



FOG-FREE FOODS FOR



Increasing intuition

simple ~ easy ~ vegan

- > NO animal products
- > NO gluten
- > NO refined sugars

foods for everyday high vibes

100% REAL

@ariel_om



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INTRODUCTION

welcome!

I just want to take a quick moment to welcome you, introduce myself & a bit on my cooking style.

So first off > welcome Seeker! You are someone who questions the norm and the traditional way of thinking, being, & eating! There are SO many customs around eating & social influences that we aren't even aware of most of the time. Situations that pressure us into social eating, situations that pressure us into conformed eating standards, and a ton of driven information about how, what, & when to eat.

Well I'll tell ya what, I'm pretty sick of all that unconscious social pressure & rigidity on how I'm meant to eat! We are humans and have tons of instincts around eating > one of those instincts being knowing exactly what our bodies want, what's good for us, when to eat it, & how much. You don't need to rely on any book, person, or custom to tell you what's right for your body > mind > spirit. They are all connected and what we eat directly effects every aspect of ourselves from the physical to the subtle.

So in rebellion against all those antics & brainwashing patterns, I've been really into intuitive eating, Ayurvedic eating, and accommodating MY lifestyle with my eating. I know there's a lot around >

"eat 3 meals a day" > "have a green smoothie in the morning" >
"breakfast is the most important meal of the day" and so on & so forth.
I won't get started on the health norms around meat & dairy... If you're
this far you know this is entirely focused on plant-based eating.
Veganism <3

my cooking style

You can dive into Ayurveda and intuitive eating more in my coaching program Intuition Upgrade, but here I just want to share a little about my eating lifestyle. I am vegan, gluten free, & don't take in almost any added sugars. I have suffered countless Candida like symptoms so I don't do any added sugars to even include stevia, xylitol, or anything that isn't fresh fruit sweetened, unsweetened dry fruit, raw coconut sugar, pure vegan maple syrup, & the very occasional agave.

There are several things to learn about cooking certain foods and how to get them safe to consume without altering your health state. You'll learn a lot about grains, legumes, nuts & seeds in the Soaking section on page #10. I won't get too into my eating sensitivities here, but know that nothing I create has animal products to include honey, nothing has garlic or onions, nothing has anything to sweeten it except fresh fruit & the occasional dried fruit like dates or maple syrup (which there's a candida recipe for that!) and there will be no gluten or refined flours to be seen except almond, coconut flour, & oat flour. So let's get started!

The first biggest thing to know about me is I hate having my phone or cookbook open while I'm in the kitchen as I read off recipes. Sure 1, 2, even 3x > it's gonna happen, but I just wanna cook freely, intuitively, & not worry about all the little details. I just want to enjoy my food! I want recipes I can memorize at least 90% of and I don't go running around my kitchen like a chicken with it's head cut off, because that ain't vegan & it ain't helpful!

Secondly > I am not a kitchen artist, but I am trying. You know who I'm talking about right? I'm talking about cake bakers & French chefs > I'm talking about Instagram smoothie bowls with every known fruit, berry & nut decorated on top! It's not my go-to move to make my food look pretty especially during heavy Candida cleansing times, but I have noticed it helps me slow down & appreciate my food more when I put that kind of conscious energy into it to make it look appealing & well > pretty! So if that ain't you, I totally get it!! AND maybe you're like me & thought it wasn't you until you tried :)

I am all for the art of the process for pretty much everything, but once I'm in the kitchen I just want something that's good for me, simple & tasty. So you'll notice that on 98% of my recipes the 'directions' paragraph is just that > a small paragraph, telling you to turn the stove, oven, or slow cooker on & throw everything into a bowl, pot, or pan and that's usually it! I can barely stand massive lists of instructions on cooking something & by the time I'm done it's like a bomb went off where everything flew out of my cabinets & cupboards!

Okay, so I like recipes where EXACT quantities & ingredients aren't necessary. I want to replace this with that or add more cinnamon than suggested, & it literally won't matter. It'll still taste good because I don't choose recipes that are that finicky often. If I get a little heavy handed with certain spices, I just trust that's my body making the choice that it needs more of that particular ingredient. Overall, I like recipes that leave room for me to be intuitive and let my body guide the way.

Lastly, I create recipes that contain ingredients I already naturally or habitually buy as well as ingredients that can go into many other dishes I like. I can't stand having random left over ingredients & having no idea what to do with them because they're not the right portion to replicate a recipe. Because the types of foods I choose to eat can all be made into something, I just let intuition guide what goes with what, or maybe take the opportunity to play with a recipe with the spare ingredients. Again, nothing should be so finicky that you can't alter it or create something anew with the left overs!!

So basically my biggest cooking style suggestion is WING IT YOUR WAY! Even in these recipes, there's ways to make it with ingredients you like to buy, spices you enjoy, and use whatever is in your kitchen & whatever your body desires. You don't like spinach > find an alternative > you don't want tomatoes > find an alternative > you don't like nutritional yeast - well I can't help you with that LOL! Kidding!! But that's a vegan go-to staple which you will learn my go-to staples for this cookbook & for my kitchen next!

KITCHEN PREP

So in order to have a successful cooking experience on a day-in-day-out basis, you should work on having a kitchen that is totally functional & set up for your cooking needs. Otherwise the kitchen can become a hopeless wasteland of confusion & stress. Sound extreme? Well I've been there > hopefully you haven't! :)

There are some staple items & ingredients that I use in the kitchen literally all the time. Having your items on hand will allow you to be more present as you'll know you have what you need & where to look for it. Below you'll see my staples for kitchen items, staples for savory ingredients, & staples for sweet ingredients. So my staple kitchen items list looks like this:

- > quality blender (for smoothies & such)
- > 12-14 cup food processor
- > slow cooker (crockpot)
- > quality juicer
- > small-medium lemon/orange reamer
- > juicer
- > hand blender (for soups)
- > small hand mixer (for baking & whipping)
- > mixing bowls + mixing spoons & spatulas
- > potato masher
- > spiralizer
- > can opener
- > large pot and pan w/ lids
- > strainer
- > steamer basket
- > Mason jars wide lid (small-large containers)

Staple ingredients for my sweets styles:

- > chia seeds
- > flax meal
- > cinnamon
- > nutmeg
- > cloves
- > allspice
- > ginger, fresh & powder
- > alcohol-free vanilla extract
- > alcohol-free almond extract
- > alcohol-free maple extract
- > almond flour
- > coconut flour
- > quinoa flour
- > baking soda
- > baking powder
- > arrowroot starch
- > shredded & shaved coconut
- > canned coconut milk
- > walnuts
- > pecans
- > almonds
- > cashews
- > peanuts
- > nut butters
- > pumpkin seeds
- > dates
- > bananas
- > oranges
- > apples
- > lemons
- > limes
- > blueberries
- > raspberries
- > strawberries

So as I've said before I don't add almost any sugars to sweeten my treats. The techniques I use to boost up the sweetness is to use flavors & spices that already harbor the sweet rasa (taste). Key ingredients that really carry a sweet profile are cinnamon, cloves, coconut, vanilla, maple, almonds, pecans, bananas, oranges, apples, & almost all berries except cranberries.

When you use any of these in cooking, really kick it up a notch to get the sweet profile you're looking for. All my sweet treat recipes have more than usual of any of the previously listed!

Staple ingredients for my savory styles:

- › Bragg's liquid aminos
- › Coconut Secret coconut aminos
- › nutritional yeast
- › coriander
- › cardamom
- › cumin
- › fresh and ground ginger
- › fresh & dried basil
- › garlic & onion-free Italian seasoning
- › Real salt (sea salt)
- › black pepper
- › cayenne pepper
- › garam masala
- › curry powder
- › canned coconut milk
- › cashews
- › walnuts
- › lemons
- › limes
- › tofu - sprouted & silken
- › mung beans
- › red lentils
- › rice & quinoa
- › sesame & hemp seeds
- › kelp noodles
- › nori sheets
- › kombu
- › Atlantic dulse

These are just a handful of really key ingredients I like to keep in the house at all times because I use them in basically everything! The things that come & go throughout the week are fruits & veggies. I often will buy a lot of the same veggies such as carrots, potatoes, acorn squash, celery, spinach, mushrooms, peas, etc. I like to mix it up every now & then, but again, I don't like wandering & wondering >

wondering what to make and wandering around my kitchen or store looking for the ingredients :p

Keep it simple is always my go to advice & actually some of my own advice I follow! Fancy that - LOL! So just remember to keep listening to your body & learn what works for you to have around. This isn't about you becoming Julia Child!!

SOAKING

HI!! > This is a VERY important section - please do not skip over! :)

One of the biggest things you can get in the habit of doing is soaking & sprouting all your nuts, seeds, grains, & legumes. This means soaking in water with kitchen grade hydrogen peroxide (H_2O_2). You will want to transfer some of this into dropper bottles so you can control it's quantity. This stuff is crazy potent, if you get it on your skin wash off immediately! Like you're safe, but don't let it sit.

There's lots about soaking and sprouting online so definitely give that a look. Essentially all these foods contain phytic acid, a component we do not digest and makes it's nutrients much less bio-available to us.

Also they contain levels of molds & fungus's which can really wreak havoc on our digestive systems & are especially hard on a sensitive digestive system. Nuts tend to contain the highest amounts of molds & fungus's especially walnuts, peanuts, and cashews. But they ALL do, so just be precautionary.

Each food to drops of H_2O_2 varies a little. So let's go through some rules of thumb for each. I call these 'activated soaks' because they're not actually sprouting:

nuts & seeds > 1 cup covered w/ water and 15-20 drops of H_2O_2 > let sit for 30 minutes > drain & rinse in fine strainer. Place back into bowl w/ fresh water with 1/2 the # of drops & put in the fridge covered for 6-12 hours. Drain > rinse > done!

legumes > 1 cup covered w/ water and 15-20 drops of H₂O₂ > let sit for 30 minutes > drain & rinse in fine strainer. Place back into bowl w/ fresh water with 1/2 the # of drops & put in the fridge covered for 6-8 hours. Drain > rinse > repeat! Yep, repeat this process 1 or 2 more times depending on how sensitive you are to legumes/beans. Plus cook them after 2-3x.

grains > 1 cup covered w/ water and 15-20 drops of H₂O₂ > let sit for 30 minutes > drain & rinse in fine strainer. Place back into bowl w/ fresh water with 1/2 the # of drops & put in the fridge covered for 6-8 hours. Drain > rinse > done!

rice > 1 cup covered w/ water and 15-20 drops of H₂O₂ > let sit for 30 minutes > drain & rinse in fine strainer. Place back into bowl w/ fresh water & polish the rice by mixing around with your hands > drain & rinse the rice > repeat until your rice water is not coming out cloudy. For white rice it will look slightly translucent.

quinoa > Quinoa is a little different > soaking till sprouted is crucial & a must to make its nutrients bio-available. Luckily it only takes about 2 hours to fully sprout quinoa so not a lot of waiting around! Do the same initial soak process as rice (water + H₂O₂ > 30 minutes sit > rinse and back in the bowl of just water) no drops this time & let it sprout.

Certain nuts, seeds, grains, & legumes react more or less with the H₂O₂ by how quickly white foam comes to the surface or how much does over time. This reaction is the molds, fungus's & difficult starches.

The preliminary 30 minute soak will be the most telling and you'll be reassured why you should soak everything!

SPICES & AYURVEDA

Spices are everything when it comes to creating balancing dishes that are right for your body type. Even certain foods that could be deemed worst for your Ayurvedic body type can be eaten more often if prepared & spiced right! How neat is that!?

Using some of the spices may be very foreign to you at first, but I promise with slow integration & patience, you'll see & feel the benefits of eating right for your body type! Let's go through some of the qualities of some spices that are very common which maybe you didn't know were Ayurvedic!

cumin

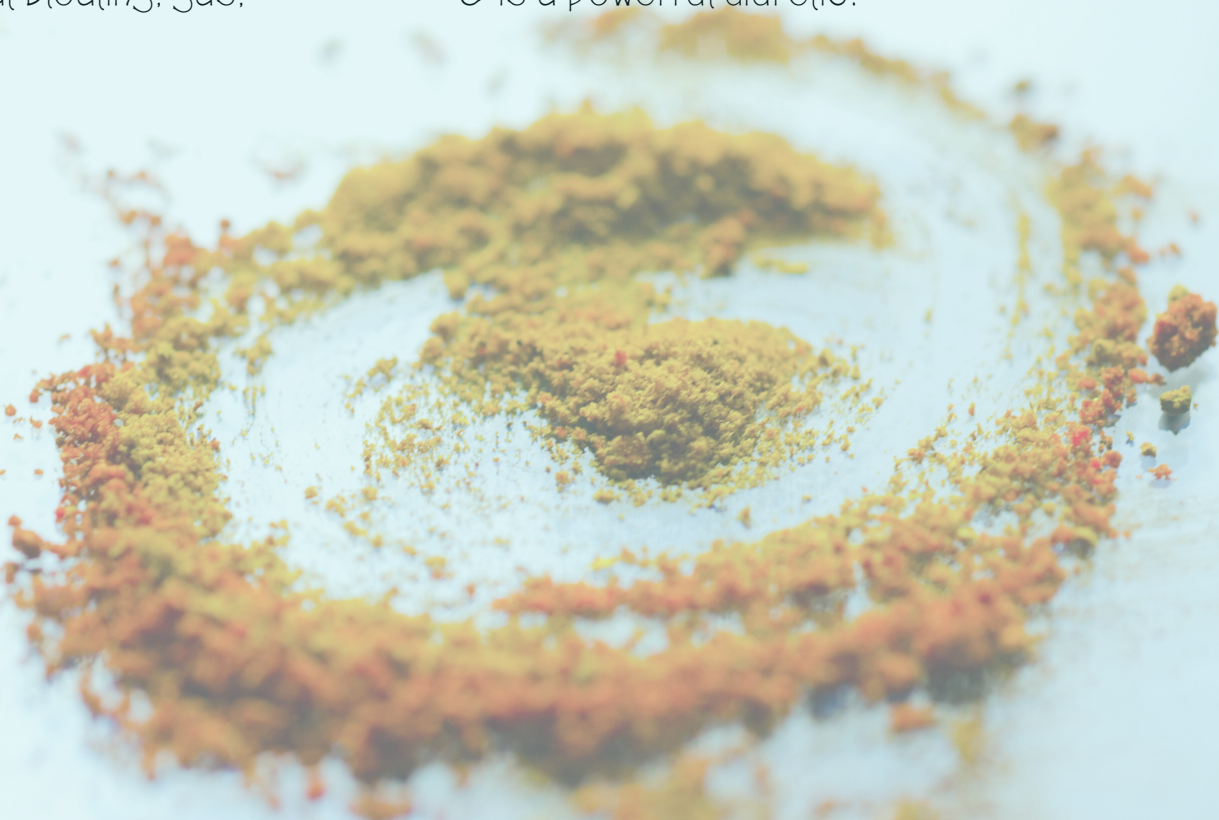
A perfect spice for all doshas, it is what Ayurveda calls tridoshic. It is pungent, bitter & astringent and is used to treat bloating, gas, & aid in digestion.

cardamom

Another beautifully tridoshic spice. It is pungent & sweet and stimulates digestion, increase nutrient absorption, & is a powerful diuretic.

cinnamon

Heating, bitter, & pungent qualities and works magic for stabilizing blood sugar while managing cravings.



coriander

This spice is sweet, astringent & slightly bitter. Great when you're feeling heavy as it will help release water retention as well as decrease gas & increase appetite.

mustard seed

Earthy & spicy, this is mostly pungent and is best for enhancing digestion & adding a balanced blend of oily & light to your recipes. This is also a great substitute for garlic & onions!

fennel seed

With light & cooling qualities, fennel is sweet & slightly pungent & bitter. It is best for stimulating digestion & metabolism while reducing gas, bloating, & indigestion.

ginger

This herb is tridoshic & is the perfect medley of pungent, sweet, & heating. It is magic for stimulating digestion, relieving gas & bloat, increasing circulation & so much more!



You'll notice these spices have qualities such as light or heating, as well as tastes such as pungent, astringent, or sweet, and also if its tridoshic meaning good for all dosha > vata, pitta, kapha.

Ayurveda is the perfect language to learn on the path to becoming more intuitive not just with eating, but ALL areas of your life - mind > body > soul! So powerful & rich!!

GARLIC & ONIONS

So this is not just about garlic & onions, but rather the entire lily family which also includes chives (green onions), Welsh onions, & leeks. There are 2 things to note about this family that make it particularly important to those struggling with Candida, those walking the yogic path, & everyone else who wants a clear head!

The first fact especially important to Candida sufferers is that garlic & onions contain sulfate sugars. These sulfate sugars can only be eaten & digested by candida. That means candida has it's own little pig out every time you eat garlic/onion ANYTHING. Our country alone has so many dishes laden with garlic. In this cookbook you will find zero garlic & onion in anything!

The second thing to note is that garlic & onions (lily family) also contain allicin. This is a compound that they produce naturally to repel insects from eating them & literally 10 drops of garlic oil can kill a bug in 30 minutes! This compound to humans is a neurotoxin & creates massive amounts of brain fog. This will affect others differently in varying degrees but chances are if you're reading this cookbook, you're a sensitive one. And even if you're not sensitive & can't feel the effects > doesn't mean it's not affecting you.

Garlic & onions are at the top of the list of the lily family containing the highest amounts of both of these. Leeks are at the very bottom & once candida is managed, the occasional leeks can replace any missed onion in a recipe (or see suggestions in recipes).

CANDIDA & SENSITIVE DIGESTION

So now as you know, the lily family is to be avoided for those with candida & sensitive digestion (and really all others). There are a few other foods & tips I want to address a little more on candida issues & those with sensitive digestion.

For candida issues, one should avoid the lily family, gluten/wheat, active yeast, refined flours, all refined sugars to include honey, agave & stevia, dried fruits, dairy, starches like tapioca starch and potato starch, thickeners like xanthum gum & carrageenan, refined corn products, avoid all GMOs, canola oil, and avoid fried potatoes to include pan fried, french fries & potato chips > always being sure to peel your potatoes (which applies to Everyone!)

For sensitive digestion I would suggest avoiding lots of raw foods, gluten/wheat, active yeasts, artificial sweeteners & flavors to include stevia, also avoid thickening agents (carrageenan is especially bad, a known immunotoxin), avoid certain legumes like black beans & soy especially soy protein *isolate, avoid gluten free pastas, avoid all GMOs, canola oil, always soak nuts, seeds, legumes & grains, avoid fried foods, avoid meat & dairy, and maybe avoid certain nightshades if you feel sensitive to them.

Also try avoiding the top 8 allergens which are wheat, eggs, dairy, peanuts, fish, nuts, soybeans, and shellfish.

THE LEGEND

As you go through this cookbook you will notice the symbols below in varying combinations on different recipes. These indicate the qualities & Ayurvedic dosha that is predominantly associated with each recipe depending on the types of ingredients. If you know your Ayurvedic constitution › this should help bring balance ‹ or if you're eating intuitively you can sense what qualities you need in your diet.

Below is the legend to reference when you're winging it your way!



› When you see this letter 'C' it means the recipe is either safe for candida or has notes to make it so



› This symbol represents Vata & the qualities of light, cooling, inspiring, calm or peaceful



› This symbol represents Pitta & the qualities of warming, heating & invigorating



› This symbol represents Kapha & the qualities of heavy, grounding, & dense



› This symbol represents Kapha as well & the qualities of moist, nurturing, & soft



SAUCES & DRESSINGS

THE FLEGG!

INGREDIENTS:

- 1 tbsp flax meal
- 3 tbsp water



The flegg is the vegan's egg and is used for all our baking and binding desires! All you need to do is add it into a small bowl and let sit for 5-10 minutes to congeal and then use it as you would an egg in your recipes.

This ratio would convert 1 flegg = 1 real egg and in my recipes I'll indicate where you'll need more than 1 flegg, just multiply it.

I like to use Spectrum's Organic Ground Flaxseed, but use whatever you prefer and do try to find an organic variety :)

AVOCADO-LIME DRESSING



INGREDIENTS:

- 1 large avocado
- handful of cilantro
- 1 juiced lime
- 1 tsp sea salt
- 1/4 cup olive oil
- 2 tbsp water to thin

It doesn't get any easier than most sauces and dressings. And I absolutely LOVE avocado so I pretty much will drizzle or douse this on top of anything!!

All you'll need to do is throw all these ingredients into the blender and blend to your satisfaction. That's it! Love me some simplicity. I use this primarily on salads, Buddha bowls, or for dipping fresh veggies into. Enjoy!

OIL & ACV LEMON DRESSING

INGREDIENTS:

- half olive oil
- half apple cider vinegar
- 1 tsp dry lemon rind
- 1 tsp black pepper
- 1 lemon juiced
- sea salt to taste
- 1/3 cup nutritional yeast
- 1 tbsp maple syrup (or to taste) *only after candida cleanse



This is probably my main go to because its so quick and easy and doesn't really require any other dishes except for the jar you put it in.

So I use just regular sized Mason jars & fill it half with olive oil and half with apple cider vinegar. Sometimes I'll do more ACV for more tang & pungency. Then with my own lemon pepper concoction (because store bought usually have onion or garlic), and all the other ingredients I just dump them all in & seal the lid tight & shake the hell out of it!!!

If you're not suffering candida, maple syrup or agave is a nice addition to this. Poor this over salads, Buddha bowls, and cooked veggies. Yum!

DREAMY TAHINI



INGREDIENTS:

- 2 tbsp lemon juice
- 1 tbsp my maple syrup page
OR 1 tbsp coconut aminos
- 1/4 cup tahini
- 1 tbsp apple cider vinegar
- salt & pepper to taste
- 1/4 cup water to thin

Easy peasy dreamy tahini! That's kinda fun to say LOL! :)

I actually don't even bother putting this into a blender or food processor, there's really no need but if you feel it could use some further smoothening, go ahead & toss it into the blender. Just put into a bowl or even a wide mouth serving container & whisk/stir everything together by hand (or blender).

Done in seconds! I use this on everything from salads, Buddha bowls, and cooked veggies. It's one of my favorites!

CREAMY LEMON SAUCE

INGREDIENTS:

- 1/2 cup veganaise
- 1 lemon juiced
- 1 tbsp coconut aminos
- 1/4 cup nutritional yeast
- dash of black pepper
- salt to taste



C

This is a simple go to for me and I love dipping crispy tempeh in it or smothering Buddha bowls with it.

Again, simple, just throw all the ingredients into a dipping container and mix together with a spoon by hand. Done! Top, dip, or dress whatever you'd like with it!



TRIDOSHIC CHUTNEY



INGREDIENTS:



- 1 cup roasted and ground sesame seeds
- 1 tsp cayenne pepper
- 1/2 tsp cumin powder
- 1/4 tsp salt
- pinch of hing or hingwastak
*optional
- cilantro to garnish *optional

Chutneys are great for increasing digestion while enjoying a meal. They should be added to meals in small quantities as a digestive pick me up as well as a blast of flavor & often heat!

This is a simple chutney with few ingredients though there are many varieties of chutneys out there. This is good for all doshas & just needs to be blended in a blender or food processor. Hing is sometimes hard to find but you can find it online.

It might be easier to find hingwastak which I actually like better & can order at Ayurveda World Herbs online located at Mount Madonna Center in Watsonville, CA.

MANGO-GINGER SAUCE

INGREDIENTS:

- 1/2 mango
- 1 inch ginger root
- 1/2 avocado
- 1 tbsp coconut aminos - optional



It's the simple things in life I appreciate most and recipes are no exception!

Take these 3-4 ingredients and throw them into the blender for a thick, creamy sweet and spicy dressing. I like to use this for vegan sushi the most but is also great as a salad dressing or for really anything.

I don't like having sauces around that can't potentially sauce up Everything! Hehe :)

BASIC MARINADE



INGREDIENTS:

- 2 tbsp cup liquid aminos
- 1/4 cup apple cider vinegar
- smoked salt *optional
- 1/4 tsp black pepper
- generous dash of paprika
- 1 tbsp spicy mustard
- additions: ume plum vinegar, ginger, juiced orange, juiced lemon

This is just a baseline marinade I like to use for tempeh & certain veggies like Brussels sprouts and even sweet potatoes!

This packs potent flavor, I like to add marinated yummys to Buddha bowls with quinoa, fresh veggies, roasted veggies, and topped with sauces. It brings a nice medley of balanced flavor.

I also LOVE tempeh! You might not at first, but crisp it up, marinade it, you may find a way to enjoy it. Experiment!

GREEN CURRY PASTE

INGREDIENTS:

- 1/2 tsp coriander powder
- 1 tsp cumin seed powder
- 1/2 tsp ground black pepper
- 3 small green chilies seeded
- 1 medium green bell pepper
- 2 stalks lemongrass
- 2 full tbsp chopped ginger
- 1/2 cup sliced leeks*
- 1 tbsp fresh turmeric or 1 tsp ground
- 1/2 tsp salt to taste
- 3 tbsp lemon juice
- 1 medium lime zested and juiced
- 2-3 tbsp avocado or grape seed oil
- 1 tbsp my maple syrup or coconut sugar*



Okay long list I know! But at least once you have it all together just throw it into the food processor & blend till paste consistency.

The leeks & coconut sugar are optional and should be avoided for candida cleansers. Green curry paste is a key ingredient in bombay potatoes which you'll run across later and can kick up the flavor in many other dishes as well!

FOG-FREE GUACAMOLE



INGREDIENTS:

- 2 large avocados
- 1 lime juiced
- 1/4 cup cilantro minced
- 1/2 green bell pepper
- sea salt & black pepper to taste
- diced tomatoes - optional

You can either food processor the avocado until preferred consistency then add all the other ingredients into mixing bowl.

Or if you're like me, I usually just go straight for the mixing bowl and mash it all together by hand. Sometimes I'll be lazy and just use a fork but a potato masher works so much quicker.

I love this to dip or to top onto Mexican style bowls with beans, walnut meat, quinoa, and salsa. Feel free to add jalapenos or cayenne pepper to bring up the heat. Tomatoes are optional for those avoiding nightshade vegetables. Enjoy!

CARROT-TURMERIC HUMMUS

INGREDIENTS:

- 3 steamed carrots
- 1/2 cup tahini
- 1 tsp turmeric
- salt & pepper to taste
- 1 lemon juiced
- 1 tbsp flax oil



I know hummus is generally chickpeas and though I absolutely LOVE chickpeas, they do not love me as much. I also love hummus & end up eating way too much of it so when it's made of chickpeas, it can be detrimental...

So I opt for steamed carrots as a base and find it really does the trick and is much easier to digest & far better for my Ayurvedic constitution. So just steam 2-3 medium or large carrots chopped up and when ready, throw them & everything else into the food processor and blend till your hearts content.

Viola! Easy to digest, easy to make, ready to go hummus for all your eating and snacking pleasures!

FOG-FREE SALSA



INGREDIENTS:

- 3 large tomatoes
- 1 tbsp tomato puree
- 1 lime juiced
- fresh cilantro garnished in
- leeks *optional
- 1 tbsp olive oil
- 1 red chili or cayenne pepper
- salt & pepper to taste

This is food processor material and by that I mean toss it all into the food processor & pulse until mixed but still chunky. Unless you like thinner salsa then keep blending.

Again leeks are optional and this recipe should be avoided by those who think they are sensitive to nightshades like tomatoes.

Otherwise dip & top onto Mexican style bowls along with the guacamole or whatever other ways you like to wing it with salsa. It's always up to you > go outside the norm!!!

FOG-FREE PESTO

INGREDIENTS:

- 1-1/2 cups basil
- 1 cup kale
- 1 avocado
- 1/4 cup pine nuts
- 1 lemon juiced
- 1 tsp salt
- 2 tbsp olive oil



Another easy peasy food processor favorite! Throw it all in and blend. You can really make pesto several different ways.

Traditionally you'll use pine nuts to get it rich & creamy but a far cheaper alternative (and better if nut sensitive) is using avocado. So feel free to use pine nuts or avocados or be crazy like me & use both! I use both because pine nuts are quite pricey per pound and I also just love avocado.

If you're sensitive to pine nuts, don't use them and just use another half of an avocado or see what just the one avocado tastes like. Explore how your body wants it!

FOG-FREE MARINARA



INGREDIENTS:

- 3 lbs organic roma tomatoes
- 2/3 cup organic tomato paste
- 1 bell pepper
- 2 tbsp olive oil
- several large fresh basil leaves
- 2 tsp dried oregano
- salt to taste
- black pepper to taste

The key here is roasting the fresh tomatoes ahead of time to release moisture and gain flavor. I roast them in some olive oil with salt, pepper, a dried Italian seasoning but you can just roast them in olive oil if you'd like.

Roast them at 350F for about 30 minutes or so. Let them cool a little before throwing everything either into a food processor or blender & then adding it to spaghetti squash, lasagna, spiralized veggie noodles, or however you like marinara!

RICOTTA CHEESE

INGREDIENTS:

- 2 cups raw soaked cashews or 1 package frozen and then thawed tofu
- 2-3 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp liquid aminos
- sea salt to taste
- black pepper to taste



See soaking nuts on page #10. So you can either make this simple ricotta base with raw, soaked cashews blended or frozen tofu that has then been thawed. Weird I know, but it actually creates the consistency pretty well!

The cashews will be heavier & make a little thicker ricotta which I also use this ricotta as a cheese base for cheese sauces. The tofu will be more protein and no fat. I like them both and it just depends on what I have around. The frozen tofu is less work.

You don't need to blend the tofu, it'll start breaking up in a heated sauce pan. Add all your ingredients & mix well and voila! Basic vegan ricotta to go into lasagna, topped on spaghetti, or whatever else you get creative with!

CHEDDAR CHEESE SAUCE



INGREDIENTS:

- 2 - 3 potatoes
- 2 carrots
- 1.5 tbsp liquid aminos
- 1/2 tsp turmeric
- 1/4 cup nutritional yeast
- add cayenne pepper, sweet or smoked paprika, or fresh jalapanos for a nacho cheese kick
- water to blend & thin (this varies)

Boil 2 regular potatoes peeled and steam 2 medium-large carrots also peeled. Once those are cooked, throw them in the blender with all your spices.

Choose to add some kick with paprika, cayenne pepper, or fresh jalapanos. I like to use cheddar cheese to make cheesy broccoli potatoes, alternative nachos, Mexican style bowls, and the like.

Get creative and do it your way! As far as cheese dips and aged vegan cheeses go, I HIGHLY recommend getting the book 'The Uncomplicated Vegan' by Christopher S. Harris > hands down the best vegan cheeses I've had!

SPROUTED PEANUT BUTTER

INGREDIENTS:

- 2 cups raw organic peanuts
- 15-20 drops kitchen grade
h2o2
- salt
- water



This will require a decent blender or a nut butter maker. Sometimes what I'll do is start it in the food processor and then finish it in the blender. It really just depends how smooth and creamy you like your peanut butter if you need the blender over the food processor.

Essentially you'll soak the peanuts as usual; see soaking page #10. Then you'll place them in the oven to dehydrate a bit at low temps of 150-170F. That might take over an hour or more, but once they start seeming really dried out, you can crank the heat up to 200F and start roasting them slowly. This time varies but at least 30 minutes.

Once you're smelling or tasting that roasted peanut smell, then they're ready to be blended into delicious nut butter!

CRANBERRY-ORANGE JAM SAUCE



INGREDIENTS:

- 12 oz fresh cranberries
- 1/4 tsp ginger powder
- 1 inch ginger root
- 2 oranges juiced
- 1/4 tsp allspice
- 1/2 tsp cinnamon
- 1/2 cup unsweetened apple sauce

I discovered this gem over the holiday season when I was wanting cranberry sauce with Thanksgiving. But as you know people love cranberries and sugar so it was automatically out for me. And this recipe is so easy!

Just throw everything into a pot EXCEPT the apple sauce, and let it come to a moderate (not roaring) boil. Let it moderately boil for 10 minutes or until all or most of the cranberries have popped - stand back! LOL! After 10 minutes, turn heat off and lid it to simmer down, eventually cool down and then add your unsweetened apple sauce.

You can use more or less depending on your preferences. Now I don't just use this at holidays, it's almost year round for me. Enjoy!

BLUEBERRY-LEMON JAM SAUCE

INGREDIENTS:

- 2 cups blueberries fresh or frozen
- 2 juiced lemons
- 1 tsp lemon zest
- 2 tsp vanilla extract
- 1/2 cup unsweetened apple sauce



This is very similar to the cranberry jam sauce though doesn't take quite as long because the blueberries won't need to pop like cranberries do.

Throw everything into a pot except the apple sauce, let come to a moderate boil stirring occasionally. Once boiling, bring down to a simmer and lid it for 10 minutes then turn off and let stand and cool before adding the apple sauce. The more apple sauce you mix, the less strong the flavor so keep that in mind.

You can also make jam sauces out of all berries and get creative or hold off on the apple sauce and use the berry sauce to blend into homemade ice creams, cream cheeses, or whatever else you can think of! For simple jam, just do the berries & 1/2 lemon juice with some sweetener of choice (I use coconut sugar), boil & stir > cool & place in fridge with lidded jar! *no sweetener for candida cleansers

STRAWBERRY CREAM CHEESE



INGREDIENTS:

- 2 tbsp lemon juice
- 2 tbsp apple cider vinegar
- 1-1/2 cups raw cashews
- 2 tbsp water
- 1 cup fresh or frozen strawberries
- 1 tsp vanilla extract

Soak cashews for 24 hours. Then drain and rinse cashews with water. Put cashews in blender or food processor and add remaining ingredients. Start with 2 tbsp water and add more if needed. Blend until as smooth as possible, we're going for cream cheese here! Set aside for a couple of hours. Drape a small plastic container with cheese cloth, double the cheese cloth for creamier vs firmer.

Spoon the cashew mix into the cheese cloth and pull up the sides of the cloth and tie with string. Tie it to a wooden spoon or something that can allow the cheese cloth bundle to hang over your draining dish so the liquid can be drained out. Leave in a warm place to hang for 24 hours. After that you're ready to flavor it! Blend together the strawberries and vanilla either in blender or food processor. Leave chunks if desired. With cream cheese in a bowl, pour in your strawberry mixture and fold in gently giving it strawberry swirls! Eat on your favorite gluten free, sprouted bagel, toast, or crackers! Sans the strawberries and vanilla, you can use this as a base for other flavor combos like spicy jalapeno or blueberry, take it savory, sweet, or just plain & simple!

COCONUT WHIPPED CREAM

INGREDIENTS:

- 1 can of coconut cream or separate cream from canned coconut milk refrigerated
- 1 tsp vanilla extract



Love an easy whipped cream recipe? Here it is!

The first steps to take is to put your can of coconut milk or cream into the fridge until chilled. Also place your mixing bowl in there to until it is quite cold. Once all is ready, use only the cream (some liquid milk is okay but will thin it) and either with a hand whisk or hand blender, whip for 3-5 minutes.

Once it's the consistency you like, add the vanilla and whip it around so it's evenly distributed and voila! Top this on pumpkin pie bars, waffles, pancakes, ice creams, cookies, pretty much everything!

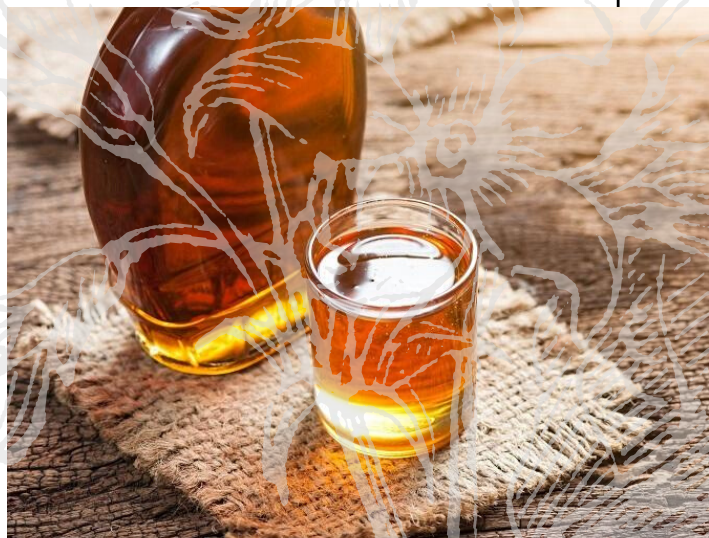
If you really miss whipped cream out of a can, you can buy nitrous whipped cream canisters and fill them with this recipe and have them come out fluffy as can be!!

MAPLE-APPLE SYRUP



INGREDIENTS:

- 1 cup unsweetened raw apple juice – freshly juiced
- 1 & 1/2 tbsp maple extract
- 1/2 tbsp vanilla extract
- 1 tsp arrowroot starch
- 1 tbsp date paste



If you're like me and love maple syrup on pancakes, waffles, and pretty much everything else this is a great substitute when you need less sugar or are candida cleansing! And it's fairly easy although you do need a juicer.

Juice 2-3 apples to get a cup of juice. Have date paste ready which is just a couple dates soaked in warm water then blended. Once ready, add all the ingredients into a pot and bring to a boil. Stir them all until they're a fully mixed with each other and take off the heat. Let stand and cool before sealing up and storing in the fridge.

Use this on my Protein-Packed Pancakes, Blueberry Lemon Waffles, oatmeals, or anything you'd like a kick of maple syrup with! *For those candida cleansing, do not partake until 3rd month of cleanse.

MAIN MEALS



VEGAN VEGGIE OMELETTE

INGREDIENTS:

- 1 & 1/2 cup split yellow mung beans, soaked & cooked
- 7 oz silken tofu
- 1/4 tsp regular salt
- 1/4 tsp turmeric
- dash of black pepper
- 1/4 cup nutritional yeast
- filling: mushrooms, spinach, basil, and avocado
- optional: vegan cheese shreds



I like to make at least a couple batches of the 'egg batter' ahead of time so this recipe portion will be for at least 2 full sized omelettes. Throw all your main ingredients into whatever blender you have, I would suggest a Nutribullet model.

Once mung beans are completely blended, pour about 1/2 cup into a nonstick pan with 1 light oil of choice on medium heat. I use coconut oil. Spread with a spatula or spoon until your batter is very thin in a pancake shape. Once it's thin, it will start cooking quite quickly. Flip it when ready and as the other side is cooking, add your cooked fillings & cheese, fold the 'egg' in half over the fillings and cover with a lid to speed up the cheese melting process.

You can literally put whatever you want in your omelette, I prefer mushroom, spinach, basil with mashed up avocado!

B-FAST SIMPLE SCRAMBLE

INGREDIENTS:

- 14 oz tofu, extra firm
- 1/2 tsp regular salt
- 1/16 tsp black salt
- 2 tsp turmeric
- dash of black pepper
- 2 tbsp nutritional yeast
- bell peppers optional
- cherry tomatoes optional
- 1-2 tbsp coconut oil for pan



If you haven't guessed it by now, I LOVE simple, quick recipes! This is just a super quick tofu scramble because I love savory breakfast foods!

All you do is throw the firm tofu in a bowl and mash it to bits with a potato mashing tool. Add all the seasonings to the tofu and throw into a well oiled pan or non-stick cook for maybe 5 to 10 minutes medium heat > you'll know.

Sometimes a little kick of diced, cooked bell pepper, cherry tomatoes, & basil is nice along with some vegan cheese shreds and/or sliced avocado. I like to eat this with a few slices of organic tempeh 'fakin' bacon' by LightLife. YUM!

And sometimes I'll get wild & have some GF homemade toast as well :) Enjoy!

PRETTY PACKED PANCAKES

INGREDIENTS:

- 2 bananas, ripe
- 3/4 cup oats or quinoa flour
- 3/4 cup red lentils, soaked & cooked
- 2 tbsp flax
- 1/4 cup shredded coconut
- 1 tbsp apple cider vinegar
- 1 tbsp coconut oil
- 1/2 - 3/4 cup water
- wild blueberries, optional



These pancakes are full of protein and nummy good for you ingredients! All ya gotta do is throw it all into a blended EXCEPT the coconut oil and blueberries. Add blueberries if you wish for blueberry pancakes or stick with more traditional and forgo the blueberries.

Pour about 1/3 cup batter into a non-stick or coconut oiled pan and spread out into 5-6" diameter letting cook for around 2 minutes as you see the top bubble and edges get golden.

When done, serve with vegan butter & my maple/apple syrup or with any number of my jam sauces. I often like almond or peanut butter with my maple syrup or jam sauces as well, maybe topped with fresh berries, bananas, or some of my coconut whipped cream!

PUMPKIN PANCAKES

INGREDIENTS:

- 3/4 cup pumpkin puree
- 1 cup almond flour, quinoa flour or 1/2 cup coconut flour
- 1/2 cup vegan milk
- 1 flegg
- 1-1/2 tsp apple cider vinegar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 2 tsp vanilla extract
- 1 tbsp coconut oil



Prep your flegg as usual & then add everything into a mixing bowl, stirring until a well combined batter is formed.

Poor about 1/3 cup batter into a non-stick or coconut oiled pan & spread out into 5-6" diameter letting cook for around 2 minutes as you see the top bubble & edges get golden.

When done, serve with vegan butter, my maple-apple syrup, coconut whipped cream or whatever tickles your fancy! <3

BLUEBERRY-LEMON WAFFLES

INGREDIENTS:

- 1 & 1/2 cups almond flour or quinoa flour
- 1/2 cup tapioca starch
- 1/2 cup coconut milk
- 1 1/2 cups blueberries
- 3 fleggs
- 1/4 cup vegan butter
- 1/2 tsp baking soda
- 1 tbsp vanilla extract
- 2 tbsp lemon juice
- lemon zest of 2 lemons



The only downside to making waffles is actually needing a waffle maker. Otherwise they're probably easier than pancakes because the waffle maker pretty much does all the work!

Mix all the fixin's together in a bowl. I would add the blueberries last or if you're concerned about keeping your waffle maker clean, don't add them at all and just top it with them at the end. It's not hard to clean & I like to add everything.

Once done, top with vegan butter, my maple syrup, my jam sauces like blueberry, or some coconut whipped cream. I'm a sucker for these at brunch or brinner!

PUMPKIN WAFFLES

INGREDIENTS:

- 1 cup quinoa flour or almond flour or 1/2 cup coconut flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 ripe banana
- 1/2 cup pumpkin puree
- 1 cup almond, coconut or hemp milk
- 2 tbsp coconut oil
- 2 tsp pumpkin spice



Choose the flour best suited for your diet and proceed. Just like any waffles, if you want them, unfortunately you have to have a waffle maker.

But once you do you can make these easy pumpkin waffles by adding all the dry ingredients into a bowl first. Once mixed add in all the rest of your ingredients until evenly blended into a batter.

Use about 1/2 cup to pour batter into your waffle maker and it does the rest of the work! Top with vegan butter, my maple syrup, nut butters and jams, whipped cream, whatever you want! It's a waffle day!

CRANBERRY-APPLE OATMEAL

INGREDIENTS:

- 4 cups water
- 2 cups oats, GF
- 1/2 cup fresh cranberries
- 2 apples peeled & diced
- 2 tbsp coconut oil
- 1/2 tsp salt
- 1-2 tsp cinnamon
- 1 tsp vanilla extract



This is a slow cooker recipe which is why it's portions are so large. I love using the slow cooker because it gets great flavor AND I can just throw it all in and walk away to do other things.

Light oil your slow cooker pot with the coconut oil and throw all the ingredients in. Cook on high for 1.5 hours or low for 3 hours. I like having oatmeal ready for breakfast. I'll usually just boil water for my morning tea and then throw some in with my ready-made oatmeal to reheat it and re-moisten it.

However, to do a smaller batch on the stove top, I would just cut everything in half or thirds. Play around with it to your liking. Almost all my recipes have massive wiggle room to fluctuate to your cooking style. Experiment! That's what I did :)

SPICY-SAVORY OATMEAL

INGREDIENTS:

- 1 cup oats, GF
- 2 cups water
- 1-2 tsp Bragg's liquid aminos
- 1/4 tsp cayenne pepper
- 1/2 tsp turmeric
- 1 tsp curry powder
- dash of black pepper
- 1 tbsp nutritional yeast
- choice of vegetables > peas, broccoli, green beans, carrots



I have recently fallen in love with oatmeal. I used to HATE it as a kid & my grandma would always make me eat it. Now I know how to make it delicious & I eat it ALL the time!

I love me some maple syrup, blueberries & *key ingredient* dash of salt in my oatmeal but this savory oatmeal brings breakfast (or lunch or dinner LOL) to a whole new level!! All you gotta do is cook your oats. This recipe is whole oats to make in Candida friendly but if you want you can do quick cooking oats instead. After the oats are cooked (& your veggies > I often just use frozen > it's quicker) mix everything well & chow down! Injoy :)

VEGGIE FLAXSEED WRAPS

INGREDIENTS:

- 1 cup flax seed, golden or brown
- 2/3 cup hot water
- 1/2 tsp salt
- Filling: sprouts, microgreens, spring mix, avocado, bell peppers, shredded carrots
- my mango ginger sauce or creamy tahini or your choice!



Grind flax seeds in a blender until it's a flour. You can buy already ground flax meal but grind it further to get the flour texture. Bring water and salt to a boil. Add your flax flour once salt has dissolved and stir until absorbed water and forms a dough ball.

Let cool completely before breaking into 4 smaller dough balls. Place one of the dough balls on to parchment paper and cover the top with another parchment so it doesn't stick to your rolling pin. Roll into 1/16 of an inch thickness.

After flattened, lightly cook in pan on both sides. Press down any bubbles with spatula while cooking and let cool a bit before using.

Stuff it with all the yummy veggie fillings you want, sauce it, wrap it, nom it!

EASY-PEASY STIR FRY

INGREDIENTS:

- 1 brick tofu, sprouted
- 1 cup broccoli, chopped
- 1 cup zucchini, chopped
- 1/2 cup green peas
- 1-2 carrots, diced
- 1/2 tbsp cardamom
- 1/2 tbsp cumin
- 1/2 tbsp coriander
- 2 tbsp bragg's liquid aminos
- nutritional yeast



Start a pot boiling with water with a steamer basket inside. Throw in chopped broccoli, green beans, and carrots. You may need quite a large steamer basket or 2 going at once. If you're using frozen veggies (I do all the time in a hurry) then just wait till tofu is cooked to toss in and lid as the frozen veggies will be fine steaming that way.

For the tofu, press as much juice out of it as you can or as you prefer. You can use a tofu press or paper towels. Dice it up and throw it either into a nonstick frying pan or add some coconut oil. Add half of all the spices along with half the Bragg's liquid aminos - DO NOT add the yeast.

You can also use coconut aminos for a sweeter profile. Let the seasonings and liquid soak into tofu and cook till slightly golden. Add cooked or frozen veggies and add the remaining seasonings. Top with nutritional yeast and enjoy!

CHEESY-BROCCOLI POTATO



INGREDIENTS:

- 2 russet potatoes, organic or use sweet potatoes or favorite yam
- 1/2 cup broccoli, chopped
- my vegan cheese sauce - see page # in sauces & dressings section

Really doesn't get any easier or yummiier than a cheesy, broccoli baked potato! Toss those taters in the oven at 475F for about 45 minutes. Sometimes more, sometimes less depending on the oven.

With 20 minutes left on your potato cook time, throw broccoli into a steamer basket and lid it. Shouldn't take much more than 10 minutes for the broccoli.

While that's almost done get your cheese sauce heated up - find my vegan cheese sauce recipe on page #33 in Sauces & Dressings section. Put it all together & ground down for the night!

POTATO-BROCCOLI SOUP

INGREDIENTS:

- 1 lb potatoes
- 2 cups broccoli
- 3/4 cup nutritional yeast
- 2 tbsp bragg's liquid aminos
- 1/2 tsp cayenne pepper
- 1 can coconut milk
- 3 cups of water



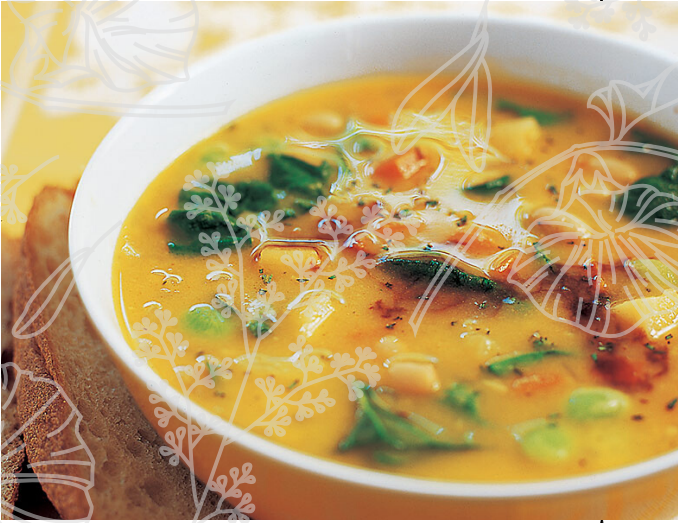
You know slow cooker, crockpot, whatever you wanna call it is my favorite because I like to toss everything in at once and just walk away until hot food is ready. It's all about that healthy but simple.

You don't need to worry too much about the sizes of the potatoes and broccoli but just be sure the potatoes aren't much larger than inch pieces. It's all going to get blended when it's fully cooked so no need to get particular when shopping.

Toss it all into the slow cooker on high for 3-5 hours depending on your cooker. Once everything is looking good and cooked, use a hand blender and carefully start pureeing the soup.

If you like chunks then just do some and leave some - totally up to you! Serve hot & enjoy!

HEARTY VEGGIE SOUP



INGREDIENTS:

- 3 carrots
- 2 stalks celery
- 3 golden potatoes
- 2 large tomatoes
- 3 leaves chard
- 1 cup mung beans - optional
- 1/4 cup bragg's liquid aminos
- 1/2 cup nutritional yeast
- black pepper to taste
- olive or flax oil

What can I say, I'm a sucker for simple!

Just chop all these veggies into the sizes you prefer - I like the potatoes around an inch cubed, carrots 1/2 inch stew cut, and celery 1/4 inch pieces. The tomatoes kind of just fall apart so I'm not super particular on their size,

Make sure to soak the mung beans over night - see Soaking section on page #10. So throw all this into a slow cooker, set to high and walk away from 3-5 hours.

Come back and dinner is done! I like to top with a little extra freshly ground black pepper.

GF-VEGAN LASAGNA

INGREDIENTS:

- 4 lbs of zucchini or GF lasagna noodles
- 1 1/2 cups my vegan ricotta
- my garlic-free marinara
- 4 ounces daiya's mozzarella shreds
- mushrooms
- spinach
- small handful fresh basil



So you can either use zucchini as your noodles or gluten free lasagna noodles, however if you're candida cleansing do use the zucchini.

Slice the zucchini into about 1/4 inch thick long ways pieces. I use a mandolin slicer for this, they're super handy! To have less moisture, broil the zucchini slices first or be lazy like me and throw it all in together.

Set the oven to 400F. After you've sliced and chopped your mushrooms, now starts the layering process. Make sure you're filling ingredients are roughly portioned out in thirds .Put a layer of zucchini slices on the bottom of the pan and and top with 1/3 of your filling ingredients including marinara.Layer with more zucchini and repeat. You should have 4 zucchini layers, and 3 layers with the ricotta/fillings.

Top with some more cheese and pop it in the oven for about 40 minutes or 30 minutes if you precooked the zucchini. Let stand to cool a little, slice, and enjoy!

SPAGHETTI W/ WALNUTBALLS



- 1/2 lemon juiced
- my fog-free marinara

INGREDIENTS:

- 1 large spaghetti squash
- 1 cup brown lentils, soaked
- 1/3 cup walnuts chopped
- 1/3 cup rolled oats
- 1 flegg
- 2 tbsp olive oil
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp salt + black pepper
- 2 tbsp nutritional yeast

Preheat the oven to 400F and cook the spaghetti squash in there for about 40 minutes. While that's going, take your previously soaked lentils (see soaking page #10) into a pot with 1-1/2 cups boiling water, bring down to a simmer and cover to let cook for about 20 minutes or until soft.

Let stand to cool. Once the lentils are done, make sure your flegg is well prepared & throw your chopped walnuts and all other ingredients on this list Except the marinara and spaghetti squash, into the food processor and pulse until well mixed into a chunky dough. On a baking sheet, roll the dough into golf ball size and place on the baking sheet to be cooked at 400F for about 30 minutes. Once everything is cooked and ready, scrape out your squash and top with marinara page #31, meatballs, some nutritional yeast (like faux Parmesan) & a few leaves fresh basil!

KELP NOODLE PAD THAI

INGREDIENTS:

- 1 package of kelp noodles
- 1 can coconut milk
- 1/3 cup peanut butter
- 1 inch fresh ginger, grated
- 1/2 lime juiced
- 2 tbsp hot sauce, GF
- 3 tbsp coconut sugar
- 2 tbsp Bragg's liquid aminos
- fixings: carrot, bell pepper, tofu, bokchoy, bean sprouts



I kind of freaking LOVE Pad Thai! So naturally I had to have a recipe in here for it! I am also in love with kelp noodles & they make excellent Pad Thai noodles because they don't soak up all the moisture in the sauce so it's really easy to have this as a left over & it still taste & feel fresh!

Start with chopping up all your veggies & cooking them your way (steam, baked, sauteed). Then add your tofu to cook a little too depending on how you like it. While all this is cooking prep your kelp noodles (super simple, the package tells you) & then toss all you sauce ingredients into your pan with cooked veggies & tofu (not the noodles yet). Stir around until well mixed & then add your kelp noodles.

Let the noddles simmer in this sauce mix for at least 5 minutes before eating. There's some magic that happens when they sit in the sauce & become much softer. After that >chow down & enjoy!! :)

AVOCADO CAPRESE TOAST



INGREDIENTS:

- 2 tsp dry active yeast
 - 1 tbsp raw sugar
 - 2 cups gluten free flour
 - 2 cups luke warm water
 - 2 tbsp vegetable oil
 - 2 tsp salt
 - 1/4 tsp baking soda
 - 2 & 1/2 tbsp ground chia seeds
- caprese: avocado, tomato, basil, balsamic vinaigrette

This is mostly a bread recipe but it's what I use for sandwiches & my favorite > caprese toast! Start by combining your yeast & sugar into the cup container that contains your luke warm water, stir to dissolve the sugar & leave for 10 minutes.

In a large bowl, whisk together all the dry ingredients. Add your water yeast mixture & all other wet ingredients (ACV & vegetable oil) & mix together nicely. Place in a deep loaf pan lined with baking paper & cover or pop into a plastic bag to keep heat in & place in a warm place to sit for 2 hours. Bake at 465F for 33-40 minutes. Let cool before slicing.

Now you can go ahead & do whatever you please with it! I like to toast it, put a couple slices of tomato on it with avocado, fresh basil, a drizzle of balsamic vinaigrette & a dash of salt & fresh ground black pepper. Also try it with some vegan mozzarella! Injoy :) *please note this is not candida friendly

WALNUT TACOS & BURRITOS

INGREDIENTS:

- 2 cups walnuts, soaked
- 1 tbsp cumin
- 3/4 tbsp coriander
- 1 tsp chili powder
- 2 tbsp bragg's liquid aminos
- my fog-free guacamole
- my fog-free salsa
- wrap of choice



So really the only thing to be made here is the walnut meat. Just throw the walnuts, cumin, coriander, chili powder, & Bragg's liquid aminos into a food processor. Use the pulse button to have more control over the consistency. You don't really want it too fine. I like it more just chopped/ground than fine ground.

Take your taco or burrito shell of choice - I often use collards or flax wraps for the burritos & chard, jicama, or Siete (almond, cassava or coconut flour) tortillas for tacos. Once all these ingredients are made and chillin' in your fridge, this recipe is a super easy go-to!

You can prepare the walnut meat, salsa, & salad for the week and often last much longer. Guacamole is much finickier so I just make that as I go. The salad for the week is super handy to grab from in times like these because it's already made > just grab a handful! Stuff whatever you choose with all the fixins' & dig in!

SALAD FOR THE WEEK!

INGREDIENTS:

- 2 - 3 romaine bunches
- several handfuls of spring mix w/ arugula
- pea shoots
- microgreens
- sprouts - I prefer alfalfa
- my oil & ACV lemon dressing



It doesn't get any lazier than me wanting salad and deciding to just make a ginormous bowl for the week!

All I put in this massive bowl is 2-3 romaine heads, washed and chopped, and big handfuls of any spring mix - preferably ones with arugula. Otherwise I'll buy the arugula separate. I like to cut the pea shoots a little smaller because they can be quite long.

So romaine, spring mix, and pea shoots goes into the bowl - place a paper towel on bottom before filling and one on top after filling. This will help collect unwanted moisture that ages the salad faster. The microgreens and sprouts are added when I'm serving myself up along with my go-to oil & ACV dressing, usually with an avocado to top it all off. Now you can have a salad anytime all week!

LEMON-BASIL PEANUT QUINOA

INGREDIENTS:

- 1 cup quinoa (or rice)
- 1/3 cup my sprouted peanut butter page #33
- 1/2 lemon juiced
- several leaves fresh basil
- avocado, sesame seeds & crushed peanuts to garnish



This is a quick and easy go to for me as I love quinoa, lemon, basil and all the rest!

Cook your sprouted quinoa for 15-20 minutes and then add all the other ingredients. You can use more or less peanut butter if you'd like and feel free to add other veggies.

Sometimes I just add some peas and top with avocado and I'm totally satisfied for the rest of the night. It can be a little heavy but the lemon, basil, and quinoa are all light so it's balancing itself out.

if you're candida cleansing, stick with the quinoa & not the rice. They're both super tasty you won't be missing out I promises! Injoy!

VEGAN CAULIFLOWER SUSHI

INGREDIENTS:

- cauliflower
- nori sheets
- carrots shredded
- cucumber slivered
- avocado sliced
- micro greens
- sauces: just liquid aminos or my mango ginger sauce
- optional: tofu, marinated temp eh cilantro



First lets start with the cauliflower rice. You can go 2 ways, raw or slightly cooked. Slightly cooked takes down the cauliflower flavor a little making it more neutral like rice but its not necessary. Place the cauliflower in the food processor and pulse to get it as finely chopped as you'd like. Remember it should seem like faux sushi rice.(you can use real sushi rice, but not if you're candida cleansing).

Now either add salt and pepper to taste or cook on medium heat for 5-10 minutes. Let cool and once ready, stack your nori sheet with rice and lined with veggies of your choice. Your nori sheet should be on a bamboo roller to make it easy to roll up.

For more on making sushi, YouTube is all over it and it's simple once you get the hang of it. Make a sauce of your choice & dig in!

PURPLE ASIAN SLAW

INGREDIENTS:

- 1/2 purple cabbage
- handful of finely chopped parsley
- 1/2 cup veganaise
- 1 lemon juiced
- 2 tbsp coconut aminos
- 1 tbsp liquid aminos
- 2 tsp lemon pepper
- sesame seeds to garnish



Either hand chop the purple cabbage or throw into the food processor and pulse until finely shredded, this should only take a few pulses.

Mix your wet ingredients and lemon pepper in a small bowl. Once well mixed, put cabbage shreds, chopped parsley, and sauce mix into a serving bowl incorporating everything evenly.

Once done, top with some raw or toasted sesame seeds, a little extra parsley and serve on the side of any dish to add a boost of fiber, flavor, & nutrients!

BUDDHA BOWL - INDIAN



INGREDIENTS:

- base: brown rice
- toppings:
 - spiced mung dal or baked chickpeas
 - saag paneer
 - curried cauliflower
 - chutney
 - cilantro

These can be a creative and easy way to pack great meals on the go if you meal prep them! This is all about building with a carb-rich base & then finding nutritionally packed yummys to top creating a well balanced meal!

First establish your base > here will be brown rice but your choice. Then I like to top it with spiced mung dal using many of the spices from the kitchari recipe on page #69 or baked chickpeas with some cumin & coriander & sesame oil. Another choice or to add is saag paneer which you can also find on page #72 or toss some chopped cauliflower heads with oil of choice & some curry powder, bake & top with that! Depending on the flavor profile of the bowl, I will choose a simple chutney to drizzle, like my tridoshic chutney on page #23 & then garnish with cilantro.

Get creative & go whatever route you intuitively feel <3 Enjoy!

BUDDHA BOWL - MEXICAN

INGREDIENTS:

- base: quinoa
- toppings:
- avocado
- adzuki beans
- walnut meat
- roasted veggies
- cilantro
- lime
- salsa



These can be a creative and easy way to pack great meals on the go if you meal prep them! This is all about building with a carb-rich base & then finding nutritionally packed yummys to top creating a well balanced meal!

First establish your base > here will be quinoa but your choice. Then I like to top it with spiced adzuki beans tossed in oil, cumin & a little chili powder along with walnut taco meat found on page #58. Additionally I love some simple roasted veggies tossed in oil with coriander, cumin & lime juice. Then to top with avocado & my fog-free salsa on page #29 & cilantro & extra lime to garish.

Get creative & go whatever route you intuitively feel <3 Injoy!

BUDDHA BOWL - JAPANESE

INGREDIENTS:

- base: cauliflower rice
- toppings:
 - whole edamame
 - avocado
 - baked carrots
 - fresh cucumber
 - fresh spinach
 - tahini lemon sauce
 - sesame seeds
 - nori flakes



These can be a creative and easy way to pack great meals on the go if you meal prep them! This is all about building with a base & then finding nutritionally packed yummys to top creating a well balanced meal!

First establish your base > here will be cauliflower rice but your choice. Then I like to top it with whole edamame lightly tossed in sesame oil, fresh avocado slices, baked carrot wedges, fresh spinach & top with my tahini lemon sauce on page #21, sesame seeds & nori flakes.

Get creative & go whatever route you intuitively feel <3 Enjoy!

BUDDHA BOWL - THAI

INGREDIENTS:

- base: sweet potatoes
- marinated tempeh
- avocado
- curried carrots
- shredded purple cabbage
- sauteed kale
- microgreens & bean shoots
- spicy peanut sauce
- lime



These can be a creative and easy way to pack great meals on the go if you meal prep them! This is all about building with a base & then finding nutritionally packed yummys to top creating a well balanced meal!

First establish your base > here will be baked, cubed sweet potatoes tossed in oil & cumin but your choice. Then I like to top it with marinated tempeh (see my marinade on page #25), baked curried carrots, shredded purple Asian slaw (page #62), sauteed kale, garnished with fresh avocado, micro greens or bean shoots (or both), a little lime juice & some spicy peanut sauce (like in my recipe for pad thai on page #56).

Get creative & go whatever route you intuitively feel <3 Injoy!

KELP NOODLE RAMEN

INGREDIENTS:



- 1 package of kelp noodles
- 1 small carrot, diced
- 1 small bok choy
- 5 mushrooms, sliced
- 1/2 bell pepper, red/orange
- 1/4 cup peas
- vegetable broth on page #74 or quick broth (see directions)
- 1 tbsp liquid aminos
- 1 inch peeled fresh ginger
- 1 tbsp sesame seed oil
- 1 tbsp agave or coconut sugar
- salt & black pepper to taste
- sesame seeds & cilantro or basil

Okay, so you can go two routes with the broth here > make the one I laid out on page #74 OR make a quick one as you make this ramen.

For quick broth, saute up your fresh ginger, be sure its finely chopped or grated, in your sesame seed oil. Then add your mushrooms & bell pepper for a quick sautee to extract some flavor. Then add ALL the rest of your ingredient to include 1 cup of water or however much broth you prefer. Bring to a boil & let boil for 3-5 minutes. Turn off heat, cover & let sit for another 5 minutes.

The longer it sits, the more flavor it creates, so go for it & enjoy!

VEGAN SUKIYAKI

INGREDIENTS:

- 14 oz tofu
- 2 carrots chopped
- handful shiitake mushrooms
- *2 leeks thickly sliced
- 4 leaves chinese cabbage
- liquid aminos or tamari
- 3/4 cup mirin - no sugar added
- 1/4 cup tamari or liquid aminos



Add the tamari and mirin to the slow cooker and mix together. Once all your veggies and tofu are sliced, add into slow cooker with liquids on and add about a cup of water.

Cook on high for 2-4 hours or on low for 4-6 hours. Or throw all into a big pot and bring to the boil on stove top. Cook until veggies are soft. *no leeks for candida cleansers.

You can add noodles like shirataki or kelp. Either way, if you choose to add shirataki noodles, cook them separately from veggie broth mixture. Feel free to make this in smaller batches as one cooked meal. Enjoy!

CAULIFLOWER KITCHARI

INGREDIENTS:

- 1 head of cauliflower
- 2 cups of raw cashews, soaked
- 2 tbsp coconut oil
- 1.5 cups water
- 1 tsp black mustard seeds
- 1 tsp cumin seeds
- 1 tsp fenugreek seeds
- 1/2 tsp turmeric
- 1 inch peeled ginger
- 1/2 tsp coriander powder



- 1/2 tsp cardamom powder
- salt & black pepper to taste

Chop the cauliflower by pulsing in food processor.

Throw all your seeds into a saucepan and cook with coconut oil on medium heat being careful not to burn the seeds. Once they start to pop add powder spices and stir in quickly before adding the cauliflower and cashews.

Add your water and bring to low heat, cover and let cook for about 30 minutes.

You can also make this with rice or quinoa & split mung daal or remove the cashews and just use cauliflower, or add mung daal. You can really make this with so many combinations so wing it your way! Enjoy!

SWEET POTATO CURRY

INGREDIENTS:

- 1 large sweet potato
- 1 can chickpeas or 1 cup home-cooked chickpeas
- 1 can diced tomatoes or 1 cup fresh tomatoes
- 1/2 cup diced leeks - optional
- 1/2 cup red lentils
- 2 tbsp curry powder
- 1/2 tbsp cumin
- 1 tbsp garam masala
- 3 tbsp liquid aminos
- 1 can coconut milk
- top with cilantro



Slow cookers are pretty awesome I will say! You can do this the opposite route as well & use a instant pot where things are cooked rapidly. Or on the stove top!

Once your sweet potatoes and optional leeks are chopped, throw all your ingredients into the slow cooker and cook on high for 2-4 hours or on low for 4-6 hours (times may vary depending on the slow cooker) You'll know when the sweet potatoes are cooked & it's plenty fragrant!

This is a great recipe for a cold day inside when you want dinner cooking while you're get lost in your hobbies. Wee!

BAKED BOMBAY POTATOES

INGREDIENTS:

- 2 & 3/4 cups potatoes cubed & peeled
- 2 tbsp cilantro
- 1-1/2 tsp lemon juice
- 2 tsp my green curry paste page #26
- 1/4 tsp turmeric powder
- 2 tsp cumin seeds
- salt to taste
- 3 tbsp quality oil (i use coconut oil)



Traditionally these would be fried in a skillet on the stove top but since I only bake or boil potatoes, this is bombay potatoes baked!

Preheat the oven to 450F. Make sure you potatoes are peeled and rinsed off, then cube to your size preference. After that throw everything into a mixing bowl including a liquid oil (if coconut then heat it to melt prior) and make sure all is seasonings including curry paste is well incorporated.

Then in a large glass baking pan, distribute the potatoes and bake for 30-45 minutes. This could vary on oven and potato size, but once your fork slides in them easily they're done & ready to be enjoyed!

VEGAN SAAG PANEER

INGREDIENTS:

- 16 oz chopped spinach - fresh or frozen
- 1/2 cup plain vegan yogurt (if you use coconut)
- 1 package firm tofu
- 4-1/2 tbsp quality oil
- 1 tsp cumin seed
- 2 tsp coriander
- 1/2 tsp garam masala
- 1 inch ginger
peeled & minced
- 1 tsp turmeric
- 1/2 tsp cayenne pepper



First chop your firm tofu into cubes and get that cooking in a skillet with some quality oil. Try to get a golden brown on all sides if you can and before completely done cooking add ginger and cumin seeds to the tofu oil mix.

Once the cumin seeds begin to pop and you are smelling them cook add all the rest of your ingredients being sure not burn the cumin seeds. Stir everything together and turn to low heat with a lid while spinach wilts & cooks into the mix.

Within less than 10 minutes this dish should be ready to be enjoyed with rice, quinoa, or however you'd like it!

CURRIED LENTILS & APPLES

INGREDIENTS:



- 1/2 tsp ginger
- 1/2 tsp salt
- shredded coconut to garnish

- 1 cup red lentils
- 1 bay leaf
- 3 cups veggie broth*
- 3 tbsp quality oil
- 1-1/2 cups leeks chopped*
- 1 cup apple peeled & diced
- 1/2 cup chopped celery
- 1 tomato peeled & chopped
- 1-1/2 tsp curry powder
- 1 tsp coriander
- 1/2 tsp cinnamon

Remember leeks are optional. Begin by adding the lentils, bay leaf and vegetable stock into a large saucepan, bringing to a boil and cooking for about 30 minutes. Set aside and do not drain. Meanwhile, preheat the oven to 350F and get going in a medium skillet with oil to saute the apples and leeks together until tender.

Combine undrained lentils and apples with leeks or just apples if omitting the leeks, & place in a medium baking dish. Add all the seasonings and spices.

Cook uncovered in the oven for 1 hour and serve over rice, quinoa, and garnish with shredded coconut! Yum!

... CURRIED LENTILS & APPLES



Vegetable Broth:

- carrots
- celery
- parsley
- leeks (optional)
- chard
- 3 bay leaves
- thyme
- tamari or liquid aminos

..*Vegetable broth is hard to find without garlic and onions. If you can find one with out, go for it otherwise use this recipe to create your own!

Bring everything to a boil in a large pot and let cook covered on reduced heat for 45-1 hour. Strain the veggies out and use broth for recipes and veggies for anything you want! I would just oil up and season the veggies and eat them as they are because I loved vegetables cooked all ways!



SNACK & TREATS

COCONUT-ALMOND COOKIES

INGREDIENTS:

- 1/2 cup applesauce, unsweetened
- 1 cup coconut flour
- 1 fl egg
- 2 tsp vanilla extract
- 1 tsp almond extract
- 1/2 cup almond butter



I love cookies too much if it isn't obvious yet!

For these start by heating the oven to 350F. Line a cookie sheet with a baking mat or parchment paper. In a bowl or food processor combine all ingredients except the coconut flour.

Once everything is well mixed together, add the coconut flour to combine. Spoon the cookies onto baking sheet by the heaping tablespoon (I literally just that: a silverware table-spoon). Use a coconut oiled fork to press the tops down, you can sprinkle them with a little shredded coconut or small pieces of almond if you're feeling fancy.

Let bake for about 12 minutes and let the cookies cool before removing and storing on the counter or fridge. Enjoy!

SPROUTED PB COOKIES



INGREDIENTS:

- 1 ripe banana
- 3/4 cup my sprouted peanut butter - page #34
- 1/4 cup shredded coconut
- 2 cups almond flour
- 2 tbs vanilla extract
- 2 tsp cinnamon
- 1/4 cup coconut oil
- 1/4 tsp salt
- 1 tsp apple cider vinegar
- 1/2 tsp baking soda

Who can resist PB cookies? Seriously? Maybe I'm just too kapha but I love em! For these start by heating the oven to 250F and have a cookie sheet ready with a baking mat or parchment paper to prevent sticking. Bust out a bowl and throw in your your banana and mash it to bits with anything - I use a potato masher. Then toss everything else in and mix until combined into a dough.

By the heaping tablespoon, plop your spoonfuls onto the baking sheet. With an oiled fork, give them that little classic criss-cross press and pop em' in the over for 25-30 minutes. Let cool before serving and then chow down! You can also try replacing the PB with Sunbutter - yum!

COCONUT-OATMEAL COOKIES

INGREDIENTS:

- 1.5 cups oats
- 2 cups coconut flour
- 1 cup shredded coconut
- 2 fleggs
- 1 stick vegan butter
- 1 tsp almond extract
- 1 tbsp vanilla extract
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder



Who doesn't love some classic oatmeal cookies?

These might not be your classic, but you'll love em none the less! Set the oven to 350F and prepare a baking sheet thinly oiled with coconut oil. Start by mixing together the butter, flegg, and vanilla. In another bowl, add all the dry ingredients then combine altogether and mix well. Spoon out onto your baking sheet and cook for about 8-10 minutes.

Quick, simple, & fricken' delicious!!

SUGAR-FREE NO BAKES



INGREDIENTS:

- 1/2 cup my sprouted peanut butter or sunbutter
- 2 cups oats
- 1 cup pecans, soaked & lightly toasted
- 4 tbsp raw cacao powder or 2 tbsp raw cacao & 2 tbsp cocoa powder
- 4 tsp vanilla extract
- 1/2 cup almond milk
- 1 stick vegan butter
- date paste*optional

Yup, you guessed it - more cookies! And probably the easiest to make so clearly they're my favorite!

Throw into a pot on high heat vegan butter, almond milk, raw cacao (or unsweetened cocoa if you prefer) and bring to a boil. Once boiling turn down and add oats, pecans, peanut butter, and vanilla extract. Mix it all together and scoop into small mounds onto a parchment paper cookie sheet and place in the fridge or freezer until they're holding their shape; generally a couple hours in the fridge, an hour in the freezer.

Store in the fridge & see how long they last, try not to eat too many! I never have... You can also try this with almond or sunbutter or add some date paste.

PUMPKIN SPICE BREAD

INGREDIENTS:

- 1/2 cup pumpkin
- 1-1/2 cup almond flour
- 1 ripe banana
- 3 fleggs
- 1/2 tsp baking soda
- 1 tsp ground ginger
- 1 tsp allspice
- 2 tbsp cinnamon
- 1 tsp ground cloves
- 2 tsp nutmeg
- 1 tbsp vanilla extract
- 1/4 tsp salt



C



Let's jump in - start your oven at 350F. In a medium bowl toss in all dry ingredients including spices. In a smaller bowl mix all wet ingredients together to include the pumpkin and banana. Make sure to mash the banana very well.

Add the wet ingredients into the medium bowl with the dry and combine. Pour the batter into 2 well oiled loaf pans or 1 large pan and bake in the oven for about 40-45 minutes. It will be done when an inserted knife or toothpick comes out clean.

Let cool on cooling rack and enjoy your autumn vibes!

PUMPKIN PIE BARS > crust



INGREDIENTS:

- 2-1/2 cups pecans
- 2 dates
- 5 tbsp vegan butter
- 1 tsp ground ginger
- 1 tsp cinnamon
- 2 tsp vanilla
- 1/2 tsp salt

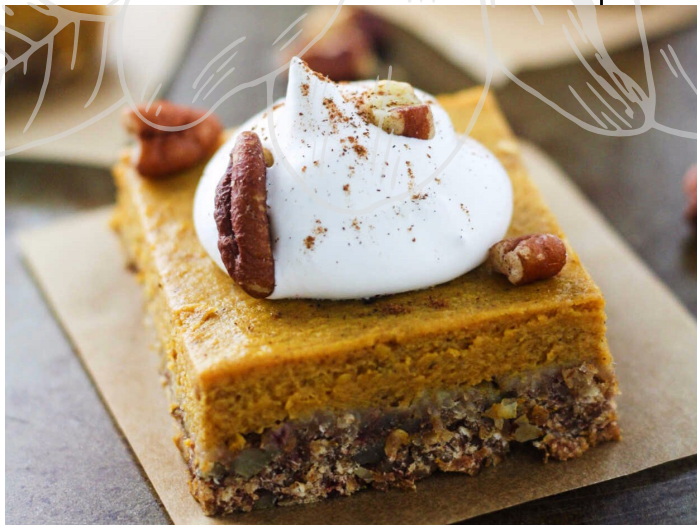
Chop pecans in food processor with spices. Then add butter and ground finely. Form into a crust to shape just the bottom of a square or rectangle shaped pan. Be sure it is lightly oiled with some (extra) virgin coconut oil.

Don't cook anything yet. First follow the directions for the filling -

Whisk together arrowroot starch and maple syrup. Then add everything into the food processor, blender, or by hand in a bowl. Bake at 350F for 40 minutes. Will need to cool in fridge for about 8 hours.

Top with extra ground pecans, cinnamon, and my coconut whipped cream on page #38

PUMPKIN PIE BARS > filling



INGREDIENTS:

- 1-3/4 cups pumpkin puree
- 3/4 can coconut milk + all the cream
- 1/4 cup my maple syrup
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1/2 tsp ground cloves
- 1/2 tsp allspice
- 2 tsp vanilla extract
- 2 tbsp arrowroot starch

See all directions on page above with crust recipe <3

GF BANANA MUFFINS

INGREDIENTS:

- 3 ripe bananas
- 2 fleggs
- 1/2 cup rolled oats
- 1/3 cup almond flour
- 2 tsp vanilla extract
- 1 tsp cinnamon
- 2 tbsp coconut oil
- 1/4 tsp salt
- 1/2 tsp baking soda



C



Begin by preheating the oven to 375F. Prepare the 2 fleggs.

Once all ingredients are ready to go, throw them all into a food processor or blender until oats are fine ground and the batter is smooth or at least mostly smooth. Oil your muffin trays and fill 3/4 full with batter. Bake for 10-12 minutes or until a toothpick comes out clean or mostly clean.

Let cool for about 10 minutes, pop those babies out, and store in an air tight container for up to a week. Injoy!

BLUEBERRY-LEMON MUFFINS



INGREDIENTS:

- 2 cups almond or coconut flour
- 2 fleggs
- 1/4 cup unsweetened apple sauce
- 1-1/2 tsp baking soda
- 2 tsp vanilla extract
- 1 juiced lemon
- 1 tsp lemon zest
- 1/4 tsp salt
- 2 tbsp coconut oil
- 1 cup (wild) blueberries

You can make these as blueberry muffins OR blueberry lemon muffins - your choice ! If you choose to ax the lemon, replace the lemon juice and zest with 1 Tbsp of apple cider vinegar.

To start, preheat your oven to 350F and prepare your fleggs. Once ready, throw all ingredients into your food processor except the blueberries. Once completely mixed, fold in blueberries. Oil up your muffin tins and fill about 3/4 full.

Pop in the oven for about 25 minutes and voila! Breakfast, lunch, snack, or anytime muffins are yours to enjoy!

CACAO PROTEIN MUFFINS

INGREDIENTS:

- 2 bananas
- 3/4 cup nut or seed butter
- 1/4 cup shredded coconut
- 1/2 cup raw cacao powder
- 1/3 cup cocoa powder
- 2 fleggs
- 2 tbsp vanilla extract
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp baking soda



C



First off, use whatever nut or seed butter you'd like: peanut, almond, hazelnut, cashew, sunbutter, etc. Preheat oven to 400F & prepare your fleggs.

Throw your shredded coconut and cacao/cocoa powder in the food processor to break down the coconut shreds even finer. I like them to be more powdery in order to blend in best with the muffin. The coconut is optional as I use it to add extra sweetness, flavor, and nutrients.

Once powder and fleggs are ready, mix everything into a bowl using a hand blender for ease. Place in an oiled muffin tin, fill 3/4 each with batter, bake for about 12 minutes & enjoy!

COCONUT-LIME ENERGY BITES



INGREDIENTS:



- 1 cup soaked raw cashews
- 2/3 cup unsweetened coconut shreds
- 1 juiced lime
- 1 tsp lime zest

These are stupid easy to make which is naturally why I love them!

The longest part is just waiting for your raw cashews to fully soak. Once that's done I do like to let them dry out a bit either by super low temps in the oven (150F) or to wait longer, in a dehydrator. If they're too wet things don't stick together well.

Once that's all said and done, throw everything into a food processor until very fine. Squish and roll into balls, rolling them around in extra coconut shreds to cover.

That's it! Like little key lime pies on the go!

BROWNIE ENERGY BITES

INGREDIENTS:

- 1/2 cup cocoa powder
- 1/4 cup cacao powder
- 2 tbsp nut or seed butter
- 1/4 cup coconut flour
- 2 tbsp non-dairy milk
- 1 tbsp vanilla
- optional: 1-2 dates & coconut shreds



Really doesn't get easier than this! Throw all ingredients into a food processor until very well mixed. Take mixture and roll into ball sizes of your choice and store in an air tight container stored in the fridge.

in order for all these things to be sugar-free, make sure the milks and nut or seed butters you're using have no added sugars or sweeteners to them.

Also important to those who are sensitive, no added thickeners to non-dairy milks. Trader Joes' Organic Canned Coconut Milk is great as well as Three Trees Almond milks.

CACAO CHIA PUDDING



INGREDIENTS:

- 3/4 cup chia seeds
- 2 tbsp raw cacao powder
- 2 cups non-dairy milk
- 1 banana
- 2 tsp vanilla extract
- top w/ fresh raspberries, strawberries, granola, bananas, shredded coconut, or coconut whipped cream

In a quality blender (like a Vitamix) blend together banana, non-dairy milk (I like Trader Joes' Organic Canned Coconut Milk or Three Trees Almond milks), cacao, and vanilla. Add the chia seeds last & blend immediately.

If they sit too long in the liquid they'll get too solidified and your blender will hate you and not work. Pour into jars or air tight containers and store in the fridge.

I enjoy this topped with granola, berries, and coconut whipped cream! Feel free to add protein powders, or other flavors to this like acai powder, blend fresh or frozen berries - whatever you want get creative!

VANILLA CHIA PUDDING

INGREDIENTS:

- 3/4 cup chia seeds
- 2 tbsp vanilla protein powder
 - *optional
- 2 cups non-dairy milk
- 1 banana
- 2 tsp vanilla extract
- 2 tsp cinnamon
- top w/ fresh raspberries,
strawberries, granola,
bananas, shredded coconut,
or coconut whipped cream



In a quality blender (like a Vitamix) blend together banana, non-dairy milk (I like Trader Joes' Organic Canned Coconut Milk or Three Trees Almond milks), protein powder, vanilla and cinnamon,

Add the chia seeds last and blend immediately. If they sit too long in the liquid they'll get too solidified and your blender will hate you and not work. Pour into jars or air tight containers and store in the fridge. I enjoy this topped with granola, bananas, & more cinnamon! Feel free to add other flavors to this like acai powder, maca powder, blend fresh or frozen berries - whatever you want get creative!

WARMING GRANOLA



INGREDIENTS:

- 1 ripe banana
- 1-2 dates
- 1-1/2 cup rolled oats
- 1 cup pecans
- 1/4 cup pumpkin seeds
- 1/3 cup shaved coconut
- 1 flegg
- 1-1/2 tsp cinnamon
- 2 tsp vanilla extract
- 1/4 tsp nutmeg
- 1/4 tsp sea salt

Preheat oven to 340F and prepare your flegg! In a food processor blend together banana with all spices, salt, date, and vanilla. Then fold in and hand stir in oats, pecan, pumpkin seeds, and shaved coconut.

On a non-stick baking sheet or use parchment paper, spread out the granola slightly even. Don't break apart much if you want clusters. Bake between 18-25 minutes. I know that's broad but just keep an eye on it!

Remember anytime ingredients call for nuts or seeds they need to be raw & soaked and little dried out before going into recipes. Add this granola into the chia puddings, eat as a cereal, or just a quick snack!

CINNAMON BAKED APPLES

INGREDIENTS:

- 1 apple
- 1/2 tsp cinnamon
- 1 tsp lemon juice
- 1/2 tsp vanilla extract
- for more than 1 apple do 3 apples at a time and times the rest of the ingredients by 0.5



C



II won't be able to write a paragraph on this simple recipe and that's okay! Simplicity is my favorite! Slice these apples however you like really, I like slivered.

Place in a glass baking pan and toss them around in all the ingredients until mostly evenly distributed. Bake in the oven at 350F for 20-25 minutes, time may vary.

Pull out to let cool & I like to top them with my whipped cream or my vegan vanilla ice cream! Yum!

BERRY ICE CREAMS

INGREDIENTS:

- 2 cans of coconut cream or milk - chilled
- 3-4 cups of flavor choices (frozen): strawberry, blueberry, raspberry, mixed berry, peach, mango
- 2 tbsp vanilla extract



Throw all ingredients into the blender until very smooth. Pour into a tin bread baking container and cover with tightly with foil placing in the freezer for at least 2.5 hours. Then voila!

There's several ways to make vegan ice cream, some more complicated than others & lots of variations to adjust to your liking. I naturally go with the easy route especially because ice cream isn't my favorite bu I do like it sometimes! If it's your thing, look up more creative ways and get fancy!

Some general rules is using something to make it creamy and thick like canned coconut milk/cream, frozen bananas, avocados ,ground gelled chia seeds, or nut butters. For berry ice creams, I usually just use canned coconut milk and sometimes a frozen banana to shake it up. Some fun alterations to play with are strawberry rhubarb, blueberry lemon, & peach almond.

VANILLA ICE CREAM > base

INGREDIENTS:

- 2 cans coconut milk or 2 14oz cans coconut cream - chilled
- 8 moist dates
- 1 tbsp vanilla extract
- 1/2 cup unsweetened almond milk*see notes



C



Have a large mixing bowl pre-chilled for about 10 minutes in the freezer.

Make sure your dates are pitted and if not moist, let them soak for about 10 minutes in warm-hot water.

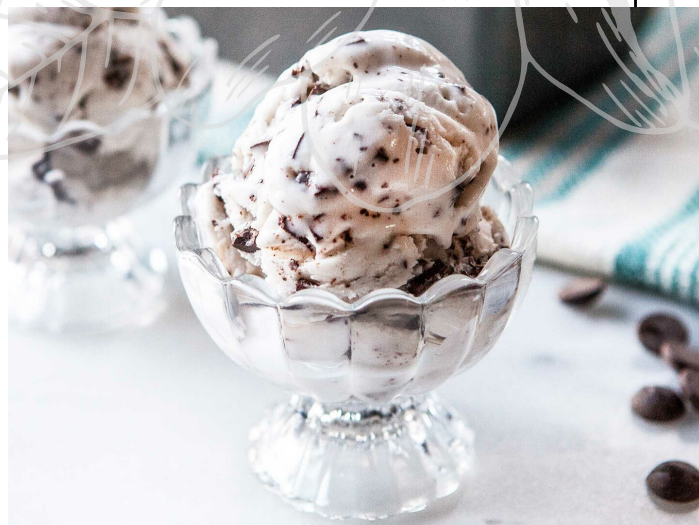
Then blend dates into food processor adding hot water as you go until forming a paste. Take your chilled coconut milk or cream and place in the chilled mixing bowl using a hand mixer to blend the date paste and vanilla extract until well incorporated. *Use the almond milk if you're using just coconut cream.

Put the mixture in a tin container, covered and let freeze for several hours. Then tada! It's done! This is the go-to base for the vanilla variations AND chocolate variations so please refer to this when making chocolate ice cream as well. Now let's see how we can modify!

VANILLA ICE CREAM > variations



INGREDIENTS:



1.) 1 cup vegan unsweetened dark chocolate chips, bitter sweet, or cacao nibs

2.) 2-1/2 tbsp cinnamon (ceylon or Vietnamese)

So here are 2 separate variations to quickly turn just vanilla ice cream into either chocolate chunk ice cream or cinnamon swirl ice cream. Choose one of the 2 ingredient options above and add them to your vanilla ice cream base and enjoy!

Now that you have a strong vanilla base, you can experiment with adding all kinds of flavor variations! You can really experiment in so many ways like using avocados for different creaminess or frozen bananas for different sweetness and texture.

This will also be the base as we move into chocolate ice cream & its variations which are all coming up next!

CHOCOLATE ICE CREAM > variations

INGREDIENTS:

- 2/3 cup unsweetened cacao or cocoa powder or 50/50 blend
- flavor options:
- chocolate mint
- chocolate pb or almond butter
- chocolate banana
- chocolate pb or ab banana



Begin with your vanilla ice cream base; for regular chocolate ice cream just add the 2/3 cups cacao, cocoa or 50/50 blend.

To make more chocolate creations like chocolate mint just add 1 Tbsp peppermint extract.

To make chocolate peanut butter or almond butter, just blend in 1 cup of either PB or AB.

For chocolate banana, just add a 1 or 2 ripe frozen bananas or add a banana to the PB/AB mix to get chocolate PB/AB banana.

There are really endless variations so have fun and experiment with what you like & how you like it!

PUMPKIN PIE ICE CREAM

INGREDIENTS:

- 1 can coconut milk
- 1-1/2 cups unsweetened pumpkin
- 1/4 tsp cinnamon
- 1/4 tsp ginger powder
- 1/4 tsp nutmeg
- 1/4 tsp ground cloves
- date paste



This recipe will vary a little from the vanilla ice cream base because there is pumpkin puree in it, you will need less coconut milk and date paste.

Follow the instruction as you would for the vanilla ice cream but use about half as many dates (experiment with what you like). Use a hand mixer to blend everything together and place in your tin container to freeze for several hours.

Once done, top with whipped cream, maybe sprinkle some pecans on it and enjoy! Speaking of pecans, maple pecan ice cream next!

MAPLE-PECAN ICE CREAM

INGREDIENTS:

- vanilla ice cream -
base with date paste altered
- 1 cup my maple syrup
page #39 or pure, vegan
maple syrup
- 1 cup pecans



C



This recipe will vary a little from the vanilla ice cream base because there is my maple syrup in it so you will need less date paste or choose a nice pure, vegan maple syrup if not cleansing candida.

Follow the instruction as you would for the vanilla ice cream but use about half as many dates (experiment with what you like). Make sure the pecans are finely chopped. I just do a few quick pulses in the food processor. Use a hand mixer to blend everything together before the pecans.

Once well incorporated spoon fold in the pecans. Place in your tin container to freeze for several hours. Once done, top with whipped cream or pair it with your favorite cake/treat & enjoy!

KEY-LIME PIE ICE CREAM

INGREDIENTS:

- 2 large ripe avocados
- 1 cup coconut milk
- 3/4 cup key limes juiced
- 1/2 cup my maple syrup
page #38 or agave or
sweetener of choice
- 14 tsp salt
- 1 tsp vanilla extract



This recipe is the most different than the others and doesn't refer to the vanilla ice cream base directions aside from the same freezing protocols.

Though still fairly simple, once your avocados are peeled and your key limes are ream juiced, place all your ingredients either into the blender or the food processor. Blend until very creamy. Place this into your tin to cover and freeze immediately for several hours.

This is great for a hot summer day especially for pitta types though any dosha can enjoy! One should see that all the ice creams are moist (slightly heavy), also light, & cooling, regardless of flavor. Other flavors are heavier or lighter than others but in general, ice cream qualities are the same.

A top-down photograph of two glasses filled with a vibrant pink smoothie. Each glass is garnished with three fresh raspberries and a small sprig of green mint. A light blue and white striped straw is placed in each glass. The glasses sit on a light-colored wooden surface. To the left of the glasses, there are more raspberries and a larger sprig of mint. A faint, white line-art illustration of a raspberry plant with leaves and berries is overlaid on the left side of the image. The text 'JUICES & SMOOTHIES' is centered in a bold, black, serif font.

JUICES & SMOOTHIES

WILDLY TROPICAL SMOOTHIE

INGREDIENTS:

- 1 banana
- 1/2 mango, cubed
- 1/2 cup dragon fruit or 2 tbsp powdered
- 1 cup wild blueberries, fresh or frozen
- 1 lime juiced
- 1-2 stalks of celery



So ready for the complicated process? First throw all the ingredients into the blender, blend it until very smooth, then pour it into a glass and drink it up!

Smoothies are too easy and this one especially is packed full of nutrients. Feel free to add extra pick-me-ups to this like 1 tsp spirulina, 1 tsp barley grass juice powder, 1 tsp maca powder, 1 tbsp acai powder - whatever you want! If you want to turn this into a smoothie bowl that could be fun too! Enjoy :)

GREEN GODDESS SMOOTHIE

~ C



INGREDIENTS:

- 1 handful of lettuce
- 1 handful of spinach
- 1/3 cup cilantro cilantro
- 1/4 cup parsley
- 1 pear
- 1 juiced lemon
- Optional: apple, banana, celery

Smoothies are generally the easiest! Just throw it all into your blender and let it rip. This should make a couple green smoothies because I don't often like making just one of these at a time though you can.

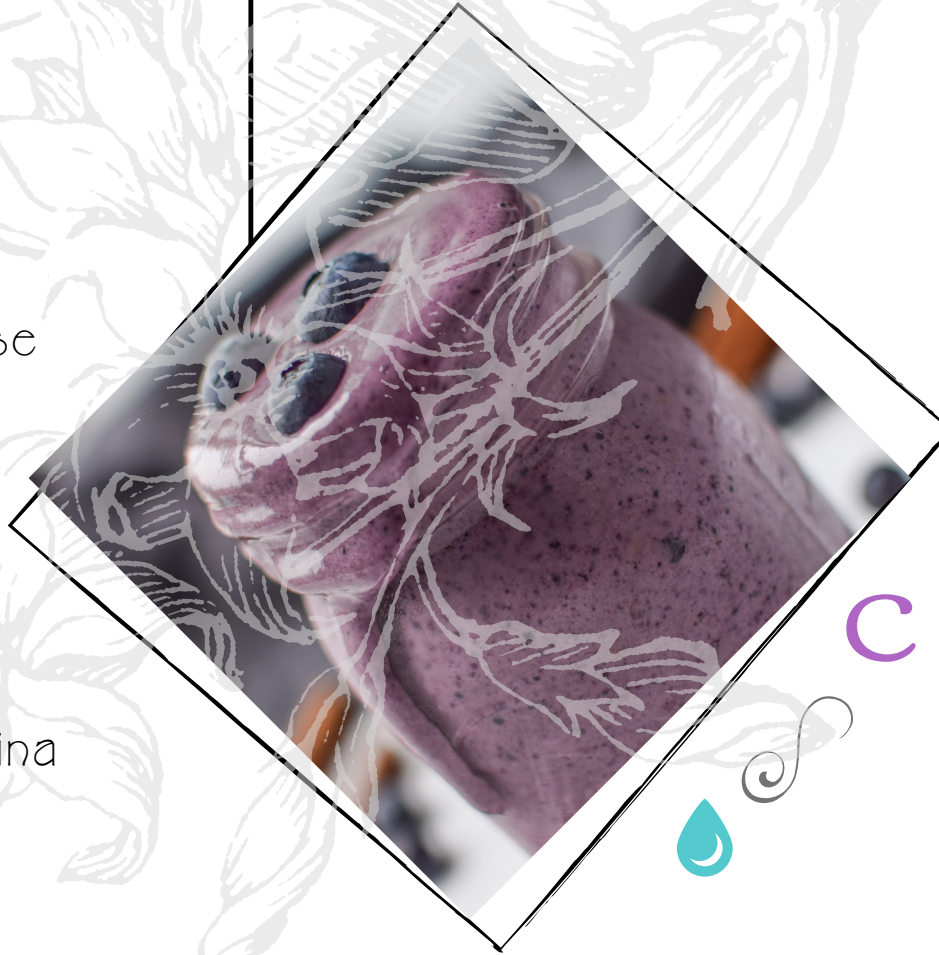
Experiment with ratios, some people don't even like cilantro so skip it. You don't have lettuce and only have spring mix? Use that instead - remember wing it your way!

This is all about your pallet and your bodies needs so give it a shot one way & maybe several other ways too!! :)

ATLANTIC ANTIOXIDANT SMOOTHIE

INGREDIENTS:

- 1 small handful Atlantic dulse
- 1 cup wild blueberries
- 1 banana
- 1/3 cup cilantro
- 1 orange ream juiced
- optional: 1 small handful spinach or spring mix



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So ready for the complicated process? First throw all the ingredients into the blender, next blend it until very smooth, then pour it into a glass and drink it up!

Smoothies are too easy and this one especially is packed full of nutrients. Feel free to add extra pick-me-ups to this like 1 tsp spirulina, 1 tsp barley grass juice powder, 1 tsp maca powder, 1 tbsp acai powder - whatever you want! Enjoy!

GROUND DOWN SMOOTHIE



INGREDIENTS:

- 1 banana
- 1 date *see below notes
- 1 cup coconut milk or almond milk
- 1 tsp ashwagandha
- 1/2 tbsp flax meal
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- optional: 1 small handful of spinach

Again super easy - throw it into the blender and voila! I like to sneak leafy greens into basically anything I can especially if you can't notice them.

This smoothie is so sweetly flavorful, a small handful of protein, vitamin rich spinach ain't even gonna phase your pallet. Remember to use thickener free milks whenever you can.

****Remember to only eat dates sparingly after candida cleansing for over a month. It is OPTIONAL and should only be added by those who aren't cleansing from sugar. This is meant to be super grounding for vata imbalances and should be taken in lightly by kapha types.**

VANILLA PROTEIN SMOOTHIE

INGREDIENTS:

- 1 banana
- 1 handful fresh berries -
can use frozen but heat
up a little if you're
kapha or vata
- 1 tbsp vanilla extract
- 1-2 handfuls of spinach
- 1 can coconut milk or 1 cup
almond milk - eyeball
adding a little extra water

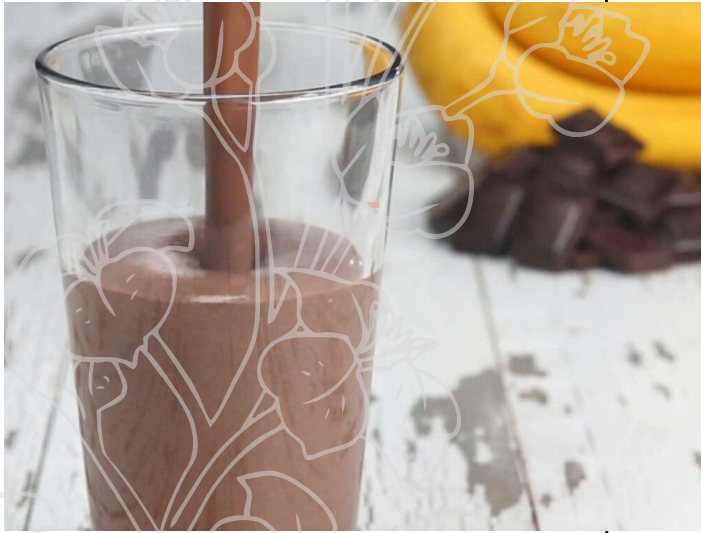


Throw it all into the blender, you know the drill. You can actually skip the banana on this one if you want, sometimes just berries is enough for me especially as a more kapha type.

Make sure if you're kapha or vata to avoid cold smoothies and not to add ice cold frozen berries. Heat them up a little or let sit out for a bit before you make your smoothie.

Often I'll skip the protein powder & just go for spinach which is packed with protein as well. Enjoy this easy peasy smoothie anytime your need a pick-me up!

CHOCOLATE PROTEIN SMOOTHIE



INGREDIENTS:

- 1 banana
- 1-2 handfuls of spinach
- 2 tbsp cocoa powder
- 1 can coconut milk or almond milk - eyeball adding a little extra water

Again, easy peasy throw in blender. This smoothie and the vanilla one make great bases to toss in powders you're trying to sneak into your diet such as powdered herbs like ashwagandha, maca powder, acai powder, flax meal, reishi mushroom powder, the list goes on.

You can really sneak things into these and have them be fairly masked as you implement new supplements into your diet.

Again, often I'll skip the protein powder and just go for spinach which is packed with protein as well. Enjoy!

CLEANSING CELERY JUICE

INGREDIENTS:

- 1/2 bundle celery
- 1/2 apple

Run through the juicer and voila! Juice! This is especially good for kapha or in the summer to quickly get your electrolytes



C



QUENCHING CUCUMBER JUICE



C



INGREDIENTS:

- 2 cucumbers
- 1/2 apple

Run through the juicer and voila! Juice! This is especially good for pitta or in the summer to quickly get your electrolytes!

HEALTHY LUNGS JUICE



INGREDIENTS:

- 3-4 carrots
- 1 apple
- 1-1/2 inch ginger root



Why do I have so much room to write these directions? I don't even need it!

Throw all this into your juicer, ginger first and there ya have it - juice! Doing the ginger first will ensure you get all its goodness by running the apples and carrots through after it.

Carrots have tons of keratin which is helpful for rebuilding lung tissue and ginger is an anti-histamine and opens the airways. This is a great juice for anyone suffering asthma, allergies, & or just feel they need a little more prana!

AGNI BOOSTER SHOT

INGREDIENTS:

- 1 inch ginger (less if chewing)
- 1/2 lime (whole lime if juicing)
- sea salt

You can go about this 2 ways > make a shot of ginger & lime juice with juicer, lick your hand & sprinkle with salt, swig shot back and lick salt off hand. Or just chew on a small piece of whole, peeled ginger, lick salt off hand & bite into a slice of lime. Do this before meals to kick up your digestion!



ANTI-INFLAMMATORY SHOT



INGREDIENTS:

- 1 inch turmeric root
- 1/2 lemon
- dash of black pepper

Run ginger through the juicer first, then the rest & voila! This is great to reduce inflammation anywhere in the body.





TEAS & TONICS

ACV BERRY TONIC



INGREDIENTS:

- 2-3 tbsp fresh or frozen berries
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- water



This is a great drink for summer or spring time!

It's super quick, easy and helpful to jump start the metabolism. Just muddle the berries in the bottom of your cup and add the lemon juice, ACV and fill the rest of your cup with the water.

This makes a quick rejuvenating drink in the morning or afternoon and really gets things moving! If pitta, don't over do it & if vata or kapha, don't drink cold in the winter months, Enjoy!

HEALING HOT CACAO TONIC

INGREDIENTS:

- 2-1/2 cups coconut or almond milk
- 4 tsp raw cacao powder
- 3 tsp lucuma powder
- 2 tsp maca powder
- 4 tsp chia seeds
- 1-2 dates
- 1 tsp vanilla extract
- 1/4 tsp sea salt



Put dates and chia seeds in a bowl and pour about half a cup of your coconut or almond milk over them and let soak for around 30 minutes. Transfer the mixture plus all ingredients to the blender and blend until very smooth.

Heat up in a small sauce pan, not to be brought to a boil because it'll break down all the yummy nutrients hiding inside this deliciously healing chocolate tonic!

Feel free to cut the cacao in half and add the other half cocoa powder if you want less bitter and more chocolatey. To be noted, cocoa is processed cacao so is less nutrient & anti-oxidant rich. Enjoy!

GOLDEN MYLK



INGREDIENTS:

- 1 cup/can coconut or almond milk or vegan milk of choice
- 1 inch turmeric root or 2 tsp powder
- 1 inch ginger root or 1 tsp powder
- 1/2 tsp cardamom
- dash of black pepper
- 1/2 tsp cinnamon
- 1 tbsp date paste
- optional - 1 tsp ashwagandha, garnish of saffron

If you're using ginger and turmeric vs powdered, I would suggest juicing them and then adding them to the mixture.

Once all your ingredients are ready, throw into a pot to bring to a light boil. Let lightly boil for a couple minutes and then bring the heat down, stirring occasionally. This should be ready in 10 minutes or less!

CALMING CHAI TEA

INGREDIENTS:

- 1/2 hemp, coconut, or almond milk
- 1/2 water
- 2 tsp dried and cut ginger root
- 2 tsp dried cinnamon chips
- 1 tsp cardamom powder
- 1 tsp vanilla extract
- 2 tsp date paste, maple syrup or coconut sugar to taste



I love chai though I don't like caffeine and it doesn't seem to like me either. So this is a recipe for a decent sized batch of chai, more than one serving for sure but you can modify it. It's a little more involved than my usual but it's worth it!

First you'll need 2 separate boiling pots. In one, bring water to a boil in a and add the cinnamon chips and ginger to create the spices water. Let simmer for 15-25 minutes depending how spicy you like it. Start your other pot heating up vegan milk of choice. Add the cardamom powder to hot milk along with a teaspoon vanilla extract. Take the milk off the heat. Strain the spices water into the milk mix, so use a fine sieve to catch the chunks of ginger and cinnamon.

Lastly, if you'd like, stir in your date paste while all is still hot for a quick sweetener. This is a much more calming drink than it's caffeinated counter part. Ah, enjoy :)

CCF TEA

INGREDIENTS:

- 1 tsp cumin seed or powder
- 1 tsp coriander
- 1 tsp fennel seed

Steep for 5 minutes and enjoy! This is also great for decreasing bloating and gas & increasing digestion.



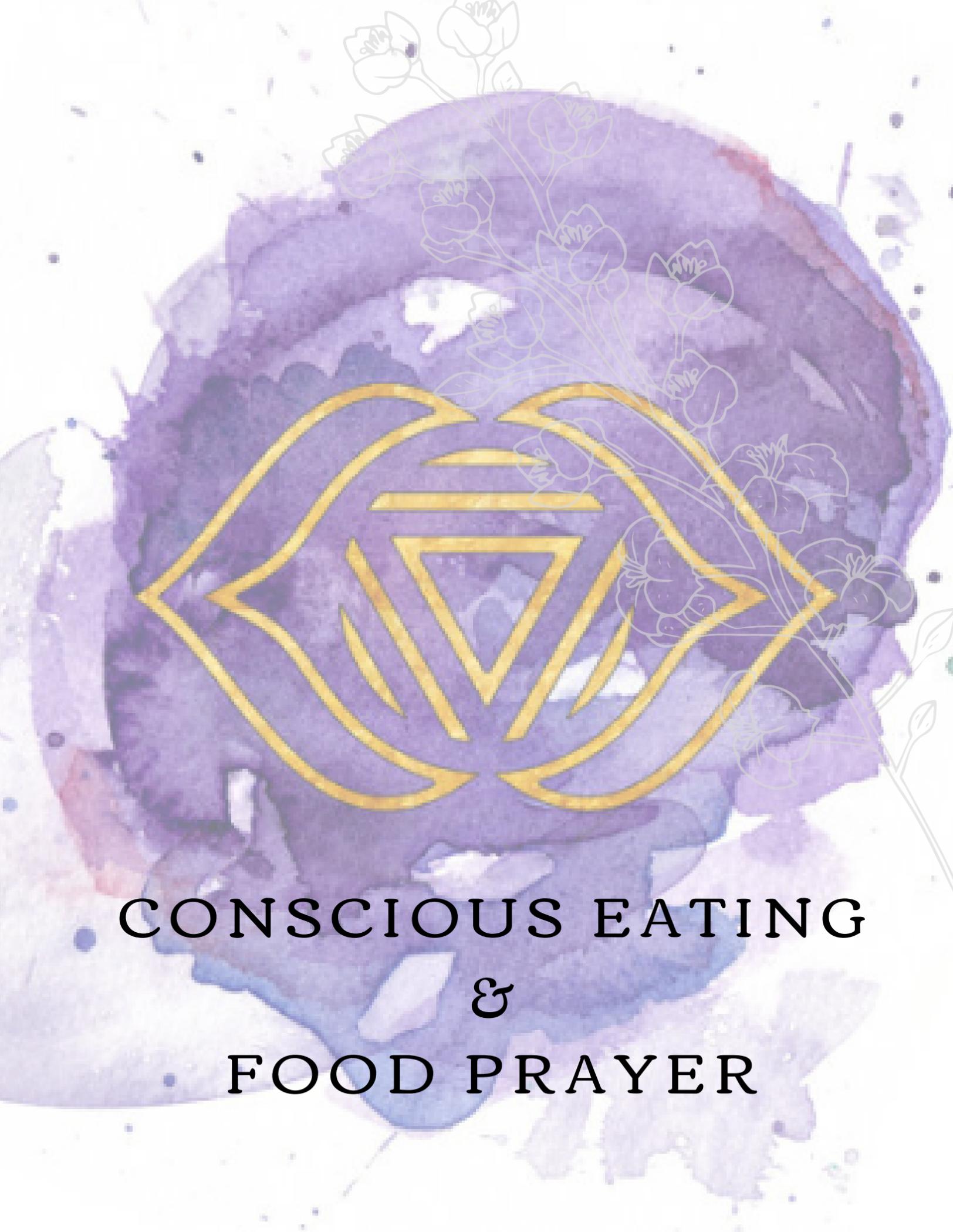
BOILED GINGER TEA



INGREDIENTS:

- 1 inch ginger diced

Slice your ginger root and boil for 10 minutes. This is especially good for decreasing bloating & gas and increasing digestion!

The background is a soft, textured purple watercolor wash. Centered in the upper half is a golden geometric logo, which is a stylized representation of the Sri Yantra, a sacred geometric figure. Faint, light-colored line art of various flowers and leaves is scattered across the upper and right portions of the image, adding a delicate, organic feel to the design.

CONSCIOUS EATING
&
FOOD PRAYER

CONSCIOUS EATING

I would like take this time to close on the note of conscious eating & living followed by a Vedic food prayer to honor the journey, life, and sacredness that is our bodies & our food.

When we allow ourselves to thank our food & all the energies that went into creating it > the sun, the rain, the clouds, the people < we become more present with it & our lives, and create space & opportunity to become One with our food which is what we want most from it. For it to energize us & give us life force to be vital and alive in our every day lives.

Though sometimes our relationship with food can become fraught, every time we sit down with a meal we have the choice to create a new relationship with food & truly listen to what our bodies want & need.

When we have conversations with anything we bring life to it. We are in a living universe that is conscious & when we speak out loud to any thing we first > acknowledge its consciousness & aliveness and second > form a relationship between us & that thing. This might be people or this might even be your home! I definitely talk to my home & say things like "bye housey, I'll be home later!" Because I love my home & am grateful for its shelter & acknowledged the energy it has & that I put into it.

So just like you would acknowledge a loved one & pray for them, acknowledge & pray with your food to become One with you <3

FOOD PRAYER

Brahmārpanam· brahma havir
Brahmāgnau brahmanā hutam
Brahmaiva tena gantavyam·
Brahma-karma-samādhinā
Hari Om Tat Sat

ब्रह्मार्पणं ब्रह्म हविर् ब्रह्माग्नौ ब्रह्मना हुतम्
ब्रह्मैव तेन गन्तव्यं ब्रह्म-कर्म- समाधिना
हरि ओम् तत् सत्

TRANSLATION:

Brahma is the oblation; Brahma is the offering
constituting the oblations

By Brahma is the oblation poured into the fire of
Brahma

Brahma shall be reached by one who sees Brahma in
every action.