooking. Preheat oven to 400 degrees F and adjust rack to middle position. Toss squash with coconut oil raw agave, and season to taste.. Spread the pieces evenly in a baking dish and cover with foil. Roast for 15 minutes, remove foil and then roast for an additional 20 minutes, until edges are golden brown. Remove from oven and set aside.

Meanwhile, in a medium to large cast iron skillet or sauté pan add the olive oil and heat over medium heat. Add the celery and sauté for 2 - 3 minutes, until slightly tender. Add the leeks and sauté an additional 2 - 3 minutes, until the leeks and celery are tender and fragrant. Add the garlic and sauté 1

minute more. Reduce the heat to low. Add the chopped kale and sauté over low heat just until the kale has wilted.

In a large bowl, combine the cooked quinoa, vegetables from the sauté pan, cherries, fresh tarragon and your choice of thyme or sage. Stir until combined. Season to taste with salt and pepper. Just before serving, top with 1/3 cup of chopped walnuts, if desired.

Notes: If assembling in advance, heat just until hot prior to serving - make sure to use an oven safe dish and cover the stuffing with foil to preserve moisture.

In a large pot over medium heat, cook 1 tbsp. of olive oil and the chopped onion until the onion turns transparent, about 10 minutes.

2. Add the 3 chopped shallot cloves and stir, careful not to let them burn. After a few minutes, add the spices and tomatoes.

3. After a few more minutes add the vegetable broth, beans, and quinoa. Keep stirring until the quinoa starts "popping" out of the shell. Mine took about 25-30 minutes.

4. Finally, add the precooked squash and kale pieces, however big you want them to be.

5. Once kale is wilted to your liking, ladle into bowls and top with avocado and anything else!

TAQUITOS

2 cups of chopped onion
4 cups of chopped mushrooms
2 tsp. chili powder
3 tbsp. sea salt
2 tbsp. tomato sauce
2 tbsp. oregano
2 tsp. onion powder
2 tsp. ground thyme

Putting it all Together:

- Add 1/4 cup of olive oil to the pan
- Add onion sauté until golden brown
- Add mushroom sauté for 5 minutes
- Then add seasonings
- Wrap in spelt tortillas tightly
- Then fry until crispy

EASY STIR FRY

½ lbs. oyster or hen of wood mushrooms torn
2 portabella caps sliced
1 poblano pepper sliced
½ sweet onion sliced and halved
2 cups shredded kale
3 roma tomatoes cubed
1 Tbsp. crushed pepper
¼ cup raw pumpkin seeds
2 Tbsp. raw agave nectar
2 Tbsp. coconut oil
1 Tbsp. sesame oil
3 cups cooked quinoa or wild rice

Putting it all together: Heat coconut oil in sauté pan, add all ingredients except tomatoes, agave, quinoa/rice and sesame oil. Sauté until tender, add sesame oil, and agave, simmer 5 minutes take off flame and serve over bed of rice/quinoa

ALKALICIOUS DESSERTS

BANANA CACAO MUFFINS

1/4 tsp. of sea salt
2/3 cup raw agave nectar
1/2 cup of sea moss
3/4 cup of spelt flour
3/4 cup of kamut flour
1 cup of walnut milk
1 cup of raw cacao powder
2 extra ripe burro banana
½ cup chopped Brazilian nuts

Putting it all Together:

Preheat oven to 400F. Place baking cups in a muffin pan

Combine flour, syrup, salt, baking powder, and seamoss together in a mixing bowl.

Add walnut milk.

Mix Fold in cacao and nuts

Pour into baking cups and bake for 35-45 minutes

BRAZILIAN BUTTER COOKIES

1/2 cup roasted Brazilian butter, softened to a stir-able consistency
1/2 cup roasted walnut butter, softened to a stir-able consistency
1 cup plus 2 tbsp. kamut or spelt flakes
just under level 1/4 tsp. sea salt
3/4 tsp. seamoss
1/2 cup raw agave or coconut sugar
2 tbsp. applesauce(homemade)

Putting it all together:

Hazelnut Butter Cookies Recipe: Preheat oven to 350 degrees F, and line a cookie sheet with parchment paper. In a medium mixing bowl, stir together all ingredients to form a dough. (Due to the natural oils in the hazel butter, the dough can be a bit oily, so have a napkin ready to wipe your hands as you work with the dough.) Form cookie dough balls with your hands, and place on the cookie sheet. Be sure to leave room between cookies, as these will spread as they bake. Bake 8 minutes. The hazelnut butter cookies should still look a little undercooked when you remove them from the oven, but they'll firm up as they cool. Set the tray aside for at least 10 minutes before picking up a cookie. Makes about 12- 15 hazelnut butter cookies.

FIG JAM

1-2 cups figs
pinch of star anise
pinch of ground cloves
1-2 tbsp. raw organic agave
4 tbsp. chia seeds

How to:

Blend together in a blender or food processor and store in a sealed jar for 3-4 days. Make a smaller batch if you're not going to go through it, or share.

BLUEBERRY SPELT MUFFINS

1/4 tsp. of sea salt
2/3 cup of raw agave nectar
1/2 cup of sea moss
3/4 cup of spelt flour
3/4 cup of kamut flour
1 cup of walnut milk
1 cup of blueberries

Putting it all Together: Preheat oven to 400F. Place baking cups in a muffin pan Combine flour, syrup, salt, and seamoss powder together in a mixing bowl. Add walnut milk. Mix Fold in blueberries Pour into baking cups and bake for 25-30 minutes

RASPBERRY JAM

1- cups figs
1/2 – cup raspberries
pinch of star anise
pinch of cinnamon
1 tbsp. coconut oil
¼ cup raw organic agave
4 tbsp. chia seeds

Putting it together: Simmer all ingredients on low heat for 30 minutes, stirring occasionally. Let cool and store in a sealed jar for 3-4 days. Enjoy

“If you don’t take care of your body, where are you going to live?” ~Unknown

WALNUT PIE

1 3/4 cup Cooked Quinoa (for the crust)
1/2 cup teff or amaranth Flour (for the crust)
2 tablespoons Ground Linaza (for the crust)
4 tablespoons coconut oil(for the crust)
4 tablespoons raw agave nectar (for the crust)
3 tablespoons Ground Linaza
9 tablespoons Warm Water
2 tablespoons coconut oil
1/4 cup coconut vinegar
3/4 cups Coconut Sugar
1 teaspoon Pure Vanilla Extract
1 teaspoon Ground Ginger
1 teaspoon Molasses
1/2 cup agave nectar
1 teaspoon pink rock or sea salt
4 tablespoons seamoss
1 cup Cubed Butternut Squash
1/2 cup Nut Milk
2 cups Chopped Walnuts or Brazilian nuts

Instructions

1. Preheat oven to 375 degrees.
2. Prepare your linaza eggs Mix 3 Tbsp. linaza with 9 Tbsp. warm water. Refrigerate for at least 15 minutes.
3. Combine crust ingredients. Bake for 12 minutes, then take out of oven until pie filling is ready.
4. In a medium saucepan, combine ingredients (coconut oil and dried linaza) over low heat, stirring frequently. It will thicken up over 10 minutes or so while the crust is pre-baking.
5. Cook your butternut squash – boil or sauté . Then, drain the water and add in the nut milk. Use an immersion stick blender to puree.
6. Add butternut squash/nut milk mixture to the syrup-y mixture on the stovetop. Then stir in walnuts.
7. Pour into the partially-baked pie crust, and then bake entire pie for 40 minutes.
8. Pour into the partially-baked pie crust, and then bake entire pie for 40 minutes.

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Humans are biologically herbivores

	Carnivores	Omnivores	Herbivores	Humans
muscles	Reduced to allow wide mouth gape	Reduced	Well-developed	Well-developed
pe	Angle not expanded	Angle not expanded	Expanded angle	Expanded angle
int location	On same plane as molar teeth	On same plane as molar teeth	Above the plane of the molars	Above the plane of the molars
otion	Shearing; minimal side-to-side motion	Shearing; minimal side-to-side motion	No shear; good side-to-side, front-to-back	No shear; good side-to-side, front-to-back
aw muscles	Temporalis	Temporalis	Masseter and pterygoids	Masseter and pterygoids
opening vs. head	Large	Large	Small	Small
Incisors	Short and pointed	Short and pointed	Broad, flattened and spade-shaped	Broad, flattened and spade-shaped
Canines	Long, sharp, and curved	Long, sharp and curved	Dull and short or long (for defense), or none	Short and blunted
Molars	Sharp, jagged and blade-shaped	Sharp blades and/or flattened	Flattened with cusps vs. complex surface	Flattened with nodular cusps
ing	None; swallows food whole	Swallows food whole and/or simple crushing	Extensive chewing necessary	Extensive chewing necessary
	No digestive enzymes	No digestive enzymes	Carbohydrate digesting enzymes	Carbohydrate digesting enzymes
ch type	Simple	Simple	Simple or multiple chambers	Simple
ch acidity with stomach	≤ pH 1	≤ pH 1	pH 4-5	pH 4-5
i of small intestine	3-6 times body length	4-6 times body length	10-12+ times body length	10-11 times body length
	Simple, short, and smooth	Simple, short, and smooth	Long, complex; may be sacculated	Long, sacculated
	Can detoxify vitamin A	Can detoxify vitamin A	Cannot detoxify vitamin A	Cannot detoxify vitamin A
	Extremely concentrated urine	Extremely concentrated urine	Moderately concentrated urine	Moderately concentrated urine
	Sharp claws	Sharp claws	Flattened nails or blunt hooves	Flattened nails