

# CARBONBASED ALKALINE IDEAS

35 SIMPLE RECIPES



BY LATRAVIOUS WHETSTONE

## 1. Alkaline Veggie egg rolls

Stuffed with sautéed squash roma tomatoes onions mushrooms

Prep: 15 mins

Cook: 15 mins



Total: 30 mins

### Ingredients

Sliced white mushrooms

Sliced half onion

Sliced half pepper

Sliced half zucchini

2 cups spelt flour

½ cup spring water

1 tbsp grapeseed oil

Pinch sea salt

Pinch onion powder

Pinch cayenne

Pinch basil

### Recipe

Preheat oven med heat. Sauté veggies seasoned to preference for 10-15 mins.

Place flour into mixing bowl add oil and stir lightly slowly adding water and seasonings forming dough.

Flatten and split dough into 4 squares large as you like.

Place sautéed veggies on dough and criss cross the dough forming an egg roll.

Fry egg rolls with light oil until brown on each side.

Serve enjoy.

Homemade marinara sauce for dip

Alkaline electric

Inspired by Dr Sebi

## 2. Fried oyster mushrooms

Prep: 10 mins

Cooking: 15 mins

Total: 25 mins

Ingredients

Oyster mushrooms

1 cup of spelt flour

Pinch of sea salt

Pinch of onion powder

Pinch of cayenne

Pinch of basil

½ cup grapeseed oil

Recipe

Preheat oven 350 add grapeseed oil to skillet

Wash and batter mushrooms with flour and seasonings

Place mushrooms in skillet let cook until brown or crispy all around

Alkaline electric

Inspired by Dr Sebi

### 3. Alkaline Fajitas

Prep: 10-12 mins

Cooking: 10-12 mins



Total: 25 mins

#### Ingredients

2 spelt tortillas

1 ½ cup baby bella mushrooms

Half of green and red pepper

Half of red onion

Dash of cayenne

Dash of Basil

Dash of sea salt

Dash of onion powder

Dash of thymes

1 blended tomato for sauce (optional)

Recipe

Preheat stove medium heat add grapeseed oil to pan

Sautee veggies and mushrooms 8-10 mins with seasonings to preference

Add mushrooms and veggies to spelt tortillas

Serve

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Inspired by Dr Sebi

#### 4. Alkaline mushroom patty

Prep: 10 mins

Cooking: 15 mins



Total: 25 mins

Ingredients

Sliced mushrooms

1 sliced onion

1 sliced pepper

2 tbsp spelt flour

Dash of sea salt

Dash of onion powder

Dash of cayenne

Dash of basil

Recipe

Preheat stove medium heat with grapeseed oil

Place all ingredients in a bowl and form mushrooms into a patty

Fry patty until brown on each side

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## 5. Spelt tortillas

Prep: 10 mins

Cooking: 4 mins

Total: 15 mins

Ingredients

1 ½ cup of spelt flour

2 tbsp of grapeseed oil

¼ cup of spring water

Dash of sea salt

Dash of cayenne

Dash of onion powder

Dash of basil

## Recipe

Preheat stove to medium heat

Add flour and seasonings to a bowl

Add grapeseed oil and mix lightly slowly add water and continue to mix until dough forms

Split dough into 2-4 pieces

Flatten dough out to form tortilla with dough roller or hands

Place tortillas in skillet let cook until brown on each side

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## 6. Stewed okra and tomatoes

Prep: 10 mins

Cooking: 30 mins

Total: 40 mins

### Ingredients

2 cups of frozen okra

2 sliced roma tomatoes

1 sliced onion



1 tbsp of grapeseed oil

½ cup of spring water

Sea salt cayenne basil for taste

### Recipe

Preheat stove to medium heat add oil onions and cook until they become light

As onions becomes light slowly add okra and slowly add spring water let cook for 10 mins on low heat

Add chopped roma tomatoes and simmer for an extra 20 mins or until okra is fully cooked

Add seasonings for preferred taste

Serve

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## 7. Zucchini noodles with portobella shrooms

Prep: 10 mins

Cooking: 15 mins

Total: 25 mins

Ingredients





## Zucchini noodles

1 sliced onion

1 sliced portobella cap into small chunks

1 sliced pepper

Dash of sea salt, cayenne, onion powder, basil

1 ½ tbsp Grapeseed oil

### Recipe

Preheat stove medium heat with oil and add zucchini noodles let cook for 5 mins

Add onions, mushrooms, pepper, and preferred seasonings let cook for 10 mins or until noodles and veggies are done

Add homemade bbq sauce for color and taste (optional)

Serve

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## 8. Cooked quinoa with veggies

Prep: 5-7 mins

Cooking: 30 mins

Total: 40 mins

### Ingredients

1 cup of quinoa

2 cups of spring water

Chopped onion

Chopped peppers

Chopped chayote

Dash of sea salt

Dash of onion powder

Dash of cayenne

1 tbsp grapeseed oil

### Recipe

Preheat stove to medium heat

Add quinoa to pot of spring water with preferred seasonings let cook for 25 mins or until quinoa doubles in size

In a skillet sautee veggies with grapeseed oil for 10 mins

Place cooked quinoa on a plate and cover with sautéed veggies

Serve

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## 9. Cooked wild rice with veggies

Prep: 5-7 mins

Cooking: 60 mins

Total: 1 hr 10 mins

## Ingredients

Wild rice

½ sliced chayote

½ sliced onion

½ sliced squash

½ sliced zucchini

½ sliced pepper

1 tbsp grapeseed oil

2 cups spring water

Dash of onion powder, sea salt, cayenne (season to preference)

## Recipe

Preheat stove on medium heat put wild rice in a pot with water let cook for 45 mins (preferred season)

In a skillet with grapeseed oil sautee veggies for 10-15 mins

Strain water from wild rice and add to a serving plate and cover rice with sautéed veggies

Serve

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10. Fried Portobella slices

Perp: 10 mins

Cooking: 5-7 mins

Total: 20 mins

## Ingredients



Portobella slices

1 ½ cup of spelt flour

½ cup of grapeseed oil

Dash of onion powder

Dash of thymes

Dash of cayenne

Dash of basil

Dash of sea salt

## Recipe

Preheat stove medium heat with grapeseed oil

Season portobella slices to preference

Batter slices with spelt flour

Fry until crispy or golden brown on each side

Serve

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## 11. Alkaline bbq sauce

Prep: 10 mins

Cooking: 15 mins

Total: 25 mins

### Ingredients

5 roma tomatoes

¼ cup of date sugar

Dash of sea salt

Dash of cayenne

Dash of onion powder

### Recipe

Add all ingredients to a blender and mix well

After blend add mixture to pot on medium heat and boil for 15 mins or until sauce turns brown like bbq sauce

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## 12. Alkaline hot sauce

Prep: 10 mins

Cooking: 10 mins

Total: 20 mins

### Ingredients

1 cup of spring water

½ cup of lime juice

2 tbsp of cayenne (add more if preferred)

2 roma tomatoes

2 tbsp of onion powder

Dash of sea salt

Recipe

Add all ingredients to a blender and blend well

Boil mixture on medium heat for 10-15 mins

Serve

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### 13. Alkaline Marinara sauce

Prep: 5 mins

Cooking: 30 mins

Total: 35 mins

Ingredients

3 sliced roma tomatoes

1 tsp of grapeseed oil

Dash of thymes

Dash of basil

Dash of onion powder

Dash of sea salt

Dash of date sugar

## Recipe

Preheat oven to 350

Place sliced tomatoes on cooking sheet lightly covered in oil on pan

Bake tomatoes for 30 mins with seasonings

Add baked slices to a blender and mix well

Serve

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## 14. Romaine bella wraps

Prep: 7-10 mins

Cooking: 10 mins



Total: 20 mins

## Ingredients

4 slices of romaine lettuce

Baby bella mushrooms

Sliced zucchini

Sliced peppers

Sliced onion

Dash of basil

Dash of sea salt

Dash of onion powder

Dash of cayenne

3 tbsp grapeseed oil

Recipe

Preheat stove on medium heat with grapeseed oil

Season mushrooms and veggies to preference

Add mushrooms to pan let cook for 10 mins

Add cooked mushrooms and veggies to slices of lettuce

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## 15. Beech mushroom salmon

Prep: 10 mins

Cooking: 20 mins

Total: 30 mins

Ingredients

1 cup of beech mushrooms sliced

Sliced tomatoes

Sliced onions

Sliced peppers

Sliced chayote

Sliced tomatillo



Slice tomato

1 tbsp of grapeseed oil

½ cup of chick pea flour

Recipe

Preheat stove medium heat

Place all sliced ingredients into a bowl season to preference

Add flour and form mixture into a salmon like patty

Add to skillet with oil fry lightly until brown on each side

Be sure to keep the patty in tact as you flip it and remove it from the skillet

Serve

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16. Veggie meatloaf

Prep: 15 mins

Cooking: 70 mins

Total: 1 hr 25 mins

Ingredients

1 ½ cup of kamut flour

1 ½ cup of spelt flour

1 tbsp of grapeseed oil

4 cups of white mushrooms

1 cup of walnuts

1 sliced green pepper

1 sliced onion

½ of sliced squash

Dash of sea salt

Dash of onion powder

Dash of basil

Dash of thymes

Dash of cayenne

Dash of sage

Recipe

Preheat oven to 375

Add all ingredients to a blender and mix well

Coat pan with flour and or grapeseed oil for on stick

Place all ingredients in a meat loaf pan or glass pan

Let cook 45-50 mins check meatloaf every 20 mins until done

Cover top with homemade tomato or marinara sauce

Serve

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## 17. Alkaline Blackberry Blueberry Smoothie

Prep: 3 mins

Blend: 2 mins

Total: 5 mins

### Ingredients

½ cup of spring water (Sub water for homemade walnut or brazil nut milk if preferred)

Handful of blueberries

2 handful of blackberries



1 tsp agave (Add more if preferred)

Dash of sea moss

### Recipe

Place all ingredients into a blender and mix well

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## 18. Alkaline strawberry mix smoothie

Prep: 5 mins

Blend: 3 mins

Total: 8 mins

### Ingredients

2 apples

Handful of blueberries



5 strawberries

Half of a mango

Dash of sea moss

½ cup of spring water (Sub water for homemade walnut or brazil nut milk if preferred)

1 tsp agave

Recipe

Add all ingredients to a blender mix well

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19. Alkaline berry mix smoothie

Prep: 5 mins

Blend: 3 mins

Total: 8 mins

Ingredients

1 cup of walnut milk

4 strawberries

Handful of blueberries

3 burro bananas

1 tsp agave

Recipe

Add all ingredients to a blender and mix well

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20. Alkaline fruit mix apple banana black and blueberries smoothie

Prep: 7 mins

Blend: 3 mins

Total: 10 mins

Ingredients

1 sliced apple

1 burro banana

Handful of blackberries

Handful of blueberries

Dash of agave (add more if preferred for sweetness)

Dash of sea moss

½ cup of spring water (Sub water for homemade walnut or brazil nut milk if preferred)

Recipe

Add all ingredients to a blender and mix well

Serve

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## 21. Alkaline blueberry salad dressing

Prep: 3 mins

Blend: 2 mins

Total: 5 mins

### Ingredients



½ cup of blueberries

1 key lime for lime juice

3 tsp of grapeseed oil

Dash of sea salt

Dash of dill weed

Dash of agave

Dash of ginger

2 tbsp of onion powder (Add more for preferred taste)

### Recipe

Add blueberries and all other ingredients to a blender and mix well

Serve

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## 22. Alkaline Strawberry salad dressing

Prep: 3 mins

Blend: 2 mins

Total: 5 mins

### Ingredients

5 strawberries



1 key lime for lime juice

3 tsp of grapeseed oil

Dash of sea salt

Dash of dill weed

Dash of ginger

Dash of agave

2 tbsp of onion powder (Add more for preferred taste)

### Recipe

Add strawberries and all other ingredients to a blender and mix well

Serve

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## 23. Alkaline mango and blueberry salad dressing

Prep: 5 mins

Blend: 2 mins

Total: 7 mins

Ingredients

1 sliced mango

Handful of blueberries

3 tsp of grapeseed oil

1 key lime for lime juice

Dash of agave

Dash of sea salt

Dash of dill weed

Dash of ginger

2 tbsp of onion powder (Add more for preferred taste)

Recipe

Add fruit and all other ingredients to a blender and mix well

Serve

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## 24. Alkaline apple salad dressing

Prep: 5 mins

Blend: 2 mins

Total: 7 mins

Ingredients



1 sliced apple

3 tsp grapeseed oil

1 key lime for lime juice

Dash of sea salt

Dash of dill weed

Dash of ginger

Dash of agave

2 tbsp of onion powder (Add more for preferred taste)

Recipe

Add sliced apple and all other ingredients to a blender and mix well

Serve

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## 25. Kamut cereal

Prep: 2 mins

Total: 2 mins

Ingredients

Bowl



Kamut cereal

Homemade walnut milk

Recipe

Pour kamut into a bowl add walnut milk and agave for sweetness  
(Add more agave if preferred)

Serve

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26. Homemade walnut milk

Prep: 5 mins

Blend: 3 mins

Total: 8 mins

Ingredients

1 cup of overnight soaked walnuts

3 cups of spring water



1/3 of agave or date sugar for sweetness

### Recipe

Add walnuts and all other ingredients to a blender and mix well or until mixture turns into white milk

Strain pulp from walnut milk

Serve

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### 27. Alkaline electric aquafaba

Prep: 5 mins

Cooking: 55 mins

Total: 1 hr

### Ingredients

1 cup of chick peas

2 cups of spring water

### Recipe

Preheat stove to 350

Add water and chick peas to pot and boil for 40-45 mins

Strain the peas from the liquid

Boil the remaining liquid for 10 mins

Let cool store in fridge

Aquafaba can be whipped with a hand blender to form whipped cream

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## 28. Alkaline seeded grapes

Prep: 1 min

Total: 1 min

Ingredients

Grapes with seeds

Recipe

Wash grapes thoroughly before eating

Seeds can be eaten as well

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## 29. Alkaline Seeded watermelon

Prep: 2 mins

Total: 2 mins

Ingredients

1 large watermelon from local farmer

Recipe

Split large watermelon in half or slices

Black seeds can be eaten as well

Serve

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### 30. Burro bananas

Prep: 1 min

Total: 1 min

Ingredients

Mid size or small sized bananas

Recipe

Peel banana from the bottom as it is much easier than to peel from the stem

Mid sized bananas are the original banana

Serve

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### 31. Tamarind

Prep: 1 min

Total: 1 min

Ingredients

Box of sweet or sour tamarind

## Recipe

Crack the shell on the tamarind and peel the stem off

Eat the tamarind in small section as it has seeds all through the fruit do not swallow the seeds

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## 32. Alkaline fruit salad

Prep: 10 mins

Total: 10 mins

### Ingredients

Sliced cantaloupe

Sliced mango

Sliced apples

Sliced burro bananas

Strawberries

Blackberries

Blueberries

## Recipe

Add all sliced fruit and other fruit to a platter

Serve

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### 33. Family size electric salad

Prep: 15 mins

Total: 15 mins

#### Ingredients

Large plastic container

Romaine lettuce or any except iceberg

Sliced white mushrooms or any except shiitake

Sliced onions

Sliced roma tomatoes

Blueberries

Sliced cucumbers

#### Recipe

Place all ingredients into the large container

Placing each ingredient into layers is an easy way to build or fill the large container

Add electric salad dressing when serving

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### 34. Spelt Bread

Prep: 12 mins

Cooking: 45 mins or longer

Total: 1 hr

#### Ingredients

4 cups of spelt flour

2 cups of spring water

¼ cup of agave

Dash of sea salt

Recipe

Preheat oven to 350

Add all ingredients to a food processor and mix well until you get a dough loaf

Coat bread pan with spelt flour for non stick

Place dough loaf into glass bread pan add sesame seeds to top

Let cook for 50 mins or longer while checking until done

Let cool

Slice with bread slicer

Serve

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35. Roasted pear halves

Prep: 15 mins

Cooking: 30-35 mins

Total: 50 mins

Ingredients

Pears

Walnuts



2 tsp Cloves

Agave (Optional)

Baking sheet

Recipe

Preheat oven to 350

Slice 3-4 pears in half and use a spoon to gut the seeds from the middle of pear halves

Cut a very small piece off the back of each pear half so that it sits on sheet then cover pear halves with all other ingredients let cook for 30 mins

When pears are tender or golden brown remove from oven let cool

Add walnuts to top for taste

Serve

Alkaline electric

Inspired by Dr Sebi

Hi, Im Latravenous Whetstone creator of Carbon Based Alkaline Ideas. With this recipe book I hope to encourage you and other humans all over the world to incorporate healthy electric food into your lives. Food for the cells or cellfood is a necessity for health, healing, and nourishment in the electric human body. For 3 years now, I have studied alkaline electric food from the great Dr Sebi. I

have adopted this lifestyle and plan to spread the positive effects throughout the world. I became undoubtedly convinced of Dr Sebi and his work after researching him and finding the Supreme Court case in which he won. In 1987, the U.S. Supreme Court categorized Dr Sebi method as natural vegetation cell food. With that being said, I hope everyone enjoy these simple recipes that are packed with nutrients and minerals that the human body needs. I hope this book is helpful in the beginning of a new healthy lifestyle for everyone. Please join me as I reveal to you 35 simple recipes to help nourish the body on a cellular level.