

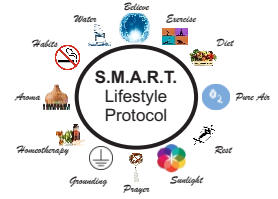


# Coconut Oil Mint Chocolate

Prep Time  
10 mins

Freezing  
2 hr

Total Time  
2 hr 10 mins



**Course:** Sweet

**Cuisine:** Vegan

**Keyword:** Chocolate

**Servings:** 30 Servings

## Ingredients

- 1 cup Coconut Oil
- 1 cup Carob Powder
- 1 cup Tahini
- 30 Drops Peppermint Essential Oil
- 30 Droppers Good Nite Supplement

## Instructions

1. Add coconut oil and carob powder into a mixing bowl.
2. Slowly mix it together until smooth.
3. Add the Tahini and mix in well.
4. Add the Peppermint essential oil and the Good Nite supplement.
5. Mix well.
6. Pour into a silicone 30-cube ice tray or baking tray with parchment paper.
7. Freeze for at least 2 hour.
8. Cut into 30 pieces or pop out the chocolate cubes.
9. Put in a freezer safe container and keep it frozen.
10. Take one every evening at bed time.

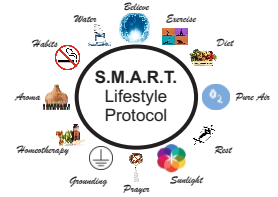




# Sorghum Porridge

Cooking Time  
25 mins

Total Time  
25 mins



**Course:** Breakfast

**Cuisine:** African

**Keyword:** Porridge

**Servings:** 1 Servings

## Ingredients

- 2 cups Boiling water
- 6 level tablespoons Sorghum flour
- 1 heaped tablespoon Freshly ground flaxseeds
- 1 heaped teaspoon Freshly ground Chia seeds
- 1 heaped teaspoon Whole grain Chia seeds
- 1 level teaspoon Celtic Sea salt
- 2 tablespoons Coconut oil
- 1 tablespoon Raw honey (maximum)
- 20 drops Lugol's Iodine
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## Instructions

1. In a sauce pan, bring the water to a boil on high and add the salt.
2. Sprinkle the sorghum flour gently into the water while stirring with the whisk to prevent it from clotting. When it starts to boil again, turn the heat down and let it simmer for 20minutes. Stir often to prevent it from clotting and sticking to the pan.
3. After 20 minutes add the Coconut oil, whole grain Chia seeds and raw honey and stir it in.
4. Grind the Flax seeds and Chia seeds in a coffee grinder and add it to the porridge. Turn off the heat. Mix it in well. At this time the porridge will get thicker. Add additional water to your preferred consistency. Dish up and enjoy.



## **Notes:**

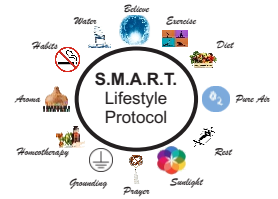
Only grind the Flaxseeds and Chia seeds when the porridge is done cooking and ready to be consumed. Mix the grounded seeds in with the porridge and consume within 15 minutes. It starts to lose some of its nutrients as soon as it is cracked open



# 4 Bean Salad

Prep Time  
15 mins

Total Time  
15 mins



**Course:** Lunch/Dinner      **Cuisine:** World

**Keyword:** Salad      **Servings:** 2 Servings

## Ingredients

## Instructions

### Dressing

- 2 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Lemon Juice
- 1 tablespoon Bragg Liquid Aminos or Organic Soy Sauce
- 1 tablespoon Raw Honey
- 1 teaspoon Celtic Sea Salt
- 1 teaspoon Garlic Powder
- 1 teaspoon Bragg Organic Sprinkle or Italian Seasoning

### Cold Salad

1. Whisk together all the Dressing ingredients. Set aside.
2. Mix all the Salad ingredients together.
3. Mix the dressing into the salad mixture.

### Hot Salad

1. Mix all the Salad ingredients together and steam until hot.
2. Whisk together all the Dressing ingredients. Set aside.
3. Put hot salad in a mixing bowl, add the Dressing and mix it in well.
4. Serve on top of a bed of cooked whole grain sorghum.

### Salad

- 1 cup Super Bean Mix, drained and rinsed
- 1 cup Sweet Corn kernels, drained and rinsed
- 1 Large Tomato, diced
- ½ cup Cucumber, diced
- ½ cup Red Onion, diced
- ½ cup Red Bell pepper, seeded and diced
- ½ cup Celery, diced



### Notes:

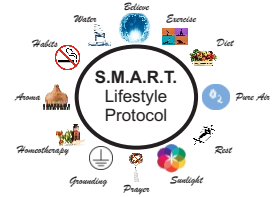
1. You will make and eat half of this salad for dinner. The other half you will have as tomorrow's lunch.
2. Whatever you eat as dinner at night, you will eat as lunch the next day, whether you make it fresh or have "left overs".
3. This salad can last for 6 days in an airtight container in the fridge.



# Yellow Juice

Prep Time  
10 mins

Total Time  
10 mins



**Course:** Juice    **Cuisine:** World    **Keyword:** Juice    **Servings:** 1 Servings

## Ingredients

- 3 Large Organic Carrots
- 1 Organic Yellow Pepper
- Quarter Size Organic Ginger
- Quarter Size Organic Turmeric
- 1 Fl. Oz. pH Balancer
- 1ml Humic & Fulvic Acids

## Instructions

1. Juice carrots to 2/3 cup level.
2. Juice yellow pepper up to 1 cup level.
3. Juice ginger and turmeric into jug.
4. Add 1 fl.oz. pH Balancer to juice.
5. Add 1ml Humic & Fulvic Acids to juice.
6. Stir well and consume immediate.

## **Note:**

1. You can make this juice in the morning and store it in an air-tight container until it is time to consume it.
2. Keep it cool, preferably refrigerated.
3. Consume on the same day that it was made.

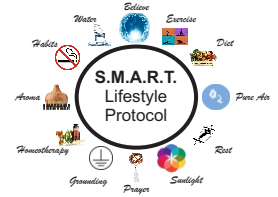




# Super Salad

Prep Time  
15 mins

Total Time  
15 mins



**Course:** Lunch/Dinner      **Cuisine:** World

**Keyword:** Salad      **Servings:** 2 Servings

## Ingredients

## Ingredients



## Dressing

- 2 tablespoons cold pressed flaxseed oil.
- 2 tablespoons pure lemon juice.
- 2 tablespoons coconut oil.
- 1 tablespoon raw honey or black strap molasses.
- 1 teaspoon Celtic sea salt.
- 1 teaspoon Bragg's organic sprinkle or Italian seasoning.
- ½ teaspoon oregano.
- ½ teaspoon garlic powder.
- ½ teaspoon turmeric.
- ¼ teaspoon black pepper.
- ¼ teaspoon cayenne pepper.
- ¼ teaspoon curry powder.

## Instructions

1. Add all the ingredients for the salad dressing in a mixing jar.
2. Mix well and set aside.

## SuperSalad

- ½ cup chopped Kale.
- ½ cup chopped Spinach.
- 1 cup diced Broccoli.
- ½ diced Celery.
- ½ cup diced Cauliflower.
- ½ cup sliced Red cabbage.
- ½ cup diced Red onion.
- ½ cup diced Zucchini.
- ½ cup diced Red, Green or Yellow pepper.
- ½ cup diced Mushrooms.
- 4 tablespoons Sauerkraut.
- 1 sliced Avocado.
- 20 Raw almonds.
- 2 tablespoons hulled sunflower seed.
- 2 tablespoons chia seeds.
- 2 tablespoons flaxseeds.

## Instructions

1. Add all the ingredients for the salad in a mixing bowl, except the flaxseed.
2. Grind the flaxseed in a coffee grinder and add it to the rest of the salad.
3. Mix well.
4. Add the salad dressing and mix well.



# Red Juice

Prep Time  
10 mins

Total Time  
10 mins



**Course:** Juice    **Cuisine:** World    **Keyword:** Juice    **Servings:** 1 Servings

## Ingredients

- 3 Large Organic Beetroot
- 1 Organic Red Pepper
- Quarter Size Organic Ginger
- Quarter Size Organic Turmeric
- 1 Fl. Oz. pH Balancer
- 1ml Humic & Fulvic Acids

## Instructions

1. Juice beetroot to 2/3 cup level.
2. Juice red pepper up to 1 cup level.
3. Juice ginger and turmeric into jug.
4. Add 1 fl.oz. pH Balancer to juice.
5. Add 1ml Humic & Fulvic Acids to juice.
6. Stir well and consume immediate.

## **Note:**

1. You can make this juice in the morning and store it in an air-tight container until it is time to consume it.
2. Keep it cool, preferably refrigerated.
3. Consume on the same day that it was made.

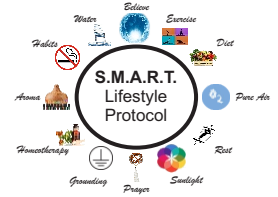




# Green Juice

Prep Time  
10 mins

Total Time  
10 mins



**Course:** Juice    **Cuisine:** World    **Keyword:** Juice    **Servings:** 1 Servings

## Ingredients

- ½ Bunch leafy greens
- 1 cup Broccoli
- 1 Green Pepper
- Quarter Size Organic Ginger
- Quarter Size Organic Turmeric
- 1 Fl. Oz. pH Balancer
- 1ml Humic & Fulvic Acids

## Instructions

1. Juice leafy greens to ⅓ cup level.
2. Juice broccoli to ⅔ cup level.
3. Juice green pepper up to 1 cup level.
4. Juice ginger and turmeric into jug.
5. Add 1 fl.oz. pH Balancer to juice.
6. Add 1ml Humic & Fulvic Acids to juice.
7. Stir well and consume immediate.

## **Note:**

1. You can make this juice in the morning and store it in an air-tight container until it is time to consume it.
2. Keep it cool, preferably refrigerated.
3. Consume on the same day that it was made.



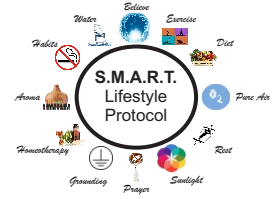


# Greens & Bean

Prep Time  
10 mins

Cook Time  
30 hr

Total Time  
40 mins



**Course:** Lunch/Dinner

**Cuisine:** World

**Keyword:** Salad

**Servings:** 2 Servings

## Ingredients

- 2 tablespoons Bragg's Liquid Aminos or organic soy sauce
- 1 teaspoon Bragg's organic sprinkle or Italian seasoning
- 1 teaspoon Celtic sea salt
- 1 teaspoon Onion powder
- 1 teaspoon Thyme
- 1 cup washed super bean mix
- 4 cup chopped leafy greens
- 2 cups diced mushrooms
- 1 diced onion
- 1 tablespoon crushed garlic
- 1 cups water

## Instructions

In a pot on the stove on high heat:

1. Add 3 tablespoons water.
2. Add the onion and the garlic. Cook until the onion starts to get translucent. Stir often.
3. Add the mushrooms and cook it down.
4. Add the leafy greens and add the remaining water. Cook it down with the lid on. Stir occasionally.
5. When the leafy greens is cooked down, add the beans. Add 1 teaspoon thyme, 1 teaspoon onion powder, 1 teaspoon Bragg's organic sprinkle or Italian seasoning, 2 tablespoons Bragg's liquid aminos or organic soy sauce and 1 teaspoon Celtic sea salt.
6. Stir well and bring to a boil again.
7. Turn the heat to medium. stir again and then let it simmer for 5 minutes.
8. On top of a bed of cooked whole grain sorghum, dish up the greens and beans and cover it with the cheese sauce. Enjoy!







# Cheese Sauce

Prep Time  
10 mins

Cook Time  
1 hr

Total Time  
1 hr 10 mins



**Course:** Lunch/Dinner

**Cuisine:** World

**Keyword:** Salad

**Servings:** 2 Servings

## Ingredients

- 2 tablespoons Pure lemon juice
- 1 teaspoon Bragg's Liquid Aminos or organic soy sauce
- 1 teaspoon Celtic sea salt
- 1½ teaspoons Onion powder
- 1 teaspoon Smoked paprika
- 2 tablespoons Nutritional yeast
- 1 cup raw cashew nuts
- ½ cup raisins
- 1 cup water

## Instructions

In a high speed blender:

1. Add all the ingredients.
2. Blend until smooth. This can take up to two minutes.
3. When done, set aside.



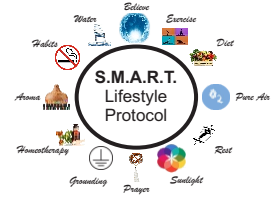


# Whole Grain Sorghum

Prep Time  
0 mins

Cook Time  
1 hr

Total Time  
1 hr



**Course:** Lunch/Dinner **Cuisine:** Whole-Food **Keyword:** Sorghum **Servings:** 2 Servings

## Ingredients

- 1 cup whole grain sorghum
- 6 cups water

## Instructions

1. Add 4 cups of water in a deep sauce pan. Set heat on high and bring the water to a boil.
2. Add one cup whole grain sorghum.
3. Place the lid on the pan and boil for 5 minutes on high.
4. After 5 minutes reduce the heat to medium.
5. Simmer for 45 minutes or until tender.
6. Set aside when it is done..

