



7-Day High Alkaline Vegan Recipes

Prepared by Tracy Coats, Vegan Health Coach

*Start each day with a warm glass of water and lemon juice -helps the body eliminate toxins.

*All ingredients should be organic to prevent ingesting additional toxins (pesticides/herbicides/GMO laden foods).

Breakfast Options (6:00-8am) Power Smoothie, Chia Porridge, Quinoa with Almond Milk, Avocado on Toast, Raw Buckwheat Cinnamon Granola, Breakfast Burrito, Green Smoothie.

Morning Snack Options (9:30-11am) Raw Almonds, Roasted Almonds, Kale or Zucchini Chips, Apple with Almond Butter, Goji Berries (Navitas Naturals Organic Goji Berries), Sweet Potato chips, Raw Vegan Chocolate Pudding.

Lunch Options (11:30-1:30pm) Mixed Greens Salad with Red Bell Pepper Dressing and Quinoa, Kale Salad with Avocado & Lemon Dressing, Romaine Lettuce Wraps, Cauliflower Rice with Fresh Peas and Cumin, Vegetable & Quinoa Warming Soup, Raw Layered Taco Salad, Portobello Mushroom and Fennel Salad.

Mid-Afternoon Snack Options (2-4:30pm) Organic Popcorn sprinkled with Nutritional Yeast, Veggies and Walnut Hummus or Guacamole, Everyday Green Juice (Green Juice should become an everyday juice after initial transition period (1-2 weeks)).

Dinner Options (5-7:30pm) Pasta Primavera, Pad Thai, Mock Tuna Salad, Butternut Squash Risotto, Layered Veggie Bake, Vegan Pizza, Detox Lime-Chili Stir-Fry.

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Breakfast Recipes:

Power Smoothie (recipe by Elaina Love)

- 2 c spinach or greens of choice
- 2 c water or nutmilk(almond, hemp...)
- 2-4 Tbs Protein powder(Sun warrior, Warrior Food)
- 1 TBS Green Powder of choice
- ½ tsp cinnamon(great for lowering blood sugar)
- 1 TBS tocotrenols(has calming effect)
- 1 tsp colostrum powder-optional
- 1 apple –optional to sweeten
- ½ c soaked chia seeds (cover in water and soak until tapioca like)

1. Blend all ingredients, except soaked chia seeds, first.
2. Add chia seeds and blend or pulse.

Chia Porridge

- ½ c chia seeds
- 2 c almond milk(make own with 1c almonds blended with 4 c water, filter with nut milk bag or strainer or use Silk store brand)

1. Mix chia seeds with warm or cold almond milk, let set for 2-3 minutes until chia starts to absorb almond milk
2. Add splash of vanilla and cinnamon

Quinoa with Almond milk

- ½ c quinoa
- ¼ tsp cinnamon
- 1.5 c almond milk
- ½ c water
- 1 tsp vanilla extract(optional)
- 1 TBS coconut oil or Earth Balance soy free vegan butter

1. Heat saucepan on medium heat
2. Pour in quinoa, season with cinnamon and cook until quinoa is toasted(2-3 minutes).
3. Stir frequently to avoid burning quinoa.
4. Add almond milk, water, and vanilla. Bring to a boil then let simmer until porridge thickens and quinoa is tender (about 25 minutes).

* If liquid dries before quinoa is tender, add a little more water. Stir occasionally until done so porridge does not burn.

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Avocado on Toast

- 1 ripe avocado
- 1 tsp organic extra virgin olive oil
- Juice from ½ lemon
- 1 slice of toast(Coconut Bread)
- Pepper to taste

Raw Buckwheat Cinnamon Granola

- ¾ c raw buckwheat groats
- ½ c almonds, soaked overnight & drained
- ½ c mixed raw pumpkin seeds, sunflower seeds and flaxseeds
- 1 tsp cinnamon
- ½ c raisins
- 1 TB dry unsweetened shredded coconut

1. Serve with almond milk, warm or cold

Breakfast Burrito

sauté:

- 1-2 TB *vegan butter (organic Earth Balance Soy Free brand)*
- ¾ cup *diced bell pepper*
- 1 cup *diced mushrooms*
- ½ c *sweet onions(optional)*
- 18 ounces *tempeh, steam for 15 minutes to release bitterness, press and dice*
- 1 tsp *garlic powder or 1 clove fresh garlic*
- 1/8 tsp *cayenne*
- 1/2 tsp *black pepper*
- 1 1/2 tsp *turmeric*
- ¾ tsp *Himalayan pink salt*
- 1 tsp *olive oil*
- 1 tsp *liquid smoke*
- 1 TBS *apple cider vinegar*

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fold in:

- 1 cup spinach, chopped
- 1/2 cup Daiya pepper jack cheese
- 2-4 Paleo Wraps from Julianbakery.com, or homemade Coconut Wraps or wrap of your choice

1. Add the vegan butter to a hot sauté pan. Sauté the onions, mushrooms and pepper for a few minutes.

2. Add in the tempeh and remaining ingredients (all except the spinach and Daiya cheese). Sauté the tempeh and veggies for about 5 minutes - chopping the tempeh adding Himalayan salt and pepper to taste.

3. When tempeh has reached the consistency you like, fold in the spinach to wilt. Turn off heat. Then fold in the Daiya cheese. It will melt against hot tempeh.

4. Warm your Wrap in pan

5. Add your scramble to your warmed wrap and fold. You can add extra cheese if you'd like. Serve warm. Salsa or hot sauce on side is nice.

Green Smoothie

- 1 c almond milk or 1 c water
- 1 ripe banana(freeze chunks of a peeled banana in a plastic baggie overnight)
- 2 handfuls of spinach
- 1 TBS chia or flaxseeds
- 1 TBS almond butter
- 1-3 ice cubes (filtered water)

1. Blend liquids first

2. Add Chia or ground flaxseeds and almond butter, blend

3. Add spinach, blend

4. Add banana, blend until smooth

5. Add ice cubes last and blend for just a minute

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Mid-Morning Snack Recipes

Raw Almonds

1. Cover in water and soak in a glass jar or bowl in refrigerator, overnight).
2. Rinse and dry. Use a dehydrator to dry, or oven on low temperature.

Roasted Almonds

- 2 c Raw Almonds
- ¼ c organic cold pressed olive oil
- 1 tsp Himalayan salt

1. Preheat oven to 275 degrees.
2. Place almonds and olive oil in a baggy & shake well.
3. Spread almonds on ungreased cookie sheet. Bake for 20 minutes.
5. Remove almonds from oven, sprinkle sea salt on top to coat; return to oven for 5 minutes.
6. Let almonds cool before storing in a glass container.

*Sweating will occur if you store before cooled, which will ruin the crunchiness. Get creative and if you like spicy, add ¼ tsp of cayenne or chili powder. You can do lime flavored and sea salt too.

Kale Chips or Zucchini Chips

- One bundle of Dinosaur Kale or 6 zucchini's
- olive oil
- sea salt

1. Remove Kale leaves from middle stem.
2. Place in a bowl.
3. Toss with just enough olive oil and sea salt to cover lightly.
4. Place parchment paper on a cookie sheet.
5. Bake at 350 degrees for 15 minutes.

*If you have a dehydrator, place on screen and dehydrate on 115 for approx. 4 hrs or until crunchy. Follow same instructions for zucchini chips. Slice zucchini's thin with sharp knife or mandolin(amazon).

Organic Goji Berries(Navitas Naturals Organic Goji Berries)

*can be ordered online or found at a store like Whole Foods

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Sweet Potato Chips

- 2 tablespoons olive oil
 - 1/4 teaspoon cayenne pepper(optional)
 - 3 large sweet potato, peeled and cut into 1/4-inch slices
 - Himalayan salt and pepper to taste
1. Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
 2. Stir together olive oil, maple syrup, and cayenne pepper in a small bowl. Brush the sweet potato slices with the maple mixture and place onto the prepared baking sheet. Sprinkle with salt and pepper to taste.
 3. Bake in preheated oven for 8 minutes, then turn the potato slices over, brush with any remaining maple mixture, and continue baking until tender in the middle, and crispy on the edges, about 7 minutes more.

Raw Vegan Chocolate Pudding

- 1 vanilla bean, seeds scraped out (or 1 ½ tsp pure vanilla extract)
 - 1 cup peeled, pitted, and roughly chopped ripe avocado (about 1 large or 1 1/2 medium avocado)
 - 1 cup pitted dates
 - 1/3 cup raw cacao powder (order online or at Whole Foods like store)
 - 1 tsp orange zest (zest orange first and then juice)
 - 1/2 cup fresh squeezed orange juice (optional-omit for sugar free version)
 - 1/8 tsp sea salt (don't omit, balances flavors)
1. In a food processor (or using the Blendtec twister jar, if you have it), puree all ingredients. Puree until very, very smooth, stopping processor to scrape down several times throughout processing.
 2. This pudding is very thick. If you'd like to thin it, you can do so with more orange juice, or a splash of nut milk or water. Best served cold. Store in Frig. Makes about 2 1/2 cups.

*Omit orange juice and orange peel for plain chocolate pudding...add a little nutmilk or water to replace liquid amount that O.J. would have provided to recipe. Get creative...like mint; add some mint oil or mint extract. For additional nutrients, add chia seeds or chopped toasted walnuts.

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Lunch Recipes

Mixed Greens Salad with Red Bell Pepper Dressing and Quinoa

- Mixed Greens (Your choice, Spring Mix, Kale, Watercress...)
- 1 large tomato
- 1 carrot shredded
- 1 cucumber chopped
- 1 C red bell pepper chopped
- 1 avocado
- 1 beet shredded

*all veggies are optional, use what you have at home, add pumpkin seeds, sunflower seeds etc. when available

Red Bell Pepper Dressing (recipe by Elaina Love):

(Make a big batch and store)

- 1.5 c chopped red bell pepper
- ¼ c carrot, chopped
- 1.5 TBS ginger
- 1 garlic clove
- 1.5 TBS lemon or lime juice
- 2.5 TBS apple cider vinegar
- 1.5 tsp Himalayan or sea salt
- ½ c olive oil
- water if needed, mixture too thick

1. Place all ingredients in blender, blend until smooth. Store in a glass jar or bottle. Will last in refrigerator up to 10 days.

*Serve over salad, veggie pasta, cooked quinoa or beans

*Variations: add 1 tsp Mexican seasoning, Thai flavors, cayenne pepper or Indian spices to compliment meal.

Quinoa

- 1 c quinoa
- 1 ½ to 1 ¾ c boiling water

1. Add quinoa to boiling water, let boil, reduce heat and simmer without lid for about 20 minutes or until tender.
2. Add more water(just a little) if quinoa is not fully cooked, but water has dried up. Add Italian seasoning and Himalayan salt(optional) to taste. Can be served as a side or mixed with Green Salad.

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Kale Salad with Avocado & Lemon Dressing

- 5-6 Dinosaur Kale Leaves (curly leaves not as good for this salad)
- ½ red onion chopped
- 2 cloves garlic chopped
- ½ c lemon juice
- ⅓ c olive oil
- 1 avocado mashed
- sea salt(optional)

1. In a bowl mix the mashed avocado, lemon juice and olive oil. Or blend in mixer.
2. Add the Kale leaves into the dressing bowl. Massage with hands until Kale is not so tough (5-8 minutes.).
3. Add remaining above ingredients (chopped onion and garlic). You can add Quinoa, seeds walnuts, pine nuts, black beans... to this salad or eat it just like this. Chopped tomatoes and avocado chunks are delicious too. *You can also use this dressing with any Greens.

Romaine Lettuce Wraps

(Romaine Lettuce is a great substitute for grain wraps...)

- 3-4 Romaine Lettuce leaves
- 1 avocado mashed for more of a spread or chopped
- ½ cucumber, chopped
- 1 small tomato
- Fresh basil, chopped(optional)
- black beans(soaked overnight and cooked)(optional)

Spread avocado inside Romaine Lettuce leaves, add cucumber, tomato, black beans, fresh basil. You can add just about any chopped veggies here. Add lemon juice, sea salt and pepper for taste.

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Variations: Walnut hummus spread (recipe by Elaina Love)

- 2 c zucchini, chopped
 - 2 cloves garlic
 - 3 TBS olive oil
 - ¼ c lemon juice
 - 1 ⅞ c dry walnuts(soaked for 8hrs or 2hrs in warm water)
 - 1 ⅞ tsp Himalayan salt
 - ¼ tsp cayenne
 - 1.5 tsp paprika
 - 1 tsp cumin
 - 1 TBS water or more as needed
 - ¼ c tahini
1. Blend zucchini, garlic, olive oil, lemon juice in blender.
 2. Add walnuts and blend until smooth.
 3. Add all other ingredients, except tahini...blend tahini last.
 4. Spread on Lettuce Wraps and add chopped veggies of your choice.

*Walnut substitutes: sunflower seeds, almonds or pumpkin seeds.

Cauliflower Rice with Fresh Peas and Cumin

- 1 medium head cauliflower
- 1 cup fresh peas
- 4 scallions, thinly sliced
- 1/2 cup fresh lemon juice
- Zest from 1 lemon
- 2 teaspoons cumin
- 2 teaspoons maple syrup
- 1 teaspoon grated fresh ginger
- 1/2 cup pine nuts
- 1 tablespoon chili flakes (optional)
- Pinch Himalayan salt and pepper

1. Cut the cauliflower florets from the stem. Pulse in food processor until the cauliflower is the size of pieces of rice.
2. Stir in peas and scallions.
3. Whisk together lemon juice, lemon zest, cumin, maple syrup, and ginger. Pour over cauliflower mixture and stir to combine.
4. Top with pine nuts and chili flakes. Salt and pepper to taste.

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Vegetable & Quinoa Warming Soup

- 1c quinoa
 - 1 ½ tsp vegetable bouillon powder or cube
 - 1 ¾ c filtered water for quinoa
 - 1c filtered water for veggie broth
 - 6 broccolini stalks or chopped broccoli
 - 3 ½ ounces leeks, chopped
 - Juice of 2 limes
 - 2 tsp tamari (soy sauce substitute)
 - 4 TBS cilantro, chopped, for garnish(optional)
1. Boil water, add bouillon powder and quinoa, bring to a boil then simmer on medium low heat until quinoa is fluffy (approx. 20 minutes) with no lid. If water is absorbed before quinoa is fully cooked (fluffy), add a little more.
 2. Add 1 c water to a pot, boil, add broccolini & leeks, lime juice and tamari
 3. Simmer for 5 minutes
 4. Add desired amount of cooked quinoa to pot
 5. Garnish w/cilantro(optional)

Raw Layered Taco Salad

Walnut Taco Meat:

- 1/2 cup walnuts, soaked for 2-8 hours
- 1 & 1/2 tsp chili powder
- 1/2 tsp cumin powder
- Fine grain sea salt, to taste
- Cayenne pepper, to taste (optional)

Macadamia nut cream: (yield: 1 heaping cup)

- 1 cup macadamia nuts, soaked in water for 2-8 hours
- 11-12 TBS water (use as needed to achieve desired consistency)
- 2-3 TBS fresh lemon juice, to taste
- fine grain Himalayan salt, to taste (I used just over 1/4 tsp)

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3-Minute Guacamole: (yield: 3/4 cup)

- 1 large ripe avocado
- 1/4 cup chopped red onion
- 1/2 small tomato, chopped
- 1/2 tsp ground cumin
- 1 TBS + 1 tsp fresh lime juice
- Scant 1/4 tsp fine grain sea salt, or to taste

Other salad ingredients:

- Greens of choice
- salsa
- green onion (optional)
- crackers

2. **Taco meat:** In a food processor (or by hand), pulse (or chop) the ingredients until combined. Make sure to leave the walnuts chunky. Remove and set aside.
3. **Cream sauce:** Drain and rinse the soaked nuts. Add them into a processor and process. Stream in about 1/2-cup water and a couple tablespoon of lemon juice. Add more water as needed to achieve your desired consistency. The nut sauce should be super smooth and not grainy. Add salt to taste.
4. **Guacamole:** In a medium-sized bowl, mash the avocado flesh with a fork, leaving some chunks. Stir in the chopped tomato, red onion, lime juice, and seasonings to taste.

*To assemble: (per bowl) Add a hefty base of greens in a large bowl followed by a heaping 1/4 cup scoop of guacamole in the middle. Spoon on 2TB of salsa over the greens followed by half of the taco meat. Add a couple TB of cream into a plastic baggie, snip off end, and pipe over top the taco meat. Garnish with a chopped green onion and leftover chopped tomato and red onion.

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Portobello Mushroom and Fennel Salad

- 1 Portobello mushroom
- 2 garlic cloves, finely chopped and sliced
- 3 sprigs of thyme
- Pinch of Himalayan salt
- 2 TBS olive oil
- 3 ¼ oz fennel
- Juice of ½ lemon
- ½ TBS Raw pumpkin seeds
- ¼ oz flat leafy parsley, roughly chopped

1. Preheat Oven 350 degrees
2. Place mushrooms on a baking sheet and sprinkle with garlic, thyme and salt
3. Drizzle 1 TBS of the olive oil over mushrooms
4. Bake for 15 minutes
5. Dice Fennel & toss with remaining olive oil and lemon juice
6. Serve, Place mushroom on plate top with fennel and sprinkle with pumpkin seed and chopped parsley

Mid-Afternoon Snack Recipes

Veggies and Walnut Hummus (refer to lunch recipe) or Guacamole

- Cucumbers (sliced lengthwise)
- carrots(sliced lengthwise)
- celery(slice lengthwise)
- 2 large avocados
- 2 tsp onion or garlic powder or both(1tsp each)
- 1/2 tsp Himalayan salt (high mineral salt)
- 3 tsp lemon juice (add 1 teaspoon at time to taste)

Mash avocados; add rest of ingredients and use as dip for veggies.

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Everyday Green Juice

**Green Juice should become any everyday juice after initial transition period (1-2 weeks)*

(Use juicer or blend veggies and strain using nut milk bag or fine filter to catch pulp).

- 2 cucumbers
- ½ head of celery
- 5 oz spinach or kale
- 4 TBS lemon juice
- ½ c cilantro or parsley (optional)
- 1 TBS Turmeric root (optional)

Juice or blend and filter veggies using nut milk (amazon) or fine strainer, pour in a mason jar or glass bottle, add lemon juice and stir in turmeric.

Dinner Recipes

Pasta Primavera

- 3 carrots peeled and cut into thin strips
- 2 medium zucchini or 1 lg. zucchini cut into thin strips
- 2 yellow squash, cut into thin strips
- 1 onion thinly sliced
- 1 yellow bell pepper, cut into thin strips
- 1 red bell pepper, cut into thin strips
- ¼ c organic first cold pressed olive oil
- sea salt and pepper to taste
- ¼ c Italian seasoning
- ¼ c fresh chopped basil(optional)
- ¼ -½ c chopped cherry tomatoes
- Pasta Options (Spiralized zucchini, spaghetti squash, spelt pasta)

1. On a baking sheet toss all veggies with olive oil, sea salt, pepper, dried Italian herbs.
2. Bake about 20 minutes until veggies begin to turn brown. You can also sauté' your veggies.
3. When done, toss with uncooked spiralized zucchini noodles, cooked spelt pasta, or baked spaghetti squash (halved lengthwise and seeded).
4. Put Spaghetti Squash facing down on a baking sheet, bake on 350 degrees for 30 minutes.
5. Scoop spaghetti squash out and toss with veggies. Add fresh basil and chopped cherry tomatoes for taste.

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Raw Vegan Pad Thai

- 1 c raw almond butter
- ½ c orange juice
- 1 TBS minced fresh ginger
- 2-4 TBS organic coconut aminos or Bragg's Liquid Aminos (get online or Whole Foods)
- 1 tsp minced garlic
- Chopped fresh basil for garnish (garnish)
- Chopped cilantro (garnish)
- Chopped scallions (garnish)
- Lime juice for taste
- 2 Bags of Kelp Noodles (soak in filter water and lemon juice for 10 minutes while you blend the Pad Thai Sauce.

1. Blend all ingredients in blender, **except Kelp Noodles**, until smooth.
2. Drain and rinse Kelp Noodles.
3. Toss with sauce, add garnishes and a splash of lime juice (not too much).
4. Let your bowl sit for 10 minutes to let Kelp Noodles absorb flavors.

Mock Tuna Salad

- 1.5 c raw sunflower seeds(soak overnight in refrigerator)
- 1.5 TBS olive oil
- ½ tsp sea salt
- ¼ c finely chopped celery
- 2 TBS finely chopped sweet pickles(organic only)
- 2 TBS finely chopped fresh dill
- 2 TBS finely chopped fresh parsley
- 1.5 TBS Dulse Flakes(online or Whole Foods type store, Asian market)
- 1 TBS lemon juice

1. Place Sunflower seeds in a bowl and cover with cold water, put in refrigerator overnight.
2. Rinse and drain seeds.
3. Put in food processor with olive oil and sea salt or Himalayan salt, pulse until chunky paste forms.
4. Move mixture to a bowl and stir in remaining ingredients.
5. Serve over a green salad or put in Romaine Lettuce Wrap.

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Butternut Squash Risotto

- 7 oz butternut squash, sliced
 - 3 TBS olive oil
 - 1 red onion, chopped
 - Scant 1c brown risotto rice
 - 2 ½ c hot water and 1 TBS veggie bouillon powder(veggie stock)
 - 1 handful sage leaves, chopped
 - Pinch Himalayan Salt
1. Preheat Oven 350 degrees
 2. Place diced squash on a baking sheet, drizzle with 2 TBS olive oil
 3. Bake 15 minutes until creamy
 4. Heat remaining oil in a wide bottomed pan over medium heat
 5. Add onions and garlic, cook stirring constantly for 1 minute to coat rice in oil
 6. Reduce heat and stir in 2 large ladles of veggie stock
 7. Simmer, stirring gently over low heat until rice has absorbed stock
 8. Continue adding veggie stock one ladle at a time stirring gently until absorbed
 9. Repeat
 10. After 30 minutes, stir in butternut squash & chopped sage leaves.
 11. Continue to add veggie stock until rice is cooked, stirring slowly (about 50 minutes)
 12. Serve warm

Layered Veggie Bake

- Scant 1/2c Puy Lentils
- 4 TBS olive oil and some for brushing
- 1 beefsteak tomato, roughly chopped
- 1 garlic clove, sliced
- 1 beet, diced
- ½ tsp tamari
- 1 tsp dried chives
- Pinch of ground cumin
- 2 TBS water
- 13 oz butternut squash thinly sliced lengthwise
- 10 oz zucchini thinly sliced lengthwise

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1. Preheat oven to 340 degrees
2. Place lentils in a small pan, cover with water and bring to a boil then simmer 10-15 minutes until Al Dente (not too mushy)
3. Drain-set aside
4. Heat olive oil in large pan
5. Squash the tomato into the oil to make a tomato base for the sauce(use fork or large spoon)
6. Add garlic, beets, tamari, chives and a pinch of cumin
7. Add the water and cook over medium heat for 15 minutes or until reduced to thick sauce
8. Add lentils to the pan with a splash more water & simmer for 5 minutes.
9. Layer half the butternut squash & 1/3 of the zucchini in an oven proof dish
10. Spread half the lentil sauce over layers of zucchini and squash
11. Repeat the layers finishing with the remaining zucchini.
12. Brush Zucchini with olive oil then bake for 45 minutes or until veggies are tender.

Vegan Cauliflower Pizza Crust (Dairy-free, Soy-free, Egg-free, Grain-free) – serves 2

- 1 pound cauliflower florets (fresh or frozen)
 - 3 tablespoons ground chia or flax seeds, divided
 - 6 tablespoons water
 - 1/2 cup almond meal
 - 1/2 teaspoon salt
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon dried oregano
 - Daiya cheese (Mozzarella)(optional)
1. Preheat the oven to 400F and line a baking sheet with parchment paper.
 2. Place the cauliflower florets in the bowl of a large food processor fitted with an “S” blade, and pulse until a rice-like texture is created.
 3. Pour the cauliflower “rice” into a large sauce pot, add enough water to cover, and bring to a boil.
 4. Cover, reduce the heat and allow to cook for 5 minutes.
 5. Drain the liquid, then transfer the cooked cauliflower rice in a freezer-safe bowl. Place in the freezer to cool for 10 minutes.
 6. In the meantime, mix together 2 tablespoons of ground chia or flax seeds with 6 tablespoons of water, to create a vegan “egg.” Set aside and allow the mixture to thicken.
 7. Remove the cooled cauliflower rice from the freezer and transfer it to the center of a thin dish towel. Use your hands to squeeze the rice in the dish towel, removing all of the excess moisture from the cauliflower.

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*Note: You can skip the cooking and cooling process when using frozen cauliflower. Simply allow the frozen cauliflower to thaw in your fridge overnight, which creates a “cooked” texture without having to do the extra work. Pulse the thawed cauliflower to create the rice, then drain well using a dish towel.

*Add roasted veggies of your choice to the pizza crust.

Detox Lime-Chili Stir ‘Fry’ *(recipe by Ross Bridgeford)*

Ingredients:

- Pak-Choi
 - Carrots
 - Mange-Tout/Sugar Snap Peas
 - Beansprouts
 - Broccoli
 - Cabbage (red or green)
 - Courgette (Zucchini)
 - Fresh Lime Juice
 - Chili
 - Coriander
 - Vegetable Bouillon
 - Brown Basmati Rice/Wild Rice
1. Pulp the coriander with a pestle and mortar along with the finely chopped chili, adding lime juice as you go to make a dressing/sauce. Then set aside to infuse.
 2. Now chop all of the vegetables fairly finely (so that they will cook quickly). Steam these until they are only just cooked (still a little crunchy).
 3. Now place all ingredients on a bed of fluffy, steamed rice and cover with the coriander and lime-chili sauce.

*Optionally you can steam fry the vegetables in a vegetable bouillon stock if you do not have a steamer.

*I have not included quantities, as it is probably best to find your own way. Also, of course, feel free to just use whatever vegetables you have available to you.

Source for recipes are as follows:

www.ohsheglows.com , www.purejoyplanet.com , www.therawtarian.com , www.rawmazing.com
www.detoxinista.com, www.plantpoweredkitchen.com, www.globalhealingcenter.com

Crazy Sexy Kitchen (book by Kris Carr), The Raw Detox Diet (book), The High Alkaline Diet (book)

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