

# 21 Day Purification Recipe Booklet



## Purification Recipes

### Original Shake Recipe:

- 8 oz. water (increase for desired consistency)
- 1 Tbs. high-quality oil (e.g. flaxseed oil)
- 1-1 ½ cups of your favorite fresh or frozen fruit or vegetables\* (optional)
- 2 rounded Tbs. (scoops) of SP Complete

### My Shake Recipe:

- 4 oz. water
- 4 oz. unfiltered apple juice, orange juice, carrot juice, etc.
- 1 Tbs. high-quality oil (e.g. flaxseed or coconut oil)
- 2 cups of your favorite fresh or frozen fruit or vegetables\* (optional)
- 2 rounded Tbs. (scoops) of SP Complete

### Banana Berry

- 4 oz. water
- 4 oz. unfiltered apple juice
- 1 Tbs. high-quality oil
- 1 banana
- 1 cup frozen strawberries
- 2 Tbs. of SP Complete

### Blueberries Wild

- 4 oz. water
- 4 oz. unfiltered apple juice
- 1 Tbs. high-quality oil
- 1 banana
- 1 cup frozen blueberries
- 2 Tbs. of SP Complete

### Peach Twist

- 4 oz. water
- 4 oz. orange juice
- 1 Tbs. high-quality oil
- 1 cup frozen peaches
- 1 cup frozen strawberries
- 2 Tbs. of SP Complete

### Berry Berry

- 4 oz. water
- 4 oz. unfiltered apple juice
- 1 Tbs. high-quality oil
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 2 Tbs. of SP Complete

### **Orange Blossom**

4 oz. water  
4 oz. orange juice  
1 Tbs. high-quality oil  
1 cup frozen strawberries  
1 banana  
2 Tbs. of SP Complete

### **Acai Smoothie**

4 oz. water  
4 oz. apple juice  
1 Tbs. high-quality oil  
1 packet of frozen acai blend  
1 banana  
2 Tbs. of SP Complete

### **Raspberry Pizzazz**

4 oz. raspberry juice  
4 oz. unfiltered apple juice  
1 Tbs. high-quality oil  
1 banana  
1 cup frozen raspberries  
2 Tbs. of SP Complete

### **Carrot Smoothie**

8 oz. carrot juice  
1 Tbs. high-quality oil  
1 banana  
1 cup frozen pineapple (optional)  
2 Tbs. of SP Complete

## Basic “Great Salad” Instructions

Many people do not understand what a really good, health promoting salad consists of:

- ♦ DO NOT use iceberg lettuce – it does not have any nutritional value.
- ♦ Use a variety of dark green, greens (see list below)
- ♦ Choose fresh, organic vegetables whenever possible – they taste better and have more nutritional value.

### GREENS:

- ♦ Romaine lettuce
- ♦ Red Leaf Lettuce
- ♦ Spinach
- ♦ Swiss Chard
- ♦ Kale
- ♦ Beet Greens
- ♦ Endive
- ♦ Radicchio
- ♦ Arugula
- ♦ Spring Mix
- ♦ Chicory
- ♦ Escarole
- ♦ Mache
- ♦ Mesclun
- ♦ Watercress
- ♦ Etc.

### VEGETABLES:

- ♦ Avocado
- ♦ Tomato
- ♦ Cucumber
- ♦ Zucchini
- ♦ Broccoli
- ♦ Cauliflower
- ♦ Corn
- ♦ Peas
- ♦ Sugar Snap Peas
- ♦ Onions
- ♦ Shredded Carrots
- ♦ Shredded Beets
- ♦ Etc.
- ♦ Radishes
- ♦ Sprouts (alfalfa, broccoli, etc.)
- ♦ Asparagus
- ♦ Green Beans
- ♦ Celery
- ♦ Bell Peppers
- ♦ Garlic
- ♦ Chives
- ♦ Mint
- ♦ Basil
- ♦ Cilantro

## Approved Salad Dressings

### **Italian Dressing**

½ cup Extra-Virgin Olive Oil

2 Tbs. Fresh Squeezed Lemon Juice

1 Tbs. Balsamic Vinegar

1 tsp. Fresh Basil

1 tsp. Fresh Parsley

½ tsp. Sea Salt

½ tsp. Fresh Oregano

Use a blender to combine the oil, lemon juice, vinegars, basil, parsley, salt, and oregano. Blend for 1 minute or until the dressing emulsifies.

### **Rosemary-Basil Vinaigrette**

1 Tbs. plus 1 tsp. Freshly Squeezed Lime Juice

1 Tbs. Balsamic Vinegar

1 Tbs. Honey

¼ cup tightly packed fresh Basil Leaves (about 24 medium leaves)

1 tsp. finely chopped fresh rosemary leaves

¾ tsp. sea salt

2/3 cup extra-virgin olive oil

Combine the lime juice, vinegar, honey, basil, rosemary, and salt in a blender and puree. With the motor running, slowly add the oil until emulsifies.

### **Creamy Raspberry Dressing**

¼ cup pure water

¼ cup Dijon mustard  
2 Tbs. Apple cider vinegar  
6 Raspberries, fresh or frozen  
½ cup olive oil

Combine the water, mustard, vinegar, and raspberries in a blender and puree. With the motor running, slowly add the oil until emulsified.

### **Strawberry Dressing**

10-ounces fresh strawberries

1 ½ large oranges, squeezed with pulp discarded (about ½ cup)

Use a blender to combine the strawberries and orange juice. Blend for 30 seconds until homogenous.

### **Red Wine Vinegar Dressing**

1 cup red wine vinegar

2 Tbs. honey

¼ cup dry mustard

1 ½ tsp. sea salt

4 cloves garlic, pressed

¼ tsp. pepper

¼ tsp. cayenne pepper

3 cups olive oil

Combine in blender and puree.

### **Basic Vinaigrette Dressing**

½ cup olive oil

¼ cup red or white vinegar

½ tsp. Dijon mustard

1/8 tsp. black pepper

Hint: substitute balsamic vinegar for the red or white vinegar. Add garlic or your favorite herbs as a variation.

### **Avocado Dressing**

1 Avocado

1 Tbs. Lemon Juice

1 Tbs. White Wine Vinegar

1 Tomato

1 tsp. Dijon Mustard

Salt and Pepper to Taste

Blend avocado pulp and remaining ingredients in a blender till smooth and creamy.

### **Heirloom Tomato Salad Dressing**

3 cups chopped yellow/orange heirloom tomatoes

1 generous sprig fresh basil leaves

1 tsp. Real salt

1/8 tsp. cayenne

2 cloves garlic

1/4 cup + 1 Tbs. apple cider vinegar

1/2 cup extra virgin olive oil

Put all ingredients into the blender, and blend a full minute until mixture is creamy. Pour into a narrow neck bottle and shake well before serving. Refrigerate leftovers. Keeps about 5 days. Makes 3 1/2 cups.

### **Greek Vinaigrette**

6 tablespoons extra-virgin olive oil

1 garlic clove, finely minced

½ teaspoon dried oregano, crumbled

½ teaspoon salt

¼ teaspoon pepper

2 tablespoons fresh lemon juice

1 teaspoon red wine vinegar

Whisk together oil, garlic, oregano, salt and pepper in a small bowl; whisk in lemon juice and vinegar. Use right away or refrigerate in an airtight container for up to 2 days.

### **Sherry Vinaigrette**

2 tablespoons sherry vinegar

1 small shallot, minced

1 teaspoon Dijon mustard

½ teaspoon salt

¼ teaspoon pepper

6 tablespoons extra-virgin olive oil

Combine vinegar, shallot, mustard, salt and pepper in a small bowl. Add oil in a slow, steady stream, whisking until dressing thickens. Use right away or refrigerate in an airtight container for up to 2 days.

### **Fresh Raspberry Vinaigrette**

½ cup fresh raspberries

2 tablespoons water

3 tablespoons red wine vinegar

1 shallot, minced

¾ teaspoon salt

½ teaspoon pepper

½ cup extra-virgin olive oil

Puree raspberries and water in a blender; strain into a bowl. Stir in vinegar, shallot, salt and pepper. Add oil in a slow stream, whisking until dressing thickens. Use right away or refrigerate in an airtight container for up to 2 days.

## **Italian Dressing**

¾ cup extra-virgin olive oil

4 tablespoons red wine vinegar

2 tablespoons fresh lemon juice

2 garlic cloves, pressed

3 tablespoons minced fresh parsley

1 tablespoon minced fresh basil

2 teaspoons dried oregano

½ teaspoon red pepper flakes

¼ teaspoon salt

¼ teaspoon pepper

Combine oil, vinegar, lemon juice, garlic, parsley, basil, oregano, red pepper flakes, salt and pepper in a jar with a tight-fitting lid; shake vigorously. This can also be done in a blender. Use right away or refrigerate in an airtight container for up to 3 days.

## **Raw Vegetable Recipes**

### **Crunchy Taco**

by Leslie Oakes

3 ripe avocados

1 lg. onion

1/4 cup fresh lemon juice

1/4 cup fresh parsley, chopped

1 1/2 tsp cumin

2 cloves garlic, chopped

1 cup sun dried tomatoes, soaked and chopped

2-3 chopped jalapenos

1 1/2 tsp sea salt

romaine or leaf lettuce

Cut the avocado into chunks, and pour lemon juice over it. Chop onion in food processor, then add the rest of the ingredients and process until smooth and creamy. Spoon some of the mixture into a lettuce leaf and wrap around mixture. I promise, this tastes like a taco! You can add more or less of the

jalapenos if you wish; the dish is quite spicy, but VERY good!  
Enjoy!

## **Tomato Cups**

by Sherrie

6 medium tomatoes  
½ small cucumber  
2 sticks celery  
2 Green onions  
1/2 cup fresh parsley  
1 Tbs. fresh mint  
1 clove garlic  
2 teaspoons kelp  
1/2 cup sunflower seeds

1 tablespoon lemon juice  
1 tablespoon olive oil (optional)  
Real salt to taste (optional)

Makes 12

Cut tomatoes in half and scoop out center. Add tomato pulp to the other ingredients. Finely chop all ingredients, mix well and fill tomato halves, great for a side dish or for finger food use cherry or small tomatoes.

## **Sea Veggie Pizza**

by John Kohler

I call this a sea veggie pizza because its base is made from Laver, a sea vegetable. Dulse, another sea vegetable is used in the topping. It is very simple, and can be prepared quickly.

### **Ingredients:**

Dried Laver Circles (found at Asian Markets)  
2 Avocados  
Juice of 2 Medium Size Carrots  
Dulse Flakes

### Toppings:

Tomatoes, Dried Tomatoes, Onions, Bell Peppers, Zucchini, Dried Zucchini, Arugula, Parsley, Cilantro, Cucumbers, Sunchoke, Edible Flowers, Broccoli, and anything else you would like!

### Directions:

Mash the two avocados. Add the juice of 2 carrots, Mix Well.

Spread the above mixture on the Laver.

Sprinkle Dulse Flakes to completely cover the avocado Mixture.

Select several toppings and chop them up into small pieces.

Carefully place each topping, one at a time on the pizza.

Be sure to use your imagination, and make it look pretty!

Options: This recipe is very open to your imagination and creativity!

The topping can be anything you desire, just chop it well into small pieces!

### Slivered Veggie Chop Suey

by Nomi Shannon

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Almost any vegetable works in this recipe, the secret lies in making the longest and thinnest slivers that you can manage. They will pick up the taste of the seasonings and are fun to eat and easy to digest. It is worth the effort!

2 Carrots, slivered (by hand or use mandoline)  
2 stalks celery, peeled and slivered  
1 Cup thinly sliced mushrooms  
1 red pepper, slivered  
2 Cups thinly sliced Bok Choy, leaves and stems  
1 small zucchini, slivered  
1 cup green beans, slivered  
1 cup snow peas or snap peas  
1 cup mung sprouts  
1 cup sunflower sprouts  
1 cup clover sprouts  
1 small red onion, chopped  
2 cloves garlic, minced  
1/4 cup chopped cilantro  
2 teaspoons ginger juice, or 1 Tablespoon minced ginger  
2 Tablespoons sesame oil, or more to taste  
2 Tablespoons Tamari  
4 pieces of Nori, cut in 1/2" strips

Toss well. Serves 6-8

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### **Moroccan Raw Carrot Salad**

1 pound carrots, coarsely grated (about 4 cups)

1/4 cup vegetable oil or extra-virgin olive oil

3 to 4 tablespoons fresh lemon juice

1/4 cup chopped fresh cilantro or parsley

2 to 4 cloves garlic, mashed or minced

1 teaspoon ground cumin OR 1/2 teaspoon ground cumin and 1/4 teaspoon ground cinnamon

1 teaspoon sweet paprika

Pinch of salt

About 1/2 teaspoon *harissa* (Northwest African chili paste), 1 tablespoon minced green chilies, or 1/4 to 1/2 teaspoon cayenne (optional)

### **Preparation**

In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours or up to 2 days to allow the flavors to meld and permeate the carrots. Served chilled or at room temperature.

### **Kohlrabi Siam Chopped Salad**

4 kohlrabis, about 2 to 2 1/2" in diameter

3 green onions, chopped

1/4 lb. snow peas, chopped

1 1/2 cups Napa cabbage, chopped

1/2 red bell pepper, cut into fine julienne about 1" (2.5 cm) in length

1/2 to 1 fresh pasilla pepper, diced or 1/8 t. crushed pepper flakes

1 or 2 cloves garlic, finely minced

1/2" piece ginger, peeled and grated

3 Tbs. extra virgin olive oil

2 tsp. sesame oil

Juice of 1/2 lemon

Dash of rice vinegar

Salt and freshly ground pepper to taste

2 Tbs. minced green onions

Combine all ingredients except green onions in a large bowl and toss well to distribute flavors. Garnish top with minced green onions. Best if made several hours ahead to allow dressing to penetrate vegetables. Serve as a salad course or a side dish. Serves 4.

### **Carrot and Beet Salad**

Grate one bunch of carrots, one beet. Place in large bowl. Grate ginger over salad. Squeeze an orange over salad (or use a blood orange, if in season).

### **Colorful Kale Salad**

Chop one bunch of dinosaur kale (aka: lacinato kale) and/or one bunch of red Russian kale. Place in large bowl. Add one or two other brightly-colored vegetables. Try chopped red tomato, thinly sliced red pepper, grated carrot, shredded or sliced purple cabbage. Squeeze an orange over salad. Grind black pepper over salad.

### **Wonderful Kale Salad**

1 large bunch Kale finely chopped  
2 c. carrots shredded  
1 pint of grape tomatoes  
1/2 c. soaked pine nuts (only during week 3 – other wise omit)  
1 red onion cut into thin rings  
juice of one lemon  
1/4 c. extra virgin olive oil  
crushed garlic (as desired)  
sea salt, cayenne (to taste)

Mix all ingredients...set in fridge overnight. Enjoy!

## Cooked Vegetable Recipes

### Vegetarian Stuffed Peppers

- 4 red or green bell peppers
- 2 cups grape tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp. olive oil
- ¼ tsp. Real salt
- ¼ tsp. black pepper

Preheat oven to 425 degrees. Lightly oil a large shallow baking pan. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges. Halve tomatoes and chop onion and basil. Finely chop garlic. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt and pepper. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, but not blackened about 20 minutes.

### Stir-Cooked Gingery Kale

- 1 Tbs. extra virgin olive oil
- 2 tablespoons peeled, finely minced fresh ginger root
- 1-pound Kale (washed and cut into slightly larger than bite-size pieces – the kale will shrink during cooking. Cut off any thick stems.)
- 2 tablespoons soy sauce
- 1/2 cup water

In a medium skillet, heat the olive oil. Sauté the ginger root over low heat, stirring occasionally, for 1 minute. Add the kale and increase heat to medium. Add soy sauce and water and stir-cook until the kale is wilted, but still slightly crunchy and bright green, about 3 minutes. Serve warm or cold.

### Spinach and Kale Salad

- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 2 garlic cloves, diced
- 1 bunch of kale, chopped
- 1 bunch of spinach, chopped
- Salt and freshly-ground black pepper to taste
- 4 tablespoons balsamic vinegar

Heat the oil in a pan and cook red bell pepper, garlic, and kale about 5 minutes, covered. Add spinach, salt and black pepper, and cook about 5 minutes more. Stir in the balsamic vinegar. Serve hot.

### **Swiss Chard Recipe**

1 large bunch of fresh Swiss chard  
1 small clove garlic, sliced  
2 Tbs. extra virgin olive oil  
2 Tbs. water  
Pinch of dried crushed red pepper  
1 teaspoon butter  
Real salt

Rinse out the Swiss chard leaves thoroughly. Roughly chop into inch-wide strips. Remove the toughest third of the stalk, discard or save for another recipe. Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the Swiss chard to a serving dish.

### **Brussels Sprouts Recipe**

1 lb fresh Brussels sprouts  
4-6 Tbsp butter  
1/2 onion, chopped  
Salt and Pepper  
1 teaspoon lemon juice, fresh squeezed  
1/4 cup slivered almonds (omit during detox)

Boil in water or steam Brussels sprouts for 3-4 minutes until just tender. Split one open to see if it has cooked to the middle. Strain and place in a bowl of ice water to keep the color bright green. Cut into halves. Sauté onions in 2-3 Tbsp of butter in a wide sauté pan until the onions are translucent. Add the Brussels sprout halves and 2-3 Tbsp more of butter and cook on medium high heat for several more minutes, until the sprouts have reached your desired level of doneness. Add salt and pepper to taste while the sprouts are cooking. Whatever you do, do not over-cook, as the sprouts will be bitter. Remove from heat, toss in half of the slivered almonds and the lemon juice. Add salt and pepper if needed. Put into serving dish and garnish with the rest of the almonds.

### **Eggplant au Gratin**

3 Medium, firm eggplants  
5 Tbs. Extra virgin olive oil  
2 Cloves garlic, minced  
3 Ripe, firm tomatoes, thinly sliced  
4 Firm zucchini, ends removed, thinly sliced  
3 Tbs. Chopped, fresh parsley  
Salt & pepper

Remove the top from the eggplant, and slice it lengthwise into 1/4 inch slices. Lightly brush the eggplant slices with a little of the olive oil, and broil until soft but not blackened. Remove the cooked eggplant to a

serving platter, and continue cooking until all the slices are cooked. Cook the zucchini in the same manner.

Preheat the oven to 350 degrees. In an ovenproof casserole dish that has been lightly oiled, lay one layer of the eggplant along the bottom. Cover with a layer of thinly sliced tomatoes, and one of zucchini. Sprinkle some of the garlic and parsley on top. Season with salt and pepper. Prepare another layer of vegetables in the same manner on top of the first, ending with the seasonings. Bake for 30 minutes covered, and then remove the cover, turn up the heat to 400 degrees, and cook an additional 10 minutes. Let sit 10-15 minutes before serving. **Note:** You could also add sautéed mushrooms or spinach in this dish to change the flavor.

### **Grilled Eggplant and Tomato Salad**

6 Small, firm eggplants (about 4-5 inches in length)  
¼ Cup extra virgin olive oil  
2 Cloves garlic, minced  
1 ½ Cups ripe cherry or grape tomatoes cut in half  
2 Green onions, finely chopped  
2 Tbs. chopped capers  
3 Tbs. chopped, fresh herb of choice (Parsley, Mint or Basil)  
2 Tbs. Balsamic vinegar  
Salt and pepper to taste

Slice the eggplant into ½ inch rounds. Lightly brush eggplant with a little olive oil. Broil until soft, but not blackened. Place eggplant in a serving platter. Spread over the eggplants, the cherry tomatoes, onions, garlic, parsley and capers. Mix the remaining oil with the balsamic vinegar, and sprinkle over the dish. Season with salt and pepper, and mix the mixture lightly, being careful not to break up the eggplant. Serve warm or at room temperature.

### **Curried Cauliflower & Spinach**

1 medium Cauliflower  
6 Tbs. Extra virgin olive oil  
1 tsp. Mustard seeds  
1 tsp. Ground cumin  
1 tsp. Garam Masala  
1 tsp. Turmeric  
2 Garlic cloves, crushed  
1 Onion, halved and sliced  
1 Green chili, sliced  
1 Pound spinach  
6 Tbs. Vegetable stock  
1 Tbs. Chopped cilantro  
Salt and pepper  
Cilantro sprigs, to garnish

Break the cauliflower into small florets. Heat the oil in a deep flameproof casserole. Add the mustard seeds and cook until they begin to pop. Stir in the remaining spices, the garlic, onion, and chili and cook

for 2-3 minutes, stirring. Add the cauliflower, spinach, vegetable stock, cilantro, and seasoning and cook over gentle heat for 15 minutes, or until the cauliflower is tender. Uncover the dish and boil for 1 minute to thicken the juices. Garnish and serve at once. Variations: Substitute broccoli for the cauliflower.

### **Artichokes with Garlic and Herb Butter**

2 large or 4 medium Artichokes

Real salt

Garlic & Herb Butter:

6 Tbs. Butter

1 Garlic clove, very finely chopped

1 Tbs. Chopped fresh mixed herbs (your choice or Thyme, Basil & Rosemary)

Wash the artichokes well in cold water. Cut off the stalks level with the bases. Cut off the top ½ inch of leaves. Snip off the pointed ends of the remaining leaves with kitchen scissors and discard. Put the prepared artichokes in a large saucepan of lightly salted water. Bring to a boil, cover and cook for 40-45 minutes or until one of the lower leaves comes away easily from the artichoke when gently pulled. Drain upside down while making the garlic and herb butter. Melt the butter in a small saucepan over low heat, add the garlic and cook for 30 seconds. Remove from the heat, stir in the herbs and pour into one or two small serving bowls. Place the artichokes on serving plates and serve immediately with the garlic and herb butter.

### **Zucchini Curry**

1 ½ lbs. Zucchini

3 Tbs. Extra virgin olive oil

½ tsp. Cumin seeds

½ tsp. Mustard seeds

1 Onion, thinly sliced

2 Garlic cloves, crushed

¼ tsp. Ground turmeric

¼ tsp. Cayenne pepper

1 tsp. Ground coriander

1 tsp. Ground cumin

½ tsp. Real salt

14 oz. Chopped tomatoes

2/3 cup water

1 Tbs. Chopped cilantro

1 tsp. Garam Masala

Trim the ends from the zucchini then cut into ½ inch thick slices. Heat the oil in a large saucepan and stir cook the cumin and mustard seeds for 2 minutes. Add the onion and garlic and stir cook for about 5-6 minutes. Add the turmeric, cayenne pepper, coriander, cumin and salt and fry for about 2-3 minutes. Add the sliced zucchini all at once, and cook for 5 minutes. Add the chopped tomatoes and water to the saucepan. Cover and simmer for 10 minutes, until the sauce thickens. Stir in the cilantro and garam masala, then cook for 5 minutes or until the zucchini are tender.

## **Vegetable Soup**

1 Large leek  
2 Carrots  
4 Ribs celery (plus any leaves)  
1 Medium zucchini  
1 Red sweet bell pepper  
1 Green sweet bell pepper  
4 Large ripe tomatoes  
1 Quart veggie broth  
Dill  
2 Cloves garlic  
Real salt & pepper to taste

Clean and chop vegetables roughly. Heat oil in soup pot and sauté in this order: peppers, garlic, celery, leek, carrot, zucchini. Add tomatoes and allow to “sweat” until vegetables have collapsed a bit. Cover with broth, cover pot and simmer for about 20 minutes. Season to taste. Dill should be added near the end so it doesn’t become bitter. Blitz in food processor or blender until smooth, or leave chunky.

## Basic Stir Fry Instructions

Sauté on low heat (in Extra-Virgin Coconut/Olive Oil or Butter):

- ♦ Onions
- ♦ Garlic

Add Vegetables of choice (Add thicker vegetables first and add lighter vegetables like greens last):

- ♦ Broccoli
- ♦ Cucumber
- ♦ Zucchini
- ♦ Yellow Squash
- ♦ Snow Peas
- ♦ Baby corn
- ♦ Celery
- ♦ Carrots
- ♦ Scallions
- ♦ Bell Peppers
- ♦ Water chestnuts
- ♦ Bean sprouts
- ♦ Green Beans
- ♦ Cabbage
- ♦ Bamboo Shoots
- ♦ Leeks
- ♦ Radish
- ♦ Bok Choy
- ♦ Spinach
- ♦ Shallots
- ♦ Peas
- ♦ Tomatoes
- ♦ Cauliflower
- ♦ Etc. – use your imagination

Add seasoning/sauce of choice:

- ♦ Soy Sauce
- ♦ White Wine Vinegar
- ♦ Tarragon
- ♦ Sea Salt
- ♦ Pepper
- ♦ Cumin Seeds
- ♦ Coriander Seeds
- ♦ Lemon Grass
- ♦ Curry Powder
- ♦ Lemon Juice
- ♦ Fresh Cilantro
- ♦ Coconut Milk
- ♦ Fresh grated Ginger
- ♦ Turmeric
- ♦ Etc. – be Creative!

## Fish & Sprouted Grain/Nut Recipes

### Raw Vegetable Lasagna

- 1/4 cup green pepper, de-stemmed, de-seeded, and finely diced
- 1/4 cup red pepper, de-stemmed, de-seeded, and finely diced
- 1/4 cup carrot, finely diced
- 1/4 cup celery, finely diced
- 2 T. green onion, minced
- 1-2 medium zucchini, very thinly sliced on the diagonal (need 24 slices)
- 1/4 cup Garlic and Herb Marinade, divided
- 1 recipe of Artichoke Pâté
- 1 recipe of Tomato and Herb Paste

Begin the raw lasagna by preparing the marinated vegetables. In a small bowl, place the green pepper, red pepper, carrot, celery, and green onion, and stir to combine. In medium bowl, place the slices of zucchini, drizzle 2 Tbs. of the Garlic and Herb Marinade over the zucchini, and move the slices of zucchini around in the bowl to thoroughly coat the slices with the marinade. Add the remaining 2 Tbs. of the Garlic and Herb Marinade to the chopped vegetable mixture and toss well to combine. Place the zucchini slices and chopped vegetable mixture in the refrigerator and leave them to marinate for several hours to soften them slightly and infuse them with the flavors of the marinade. Remove the marinating vegetables from the refrigerator. Prepare the Artichoke Pâté and Tomato and Herb Paste according to their recipe instructions. Assemble the pieces of lasagna on a large platter. To assemble each piece of raw lasagna: place one slice of the marinated zucchini, carefully spread 1 Tbs. of the Artichoke Pâté over the slice of zucchini, then 1 Tbs. of the chopped marinated vegetables, followed by 1 tsp. of the Tomato and Herb Paste, repeat the layers, and place a slice of zucchini on top. Repeat the layering procedure with the remaining ingredients. Serve 2 or more pieces per person.

Serves 3-4

**Garlic and Herb Marinade:**

1/4 cup water  
1/4 cup lemon juice  
1/4 cup olive oil  
1/4 cup freshly chopped basil  
1/4 cup freshly chopped parsley  
4 t. garlic, minced  
sea salt and freshly ground black pepper, to taste

In a small bowl, place all of the ingredients, season to taste with salt and pepper, and whisk well to combine. Transfer the mixture to an airtight container and store in the refrigerator. Use as a marinade or dressing, or to add flavor to sauces, salads, grains, or other side dishes.

Yield: 1 Cup

**Artichoke Pate:**

1/2 cup raw almonds (soaked overnight)  
water  
2 T. raw pine nuts (soaked overnight)  
3/4 cup artichoke hearts, quartered (From fresh, steamed artichokes – not canned)  
2 T. water  
2 t. lemon juice  
2 t. garlic, minced  
1/4 t. sea salt

Begin by placing the almonds in a small bowl, cover them with water, place them in the refrigerator, and leave them to soak overnight to loosen their skins. Remove the almonds from the

water, squeeze each almond between your thumb and forefinger to remove the skin, place them on a towel, and set them aside to dry. In a blender or food processor, place the almonds and pine nuts, and process for 1-2 minutes to finely grind them. Scrape down the sides of the container, add the remaining ingredients, and process for 1-2 minutes to form a smooth puree. Taste and adjust seasonings, as needed. Transfer the mixture to an airtight container and store in the refrigerator.  
Yield: 1 1/4 Cups

### **Tomato and Herb Paste:**

8 Sun-dried tomatoes  
Water  
2 Tbs. freshly chopped basil  
2 Tbs. freshly chopped parsley  
1 Tbs. garlic, minced  
1 Tbs. olive oil  
1/8 tsp. Real salt

In a small bowl, place the sun-dried tomatoes, cover them with water, and set them aside for 20-25 minutes to rehydrate. Drain the water from the sun-dried tomatoes, but reserve it for use in the recipe. Transfer the rehydrated tomatoes to a food processor, add 3 Tbs. of the soaking liquid (saving the remainder for use in another recipe), and process for 1 minute. Scrape down the sides of the container, add the remaining ingredients, and process for 1-2 minutes to form a smooth puree. Taste and adjust seasonings, to taste. Transfer the mixture to an airtight container and store in the refrigerator.  
Yield: 1/2 Cup

### **Grilled Halibut and Leeks with Mustard Vinaigrette**

1-1/4 pounds halibut steaks, cut 1 inch thick  
2 Tbs. white balsamic vinegar  
2 Tbs. coarse-grain mustard  
1 Tbs. water  
4 tsp. Extra virgin olive oil  
1 clove garlic, minced  
4 small leeks  
3 cloves garlic, minced  
1/4 tsp. Real salt  
1/4 tsp. ground black pepper  
Yellow pear-shaped tomatoes, halved (optional)  
Fresh chives (optional)

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut into 4 serving-size pieces. Refrigerate fish until needed. In a small bowl, whisk together white balsamic vinegar, mustard, the water, 2 teaspoons of the olive oil, and the 1 clove garlic. Set aside. Trim roots and cut off green tops of leeks; remove 1 or 2 outer white layers. Wash well (if necessary, cut a 1-inch slit from bottom end to help separate layers for easier washing). Drain. In a medium saucepan, combine leeks and a small amount of water. Bring to

boiling; reduce heat. Cover and simmer for 3 minutes. Drain. Pat dry. Brush with 1 teaspoon of the remaining olive oil. In a small bowl, stir together the remaining 1 teaspoon olive oil, the 3 cloves garlic, the salt, and pepper. Spread evenly over fish; rub in with your fingers. Place fish and leeks on the greased rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until fish flakes easily when tested with a fork, gently turning fish and leeks once. Slice leeks into 1/2-inch pieces. Divide fish and leeks among four shallow bowls. Drizzle with vinegar mixture. If desired, garnish with tomato halves and chives. Makes 4 servings.

### **Basil-Buttered Salmon**

4 fresh or frozen skinless salmon, halibut, or sea bass fillets (about 1 1/4 pounds)  
1/2 tsp. salt-free lemon-pepper seasoning  
2 Tbs. butter, softened  
1 tsp. snipped fresh lemon basil, regular basil, or dill or 1/4 teaspoon dried basil or dill, crushed  
1 tsp. snipped fresh parsley or cilantro  
1/4 tsp. finely shredded lemon peel or lime peel

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Sprinkle with lemon-pepper seasoning. Place fish on the greased unheated rack of a broiler pan. Turn any thin portions under to make uniform thickness. Broil 4 inches from the heat for 5 minutes. Carefully turn fish over. Broil for 3 to 7 minutes more or until fish flakes easily when tested with a fork. Meanwhile, in a small bowl, stir together butter, basil, parsley, and lemon peel. To serve, spoon 1 teaspoon of the butter mixture on top of each fish piece. Cover and refrigerate remaining butter mixture for another use. Makes 4 servings.

### **Chick Pea Dip**

1 cup chick pea sprouts (aka garbanzo bean sprouts)  
2 Tbs. lime juice  
3/8" slice leek, minced  
1 Tbs. Bragg's liquid aminos  
1 tender center celery, chopped  
1 Tbs. vegetable seasoning  
2 Tbs. chives, minced  
1 small carrot, grated

Grind the chick pea sprouts very finely in a blender with the juice, leek and aminos. Transfer to a small bowl. Add remaining ingredients. Mix well.

### **Barley & String Beans**

1 cup uncooked barley  
1 1/2 cups water  
String beans for 2, cut 1" lengths  
1 small Hass avocado  
1 cup sunflower or alfalfa sprouts  
Carrot avocado dressing

Cover barley with water and soak overnight. Change water in morning. Rinse barley. Drain well. Cut avocado in half. Remove pit. Remove pulp with a spoon. Dice. Combine barley, with beans, avocado and sprouts. Pour dressing over top. Serves 2.

### **Carrot Avocado Dressing**

2 Tbs. Bragg's Liquid Aminos  
1 cup carrot juice  
1 medium avocado, pitted

Place aminos and juice in blender. Put avocado pulp in blender. Blend until smooth.

### **Baked Spanish Fish**

1 Tbs. extra virgin olive oil, divided  
1 small onion, sliced  
1 clove garlic, pressed  
1 jalapeno pepper, seeded, de-veined and chopped – OPTIONAL  
1 large tomato, chopped  
1 Tbs. balsamic vinegar  
½ rounded tsp. ground cumin  
¼ tsp. ground coriander  
2 halibut steaks, 1-inch thick (about 1 pound)  
Chopped fresh cilantro

Preheat oven to 350 degrees. In a skillet, heat half of the olive oil over medium heat; cook onion, garlic and jalapenos, stirring frequently until onion is tender. Stir in remaining oil and ingredients, except the fish and cilantro. Reduce heat and simmer, uncovered, for 5 minutes, stirring occasionally. Arrange fish in an ungreased baking dish; spoon tomato mixture on top; bake, uncovered, for 25 to 30 minutes, or until fish flakes easily when tested with a fork. Sprinkle with chopped cilantro.

### **Lemon Garlic Fish**

1/3 cup lemon juice  
1/8 cup extra virgin olive oil  
4 cloves garlic, pressed  
1 Tbs. dried tarragon, crushed  
4 firm fleshed fish fillets  
Paprika

Prepare marinade: In a small bowl, combine lemon juice, olive oil, garlic and tarragon. Place fish in a large zipper-topped plastic bag; pour marinade over fish; seal bag and refrigerate for 6 to 8 hours or overnight. Preheat oven broiler. Drain fish, discarding marinade, and place on broiler pan rack; sprinkle with a little paprika. Broil 4 to 5 inches from heat source for 5 to 6 minutes; turn and sprinkle with paprika; broil for 5 to 6 minutes more, or until done.

