



THE ALKALINE COOKBOOK

100 DELICIOUS ALKALINE
RECIPES TO HELP YOU GET
YOUR HEALTH ON TRACK.

DR SEBI NUTRITIONAL GUIDE

The Real Dr. Sebi Alkaline food

List

Fruit

Apples
Burro Bananas
Berries
(no cranberries)
Cherries
Currants
Dates
Figs
Grapes (with seeds)
Key Limes
Mangos
Melons
Oranges
Papaya
Peaches
Pears
Plums
Raisins
Soursop
Tamarind
Soft Jelly Coconuts
Cactus Fruit

Vegetables

Amaranth Greens
Avocado
Dandelion Greens
Green Banana
Kale
Lettuce (no iceberg)
Mushroom (no shitake)
Mexican Cactus
Nopales
Okra
Olives
Onions
Peppers
Squash
Tomatillos
Tomatoes
(plum & cherry)
Turnip Greens
Watercress Greens
Zucchini
Sea vegetables
(nori, dulse, Kelp, sea moss, etc)
Wild Arugula
Purslane

Seasonings

Basil
Cayenne Pepper
Onion Powder
Oregano
Sage
Sea Salt
Sweet Basil
Savory
Dill
Thyme
Tarragon
Habenero
Bay Leaf
Achiote
Agave
Date Sugar

Butters

Tahini Butter
Walnut Butter

Nuts & Beans

Brazil Nuts
Hemp seeds
Sesame seeds
Walnuts
Chickpeas

Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Teff
Wild Rice

Oils

Avocado Oil
Sesame Oil
Grapeseed Oil
Olive & Coconut Oil
(don't cook)

*Avoid canned & seedless fruit.
Avoid using microwaves.
Eat Fresh/raw foods as much
as possible.
Avoid Processed foods.



STRAWBERRY & BANANA ICE CREAM

Ingredients:

frozen strawberries

frozen baby/
burro bananas

Optional: agave nectar
/date syrup



How to make?

Add frozen strawberries/ banana too a blender and blend until the consistency is thick, add date syrup/agave nectar for additional sweetness. Eat as it is, or for a harder texture freeze for 2 hours.

BUTTERNUT SQUASH FRIES



Ingredients:

- butternut squash
- chickpea flour
- oregano
- thyme
- salt
- grapeseed oil
- onion powder

METHOD

- chop the top half of squash in thick slices
- chop thin fries out of the squash slices
- mix fries in dry batter (chickpea flour+seasonings)
- then mix in wet batter (dry batter+water)
- then back in dry batter
- fry in grapeseed oil for 3–5 minutes on each side

·ENJOY!

BUTTERNUT SQUASH HASH BROWNS



Ingredients:

- butternut squash
- grapeseed oil
- chopped onion
- pink himalayan sea salt
- onion powder
- cayenne pepper powder

METHOD

- peel the squash and grate the top half with cheese grater
- chop the bottom half (after scrape out seeds) into small chunks
- begin by taking a frying pan to the heat and a baking tray
- drizzle grapeseed oil in the pan and on the baking tray
- start by frying half the onions in the pan and add a bit of salt
- begin frying the chopped up squash until brown
- mix the grated squash with remaining onions salt onion powder and cayenne pepper powder
- mush the mixture together and flatten on baking tray and cook in the grill until brown

· ENJOY

ALKALINE GLUTEN FREE HERB BREAD



Ingredients:

- chickpea flour
- cayenne pepper powder
- sea salt
- oregano
- thyme
- basil
- grapeseed oil
- date syrup
- sparkling spring water

METHOD

- mix all the dry ingredients in a large mixing bowl
- process to add wet ingredients date syrup and grapeseed oil
- slowly mix in the water you want a sponge cake batter consistency
- load your grapeseed greased loaf tin with batter
 - sprinkle oregano on top
- bake in oven at 350°C for 15 minutes

· ENJOY!

HEMP SEED MAYO



Ingredients:

- 1 cup Hemp Seeds
 - 3/4 cup Spring Water
 - 2 tbsp. Grape Seed Oil
 - 1 tbsp. Onion Powder
 - 1 tsp. Lime Juice
 - 1/2 tsp. Sea Salt
- Cup Blender or Stick Blender

How To Make?

1. Add all ingredients to cup and blend for 30 – 60 seconds on high until smooth.
2. Add more water if too thick or more hemp seeds to thicken.
3. Store in a air-tight container and keep in refrigerator.
4. Enjoy your Alkaline Electric Hemp Seed Mayo!

BUTTERNUT SQUASH MASH



Ingredients:

- butternut squash
- coconut milk
 - agave
 - sea salt
- cayenne pepper powder
- date sugar

METHOD

- peel butternut squash
- then you cut it in half and scoop out the middle seeds
- cut squash into small chunks
- boils in half of seasonings for 15 minutes
- drain the squash and add the other half of seasonings while hot
- you can now mash up your squash

· ENJOY!

CRISPY FRIED OYSTER MUSHROOMS



Ingredients:

400g oyster Mushrooms
2tsp onion powder
2tsp sea salt
2tsp cayenne
2 cups of spelt flour
grape seed oil
water

How To Make?

Cut Oyster Mushrooms in half and then Wash in water then dry them with a cloth. Add 1tsp of each seasoning and mix Thoroughly. Next add 1 cup of spelt flour too a bowl and add the rest of the seasoning and mix well. Gradually add and stir water in to the flour untill clumpy and thick (it should resemble pancake batter) Next add the remainder of the spelt flour too a separate bag and place the oyster mushrooms inside and coat well. Once coated cover the mushrooms in the wet batter and add too a pan on low heat with a shallow amount of grape seed oil. Once golden brown (after around 2minutes)) flip and let the other side get to the same colour. Once finished add too a plate, let them cool down and (optional) add some alkaline ranch sauce (page.....) and ENJOY!

CHICKPEA BURGER



Ingredients:

- * 1 cup Garbanzo Bean Flour
- * 1/2 cup Onions, diced
- * 1/2 cup Green Peppers, diced
- * 1/2 cup Kale, diced
- * 1 Plum Tomato, diced
- * 2 tsp Basil
- * 2 tsp Oregano
- * 2 tsp Onion Powder
- * 2 tsp Sea Salt
- * 1 tsp Dill
- * 1/2 tsp Ginger Powder
- * 1/2 tsp Cayenne Powder
- * 1/4 to 1/2 cup Spring Water
- * Grape Seed Oil

METHOD

- In a large bowl, mix together all seasonings and vegetables, then mix in flour.
- Slowly add water and mix until mixture can be formed into a patty. · Add more flour if too loose.
- Add oil to skillet and cook patties on medium-high heat for 2-3 minutes on each side. Continue flipping until both sides are brown
- Serve on alkaline bread

· ENJOY

JAMAICAN JERK PATTIES



Crust Ingredients:

- 1 1/2 cups Spelt Flour
- * 1 cup Spring Water
- * 1 tbsp Grape Seed Oil
- * 1 tsp Onion Powder
- * 1 tsp Sea Salt
- * 1/8 tsp (pinch) Ginger Powder
- * 1/4 cup Aquafaba* (Garbanzo Bean Brine)

Jerk Patty Filling:

- * 2 cups Mushrooms, sliced
- * 1 cup Cooked Garbanzo Beans
- * 1 cup Butternut Squash, chopped
- * 1/2 cup Green Pepper, chopped
- * 1/2 cup Onion, chopped
- * 1 Plum Tomato, chopped
- * 1 tbsp Raw Agave
- * 1 tbsp Onion Powder
- * 2 tsp Thyme
- * 1 tsp Allspice
- * 1 tsp Ginger
- * 1 tsp Sea Salt
- * 1/2 tsp Cayenne
- * 1/4 tsp Cloves
- * Food Processor (optional)

METHOD

- Blend all vegetables (except tomato) in food processor a few times to break down any large pieces.
- In a large bowl, mix seasonings, tomato, and vegetables together.
- For the dough, mix flour, seasonings, and oil in a large bowl.
- Add 1/4 cup of water at a time and mix until the dough can be formed into a ball, adding more flour if too wet.
- Allow dough to set for 5–10 minutes, then knead for a few minutes and divide dough into about 8 separate parts.
- Roll dough into balls and roll out each ball into about 6–7 inch circles.
- Fill each circle with about 1/2 cup of filling, brush edges with aquafaba, then fold over and press dough together with a fork.
- Lightly brush cookie sheet with oil and bake patties at 350°F for 25–30 minutes.
- Allow to cool before serving
- ENJOY

LASAGNE

(method is on the next page)



Pasta Ingredients:

- * Spelt Lasagna Noodles or Alkaline homemade pasta
- Tomato Sauce
 - * 12 Plum Tomatoes
 - * 1 tbsp. Agave
 - * 1 tbsp. Onion Powder
 - * 2 tsp. Basil
 - * 2 tsp. Oregano
 - * 2 tsp. Sea Salt
- * 1/2 tsp. Cayenne Powder

Meat Alternative Ingredients:

- * 2 cups Cooked Spelt
- * 1 cup Cooked Garbanzo Beans (aka Chickpeas)
- * 1 cup Onions, Chopped
- * 1 cup Green, Yellow, and Red Peppers
- * 1/2 cup Alkaline garlic sauce
 - * 2 tbsp. Onion Powder
 - * 1 tbsp. Sea Salt
 - * 2 tsp. Oregano
 - * 2 tsp. Basil
- * 1 tsp. Fennel Powder

Brazil Nut Cheese ingredients:

- * 2 cups Soaked Brazil Nuts
 - * 1 cup Spring Water
 - * 1 tbsp. Hemp Seeds
- * 1 tbsp. Onion Powder
 - * 1 tsp. Sea Salt
 - * 1 tsp. Oregano
 - * 1 tsp. Basil

Extras

- * Zucchini
- * White Mushrooms
- * 9 x 13 Glass Baking Dish
- * Grape Seed Oil

METHOD

- Blend together all tomato sauce ingredients in a blender until well blended.
- Add to a saucepan at medium heat and bring to a boil, then simmer sauce on a low heat, stirring occasionally, for 2 hours or until it has thickened.
- For the “meat” mixture, blend spelt, garbanzo beans, and seasonings in food processor until well blended.
- On high heat, lightly oil skillet with grape seed oil and sauté onions and peppers for 5 minutes.
- Add spelt/garbanzo bean mixture, along with alkaline “garlic oil” to skillet and cook for 10-12 minutes or until it starts to brown.
- Add 1 cup of spring and all other cheese ingredients to blender and blend until mixed well. If too thick, add 1/4 cup more water at a time until desired consistency is reached.
- Set aside 1 cup of tomato sauce, then pour remaining sauce into spelt/garbanzo bean mixture and mix well.
- Thinly slice mushrooms and zucchini lengthwise. You can build the lasagna out of sliced zucchini instead of pasta as a option as well.
- Begin building lasagna in glass dish by lightly coating bottom of the dish with tomato sauce. This is so the pasta doesn't stick to the pan.
 - Lay in pasta, zucchini, spelt/garbanzo mix, cheese, mushrooms, then pasta once again. Repeat this step until you have 4 layers of pasta.
 - Top off last layer of pasta with spelt/garbanzo mix and cheese, then pour remaining tomato sauce around the lasagna. Optional: Lightly sprinkle with dried basil.
 - Bake at 350°F for 35-45 minutes.
 - Allow to cool for 15 minutes before serving

·ENJOY

"GARLIC" SAUCE



Ingredients:

- * 1 cup Grape Seed Oil
- * 1/4 cup Shallots, minced
- * 1 tbsp. Onion Powder
 - * 1/2 tsp. Ginger
 - * 1/4 tsp. Sea Salt
 - * 1/4 tsp. Dill
 - * 1 Glass Jar
- * Stick Blender (optional)

METHOD

- Add minced shallots, oil and seasonings to glass jar and shake well
- Allow to set at least 1 hour before using and store in refrigerator.
- Enjoy your Alkaline Electric Garlic Sauce!
- * If you blend the ingredients together with the stick mixer, you can use the sauce immediately.

· ENJOY

BBQ SAUCE

Ingredients:



- * 6 Plum Tomatoes
- * 2 tbsp. Agave
- * 1/4 cup Date sugar
- * 1/4 cup White Onions, chopped
- * 2 tsp. Smoked Sea Salt/Sea Salt
- * 2 tsp. Onion Powder
- * 1/2 tsp. Ground Ginger
- * 1/4 tsp. Cayenne Powder
- * 1/8 tsp. Cloves
- * Blender
- * Hand Mixer

METHOD

- Add all ingredients ,except date sugar, to blender and blend until smooth.
- Pour blended ingredients and date sugar into a saucepan at medium-high heat and stir occasionally until boiling.
- Reduce heat to a simmer and cover with a lid for 15 minutes, stirring occasionally.
 - Use stick blender to make the sauce smoother.*
- Simmer on low heat for 10 minutes or until water cooks off.*
- Allow the sauce to cool and thicken further before serving.

·ENJOY

FLATBREAD



Ingredients:

- * 2 cups Spelt Flour
- * 2 tbsp. Grapeseed Oil
- * 3/4 cup Spring Water
 - * 1 tbsp. Sea Salt
 - * 2 tsp. Oregano
 - * 2 tsp. Basil
- * 2 tsp. Onion Powder
 - * 1/4 tsp. Cayenne

METHOD

- Mix together flour and seasonings until well blended.
- Blend in oil and about 1/2 cup of water into the mix.
 - Slowly mix in water until it forms into a ball.
- Add flour to workspace and knead dough for about 5 minutes, then separate dough into 6 equal parts.
 - Roll out each ball into about 4-inch circles.
- Place in a un-greased skillet on medium-high heat, flipping every 2-3 minutes until done.

· ENJOY

DATE SYRUP



Ingredients:

- * 1 cup Dates, preferably pitted
- * 1 cup Spring Water
- * Blender

METHOD

- heat up spring water on stove top, then remove from heat.
- sit dates in the water for 15 minutes.
- pour water and dates into blender and blend for 1 minute or until smooth.
- if consistency is too thick, add about 1/4 cup of water and blend once again.
- store in refrigerator

·ENJOY!

RAISIN COOKIES



Ingredients:

- * 1 1/2 cups Spelt Flour
- * 1 1/2 cups Rolled Spelt or Rye flakes
- * 1 1/2 cups Dates, pitted
- * 2/3 cup Alkaline apple sauce
- * 1/3 cup Agave
- * 1/3 cup Grapeseed Oil
- * 2 tablespoons Sparkling Spring Water
- * 1/2 teaspoon Sea Salt
- * 1 cup Alkaline raisins
- * Food Processor
- * Baking Sheet

METHOD

- Mix spelt flour, dates and sea salt together using food processor until blended well.
- Transfer to a bowl; add rolled spelt flakes and remaining ingredients and mix.
- Roll spoon full amounts of cookie dough into a ball, then place on cookie sheet lined with parchment paper. Flatten with fingers or fork.
- Bake for 18–20 minutes at 350°F degrees.

· ENJOY

FRUIT PUNCH



Ingredients:

- * 1 cup Strawberries, frozen
- * 1 cup Blueberries, frozen
- * 1 cup Peaches, frozen
- * 1 cup Cherries, frozen
- * 6 cups Spring Water
- * 1/2 cup - 1 cup Agave*
- * Blender
- * Fine Strainer (optional)
- * Ice (option)

METHOD

- Add fruits, 1/2 cup agave and 2 cups of spring water to blender and mix for about 30 seconds.
- Pour mixture through strainer to remove possible seeds.
(Step is optional)
- Add mixture, ice, and remaining 4 cups of water to a large pitcher and stir.

·ENJOY

CHICKPEA OMLETTE

Ingredients:

- * 1/4 cup Garbanzo Bean Flour
- * 1/3 cup Spring Water
- * 1/4 tsp. Sweet Basil
- * 1/4 tsp. Onion Powder
- * 1/4 tsp. Sea Salt
- * 1/4 tsp. Oregano
- * 1/4 tsp. Cayenne Powder
- * 1/4 cup diced Roma Tomato
- * 1/4 cup chopped Onion
- * 1/4 cup diced Green Pepper
- * 1/4 cup chopped Mushrooms
- * Grapeseed Oil
- * Brazil nut cheese (optional)



METHOD

- Whisk together flour, water, and seasonings in a medium-sized bowl.
- Add about 1 tsp. of grapeseed oil in your skillet on medium heat.
- Add a spoonful of each vegetable (and tomatoes) to the skillet and lightly saute for 2–3 minutes.
- Pour the “egg” mixture into the skillet and let it cook for 3–4 minutes before flipping.
- While it is cooking, slightly lift the sides of the omelet and tilt the skillet towards the lifted area so the mixture can get to the bottom of the skillet to cook.
- Use your spatula to flip the omelet, then add some Brazil nut cheese on half of the omelet and fold it over.

· ENJOY

APPLE SAUCE



Ingredients:

- * 3 cups peeled, chopped apples
- * 3 tablespoons agave
- * 1 teaspoon lime juice
- * 1/8 teaspoon cloves
- * 1/8 teaspoon sea salt
- * 1/2 cup strawberries* (optional)
- * 1 teaspoon Sea moss gel (optional)
- * spring water (optional)
- * blender

METHOD

- Add chopped apples to blender, along with salt, cloves, lime juice and agave.
- Pulse using blender to reach desired consistency.
- Pulse in strawberries until well blended.
- Add 1 tablespoon of spring water at a time, if it's not blending well.
- Serve and enjoy! Store leftovers in refrigerator.

RICE SUPRISE

Ingredients:

200 ml full-fat coconut milk (canned variety, not milk alternative type)

100g wild rice

40ml date syrup

1 teaspoon ground cinnamon

¼ teaspoon ground ginger

1 pinch Himalayan salt

1 tablespoon coconut oil

1 tbsp raw hempseeds

1 tbsp sunflower seeds

1 tbsp pumpkin seeds

1 tbsp coconut flakes,

2 handful of fresh (or frozen) blueberries

Coconut yoghurt to serve



METHOD

Pour the coconut milk into a saucepan along with 125ml of filtered water and then stir in the rice and bring to a boil.

Once boiling, reduce to a simmer and let gently cook away for 20 minutes.

Now add the date syrup, ginger, cinnamon, salt and coconut oil and stir this all through.

Simmer for another couple of minutes or until the rice is tender, and then add the hemp seeds and coconut flakes.

Serve into bowls and top with the berries and coconut yoghurt.

QUINOA PATTIES



Ingredients:

- 2 cups quinoa, cooked
- 1 teaspoon hempseeds
- 4 bell mushrooms
- ½ teaspoon sea salt
- ½ teaspoon dry sage
- 1 teaspoon dry savory
- 1 teaspoon dry thyme
- 1 teaspoon onion powder
- Achiote
- ½ teaspoon cayenne pepper (optional)
- Chickpea flour (optional)
- 2 tablespoon grapeseed oil

METHOD

Pre-heat oven to 400F / 200C.

In a medium bowl, combine the quinoa, hempseeds, bell mushrooms, sea salt. Stir in the dry sage, dry savory dry thyme, onion powder, achiote, Cayenne pepper and mix well. Stir in the chickpeas flour and combine into a thick batter (add enough to create the consistency you want).

Roll the batter so the quinoa coats the outside of the balls, then press each with your palms to form patties. Place on parchment paper and cool for 15 minutes.

Transfer the patties onto the pre-heated baking sheet. Sprinkle a little grapeseed oil on top and bake for about 15 minutes.

Flip and bake each side for another 10 minutes until the outside is a bit firm.

Let cool and serve with toppings.

ALKALINE PICO DE GALLO

Ingredients:

Tomatoes,
onion,
cilantro,
habanero,
lime juice,
salt,
avacado,
black pepper



METHOD:

Stir tomatoes, onion, cilantro, habanero, lime juice, avacado, salt, and pepper together in a bowl and enjoy! Add to burgers, flatbreads or anything of your choice

STRAWBERRY SPELT EMPENADAS



Dough Ingredients:
2 Cups White unbleached
spelt flour
1/4 cup avocado oil
1/2 tsp sea salt
1/2 cup spring water

Filling Ingredients:
Sea Moss Gel
Thawed Agave
Strawberries

METHOD:

Blend together filling ingredients and break down into a chunky jam and let cool. Mix dough ingredients together and combine until it matches the consistency of raw dough. Roll it out and cut into circles/ squares and add filling. Seal With a fork and brush with agave syrup for colour (optional) bake in oven on 400 degrees fahrenheit and enjoy!

BLUEBERRY SPECIAL MUFFINS

Ingredients:

- 1 cup chickpea flour
- 2/3 cup spelt flour
- 3/4 cups of perrier water
- 6 tbsp agave
- 2 tbsp grapeseed oil
- Pinch of sea salt
- 1 cup of blueberries



METHOD:

Combine all ingredients and pour into a greased muffin tin greased with olive oil butter substitute or grapeseed/ avacado oil

ONION RINGS



Ingredients:

1 cup of chickpea flour
Diced onions
Green pepper
Mushrooms
Sea salt
Onion powder
Cayenne powder
Grapeseed oil
Dill

METHOD:

Add chickpea flour into a bowl. Then add water and stir batter. If batter is too thick add more water. (you want a nice medium thickness not too thick or too thin). Next add your seasonings and stir. Now add veggies and stir into balls which you then press into patties add grapeseed oil to a medium heated pan. Drop patties into the pan and cook for 2 minutes on each side

⊕ OLIVE ⊕ OIL “BUTTER”



Ingredients:

⊕ Olive oil
⊕ Onion powder
⊕ Sea salt
⊕ Basil
⊕ Cayenne powder
⊕ Storage container

METHOD:

Pour some olive oil into a small container.(about a third of the container). ⊕ Optionally add seasoning and sea salt to flavour and stir. Place in the freezer overnight. The next morning remover from freezer to soften and spread away

ALKALINE BROWNIES



Ingredients:

- 1 and a half cup of spelt flour
- 1 cup of powdered black sesame seeds
- 1 and a half cup of date syrup
- Half a tsp of date sugar
- Pinch of sea salt
- Half a cup of grapeseed oil
- 2 third cups of agave
- 1 cup od perrier water

METHOD:

Mix all ingredients in a bowl into a smooth paste brownie like mixture the pour into a baking tin. Bake for 15–20 minutes and enjoy!

ALKALINE BLUEBERRY MUFFINS



Ingredients:

- 3.5 cups spelt flour
- 3 smashed bananas
- 1 cup of walnuts
- 1/4 cup of date syrup and oil
- 3/4 of perrier water
- Pinch of salt
- Spring water
- 1/2 cup of agave

METHOD:

In a bowl add bananas, date syrup, agave, oil and mix together well. Add in the flour and the salt and mix again. Now add the water to make a nice paste consistency. Pour into greased muffin tins (greased with our butter substitute). Bake for 20 minutes and enjoy!

PANCAKES



Ingredients:

1 plantain
1cup coconut
2 cup avocado oil
Pinch of sea salt

METHOD:

Blend all of the ingredients in a food processor or blender. Fry on a medium heat in grapeseed oil or avocado oil frying each side for 3-4 minutes. Serve with agave syrup and enjoy!

SPELT GRANOLA



Ingredients:

- 2 cups of spelt flakes
- 1/2 cup of chopped dried seeded fruit
- 1/2 cup of chopped walnuts
- 1/4 cup of hemp, pumpkin and/or sesame seeds
- 1/2 cup of dried coconut flakes
- 1/2 tbsp of sea salt
- 4 tbsp of agave syrup
- 2 tbsp of avocado oil

METHOD:

Preheat oven to 300°F. Mix all the ingredients together in a large mixing bowl. Stir with a large spoon or hands until the dry ingredients are covered in the oil, sea salt and agave syrup. The mixture will be sticky and messy if you was thinking about using your hands so I don't recommend! Spoon out the mixture evenly onto a baking sheet. Bake for about 8-10 minutes until it's slightly toasted and enjoy!

BANANA WALNUT BREAD



Ingredients:

- 4 baby burros
- 1/2 cup of spelt flour
- 1/2 cup of teff flour
- 1 cup of perrier
- 1 cup of agave
- 1 cup of soaked walnuts
- 1 tsp sea salt
- 1 tsp grapeseed oil

METHOD:

Mash burros in a big bowl with your agave and grapeseed oil. Blend dry ingredients separately then combine the two mixtures together. Pour into a loaf pan greased with olive oil spread and bake for 40 minutes at 350°F you know it's done when knife inserted comes out clean!

ALKALINE PIZZA POCKETS



Ingredients:

- Mushrooms
- Tomatoes
- Onions
- Fennel seeds
- Basil
- Oregano
- Sea salt
- Spelt flour
- Grapeseed oil
- Onion powder
- Spring water

METHOD:

Heat up a frying pan with grapeseed oil on a medium heat and add mushrooms, onions, tomatoes, fennel seeds, basil, oregano and sea salt. Add a dash of water and stir consistently until cooked. For the dough combine spelt flour, grapeseed oil, onion powder, sea salt and spring water and mix until a dough like texture. Roll out the dough and cut into squares and fill half of each square with the filling then fold over the other Half and seal by pressing down on it with a fork. Bake in the oven for 20 minutes at 350°F and enjoy!

ALKALINE COOKIES



Ingredients:

- 4 cups of cooked quinoa
- 2 cups of garbanzo bean flour
- 2 tsp onion powder
- 2 tsp Himalayan salt
- 1 1/2 tsp cayenne powder
- 3 spring onions chopped

METHOD:

Combine all of the ingredients in a bowl and after you've mixed it up well form in to desired shapes, fry in grapeseed or avocado oil and enjoy!

TAHINI COOKIES



Ingredients:

- 1 cup of walnuts
- 1 cup of kamut puffs
- 1/4 cup of hemp seeds
- 6 tbsp of tahini
- 4-5tbsp of date syrup
- 1/4 of sea salt

METHOD:

Mix up all of your ingredients into a bowl and bake for 8-10 minutes at 350°F and enjoy! (optional) add agave syrup over the top.

ALKALINE “SAUSAGES”



Ingredients:

Chickpeas
Kamut
Bell peppers
Onions
Garbanzo bean flour
Plum tomatoes
Seamoss gel
Your choice of dr sebi
approved seasonings
Spring water
Grapeseed oil

METHOD:

Blend up your chickpeas with kamut, bell peppers, onions, garbanzo bean flour, tomatoes, sea moss gel, and approved seasonings. Then mold into sausage shapes then fry in grapeseed oil until golden brown on each side and enjoy!

MANGO SORBET



Either buy frozen mangos or cut and freeze two mangos for 8 hours prior to blending then add 1/4 cup of agave and 1/2 cup of coconut milk blend freeze for a few hours and enjoy!

TAHINI FUDGE



Ingredients:

12 pitted dates, soaked 30 minutes
½ cup tahini
¼ cup coconut oil, softened
dash of salt

Drain dates.

Combine dates with all ingredients in blender until smooth.

Line a baking sheet with parchment paper.

Spread mixture out on parchment paper.

Use hands to form rectangle about $\frac{3}{4}$ " thick.

Place in freezer for 45 minutes to set.

Remove and slice into squares.

Store in freezer and enjoy!

BLACKBERRY JAM



Ingredients:

agave nectar
key lime juice
sea moss gel
blackberries

Rinse your blackberries. Then grab a medium-size pot and add your berries over medium-high heat. Stir your blackberries until liquid from the berries starts to release.

Once the blackberries begin to breakdown, grab your immersion blender to break down any remaining large pieces. Next add your agave nectar, key lime juice, and sea moss gel. Stir until your jam starts to thicken or for 1 to 2 minutes over medium-low heat. The sea moss gel will thicken the jam pretty quick. Remove from heat and enjoy!

ALKALINE ENERGY BOOST SMOOTHIE



Ingredients:
banana
blueberries
flax seed or
hemp seed
hemp milk
water
ice
cucumber (Optional)

Place banana, blueberries, cucumber (optional), flax seed or hemp seed, ice, hemp milk and water all in a blender and blend until smooth enjoy!

WALNUT BUTTER



Ingredients:

Walnuts
Sea salt
Grape seed oil
Agave nectar

Grind 2 cups of walnuts in food processor until it's a sticky paste like texture then add 1/4 tsp of sea salt, 2 tbsp of grapeseed oil and a little bit of agave to sweeten then mix until a butter is formed and enjoy!

BANANA WRAPS



Ingredients:

3 Bananas
Avocado Oil

Chop the bananas and add them to a blender with avocado oil/ hemp oil and spoon onto a baking tray lined with baking paper and bake for 10–15 minutes serve and enjoy!

CARAMEL DETOX TEA



Ingredients:

chicory root
dandelion root
water
hemp milk (optional)
agave nectar (optional)

Add chicory root and dandelion root to a medium to low heated pan and fry for about 5–10 minutes this smells so amazing just like Carmel Finely crush or blend up roots too a powder and serve with just hot water or you can add a dash of your favourite approved hemp milk and
ENJOY!

BANANA ROASTIES



Ingredients:

4-5 Burro Bananas
Avocado Oil

Peel and chop 4-5 burro bananas into 3 slices and fry in avocado oil on a medium heat until golden. Smash between grease proof paper with a flat surface and refry in your avocado oil until crispy and enjoy

AIR FRIED OKRA



Ingredients:

250g Okra
key lime
onion powder
basil
thyme
oregano

Get your okra and coat in key lime juice and season with onion powder, basil, thyme and oregano place in air fryer for 10–15 minutes on fry at 180° and enjoy!

MUSHROOM (CHICKEN ALTERNATIVE) SKEWERS



Ingredients:

- 2 portobello mushrooms
- 1/2 cup Alkaline Barbecue Sauce
- 1/4 cup spring water
- 1 tsp. sea salt
- 1 tsp. onion powder
- 1/2 tsp. cayenne
- grapeseed oil
- basting brush
- Skewers

Scrape gills off the underside of each mushroom cap to avoid an earthy taste and slice mushrooms about 1/2 inch apart. Add mushrooms to a large container and add seasonings, water, and most of the barbecue sauce. Cover with a lid, shake, and store in refrigerator for about 6-8 hours. Flip container over every 2 hours. Take a skewer and push through 3 mushrooms around the middle, add other skewer, then add about 2-3 more slices. If any slices break, you can cook them as riblets. On medium heat, brush griddle with oil, and cook ribs for 12-15 minutes, flipping every 3 minutes. Brush with more barbecue sauce if desired every few flips and enjoy!

MANGO SAUCE



Ingredients:

- 1 cup of cut mangos
- 2 large apples
- 2 juiced key limes
- 2 tbsp agave
- 1/2 spring water or orange juice

add agave blend well and set aside.

Next add your apples (cored out and peeled)
and then your orange juice or

spring water blend on a low speed if you
want your sauce to be a little chunky

however if you want it to be smooth blend on high
and enjoy!

WALNUT MEAT



Ingredients:

- 1 cup walnuts
- 1 plum tomato
- 1/2 tsp sea salt
- 1/2 tsp onion powder
- 1/2 tsp ginger
- 1/2 tsp cayenne powder
- 1 tsp grapeseed oil

Soak walnuts in spring water for 6–8 hours and combine the soaked walnuts and tomato with seasoning in a blender and enjoy!

WALNUT CREAM



Ingredients:

- 1 cup of walnuts
- 2 cups of spring water
- 6 pitted dates
- 1/4 tsp vanilla
- A pinch of sea salt

Blend all these ingredients on a high speed until your happy with the consistency, enjoy!

HEMP MILK



Ingredients:

hemp seeds
water
agave nectar
(optional)

Combine all of the ingredients in a high speed blender and blend until smooth. You can store in a refrigerator for up to 36 hours enjoy!

HUMUS



Ingredients:

- 1 cup chickpea
- 1 cup avocado oil
- A bunch of dill
- 1/2 tbsp of ground sesame seeds

Blend all of the ingredients about until smooth and hummus like and enjoy!

TORTILLA CHIPS



Ingredients:

- 1/2 cup of chickpea flour
- 1 cup of water
- 1/2 tsp sea salt
- 1 tsp of cayenne powder,
- 1 tsp of onion powder
- 1 tsp of dried parsley

mix all the ingredients together and roll out flat depending on weather you want tortilla chips or tortilla wraps you need to either keep the mixture in balls and flatten to fry for about 2-3 minutes on a medium heat or just simply cut into shapes and bake until crisp and enjoy!

FRUIT LOAF



Ingredients:

- 6 burro bananas
- 1/2 cup of agave
- 3tbs grape seed oil
- 1/2 cup of spelt flour
- 1/4 tsp of salt
- 1/2 cup of walnuts
- 1/2 cup of blueberries

Mash up 6 burro bananas and add 1/2 a cup of agave add 3 tbs of grapeseed oil and then in a separate bowl mix 1 1/2 cup of spelt flour and a 1/4 tsp of salt and then combined with wet ingredients and add 1/2 cup of walnuts and 1/2 cup of blueberries and put the mixture in a loaf tin and bake at 350°F for 45 minutes and enjoy!

CHURROS



Ingredients:

- 1 cup of water
- 2 cups of spelt flour
- 1 cup of walnut milk
- 1/4 tbsp sea salt
- 1/2 cup grapeseed oil
- 1 cup of aquafaba

To a medium heated pot add your water, milk, salt and grapeseed oil you must then bring this to boil when this starts to boil add your flour and mix thoroughly with a wooden spoon until a very smooth ball you want to mix ALL the lumps out then after it's cooled add your aquafaba and let it cool further once your dough is cooled completely add carefully into your piping bag and just lightly push on it to see what shape your churros will turn out like and add your favourite oil to a deep pan and bring to a relatively high heat once oil is about 300 - 400°F start piping in your churro and then fry them until golden brown (these can also be done on a greasy baking sheet in the oven) enjoy!

CHICKPEA CURRY

Ingredients:

2 cups of raw chickpeas (soaked for 4-8 hours)

3-5 large plum tomatoes

1 large onion

1 butternut squash

2 tsp fennel seeds

2 tsp dried thyme

2 tsp basil

2 tsp ginger powder

2 tsp onion powder

2 tsp sea salt

2 tsp cayenne powder



Rinse your chickpeas thoroughly about 3-4 times and slice up your tomatoes and onion, peel and cut the squash into large bite sized pieces. Fry the onion in your favourite approved oil and add your fennel seeds followed by your thyme and basil you then stir continuously then let simmer for a minute. Now add your tomatoes to the pan let your pan simmer on a low heat for 8-10 minutes then add your ginger, onion powder, sea salt and cayenne powder stir in the seasonings and add your chickpeas and butternut squash followed by 4 cups of water and let boil for an hour after you've finished boiling add some of your curry to a blender and add the majority of the now flavoured water and blend into a paste which you then add to the curry to thicken it and enjoy!

WALNUT COOKIES



Ingredients:

- 12 dates
- 1/2 cup of hemp seeds
- 1/2 cup of walnuts
- 1 1/2 cup Spring water
- 2/3 cup agave
- 2 cups of Spelt flour
- 2/3 cup of grapeseed oil

Mix all the ingredients together and then roll out flat then cut out circles and place on a baking sheet on a baking tray and bake at 400°F for 10–15 minutes and enjoy!

SPELT TORTILLA WRAPS



Ingredients:

1cup of slept flour
1 tbsp of olive oil
1/2 cup of water
Pinch of salt

Mix all the ingredients together to form a stiff but pliable ball and then separate into 4-5 walnut sized balls. Roll out each of the balls real thin and coat in spelt flour and fry in a pan with some more olive oil on a medium heat for about 3-5 minutes on each side and enjoy!

SAUCY ZOODLES

Ingredients:

- 2 zucchinis, spiralized
- 1 cup edamame, shelled and cooked
- Bell peppers
- Sauce–
 - 1 ripe avocado
 - 1/2 cup kale
 - 1/4 cup fresh cilantro
 - Juice of 1 lime
 - 1/2 cup spring water
 - 1 tsp agave nectar
 - 1/4 tsp sea salt or pink salt
 - 1/4 tsp black pepper



Start by spiralizing the zucchini put them in a bowl. In a food processor, blend up all ingredients for the creamy avocado lime sauce until smooth. Transfer sauce into the large bowl and toss with the zoodles and enjoy!

SUPERCHARGER SALAD

Ingredients:

1cup watermelon

1cup cucumber sliced

1/2cup raspberries

1 sliced avocado

1 cup papaya

1/2cup toasted walnuts

4 cups baby kale

dressing-

1/2cup olive oil

4 dates

pinch of sea salt

1/4cup onion, chopped

1 cayenne pepper, chopped

1/3cup fresh ginger, chopped

juice of 1 lemon



Mix all ingredients together except walnuts

Dressing-

Mix all the dressing ingredients and olive oil and salt together. Add dates then put in a blender and blend until smooth.

Ensemble your salad and enjoy!

SWEET POTATO TORTILLAS



Ingredients:

3/4 cup of mashed sweet
potato
1cup of spelt flour

In a mixing bowl combine your two ingredients until it forms a dough and separate the dough into 5-7 balls which you can now roll out flat to form tortillas. Cooked tortillas on a high heat cooking for 1 minute on each side and enjoy!

COCONUT MILK



Ingredients:

- 3 cups of raw coconut water
- 1 cup of coconut meat
- 2 tbsp of melted coconut oil
- 3-6 pitted dates
- Pinch of sea salt

Blend all the ingredients into a blender and blast on high for 30-60 seconds until smooth and creamy and enjoy!

SPECIAL SUSHI



Ingredients:

- 1 cucumber
- 1 avocado
- 1cup of kale leaves
- 1-2 tbsp fresh lemon juice
- 1-4 tsp sea salt
- 1/4 tbsp ground cumin
- Pinch of cayenne powder
- Sprinkle of paprika

Remove the outer skin of your cucumber and slice into long thin strips. Then in a bowl mash up your avocado with your remaining ingredients, once you've done that you can now assemble your sushi but putting a small amount of your on your cucumber slices and roll them like sushi enjoy!

AVACADO WATERMELON SALAD



Ingredients:

- 4 cups chopped watermelon
- 2 cups chopped avocado
- 6 tbsp olive oil
- A selection of your favourite approved spices

Toss All Ingredients In A Large Bowl
And Enjoy.

Optional: Squeeze Lime Over Salad

STRAWBERRY SORBET



Ingredients:

- 4 1/2 cups fresh strawberries
- 1/4 cup date syrup
- 1/4 cup spring water
- 1tbsp lime juice

Blend all ingredients together and place in a rectangular container and freeze for 3–5 hours
enjoy!

WATERMELON SORBET



Ingredients:

- 1 1/2 cups of banana
- 1/2 lime
- 6 cups of watermelon
- 1 tbsp date syrup

Blend all ingredients together and place in a rectangular container and freeze for 3-5 hours enjoy!

KALE CRISP



Ingredients:

Kale
Avocado Oil
Salt

Wash and dry your kale then add kale to a large bowl then toss olive oil and salt. Spread kale on a large baking sheet making sure no pieces are over lapping
bake for 15–20 minutes until crispy

JAMAICAN CALLALOO



Ingredients:

- 4 cups of callaloo chopped
- 1tbsp olive oil
- 2spring onion
- 2 sprigs thyme
- 1 medium tomato
- Sea salt
- 1 scotch bonnet pepper
- 1/4 tsp cayenne powder
- 2 tbsp spring water

Rise the callaloo and strip the outer layer of the callaloo stem then cut the leaves and stem of callaloo and set aside now put the remaining ingredients into a medium heated pan cover up and and leave for 5-10 minutes then add your callaloo at this point you might want to add some water let cook for 5 minutes serve and enjoy!

RAVIOLI

Ingredients:

2 cups Mushrooms, sliced
1 cup Garbanzo bean flour
1 cup Kale, chopped
1/3 cup Green Bell Pepper, diced
1/3 cup Red Bell Pepper, diced
1/3 cup Onions, diced
1 Roma Tomato
1 tbsp Onion Powder
2 tsp Basil
2 tsp Oregano
2 tsp Thyme
2 tsp Fennel Seeds
2 tsp Dill
1 tsp Ginger
1 tsp Sea Salt
1/2 tsp Cayenne Powder
1/2 tsp Crushed Red Pepper

Food Processor

Dough-

1 1/2 cup Spelt Flour
1/2 cup Garbanzo Bean Flour
3/4 cup Spring Water
1 tsp Sea Salt
1/2 tsp Oregano

1/2 tsp Basil

Cheese-

1/2 cup Soaked Brazil Nuts (Soaked for a few hours)
1/2 cup Spring Water
2 tsp Onion Powder
1 tsp Sea Salt
1/2 tsp Cayenne
1/2 tsp Oregano

Blender (Blending Cup Preferred)

RAVIOLI

Add all filling ingredients except garbanzo bean flour to food processor, blend for 30 seconds, then mix in flour until well blended.

On a medium heat, lightly coat cast iron skillet with grapeseed oil. Spread out ravioli filling, cook for 3–4 minutes on one side, then flip and cook for another 3–4 minutes. Break up filling and cook for a few more minutes, then set it aside in a bowl. Add all cheese ingredients to blender and blend until smooth. Add more spring water if too thick. Pour all dry dough ingredients into food processor, blend for ten seconds, then slowly add water while blending until dough forms into a ball. (If you do not have a food processor, mix together in a bowl and knead until formed into a ball.) Roll 1/4 of the dough in hands, then roll out dough on a floured surface; adding more flour as needed. Mix together cheese and filling in the bowl, and spoon mixture on one side of the dough about 1/2 inch apart. Fold dough over and pat down around filling, cut out ravioli with pastry cutter, then make sure each ravioli is sealed. (Ravioli can be frozen and saved for later at this point. Bring spring water, with a little bit of oil and sea salt added, to a boil then cook ravioli for 4–6 minutes. Once done, strain ravioli and allow to cool before serving and enjoy!

NATURE WRAP



Ingredients:

Big collard green leaves
Sun dried tomatoes
Avocados
Plum tomatoes
Red onions
Mushrooms
Cucumber
Oregano
Sweet basil
Cayenne pepper
Sea salt
Agave
Paprika

Cut up your ingredients and assemble wrap with the collard leaf being the base and enjoy!

ALKALINE GRANOLA



Ingredients:

- 2 cups spelt oats
- 8 pitted dates
- 1 cup of walnut chopped
- 2 tbsp hemp seeds
- 1 tbsp raisins
- 1 tbsp sesame seeds
- 1 tbsp quinoa
- 1/2 cup puffed kamut
- 2 tbsp date syrup
- 1 tbsp tamarind paste
- 1 tbsp grape seed oil
- 1 tbsp sea salt
- 1 tbsp date sugar

Combine contents in a medium sized mixing bowl and place on a baking sheet to bake for 10-12 minutes at 400°F enjoy!

ALKALINE CARAMEL SAUCE



Ingredients:

- 2 cups of full fat coconut milk
- 1 cup of raw agave nectar
- Pinch of sea salt (for salted caramel taste)

Cooking the ingredients on a low heated pan stirring continuously For about 35 minutes until thickened condensed milk and enjoy!

NUTTY TRUFFLES



Ingredients:
1 cup of Brazil nuts
1 cup of tart dried cherries
1 cup pitted dates
1 tsp sea salt
1 cup of agave

First you need to blend up your nuts in a blender then add the rest of your ingredients and blend for a further 5 minutes and form the mixture into small truffles and enjoy!

PEAR AND WALNUT CAKE



Ingredients:
3 cups of spelt flour
4 pears (peeled, cored and chopped)
8tbsp aquafaba
1 1/2 cup of agave
1/2 tsp sea salt
1 tbsp ginger
1 cup of grapeseed oil
1 cup off walnuts chopped

Combine all of the ingredients but the walnuts and pear until you have a thicker than normal cake batter consistency now you can spoon in your pears and walnuts then bake in a oven preheated at 350°F
bake for 1 hour and enjoy!

SAUCY SHERBET



Ingredients:
1 cup of fresh mango
1 cup off frozen
peaches
1 cup off strawberries
1/3 cup of coconut
milk
1/2 cup off coconut
sugar

Add all the ingredients to your blender and blend on high until smooth, it's as easy as that enjoy!

QUINOA STUFFED MUSHROOMS



1 cup of quinoa
1 finely chopped red pepper
2-3 sliced spring onions
Brazil nut cheese
As many whole mushrooms as u like
Sea salt
Spring water
Your favourite approved spices

Add your desired spices to 6 cups of spring water including the sea salt which you then cook your quinoa in.

Now take the stems off your mushrooms and add the pepper and cheese to your cooked quinoa which you can now stuff your mushrooms with cook at 350° F for 10 minutes. Sprinkle with your spring onions and enjoy!

MUSHROOM AND ONION GRAVY



Ingredients:
8 ounces of chopped mushrooms
1/2 a large onion
1 tsp sage
1 tsp oregano
1 tsp onion powder
1 1/2 tsp sea salt
Pinch of cayenne powder
3 tbsp grape seed oil
Spring water

Add your oil into a pan and let it heat on a medium heat. To ensure the heat is hot enough add a small piece of onion to the pan and if it sizzles then it the right temp! Now add your onions and mushrooms with all your seasonings and let it fry until the onions are translucent. Now you can add your water to the pan and let it simmer (for a thicker gravely blend up an onion and add to the water mixture and let simmer for about 5-10 minutes and enjoy!

PEANUT BUTTER



Ingredients:

Tahini
Agave
Ginger powder
Pinch of sea salt

Mix Well And Enjoy!

SEA MOSS FRUIT PUNCH



Ingredients:

- 1/2 cup sea moss
- 2 large apples
- 1 lemon
- 2 oranges
- A handful of ice (optional)

Add all ingredients into a blender and blend until desired consistency and enjoy!

STRAWBERRY SLUSHY



Ingredients:

1-2 tbsp of sea moss
4-6 fresh strawberries
1 cup coconut water
1-2 tbsp of agave syrup
1 cup ice

Add all ingredients into a blender
and blend until desired consistency
and enjoy!

RANCH DRESSING



Ingredients:

- 5-6 tbsp hemp seeds
- 1-2 tbsp coconut oil
- Dash of cayenne powder
- Dash of dill
- Ginger
- Onion powder
- Sea salt
- 1 tsp parsley
- 1 juice of a lime
- Spring water

Put all ingredients into to a blender and blend on high for 1-2 minutes and enjoy!

GRANOLA BAR



Ingredients:

3/4 cup of dates

1/4 cup of tahini butter

2 1/2 cup of kamut puffs

1/4 cup of walnuts

1/4 cup of sesame seeds

1/4 cup of currants

Combine all ingredients and spread evenly in a baking dish and bake for 10-12 minutes and enjoy!

CROUTONS



Ingredients:
Sourdough spelt bread
Basil
Thyme
Oregano
Olive oil
Avocado oil
Sea salt

Cut your bread into small cubes and toss in seasonings bake in oven for about 10 minutes and enjoy

CHICKPEA TOFU



Ingredients:
1 cup chickpea flour
3/4 cup spring
Cumin
Sea salt
Onion powder

Put water and chickpeas into a blender and blender and add to a small pot to a medium heat making sure you stir constantly the water will dissolve and the chickpeas will turn into a thick paste then need to flatten this paste into a baking tin and refrigerate overnight. Serve, however desired and enjoy!

CINNAMON APPLE PORRIDGE



porridge
2 apples
1 cup quinoa
2 cups spring water
Cinnamon

Peel and chop your apples then in a heated pan boil your quinoa then add your chopped apples and cinnamon bring to boil and let simmer for 10–20 minutes and enjoy!

AVOCADO SUSHI



Ingredients:

1 avocado

1 juice of a lime

1/3 cup agave

Sea salt

A selection of your
favourite approved
seasonings

Cucumber

Tomatoes

Onions

Mushrooms

Nori

Chop all your veggies and mush up your avocado with your seasonings then spread the avocado spread on the nori add the veggies roll up and enjoy!

SPRITE



Ingredients:
Sparkling water
Key lime juice
Small amount of agave

Blend up all those
ingredients and enjoy!

SEAMOSS LEMONADE



Ingredients:
1 cup sea moss
1/2 agave nectar/date
syrup
1 1/2 lime
3 cups of spring water

Combine all ingredients in a blender and
blend on high for 5 minutes and enjoy!

BLUEBERRY WAFFLES



Ingredients:
2 cups spelt flour
1 cup coconut milk
1/4 tbsp salt
1 cup spring water
1/4 cup agave
3 tbsp grapeseed oil
1 cup blue berries

Combine all ingredients in a large mixing bowl then scoop out your batter into your waffle maker bake for 10-12 minutes and enjoy!

SECRET SCRAMBELLED EGGS



Ingredients:

The “eggs”

1 cup chickpea flour

1/3 cup spring water

1/4 tbsp sea salt

1/4 tbsp basil

⊙ Onion powder

⊙ Oregano

Cayenne powder

Veggies-

Bell peppers

⊙ Onion

Spring onions

Mushrooms

Tomatoes

Sautéed your veggies in grapeseed oil with approved seasonings of your choice. The whisk together chickpea flour water and the seasonings listed above pour over the veggies and let cook for a few minutes before scrambling and enjoy!

CEREAL



Ingredients:

- 1/3 cup of apple powder
- 1/4 cup of ginger powder
- 1/3 cup agave
- 1 1/2 cup kamut puffs
- 4-6 tbsp of grapeseed oil

Preheat your oven to 250°F and then a large bowl combined all your ingredients place on a baking sheet and into the oven it goes for 10 to 15 Minutes

BURRO BANANA BITES



Ingredients:
3 Burros bananas
1 red onion
3-4 spring onions
Pinch of sea salt
2-3 tbsp oregano
1-2 tbsp onion powder
Spring water

Make bananas at 400°F for 20-30 minutes then peel your bananas and add to the remaining ingredients in a large bowl then form small patties which you can then fry in avocado, oil for a crispy finish enjoy!

WALNUT SAUCE



Ingredients:
Walnut sauce
1 cup spring water
1 cup walnuts
4 limes
1/2 tbsp salt
1-2 tbsp onion powder
A pinch of basil

Add all your ingredients into a blender and add a cup of spring water and then blend on a high, until smooth and creamy enjoy!

CHICKPEA STEW



Chickpea stew
1 cup of chickpeas
1 onion
1 bell pepper
And a selection of your
favourite approved spices

Boil chickpeas, until tender set aside
sautéed onions and pepper once chickpeas
are boiled put into a pan with your onions
and peppers and let simmer for 5-10
minutes serve with cooked quinoa and
enjoy

DATE CARAMELS



Ingredients:
6-8 pitted dates
1-2 cups of Brazil nuts
1 cup of coconut oil
1 tsp sea salt

Blend all the ingredients on high until smooth and spread evenly on a baking sheet. Freeze up to 5 hours And enjoy!

YOGHURT



Ingredients:
cup of soaked walnuts
2 soaked figs
1/4 cup of berries if your choice
1 tsp agave or date syrup
1 tsp key lime juice
1/2 cup of coconut milk

Put all ingredients in a blender and blend into a smooth paste and enjoy

LIME AND OLIVE OIL DRESSING



Ingredients:
1/4 juice of a lime
1/2 cup olive oil
1/8 cup spring water
1 tbsp agave syrup
1/4 tbsp basil
1/4 tbsp thyme
1/4 tbsp oregano
1/4 tbsp cumin

Put all ingredients together and
mix thoroughly and enjoy!

AVOCADO MAYONNAISE



Ingredients:
1 avocado
1/2 of a lime juice
1/4 tsp sea salt
1/4 cup olive oil

Scoop out the flesh of the avocado and blend with lime juice and sea salt and gradually all in your oil until smooth and enjoy!