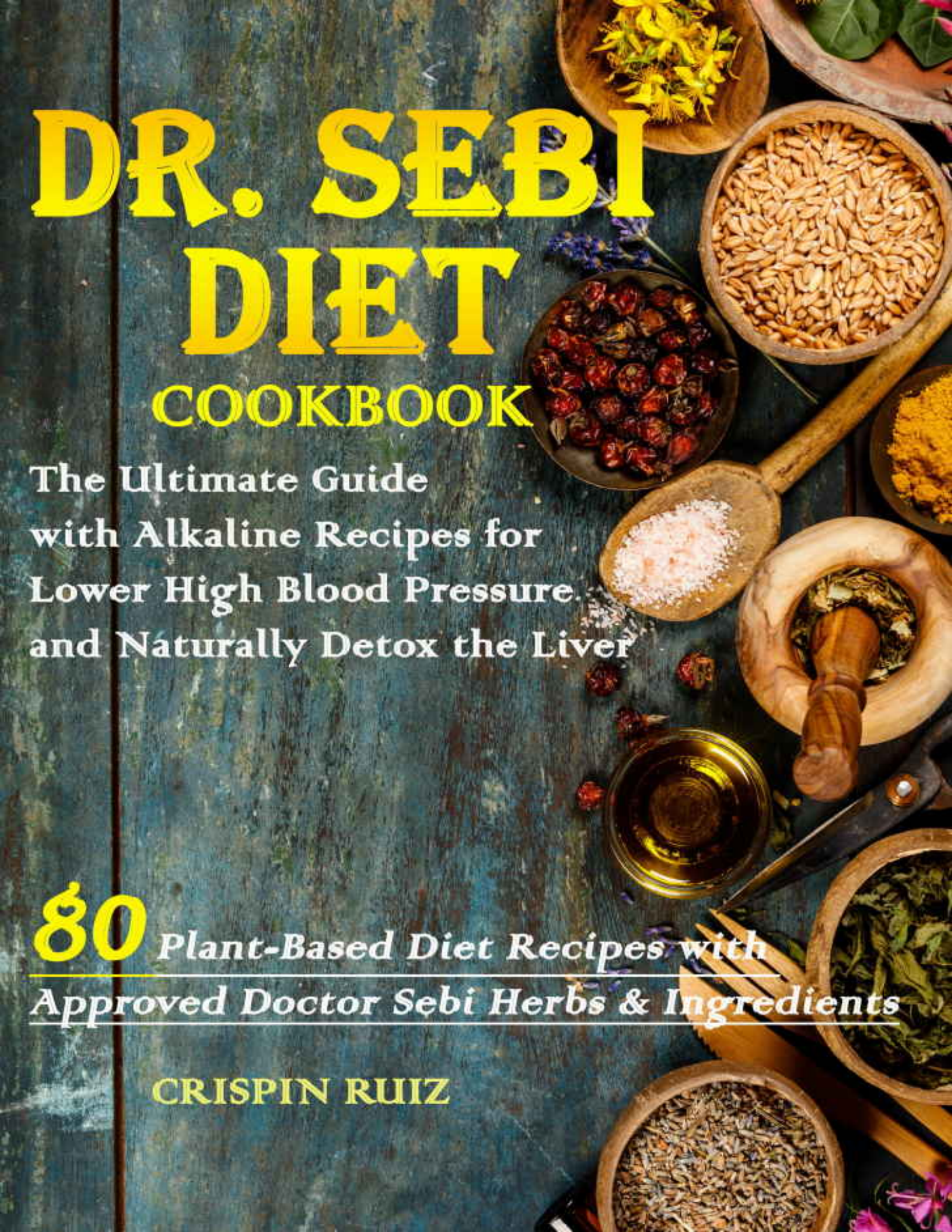


The background of the entire cover is a dark, textured blue-grey wood. Scattered across the right side and bottom are several wooden bowls and a mortar and pestle. One bowl contains yellow flowers, another contains light brown seeds or grains, a third contains dark red dried berries, and a fourth contains bright yellow powder. A mortar and pestle is filled with green herbs. There are also some loose dried berries and a small glass dish with a golden liquid. The overall aesthetic is natural and health-focused.

DR. SEBI DIET COOKBOOK

The Ultimate Guide
with Alkaline Recipes for
Lower High Blood Pressure
and Naturally Detox the Liver

80 *Plant-Based Diet Recipes with*
Approved Doctor Sebi Herbs & Ingredients

CRISPIN RUIZ

Dr. Sebi Diet Cookbook

*The Ultimate Guide with Alkaline Recipes
for Lower High Blood Pressure and
Naturally Detox the Liver*

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INTRODUCTION

Dr. Sebi's diet is often called the pH. balance or pH. wonder diet. Dr. Sebi developed this diet based on the theory that foods we eat can make our bodies acidic or alkaline. He divided foods into six groups: raw, live, hybrid, dead, genetically modified, and drugs. He removed every group, except the live and raw foods. Essentially, he recommends the dieters to eat a raw vegan diet. He believed that raw and live foods were “electric,” and they kept the body alkaline.

Do you want to remove phlegm and mucus? Do you wish to improve your overall health and lower your risk of diseases such as herpes and diabetes? Then you need this book about Dr. Sebi's diet! The Dr. Sebi diet is an alkaline plant-based diet that includes Dr. Sebi approved foods. According to Dr. Sebi, his diet prevents the formation of mucus in the body and eradicates infection-causing organisms. Additionally, following this diet will remove toxic substances from your blood and body.

This promotes longevity. Dr. Sebi introduced this diet for people who want to avoid or cure diseases naturally and stay healthy without relying on Western medicines that have a negative effect on the body. For a beginner, starting the diet can be overwhelming without proper guidance. Attempting to make sense of what is acidic and what is alkaline can be challenging. You don't have to worry anymore because this comprehensive guide on Dr. Sebi's diet will describe everything you need to get familiar with the diet.

The recipes of this book are easy to make and delicious. With these recipes, you will surprise yourself, your family, and friends. If you want to stabilize blood pressure, cure diabetes, and detox your organs, then you need this book. Why wait any longer? Scroll up, hit the “Buy Now” button, and start your journey to a disease-free healthy lifestyle!

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CHAPTER 1. INTRODUCTION TO DR. SEBI

Dr. Sebi's real name is Alfredo Bowman. He was born on November 26th, 1933, in a Spanish Honduras. Dr. Sebi learned many things from his grandmother Mama Hay. She was an indigenous African born in Mexico. Dr. Sebi's grandmother taught him the secrets and science of healing using herbs.

Alfredo Bowman left Honduras in his early adult years to work in Los Angeles as a steam engineer. It was there he got familiar with the Western diet, which made him overweight and unhealthy. Soon, he was diagnosed with asthma, obesity, diabetes, and impotence. He then decided to go back to his early life teachings.

He started to follow the diet that he followed in the village, and soon he lost the excess weight and got healed of diseases that were caused by obesity. Then he started to use his herbal remedies on people that were close to him. He founded the USHA Research Institute and set up branches in New York and Los Angeles and started to be known as Dr. Sebi.

Dr. Sebi studied and observed herbs in South America, Central America, North America, Africa, and the Caribbean. Famous celebrities such as John Travolta, Steven Segal, Eddie Murphy, and Michael Jackson started to follow his medical theories and interventions. According to some, Dr. Sebi cured several deadly diseases, including AIDS, Cancer, Diabetes, Lupus, and Epilepsy. In 1993, Dr. Sebi was ordered to stop making such claims.

During the 1980s, Dr. Sebi published an ad saying that his USHA Research Institute had cured Blindness, Cancer, Herps, and others. FDA

(Food and Drug Administration) noticed this ad and sued Dr. Sebi for advertising false claims. A judge asked Dr. Sebi to provide a witness that he cured. Dr. Sebi presented 70 witnesses. The judge was impressed and declared Dr. Sebi innocent.

In 2016, Dr. Sebi was arrested for money laundering. He was released and then arrested again in the same year. He was detained in Honduran prison for several weeks. His health started to decline while his family struggled to release him. He died before these relatives get him to a health facility. Conspiracy theory believers say that Dr. Sebi's death was part of a plan of the current medial establishment.

CHAPTER 2. DR. SEBI'S TEACHINGS

The principles of Dr. Sebi:

Dr. Sebi's developed an interesting methodology. He used alkaline plant foods and herbs to manage the levels of acid in the human body. He believed that this type of remedy would avoid the buildup of harmful mucus in the human body. According to Dr. Sebi, it is the toxic mucus that triggers the development of diseases. According to Sebi, mucus is a good thing because it catches the disease, and the human body neutralizes it. However, when mucus is produced in excess, the vital body parts of the body, such as lungs, are compromised.

Excess mucus

Foods loaded with pathogens and highly acidic foods generally increase the mucus in the body, which then unbalances the body. According to Dr. Sebi's teachings, we need to limit eating mucus-forming foods.

Alkalinity

Alkalinity is a term that is used to describe the ability of a substance to neutralize acids (generally aqueous solutions or substances that contain water), such as substances that generally have a pH higher than 7.

pH

pH is the measure of the alkalinity or acidity of a solution on a scale of 1 to 14, with 0 being most acidic, seven neutral, and 14 for most alkaline. To maintain the internal balance or stability, your body needs a certain pH to operate optimally. For example, your body cells need to stay in the range of 7.36 to 7.44 for your body to function well. The urine stays typically

within a range of 4.5 to 8.0, which reflects that byproducts and toxins are being flushed out of your body system properly. When these and other systems are not functioning optimally, your body reaches an unbalanced stage and starts to shut down.

A little extra acid is not too bad.

So many bad things can happen if your body's acidity level is raised. For example:

The stomach and esophagus

The stomach is very acidic by nature, and this is especially true after you eat your meals. The stomach produces hydrochloric acids to break down proteins in food. Additionally, hydrochloric acid kills the harmful bacteria in the stomach. A layer of mucus coats the lining of your stomach to make sure that your body is not harmed by the acid.

The esophagus doesn't have this protection, and more acid in your stomach means you are more prone to suffer from acid reflux, where acidic gastric fluid flows backward into the esophagus from the stomach. This situation is known as heartburn. Your unprotected esophagus lining may get inflamed and damaged by this.

GERD and Esophagitis

Heartburn is a symptom of a bigger health problem called Gastroesophageal reflux disease (GERD). Increased acid in the stomach triggers GERD. Excessive acid in the stomach leads to a condition referred to as esophagitis. Esophagitis is a condition that causes inflammation to the esophagus. This makes it susceptible to health conditions such as erosions, ulcers, and scar tissue. When you have esophagitis, you feel pain, have difficulty with swallowing, and experience increased acid regurgitation.

Besides harming the lower part of your esophagus, GERD may cause damage to the upper part of your throat. Your small intestines also get damaged by excessive acid present in the body.

CHAPTER 3. BENEFITS OF DR. SEBI'S DIET

Here are the other benefits of Dr. Sebi's diet:

1. Reduces chronic acidosis and bone disease: Calcium, in the form of salt compounds called phosphates and carbonates, represents a huge reservoir of the base in your body. Eating a modern diet causes a hormonal imbalance, and a considerable amount of calcium is lost through the urine. However, when the alkaline diet is consumed, the calcium is retained in the body. The modern diet also tends to have an excess of sodium. The excess sodium is avoided when an alkaline diet is consumed.
2. Reduces muscle loss: Eating a balanced alkaline diet can preserve your muscle mass or slow down its degeneration.
3. Increases the growth hormone: The growth hormone production increases when you eat an alkaline diet such as Dr. Sebi's diet.
4. Improves back pain: Alkaline minerals improve back pain. So eating this diet will benefit you.
5. Weight loss: Eating a plant-based diet such as Dr. Sebi's diet can lead to weight loss.
6. Appetite control: Eating a more full and satisfying plant-based diet can help you control your appetite.
7. Altering the microbiome: A plant-based diet can alter the microbiome favorably, which lowers your risk of diseases.
8. General benefits: Eating a plant-based diet can lower your risk of type 2 diabetes and coronary heart disease.

More discussion

- The diet is very weight-loss friendly. If you are overweight or want to lose weight, then you will find yourself losing unhealthy fat when following this diet.
- Vegetables and fruits take the largest share of the alkaline diet. If you are not used to eating from these food groups, going cold turkey might give you problems in maintaining the diet. So it is wise to start by making small changes and work your way up gradually.
- When starting, follow the 80/20 rule; this means consuming about 80% alkaline foods on a daily basis and only 20% from moderately acidic to slightly acidic foods. You need to avoid all foods that are highly acidic or consume them minimally.
- Unlike many other forms of dieting, sticking to the alkaline diet in the long term is not really that difficult if you can get past slight difficulty for the first few days.

CHAPTER 4. FOLLOWING THE DIET

According to Dr. Sebi's nutritional guidelines, you must follow the below guidelines:

1. Only eat listed foods
2. Drink 3.8 liters or 1 gallon of water daily
3. You need to take supplements made by Dr. Sebi an hour before medications
4. Avoid all animal products
5. Alcohol is not allowed
6. Consume only natural-grown grains. Avoid all wheat products
7. Avoid using microwave
8. Avoid seedless or canned fruits

The Dr. Sebi Diet guidelines

We all know that we need to eat more fruits and vegetables to stay healthy. If you neglected these foods in the past, then this diet will encourage you to change your view on eating fruits and vegetables. Dr. Sebi strictly recommends that you should try to adopt a way of eating that is simply plant-based and vegan (that mainly restricts hybrids and man-made foods).

He divided all foods into 6 types that include live foods, raw foods, hybrid foods, dead foods, and genetically-modified foods, or drugs. He emphasized most on live and raw foods, which he calls “electric foods”. Such foods, which include natural alkaline vegetables, fruits, nuts, legumes, and grains, are effective in getting rid of the disease-causing mucus in the body.

Additionally, he also emphasized the importance of alkaline herbs and spices to clean the body cells on the intracellular and cellular levels. He noted that those foods could assist the body to heal itself from the adverse effects of the dead foods, which include things like meat, seafood, poultry, sugar, products that contain leavening agents, processed or synthetic items, alcohol, and iodized salt.

CHAPTER 5. AVOID FOOD LIST

Some of the other popular foods that he discouraged include the following:

1. Yeast: Dr. Sebi prohibited the use of yeast. He prohibited anything that destroys the lymphatic system (a network of organs that assist the body in getting rid of toxins, waste, and other undesirable materials).
2. Excess salt: According to Sebi, eating excess salt can harden your arteries, and it can kill you. Always use sea salt when you need to use salt.
3. Garlic: Avoid too much garlic. Dr. Sebi says that garlic is dangerous and prevents wounds from healing. It also burns cells, weakens their membranes, and destroys them.
4. Lemongrass: Dr. Sebi calls lemongrass as a hybrid. He says that using it heightens your risk of developing high blood pressure.
5. Celery: Dr. Sebi says that celery is “inorganic and artificial” and contains a high concentration of inorganic salts, which can be harmful at high levels.
6. Shiitake mushrooms: This is also another hybrid, and you should avoid it at all costs.

Other popular foods he tells us to avoid:

1. Wheatgrass
2. Wheat
3. Vitamins (pharmacy vitamins)
4. Turmeric

5. Tomatoes
6. Tofu
7. Sugar/Sugar Cane
8. String Beans
9. St John's Wart
10. Spirulina
11. Spinach
12. Soybeans
13. Soy
14. Sorrel
15. Seedless fruit
16. Rosehips
17. Rice
18. Rambutan
19. Purified water
20. Pumpkin
21. Potatoes
22. Poke salad
23. Plantains
24. Pineapple
25. Pine nuts
26. Peppermint
27. Pecans
28. Peanuts
29. Paprika
30. Oranges
31. Oats
32. Nutmeg

33. Mustard greens
34. Muesli
35. Moringa
36. Mint
37. Milk Thistle
38. Milk
39. Meat
40. Maple sugar
41. Maca
42. Licorice
43. Lemon
44. Kombucha
45. Jicama
46. Jackfruit
47. Iceberg lettuce
48. Honey
49. Hazelnuts
50. Green bananas
51. Grapefruit
52. Golden Seal
53. Ginseng
54. Green tea
55. Foxgloves
56. Flaxseeds
57. Echinacea
58. Distilled water
59. Dijon mustard
60. Dairy

61. Curry
62. Cumin
63. Corn – GMO
64. Comfrey
65. Colloidal Silver
66. Collard Greens
67. Coffee
68. Coconut Flour
69. Cinnamon
70. Cilantro
71. Chocolate
72. Chlorella
73. Chili powder
74. Chicory Root
75. Chia Seeds
76. Cauliflower
77. Cassava
78. Cashew nuts
79. Carrots
80. Canola oil
81. Canned foods
82. Cacao
83. Cabbage (Chinese, green, bok choy)
84. Buckwheat
85. Broccoli – hybrid plant
86. Black seed oil
87. Black rice
88. Black pepper

89. Bentonite Clay
90. Beets – hybrid plant
91. Beans
92. Banana (regular/red bananas)
93. Baking soda
94. Baking powder
95. Asparagus
96. Ashwagandha
97. Apricots
98. Apple Cider Vinegar
99. Alvaca, aloe vera, almonds, allspice, alkalized bottled water, alkaline water machines, alcohol, malt liquor, and activated charcoal.

Dr. Sebi also advised avoiding all-weather or insect-resistant crops such as particular tomatoes and corn, seedless fruits, and anything that contains added minerals and vitamins. Instead, you can eat the plain ripe fruit, non-starchy vegetables, especially the leafy greens, nut butter or raw nuts and grains such as rye, quinoa, or Kamut.

CHAPTER 6. IMPORTANT GUIDELINES

Other important guidelines:

Keep yourself hydrated: Drinking a lot of water is recommended in Dr. Sebi's diet. He says that the alkaline diet cannot work effectively without involving lots of water (about a gallon of spring water per day). All the metabolic functions of the body require enough water to work well. The body needs water to remove toxins. Water protects the organs and joints and helps your body absorb the nutrients you obtain from food efficiently. Most herbs he uses are diuretics and increase urination to get rid of toxins from the body.

You may be wondering why he prescribed spring water. Dr. Sebi said that spring water is a natural "alkaline water" that best supports the natural ratio of electrolytes in the body, besides keeping it hydrated. The first thing you want to do right away is sip warm water all day with a squeeze of lemon to alkalize your body and warm up in the process. When you ingest lemon, it becomes alkaline as soon as it lands in your gut.

Also, you can try to use alkaline water if you can access it. Alkaline water is simply water that is less acidic than regular tap water. This kind of water is usually rich in alkalizing compounds such as silica, calcium, magnesium, bicarbonate, and potassium. Tap water generally contains various dissolved elements that lower its pH level. The pH of alkaline water is above 7; this is why it is ideal.

Importance of soup

Soups can combine the alkalizing benefits of many different vegetables to give you a potent alkaline dish. Soups can allow you to get

really creative. You can make a base of onions, dandelion greens, ginger, and peppers and then add alkalizing vegetables.

Habits to adopt for the Sebi diet:

1. Avoid microwaving your food. Dr. Sebi mentions that microwaving food damages the nutrients in food. Instead, heat your food in the oven or stove.
2. Avoid take-outs or eating out. Cook your meals at home. You can eat healthier foods when you cook at home.
3. Make a habit of eating an afternoon snack that includes fresh vegetables and hummus.
4. Always cook with coconut oil. Avoid vegetable oils.
5. Replace junk foods and fast foods and eat healthy alkaline foods.

CHAPTER 7. ALLOWED FOODS

Eat these foods.

Vegetables

1. Zucchini
2. Wild arugula
3. Watercress
4. Turnip greens
5. Tomato – cherry and plum only
6. Tomatillo
7. Squash
8. Sea vegetables (wakame/nori/dulse/hijiki/aramé)
9. Purslane (verdolaga)
10. Poke salad – greens
11. Parsley
12. Onions
13. Olives and olive oil
14. Okra
15. Nopales – Mexican Cactus
16. Mustard greens
17. Mushrooms, except shiitake
18. Lettuce, except iceberg
19. Kale
20. Jicama
21. Lzote – cactus flower or leaf
22. Garbanzo beans
23. Dandelion greens
24. Cucumber

- 25. Chayote
- 26. Bell peppers
- 27. Avocado
- 28. Amarnath greens

Fruits

- Baby/Burro banana
- Tamarind
- Soursops
- Soft jelly coconuts and coconut oil
- Raisins- seeded
- Prunes
- Prickly pear
- Plums
- Pears
- Peaches
- Papayas
- Seville orange
- Melons-seeded
- Mango
- Limes
- Grapes-seeded
- Figs
- Dates
- Currants
- Cherries
- Cantaloupe
- Berries, except cranberries

- Apples

Nuts & Seeds

- Nuts and seeds butter
- Walnuts
- Raw sesame seeds
- Raw sesame or tahini butter
- Hemp seeds
- Brazil nuts

Oils

- Sesame oil
- Olive oil
- Hempseed oil
- Grapeseed oil
- Coconut oil
- Avocado oil

Spices

- Thyme
- Tarragon
- Sweet basil
- Savory
- Sage
- Pure sea salt
- Powdered Granulated Seaweed
- Parsley
- Oregano
- Onion powder
- Habanero

- Dill
- Cloves
- Cayenne or African Bird Pepper
- Bay leaf
- Basil
- Achiote

Sugar

- Date sugar
- 100% pure agave syrup

Alkaline Grains

- Wild rice
- Tef
- Spelt
- Rye
- Quinoa
- Kamut
- Fonio
- Amaranth

Natural herbal teas

- Red raspberry
- Muicle
- Gordo lobo
- Ginger
- Flor de manita
- Fennel
- Elderberry
- Cuachalalate

- Chamomile
- Burdock

CHAPTER 8. ALKALINE PLANT FOOD

To stay healthy, we need to avoid processed meat, dairy, foods, hybridized, and genetically-modified plant foods and follow a diet that is centered on the consumption of alkaline plant foods.

Alkaline plant foods and herbs support the alkaline body

The term pH stands for “potential hydrogen” and is the ability of molecules to attract hydrogen ions. The higher the pH, the lower the amount of hydrogen available. The lower the pH, the higher the amount of hydrogen available.

Different parts of the body have different pH levels; the blood is the point of equilibrium for homeostasis in the body. Homeostasis is the tendency toward a relatively stable equilibrium between interdependent elements. Alkaline plant foods and herbs maintain the blood’s pH without the body having to compensate and compromise its health.

Water

Fruits and vegetables contain a high concentration of water, but people who consume a Western diet do not consume enough fruits and vegetables. Generally, we should drink one gallon of water daily.

Protein

Dr. Sebi didn’t promote the term or concept of protein because it interfered with his approach to healing. He focused on minerals or elements instead. All plants offer complete amino acids, but some plants offer more nitrogen compounds than others. Legumes, grains, nuts, and seeds generally contain more protein than fruits and vegetables.

- Grains: Amarnath, fonio, Kamut, quinoa, rye, spelt, teff, wild rice
- Legumes: garbanzo beans

- Nuts and seeds: Walnuts, Brazil nuts, pine nuts, raw sesame, hemp seeds

Milk

Hemp-seed milk, coconut milk, walnut milk

Fruits

Fruits offer natural carbs and act as the primary source of energy. Eat fresh fruits and avoid canned fruits as much as possible.

Cleansing

Vegetables are high in minerals, vitamins, fiber, phytonutrients. They serve to feed the body and cleanse the digestive tract that contains most of the body's immune system.

- Amaranth greens, avocado, bell peppers, chayote, cucumber, dandelion greens, garbanzo beans, green banana, izote, kale, lettuce, except iceberg, mushrooms, except shiitake, noales, okra, olives, onions, purslane, poke salad, sea vegetables, and more.

Oils

Grape-seed oil, coconut oil, hemp seed oil, olive oil, avocado oil.

Seasonings

Achiote, basil, bay leaf, cayenne, cilantro, coriander, dill, habanero, onion powder, oregano, powdered, granulated seaweed, pure sea salt, sage, savory, sweet basil, tarragon, thyme

Herbal teas

Drink herbal teas instead of regular teas, like green tea, because they do not contain caffeine and contain a wide range of phytonutrients that support the immune system. Alvaca, anise, chamomile, cloves, fennel, ginger, lemongrass, red raspberry, sea-moss tea.

Sugars

Minimize your consumption of addictive sugar. Date sugar is the best, and pure agave syrup is good; its processing can compromise its carbohydrate structure.

CHAPTER 9. PRECAUTIONS

Dr. Sebi's Diet is restrictive and doesn't offer sufficient nutrients. Here are supplements you need when following the diet:

- Vitamin B-12: The diet can cause a vitamin B-12 deficiency. You need to consume fortified foods and supplements. Vitamin B-12 is necessary for making DNA and for the health of blood and nerve cells.
- Protein: Protein helps support the health of the muscles, the brain, bones, hormones, and DNA. Health experts suggest eating a wide variety of plant-based food to stay healthy. This is a bit difficult when following Dr. Sebi's diet.
- Omega-3 fatty acids: Omega- 3 fatty acids support the immune system, energy, brain, heart, and eye health. Dr. Sebi's diet includes walnuts and hemp seeds as a source of Omega-3s. People who follow the diet may benefit from taking an omega-3 supplement.

CHAPTER 10. BREAKFAST

Blueberry Muffins



Prep time: 10 minutes

Cook time: 30 minutes

Servings: 8

Ingredients

- 1 cup hemp milk
- $\frac{3}{4}$ cup teff flour
- $\frac{1}{3}$ cup agave
- $\frac{1}{2}$ tsp. sea salt
- $\frac{3}{4}$ cup Kamut flour
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{4}$ cup of sea moss gel
- Grapeseed oil as needed

Method

1. Preheat the oven to 400F.
2. Add the milk, flour, salt, sea moss, and agave in a bowl and mix well. Fold in the blueberries.
3. Coat a muffin pan with grapeseed oil and pour in the batter.
4. Bake for 25 to 30 minutes.
5. Serve.

Nutritional Facts Per Serving

- Calories: 144
- Fat: 1.61g
- Carb: 26.04g
- Protein: 4.73g

Spelt Pancakes



Prep time: 10 minutes

Cook time: 10 minutes

Servings: 3

Ingredients

- 1 cup spelt flour
- ¼ tsp. sea salt
- 2 tbsp. plant-based milk
- ½ cup sesame seeds
- ½ cup hemp seeds
- 1 ½ tsp. ground cloves
- ½ tsp. agave
- 1 tsp. coconut oil

Method

1. Grind the sesame seeds and hemp seeds into flour and store a quarter of it for later use.

2. Add 2 cups of the seed flour to a bowl and mix. Then add the rest of the ingredients, except the coconut oil.
3. Heat a pan with oil and cook the pancakes in batches.
4. Serve.

Nutritional Facts Per Serving

- Calories: 513
- Fat: 30g
- Carb: 49g
- Protein: 18.8g

Teff Porridge



Prep time: 5 minutes

Cook time: 20 minutes

Servings: 2

Ingredients

- ½ cup teff grain
- Pinch of sea salt
- Blueberries to taste
- 2 cups spring water
- Agave to taste

Method

1. Bring the spring water to a boil in a saucepan. Add some sea salt and then add the teff grain (after the water boils) to the pan. Stir as you add.
2. Cover and lower the heat and simmer for 15 minutes.

3. Add the agave and blueberries as toppings.
4. Serve.

Nutritional Facts Per Serving

- Calories: 177
- Fat: 1.15g
- Carb: 35g
- Protein: 6.42g

Portobello Mushroom Patties



Prep time: 10 minutes

Cook time: 5 minutes

Servings: 1

Ingredients

- 2 portobello mushrooms
- ¼ tsp. oregano
- ¼ cup cilantro
- 2 tsp. onion powder
- ½ cup bell peppers
- 1 pinch of cayenne pepper
- ¼ tsp. sea salt to taste
- ¼ cup of flour (spelt, rye)

Method

1. Soak the mushrooms in the water for 1 minute. Then put in a food processor along with bell peppers. Process them.

2. Add the flour, salt, and seasonings and mix well to form a patty.
3. Put the patty in a heated with 2 tbsp. oil and fry on both sides until ready.

Nutritional Facts Per Serving

- Calories: 188
- Fat: 1.62g
- Carb: 39.01g
- Protein: 11.4g

Spelt Waffles



Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

Ingredients

- 2 ½ cups spelt flour
- ½ tsp. sea salt
- 1 cup spring water
- 3 tbsp. date sugar
- 1 ½ cups hemp milk
- 3 tbsp. hemp seed oil
- Agave syrup for serving

Method

1. Add the sugar, flour, and salt in a bowl and mix. Add the water, oil, and milk and mix well.
2. Grease the waffle maker with oil and heat it.

3. Add ½ cup batter and cook until ready.
4. Repeat and serve with a drizzle of agave syrup.

Nutritional Facts Per Serving

- Calories: 404
- Fat: 14.9g
- Carb: 60.9g
- Protein: 11.2g

Spelt Porridge



Prep time: 10 minutes

Cook time: 4 minutes

Servings: 1

Ingredients

- 1 cup filtered water
- ¼ tsp. alcohol-free vanilla
- 1/3 cup thin-flaked spelt
- Agave syrup to taste
- 2 to 3 tbsp. dried cherries
- *Toppings:* walnuts, fresh berries, seeds, almond, or hemp milk
- Walnut milk as needed for serving

Method

1. Add everything into a pan and simmer over medium heat for 3 to 4 minutes. Pour into a bowl.
2. Pour some walnut milk and toppings and serve.

Nutritional Facts Per Serving

- Calories: 219
- Fat: 1.5g
- Carb: 44.6g
- Protein: 8.66g

Chickpea Pancakes



Prep time: 10 minutes

Cook time: 10 minutes

Servings: 6

Ingredients

- ¾ cup of spelt flour
- 1 cup hemp milk
- 2 tbsp. of agave
- Grapeseed oil as needed
- ¼ cup of chickpea flour
- 2 tbsp. sea moss gel
- 1/8 tsp. sea salt
- Toppings of your choice

Method

1. Add the chickpea flour and spelt to a bowl and mix well. Add the sea moss, hemp milk, sea salt, and agave and mix more.
2. Grease the skillet and pour in the batter. Cook and flip until golden brown on both sides.
3. Serve with toppings

Nutritional Facts Per Serving

- Calories: 203
- Fat: 3.73g
- Carb: 35g
- Protein: 8g

Quinoa Porridge



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

Ingredients

- 1 cup dry quinoa
- ½ tsp. cayenne
- ½ cup coconut cream or milk
- 1 grated apple
- 2 cups of water
- ½ lime skin grated
- Cloves, ground, to taste
- Assorted nuts and seeds – ½ handful

Method

1. Prepare the quinoa according to package instructions.
2. Then drain and put it back in the saucepan and add in the cloves and cayenne and mix. Pour in the coconut milk or cream.

3. Add the grated apple and lime and mix.
4. Serve topped with nuts and seeds.

Nutritional Facts Per Serving

- Calories: 251
- Fat: 9.8g
- Carb: 35g
- Protein: 6.8g

Quinoa and Apple Breakfast



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 1

Ingredients

- ½ cup quinoa
- ½ lemon
- 1 apple
- 1 cup of water
- Cayenne pepper to taste

Method

1. Rinse the quinoa in a sieve, add water, and then bring to a boil. Simmer for 15 minutes.
2. Then grate the apple and add it to the quinoa. Cook for 30 seconds more.
3. Grate the lemon zest, and then squeeze in a bit of lemon to taste.

4. Sprinkle your spice and enjoy it.

Nutritional Facts Per Serving

- Calories: 413
- Fat: 5.5g
- Carb: 81g
- Protein: 12.5g

Breakfast Porridge



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 6

Ingredients

- ¼ cup walnuts
- 1 cup and 6 tbsp. hemp milk
- 1 cup fonio grains
- 2 cups of water
- 4 dates, pitted and chopped
- ½ cup raisins
- ½ cup fresh blueberries
- 6 tbsp. shredded coconut

Method

1. Toast the nuts in a skillet for 5 minutes. Chop and set aside.
2. Add the fonio and water to a saucepan and stir to mix.

3. Add the dates and bring to a boil. Stir continuously.
4. When dates start to dissolve, lower the heat to a simmer, and add the raisins and milk.
5. Keep simmering while often stirring until all the liquid has been absorbed. About 8 minutes.
6. Serve topped with blueberries, nuts, and milk.

Nutritional Facts Per Serving

- Calories: 210
- Fat: 6.3g
- Carb: 32.96g
- Protein: 6.9g

Brazil Nut Banana Bread



Prep time: 20 minutes

Cook time: 70 minutes

Servings: 1 (4 lb.)

Ingredients

- 2 cup sprouted spelt flour
- 6 tbsp. sesame seeds
- 1 ½ tsp. ground cloves
- 1 cup agave syrup
- 4 burro bananas
- ¼ cup walnut butter
- 1 cup quinoa flour
- ½ tsp. fine sea salt
- 2/3 cup coconut oil
- 2 tsp. vanilla extract
- 1 cup plain nut milk

- 10 Brazil nuts

Method

1. Mix the seeds, flour, cloves, and salt in a bowl and set aside.
2. Add the nut milk, melted coconut oil, walnut butter, vanilla extract, and agave syrup to a blender and blend until smooth. Add the chopped bananas and pulse for 20 seconds to combine. Add the wet mixture into the dry mixture and fold until just mix.
3. Line a loaf pan with parchment paper and add the banana bread mixture into the pan.
4. Chop the Brazil nuts and sprinkle on top of the loaf.
5. Bake for 35 minutes at 350F. Then lower the temperature to 325F and cook for 35 minutes more.
6. Cool and serve.

Nutritional Facts for the entire recipe

- Calories: 433
- Fat: 6.3g
- Carb: 14.4g
- Protein: 9.8g

Chickpea Burgers



Prep time: 10 minutes

Cook time: 45 minutes

Servings: 8

Ingredients

- 3 cups canned or cooked chickpeas
- 1 cup kale, chopped
- 1 tsp. cayenne
- 2 green onions, chopped
- Salt to taste
- 1/3 cup dry quinoa, washed and drained
- 1/4 cup chickpea flour
- 2 tsp. each of oregano, dill, and basil
- Spring water as needed

Method

1. Toast the quinoa in a pan to cook it. Then add 2/3 cup of water to the pan and bring to a boil. Cover with a lid and cook on low for 15 minutes.
2. Mash the chickpeas in a bowl. Add the cooked quinoa, chopped kale, chickpea flour, onion, seasonings, cayenne, and salt.
3. Add water as needed and make patties.
4. Preheat the oven to 375F.
5. Divide the mixture between making 8 patties.
6. Grease a baking sheet with foil and bake the patties 15 minutes, then flip and cook the other side for 10 minutes more.
7. Serve.

Nutritional Facts Per Serving

- Calories: 145
- Fat: 2.3g
- Carb: 24.4g
- Protein: 7.41g

Fonio Cereal



Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Ingredients

- 1 ½ cups fonio, washed
- ½ tsp. salt
- Agave to sweeten to taste
- 4 ½ cups hemp milk
- Fruit of choice

Method

1. Add fonio in a pot. Add the milk and bring to a simmer on low heat, often stirring for 30 minutes.
2. Then add the salt and mix.
3. Add agave and fruit toppings and serve.

Nutritional Facts Per Serving

- Calories: 128.9
- Fat: 1.8g
- Carb: 9.97g
- Protein: 4.55g

Avocado Breakfast Bowl



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 1

Ingredients

- 1 avocado
- Juice of 1 lime
- 18 fresh parsley/basil leaves
- Pinch of sea salt
- Chopped nuts to taste
- Agave nectar to taste
- ½ cup cucumber, chopped
- 1/8 tsp. lime zest, plus more for serving
- 2 tbsp. melted coconut oil

Method

1. Add the lime juice, avocado, and sweetener to a blender and blend until smooth and creamy.
2. Add the cucumber, coconut oil, lime zest, and salt and blend more.
3. Add the basil or parsley and mix slightly.
4. Serve topped with chopped nuts.

Nutritional Facts Per Serving

- Calories: 577
- Fat: 56g
- Carb: 22g
- Protein: 4.8g

CHAPTER 11. LUNCH

Vegan Burger



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

Ingredients

- ½ cup spring water
- ½ tsp. Cayenne powder
- ½ tsp. ginger powder
- Grapeseed oil as needed
- 1 tsp. dill
- 2 tsp. sea salt
- 2 tsp. onion powder
- 2 tsp. oregano
- 2 tsp. basil
- ¼ cup cherry tomatoes, diced

- ½ cup kale, diced
- ½ cup green peppers, diced
- ½ cup onions, diced
- 1 cup garbanzo bean flour
- Flatbread for serving

Method

1. Mix the vegetables and seasonings in a bowl. Then add the flour. Gently add in the spring water and stir the mixture until you get a dough.
2. Make 4 patties from the dough. Cook the patties in grapeseed oil in a skillet. 2 to 3 minutes per side.
3. Serve on a flatbread.

Nutritional Facts Per Serving

- Calories: 413
- Fat: 6g
- Carb: 70g
- Protein: 21g

Alkaline Spicy Kale



Prep time: 10 minutes

Cook time: 10 minutes

Servings: 1

Ingredients

- Grapeseed oil as needed
- ¼ tsp. sea salt
- 1 tsp. crushed red pepper
- ¼ cup red pepper, diced
- ¼ cup onion, diced
- 1 cup kale leaves, chopped

Method

1. In a pan heat 2 tbsp. oil, and heat. Sauté the peppers and onions for 3 minutes. Then season with salt.
2. Lower the temperature and add in the kale. Cover the pan and simmer for 5 minutes.

3. Open and add in crushed pepper. Mix well and cover again.
4. Cook for 3 minutes and serve.

Nutritional Facts Per Serving

- Calories: 52
- Fat: 0.7g
- Carb: 10.8g
- Protein: 3g

Electric Salad



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 4

Ingredients

- 3 jalapenos
- 2 red onions
- 1 orange pepper
- 1 yellow pepper
- 1 cup cherry tomatoes, chopped
- 1 cup kale, chopped
- 1 handful romaine lettuce
- Olive oil as needed
- Juice of 1 lime

Method

1. Wash and rinse the ingredients well. Dry the ingredients and then cut them into bite-size pieces. Put the ingredients in a bowl and drizzle with olive oil and lemon juice.
2. Serve.

Nutritional Facts Per Serving

- Calories: 85
- Fat: 0.5g
- Carb: 34.8g
- Protein: 3g

Dates, Walnuts, Orange, and Kale Salad



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- ½ red onion, sliced
- 6 packed cups of baby kale
- 6 Medjool dates pitted
- 1/3 cup walnuts, toasted

For the dressing

- 5 tbsp. olive oil
- Pinch salt
- 1 Medjool date
- 4 tbsp. orange juice, freshly squeezed
- 2 tbsp. lime juice

Method

1. In a food processor, put the pitted dates and nuts and pulse them until thoroughly mixed and chopped. Set aside.
2. Add chopped onion and kale in a bowl.
3. Add all the dressing ingredients in a blender except for the olive oil.
4. Pure the mixture and drizzle the oil steadily.
5. Arrange the salad and serve.

Nutritional Facts Per Serving

- Calories: 645
- Fat: 42.47g
- Carb: 71g
- Protein: 4.2g

Spelt Pasta, Zucchini, & Eggplant



Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

Ingredients

- 2 tsp dried basil
- 1 tsp. oregano
- 2/3 cup vegetable broth
- 2/3 cup sun-dried cherry tomatoes, diced
- 1 large zucchini, diced
- 3 middle-sized ripe cherry tomatoes, diced
- 1-inch ginger, crushed
- 2 white onions, diced
- 3 tbsp. olive oil
- 1 large eggplant, diced
- 300g spelt pasta
- Sea salt to taste

Method

1. Heat oil in a pan and then stir-fry the eggplant, ginger, and onion for 8 to 10 minutes.
2. Then add the tomatoes, oregano, and zucchini and cook for 6 to 8 minutes.
3. Heat water and cook pasta until firm to bite, then add vegetable broth to the pan. Season with fresh pepper, salt, and dried basil. Allow the mixture to simmer for a few minutes covered.
4. Serve once cooked through.

Nutritional Facts Per Serving

- Calories: 738
- Fat: 49g
- Carb: 70g
- Protein: 14g

Alkalizing Millet Dish



Prep time: 10 minutes

Cook time: 35 minutes

Servings: 2

Ingredients

- ½ tsp. sea salt
- 2 ½ cups water
- 1 cup millet

Method

1. Dry sauté the millet until golden brown. Add the sea salt and water and cover.
2. Bring the mixture to a boil and simmer until the water has been absorbed, about 25 to 35 minutes.
3. Cool with the lid on and serve.

Nutritional Facts Per Serving

- Calories: 378

- Fat: 4.22g
- Carb: 72.85g
- Protein: 11g

Green Noodle Salad



Prep time: 10 minutes

Cook time: 20 minutes

Servings: 2

Ingredients

- 1 pinch sea salt
- 1 cup chopped fresh basil
- 2 tbsp. lemon juice, fresh
- ¼ cup yeast-free vegetable stock
- 1-inch ginger, chopped
- 1 cup kale, chopped
- 1 cup zucchini, chopped
- 1 handful lettuce
- 1 cup millet noodles

Method

1. Cook the noodles according to package directions. Then drain and rinse with cold water. Set aside.
2. Chop the kale and cut the zucchini into slices. Steam them very lightly for a few minutes until color pops. Make sure they are still crunchy.
3. Cut the lettuce and prepare the dressing: combine the vegetable stock and lemon juice in a grinder, then add in the chopped ginger. Mix the ingredients for 30 seconds.
4. Now mix the basil, chopped lettuce, zucchini, kale, and noodle in a bowl and pour over the dressing. Combine well and season with salt.
5. Serve.

Nutritional Facts Per Serving

- Calories: 303
- Fat: 3.2g
- Carb: 52g
- Protein: 18.7g

Squash Ratatouille



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

Ingredients

- 1 cup spring water
- Pinch of cayenne pepper
- Sea salt to taste
- 4 tbsp. extra virgin olive oil
- 2 tsp. thyme
- 1 fennel bulb
- 2 big onions
- 1 cup cherry tomatoes, chopped
- 1 red bell pepper
- 1 yellow bell pepper
- 16 ounces fresh squash

Method

1. Cut the bell pepper, tomatoes, and squash into bite-sized portions. Then dice fennel and the onions.
2. Heat oil in a pot and sauté the onions and fennel for a few minutes.
3. Now add in the bell pepper and squash. Then stir-fry the mixture for 8 minutes.
4. Once done, add the alkaline water, thyme, salt, cayenne pepper, and tomatoes and now cook until the veggies are quite tender yet not too soft.
5. Serve.

Nutritional Facts Per Serving

- Calories: 263
- Fat: 14g
- Carb: 35g
- Protein: 3.78g

Roasted Vegetables



Prep time: 10 minutes

Cook time: 16 minutes

Servings: 2

Ingredients

- A sprinkle of cayenne pepper
- A drizzle of olive oil
- 2 fennel bulbs, chopped
- ½ onion, sliced
- 1 yellow squash, sliced
- 1 zucchini, sliced
- 1 bunch of green beans, ends cut off

Method

1. Preheat the oven to 450F.
2. On a greased baking sheet, put the fennel bulbs and vegetables, then drizzle some oil all over.

3. Add some cayenne pepper and stir.
4. Bake the vegetables for 16 minutes, stirring at 8 minutes mark.
5. Serve.

Nutritional Facts Per Serving

- Calories: 70
- Fat: 1.87g
- Carb: 13.23g
- Protein: 2.39g

Zucchini Basil Soup



Prep time: 10 minutes

Cook time: 35 minutes

Servings: 8

Ingredients

- 2 tbsp. coconut oil
- 1 medium onion, chopped
- 4 zucchinis, sliced with skin on
- A small handful of fresh basil
- ½ cup raw walnuts
- 2 tbsp. extra virgin olive oil
- 2-inch ginger, minced
- 6 cups of vegetable broth
- Sea salt to taste
- ½ cup of water

Method

1. In a blender, add water and walnuts and process until smooth. Create a heavy cream consistency.
2. Add the oil in a pan and melt it. Then add in the olive oil.
3. Add the onion and ginger and salt. Cook until browned about 7 to 10 minutes, then add your zucchini and sauté for 5 minutes.
4. Pour in the vegetable broth and lower the heat a bit. Allow the flavors to mix and add the zucchini to become soft for about 15 to 20 minutes.
5. Blend this mixture with a blender. Strain and place into the pot.
6. Add in the walnut cream and basil and season with salt and pepper.
7. Serve.

Nutritional Facts Per Serving

- Calories: 198
- Fat: 9.2g
- Carb: 26g
- Protein: 4.1g

Flatbread



Prep time: 20 minutes

Cook time: 15 minutes

Servings: 4

Ingredients

- ¼ tsp. cayenne pepper
- 2 tsp. onion powder
- 2 tsp. basil
- 2 tsp. oregano
- 1 tsp. sea salt
- ¾ cup spring water
- 2 tbsp. grapeseed oil
- 2 cups spelt flour

Method

1. Mix all the seasonings and flour.

2. Then add ½ cup of water and oil and mix well until the mixture rolls into a ball.
3. Knead the dough on a floured work surface for 5 minutes. Make 6 portions.
4. Roll individual balls into 4-inch or so circles.
5. Place the balls in a skillet and cook on medium heat until cooked through, flipping after 3 minutes or so.
6. Serve with other dishes.

Nutritional Facts Per Serving

- Calories: 361
- Fat: 8.1g
- Carb: 62.97g
- Protein: 12.32g

Sesame Ginger Rice



Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

Ingredients

- ½ tsp. sea salt
- 2 tsp. fresh lime juice
- ½ cup cilantro, chopped
- 4 cups mushrooms, any type except shiitake, chopped
- 6 green onions, chopped
- 1 fennel bulb, chopped
- 2 tbsp. minced ginger
- 1 small green chili, chopped
- 2 tbsp. toasted sesame oil
- 2 tbsp. grapeseed oil
- 1 cup wild rice, cooked

Method

1. Heat oil in a skillet.
2. Sauté mushrooms, green onions, fennel, ginger, chili, and salt.
Cook for 5 minutes.
3. Add in the rice then cook until the rice is ready.
4. Add in the lime juice, cilantro, and ¼ tsp. salt.
5. Serve.

Nutritional Facts Per Serving

- Calories: 340
- Fat: 12g
- Carb: 46.45g
- Protein: 16g

Spelt Bread



Prep time: 20 minutes

Cook time: 45 minutes

Servings: 1 loaf

Ingredients

- 1 cup water
- ½ cup unsweetened hemp milk
- 3 tbsp. avocado oil
- 1 tbsp. agave nectar
- 1 ½ tsp. sea salt
- 4 cups whole grain spelt flour plus ½ cup more for kneading

Method

1. Preheat the oven to 375F.
2. Combine all the dry ingredients in a bowl.
3. Add in ¾ water, agave nectar, hemp milk, and avocado oil until you get a soft batter. Add a bit more water or flour to get the

right consistency.

4. Knead the dough on a spelt flour work surface and roll it to coat with the flour.
5. Knead the dough for 3 minutes and add a little more spelt in each addition until you get a unified ball.
6. Line a loaf pan with parchment paper. Bake the bread for 45 minutes.
7. Cool, slice, and serve.

Nutritional Facts Per Serving the entire recipe

- Calories: 2785
- Fat: 61.27g
- Carb: 494.2g
- Protein: 105g

CHAPTER 12. DINNER

Ravioli



Prep time: 10 minutes

Cook time: 1 hour

Servings: 5

Ingredients

Filling

- 1 cup chickpea flour
- 1 quartered Roma tomato
- 2 cups quartered mushrooms
- 1 cup chopped kale
- 1/3 cup diced onions
- 1 cup diced green and red bell peppers
- 1 tbsp. onion powder
- 1 tsp ginger
- 2 tsp oregano

- 2 tsp dill
- 2 tsp basil
- 2 tsp thyme
- 1 tsp pure sea salt
- 1/2 tsp cayenne pepper

Dough

- 1/2 cup chickpea flour
- 1 1/2 cups spelt flour
- 1/2 tsp oregano
- 1/2 tsp basil
- 1 tsp pure sea salt
- 3/4 cup spring water

Cheese

- 1/2 cup soaked brazil nuts (overnight or for at least 3 hours)
- 2 tsp onion powder
- 1/2 tsp of oregano
- 1 tsp pure sea salt
- 1/2 tsp cayenne powder
- 1/2 cup spring water

Method

1. Blend all filling ingredients, except the chickpea flour, in a food processor for 30 to 40 seconds.
2. Add chickpea flour to the mixture and blend until well combined.
3. Add Grape Seed Oil to a skillet and warm on high heat.
4. Reduce to medium heat. Spread out the ravioli filling to the skillet and cook for 3 to 4 minutes on all sides.

5. Break up the filling and cook for 3 more minutes, then transfer it to a medium bowl. Add all ingredients for the cheese to the food processor and blend until consistency is creamy. If it's too thick, add some Spring Water.
6. Mix the filling with the cheese mixture in the bowl.
7. Put all the dry ingredients for the dough in the food processor and blend for 10 to 20 seconds. Slowly add Spring Water while mixing until dough can be shaped into a ball.
8. Spread flour on the working space. Take 1/4 of the dough and roll it out into a thin sheet.
9. Place rounded teaspoonfuls of filling and cheese 1 inch apart on one side of the dough. Fold the dough over and press together around the filling to seal. Cut it into individual ravioli with a pastry cutter or knife.
10. Repeat steps 9 and 10 with the remaining dough and filling.
11. Bring a pot of Spring Water to a boil. Add a little Pure Sea Salt and Grape Seed Oil, then cook the ravioli for about 4 to 6 minutes.
12. Serve and enjoy!

Nutritional Facts Per Serving

- Calories: 392
- Fat: 14g
- Carb: 32g
- Protein: 10.9g

Vegetable Alfredo



Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

Ingredients

- 1 onion, chopped
- 1 orange bell pepper, chopped
- 1 red bell pepper, chopped
- 1 zucchini squash
- 1 summer squash
- 1 (12 oz.) container mushrooms
- ½ cup Brazil nut cheese sauce
- 1 (10 oz.) bag spelt tortellini pasta
- 1 tbsp. grapeseed oil
- Sea salt to taste
- 1 tsp. oregano
- 2 tbsp. chopped fresh basil
- 1 tsp. onion powder

- 1 tsp. cayenne pepper

Method

1. Cook the pasta according to package directions.
2. Chop the veggies and set aside. Add oil to a skillet and add the vegetables.
3. Season with herbs and seasonings and cook for 2 minutes.
4. Add sauce and pasta.
5. Mix and cook for 1 minute.
6. Serve.

Nutritional Facts Per Serving

- Calories: 371
- Fat: 10g
- Carb: 56g
- Protein: 11g

Sushi Roll-Ups



Prep time: 20 minutes

Cook time: 0 minutes

Servings: 2

Ingredients for the dip/hummus

- 1 fennel bulb
- A glug of olive oil
- 1 pinch of dried sage
- 1 tbsp. tahini
- A handful of almonds
- 100g chickpeas from a can, drained
- Pinch salt
- Juice of ½ lemon

For the Roll-Ups

- 1 capsicum sliced into matchsticks

- 1 small bunch cilantro
- 1 avocado, sliced
- 1 cucumber, sliced into matchsticks
- 1 parsnip, sliced into matchsticks
- 2 medium zucchinis

Method

1. Pulse all the ingredients for the hummus in a blender. Add a bit of lemon and olive oil to get your desired consistency.
2. To make the roll-ups, first, chop the zucchini into long thin strips.
3. Then lay individual zucchini strips out and spread a generous amount of almond hummus onto the zucchini strip.
4. Now add little amounts of the avocado, cucumber, and the matchsticks of veggies.
5. Top with some sesame seeds and then serve.

Nutritional Facts Per Serving

- Calories: 743
- Fat: 51g
- Carb: 50g
- Protein: 31g

Mushroom “Chicken Tenders”



Prep time: 1 hour

Cook time: 30 minutes

Servings: 6

Ingredients

- Grapeseed oil as needed
- 1 tsp. ground cloves
- 1 tsp. cayenne powder
- 2 tsp. ginger powder
- 2 tsp. onion powder
- 2 tsp. sage
- 2 tsp sea salt
- 2 tsp. basil
- 2 tsp. oregano
- 1 ½ cup spelt flour
- 1 ½ cups spring flour

- 2 to 6 Portobello mushrooms

Method

1. Slice the mushrooms caps approximately half-inch apart.
2. Add mushrooms, oil, water, and half of the individual seasonings to the bowl and mix for 1 hour.
3. In a separate bowl, blend the rest of the seasonings along with the spelt flour and then batter the mushrooms.
4. Preheat oven to 400F. Grease a baking sheet with grapeseed oil and put the mushrooms on the baking sheet.
5. Bake 15 minutes per side, or until crispy.
6. Serve.

Nutritional Facts Per Serving

- Calories: 276
- Fat: 6.5g
- Carb: 49.48g
- Protein: 10.72g

Quinoa Pasta with Tomato Artichoke Sauce



Prep time: 10 minutes

Cook time: 20 minutes

Servings: 2

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 pinch cayenne pepper
- ½ tsp. sea salt
- 3 tbsp. basil, fresh
- 1 tsp. vegetable stock
- 1-ounce walnuts
- 1 fennel bulb
- 1 onion, chopped
- 8 ounces artichoke hearts
- 5 ounces cherry tomatoes, fresh

- 7 ounces quinoa or spelt pasta

Method

1. Cook the artichoke until tender. Same time, cook the pasta according to package directions. Chopped all the veggies.
2. Heat 2 tbsp. oil and stir fry onions, nuts, and fennel for a few minutes. Then add the cooked artichokes and tomatoes and cook for 2 minutes.
3. Scoop about $\frac{1}{2}$ cup of water and then dissolve the vegetable stock into the water. Add into a pan and simmer for 2 minutes on low heat. Stir regularly.
4. Add basil, season with salt and pepper.
5. Pour the sauce over the pasta and serve.

Nutritional Facts Per Serving

- Calories: 719
- Fat: 26g
- Carb: 111g
- Protein: 23.9g

Alkalizing Tahini Noodle Bowl



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 2

Ingredients bowl

- 1 tsp. black sesame seeds
- ½ avocado, chopped
- 2 green onions, chopped
- 4 kale, chopped
- 1 parsnip, shredded
- 4 leaves of romaine, chopped
- 1 yellow zucchini, spiralized

Dressing

- 1 tsp. agave
- 2 tbsp. lemon juice
- 1 tbsp. tahini

- Dash of salt

Method

1. Chop all the vegetables and add them in a bowl.
2. Add all ingredients for dressing in another bowl and whisk.
3. Pour the dressing over the vegetables and garnish with sesame seeds.

Nutritional Facts Per Serving

- Calories: 209
- Fat: 14.5g
- Carb: 22.07g
- Protein: 5.49g

Alkaline Meatloaf



Prep time: 15 minutes

Cook time: 70 minutes

Servings: 1 loaf

Ingredients

- 1 cup prepared wild rice
- ½ cup homemade tomato sauce, divided
- ½ cup chopped yellow onion, divided
- ½ cup chopped green bell pepper, divided
- 1 shallot, chopped
- 2 cups mixed mushrooms, chopped
- ¼ tsp. cloves
- ½ tsp. ginger
- ½ tsp. tarragon
- 1 tsp. thyme
- 1 tsp. sage

- 1 tbsp. sea salt
- 1 tbsp. onion powder
- 1 cup garbanzo flour or spelt flour
- 1.5 cups breadcrumbs (made of spelt flour)
- 2 cups cooked chickpeas
- Cayenne to taste

Method

1. Clean and dry wild rice. Prepare the chickpeas as well and set them aside.
2. Mix together garbanzo flour or spelt flour with bread crumbs and set the mixture aside.
3. Chop the green peppers and the onions and place half of each of them to the side.
4. Now chop the shallots and mushrooms and add them to a food processor, along with chickpeas, half of the onion, half of the green peppers, and spices.
5. Pulse the mixture until fully incorporated. Then add in 2 tbsp. of tomato sauce and the wild rice. And continue to blend until a paste.
6. Move the mixture to a mixing bowl. Add the remaining flour, bread crumbs, onion, and green pepper. Mix well.
7. Pour the mixture in a greased pan and cover with the remaining tomato sauce.
8. Bake in the preheated oven at 350F for 60 to 70 minutes.
9. Cool, slice, and serve.

Nutritional Facts Per Serving

- Calories: 265
- Fat: 2.96g

- Carb: 48g
- Protein: 13.15g

Pizza



Prep time: 15 minutes

Cook time: 30 minutes

Servings: 6

Ingredients for the crust

- 1 ½ cups spelt flour
- 1 cup spring water
- ½ tsp. onion powder
- ½ tsp. oregano
- ½ tsp. sea salt
- ½ tsp. basil

Cheese

- ¼ tsp. sea salt
- ½ tsp. basil
- ½ tsp. oregano
- ½ tsp. onion powder

- 1 tsp. lime juice
- ¼ cup hemp milk/nut milk
- ½ cup spring water
- 1 cup Brazil nuts, soaked overnight

Toppings

- Homemade tomato sauce as needed
- 3 tbsp. red onion chopped
- ½ plum tomato, sliced

Method

1. Combine all the seasonings in a bowl with spelt flour and then add in half a cup of water. Add more water if needed.
2. Make a dough and roll on a floured surface. Place the dough into a baking sheet that is gently coated with oil. Poke holes with a fork.
3. Bake in the preheated oven at 350F for 10 to 15 minutes.
4. Meanwhile, add all ingredients for cheese in a blender and process until smooth.
5. Once the crust is cooked, coat it with the cheese, sauce, and toppings.
6. Bake again in the bottom rack at 425F for 10 to 15 minutes more.
Enjoy.

Nutritional Facts Per Serving

- Calories: 322
- Fat: 18g
- Carb: 34g
- Protein: 9g

Alkaline Electric Meatballs



Prep time: 15 minutes

Cook time: 30 minutes

Servings: 30 meatballs

Ingredients

- Grapeseed oil as needed
- 6 cups homemade tomato sauce
- ½ tsp. ginger powder
- ½ tsp. cayenne powder
- ½ tsp. ground cloves
- 1 tsp. dill
- 1 tsp. sage
- 1 tsp. sea salt
- 1 tsp. savory
- 1 tsp. fennel powder
- 2 tsp. basil
- 2 tsp. oregano

- 1 tbsp. onion powder
- ¼ cup green peppers, chopped
- ½ cup onions, chopped
- 1 ½ cup cooked garbanzo beans
- ½ cup garbanzo bean flour
- 2 cups mushrooms

Method

1. Sauté onions and peppers with grapeseed oil, and then add them to the tomato sauce mixture.
2. In a food processor, blend the remaining ingredients until mixed.
3. Add the smooth mixture to a bowl and add in a cup of garbanzo bean flour. Shape the dough into a ball.
4. Roll out the dough balls and put them aside.
5. Meanwhile, lightly coat a skillet with oil and preheat it over medium heat.
6. Cook the “meatballs” in batches, about 2 minutes per side.
7. Add the balls to the tomato sauce and simmer for 5 minutes.
8. Serve.

Nutritional Facts Per Serving

- Calories: 379
- Fat: 1.1g
- Carb: 14.76g
- Protein: 3.65g

Alkaline Electric Veggie Lasagna



Prep time: 1 hour

Cook time: 70 minutes

Servings: 6

Ingredients pasta

- Spelt lasagna sheets as needed

Meat alternative

- 1 tsp. fennel powder
- 2 tsp. basil
- 2 tsp. oregano
- 1 tbsp. sea salt
- 2 tbsp. onion powder
- ½ cup tomato sauce
- 1 cup red peppers, diced
- 1 cup onions, chopped
- 1 cup cooked chickpeas/garbanzo beans

- 2 cups cooked spelt berries/kernels

Brazil Nut Cheese

- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. sea salt
- 1 tbsp. onion powder
- 1 tbsp. hemp seeds
- 1 cup spring water
- 2 cups-soaked Brazil nuts

Extras

- White mushrooms
- Grapeseed oil as needed
- Zucchini as needed

Method

1. Combine all the meat alternatives in a food processor and blend until mixed.
2. Lightly coat a skillet with oil and heat over medium heat. Sauté peppers and onions for 5 minutes.
3. Add the garbanzo and spelt mixture from the food processor. Add some grapeseed oil to the skillet and cook the mixture for 10 to 12 minutes.
4. In a blender, add the cheese ingredients and 1 cup of water and process until smooth. Reserve a cup of tomato sauce and then pour the rest of the sauce into the garbanzo bean and spelt mixture. Mix.
5. Slice the zucchini and mushrooms lengthwise.

6. Lightly coat the bottom of the dish with the reserved tomato sauce.
7. Then lay the spelt pasta, sliced zucchini, the garbanzo/spelt mixture, alkaline cheese, white mushrooms, and spelt pasta again.
8. Repeat until you get 4 layers of the pasta. Then top the last layer with the garbanzo/spelt mixture and cheese.
9. Pour the rest of the tomato sauce around the lasagna layers and sprinkle with some dried basil.
10. Bake at 350F for 35 to 45 minutes.
11. Cool and serve.

Nutritional Facts Per Serving

- Calories: 575
- Fat: 36g
- Carb: 60g
- Protein: 11.5g

Alkaline Electric Sloppy Joe



Prep time: 10 minutes

Cook time: 12 minutes

Servings: 4

Ingredients

- Grapeseed oil as needed
- 1/8 tsp. cayenne powder
- 1 tsp. sea salt
- 1 tsp. onion powder
- 1 cherry tomato, diced
- ½ cup green peppers, diced
- ½ cup onion, diced
- 1 ½ cups homemade alkaline barbecue sauce (made from only Dr. Sebi's diet ingredients)
- 1 cup cooked garbanzo beans
- 2 cups cooked spelt or Kamut

Method

1. Put garbanzo beans and spelt in a food processor and process for 15 seconds.
2. Then heat a skillet and add some oil.
3. Sauté the peppers, onions, and seasonings in the skillet for 5 minutes.
4. Add in the processed mixture from the food processor, barbeque sauce, and tomato and then simmer for 5 minutes more.
5. Serve.

Nutritional Facts Per Serving

- Calories: 361
- Fat: 5.7g
- Carb: 74.27g
- Protein: 6.42g

Zucchini Pasta



Prep time: 10 minutes

Cook time: 5 minutes

Servings: 2

Ingredients

- 4 zucchinis, large and spiralized
- ¼ tsp. salt
- 2 avocados, chopped
- 2 tbsp. grapeseed oil
- 1 cup cherry tomatoes
- ¼ cup basil, fresh

Method

1. Heat oil in a skillet and cook the zoodles for 5 minutes.
2. The transfer to a large bowl.
3. Stir in the cherry tomatoes, avocado, salt, and basil.
4. Mix and serve.

Nutritional Facts Per Serving

- Calories: 610
- Fat: 53.7g
- Carb: 34g
- Protein: 9.4g

Macaroni & Cheese



Prep time: 5 minutes

Cook time: 45 minutes

Servings: 8

Ingredients

- 12 oz. kamut pasta

For sauce

- 1 cup hemp milk
- 1 tsp. sea salt
- ½ tsp. allspice
- ¼ cup garbanzo bean flour
- ½ lb. Brazil Nuts, raw and soaked
- Juice of ½ of 1 lime
- 1 cup spring water
- 2 tsp. onion powder
- 2 tsp. grapeseed oil

Method

1. Cook the pasta according to package instructions.
2. Preheat the oven to 350F.
3. Place all the dressing ingredients in a blender and blend until smooth.
4. Heat oil in a skillet. And cook pasta for 1 minute.
5. Pour the sauce to the skillet and mix well.
6. Bake the pasta for 30 minutes.
7. Serve.

Nutritional Facts Per Serving

- Calories: 352
- Fat: 21.8g
- Carb: 32.6g
- Protein: 10.4g

Egg Foo Yung



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 6

Ingredients

- Grapeseed oil as needed
- 1 cup spring water
- 1/8 tsp. ginger powder
- 1/2 tsp. cayenne powder
- 1 tsp. oregano
- 1 tsp. sea salt
- 1 tsp. onion powder
- 1 tsp. basil
- 3/4 cup garbanzo bean flour
- 1/2 cup red and white onion, chopped

- ½ cup green onions, chopped
- ½ cup red and green peppers, chopped
- 1 cup butternut squash, chopped
- 2 cups mushrooms, sliced
- 3 cups prepared spaghetti squash

Method

1. In a bowl, whisk the garbanzo flour, seasonings, and spring water.
2. Then add the veggies and prepared spaghetti squash. Combine to mix.
3. Coat a skillet with grapeseed oil and add ½ cup of the mixture to the pan.
4. Pat down the dough into patties and cook 3 to 4 minutes on each side.
5. Serve.

Nutritional Facts Per Serving

- Calories: 139
- Fat: 2.1g
- Carb: 24.7g
- Protein: 6.6g

Pasta Salad



Prep time: 20 minutes

Cook time: 0 minutes

Servings: 4

Ingredients

- ¼ cup black olives
- ½ cup cherry tomatoes, cut in half
- ½ cup onions, diced
- 1 cup zucchini, sliced
- 1 cup bell peppers, chopped
- 4 cups cooked spelt pasta
- 1 cup alkaline garlic sauce

Garlic sauce

Ingredients for 1 cup

- ¼ tsp. dill
- ¼ tsp. sea salt

- ½ tsp. ginger
- 1 tbsp. onion powder
- ¼ cup shallots, minced
- 1 cup grapeseed oil

Method

1. Mix everything and serve.

Nutritional Facts Per Serving

- Calories: 229
- Fat: 2.6g
- Carb: 62.8g
- Protein: 11.4g

CHAPTER 13. APPETIZER AND SNACKS

Plum Barbecue Sauce



Prep time: 10 minutes

Cook time: 40 minutes

Servings: 1 cup

Ingredients

- 6 quartered Plum Tomatoes
- 1/4 cup chopped White Onions
- 1/4 cup Date Sugar
- 2 tsp Pure Sea Salt
- 2 tbsp. Agave Syrup
- 1/4 tsp of Cayenne
- 2 tsp of Onion Powder
- 1/2 tsp of Ground Ginger
- 1/8 tsp of Cloves

Method

1. Add all ingredients, excluding date sugar, to a blender and blend them thoroughly.
2. Pour mixture into a saucepan and add Date Sugar.
3. Cook over medium heat, occasionally stirring to prevent sticking until boiling.
4. Reduce heat to a simmer. Cover the saucepan with a lid and cook for 15 minutes, stirring from time to time.
5. Use an immersion blender to blend the sauce until it is smooth.
6. Continue to cook at low heat until sauce thickens (about 10 minutes).
7. Allow mixture to cool before using it.
8. Serve and enjoy!

Nutritional Facts Per Serving

- Calories: 286
- Fat: 16g
- Carb: 14g
- Protein: 5.9g

Aquafaba



Prep time: 10 minutes

Cook time: 2 hours 30 minutes

Servings: 2-4 cups

Ingredients

- 1 bag Garbanzo Beans
- 1 tsp Pure Sea Salt
- 6 cups Spring Water (+ extra for soaking)

Method

1. Place Garbanzo Beans in a large pot, add Spring Water and Pure Sea Salt. Bring to a rolling boil.
2. Remove from the heat and leave to soak for 30 to 40 minutes.
3. Strain Garbanzo Beans and add 6 cups of Spring Water.
4. Boil for 1 hour and 30 minutes on medium heat.
5. Strain the Garbanzo Beans. This strained water is aquafaba.
6. Pour aquafaba into a glass jar with a lid and place it into the refrigerator.

7. After cooling, aquafaba becomes thicker. If it is too liquid, repeatedly boil for 10-20 minutes.

Nutritional Facts Per Serving

- Calories: 15
- Fat: 0.2g
- Carb: 3g
- Protein: 0.8g

Guacamole



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 6

Ingredients

- 3 avocados, chopped
- 2 Roma tomatoes, chopped
- ½ onion, chopped
- ½ tsp. sea salt
- 1 lime, juiced
- 1 tbsp. chopped cilantro
- ½ tsp. cayenne
- 1-inch ginger, minced

Method

1. Add the lime juice and avocado in a bowl and mix. Drain and save some lime juice.
2. Add salt and cayenne and mash with a potato masher.
3. Fold in cilantro, onions, ginger, and tomatoes and 1 tbsp. of reserved lime juice.
4. Serve.

Nutritional Facts Per Serving

- Calories: 196
- Fat: 15g
- Carb: 11g
- Protein: 7.9g

Lettuce Avocado Wraps



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 3

Ingredients

- 1 pinch of sea salt
- 1 cup chopped cherry tomatoes
- 1 large red onion, chopped
- Juice of 1 lemon
- 3 very large romaine lettuce leaves
- 3 ripe avocados, chopped
- ½ bunch fresh basil

Method

1. Mash the avocado, and chop the basil, tomato, and red onion.
2. Add lemon juice and salt onto the avocado and mix in the diced vegetables.

3. Divide the mixture among lettuce leaves and wrap them over.
4. Serve.

Nutritional Facts Per Serving

- Calories: 377
- Fat: 30g
- Carb: 30.5g
- Protein: 5.1g

Smoothie



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- 1 burro banana, chopped
- ½ cup frozen berry mix
- ½ cup walnuts, soaked overnight
- Vanilla extract as needed

Method

1. Add everything in a blender and blend until smooth.
2. Serve.

Nutritional Facts Per Serving

- Calories: 210
- Fat: 13g
- Carb: 34g

- Protein: 4g

Flourless Brownies



Prep time: 5 minutes

Cook time: 20 minutes

Servings: 6

Ingredients

- ½ cup smooth walnut butter
- 3 medium burro bananas

Method

1. Preheat the oven to 350F and grease a cake pan. Set aside.
2. Melt the nut butter in microwave.
3. Mix the nut butter and banana in a blender.
4. Add the mixture to the cake pan and bake for 20 minutes.
5. Serve.

Nutritional Facts Per Serving

- Calories: 178

- Fat: 15g
- Carb: 13.4g
- Protein: 0.8g

Coconut Yogurt



Prep time: 24 hours

Cook time: 0 minutes

Servings: 2

Ingredients

- 1 capsule probiotic powder
- 1 (12 oz.) can coconut cream

Method

1. Add the coconut cream into a jar. Add in the probiotic powder to the cream and gently whisk.
2. Cover the jar and put it in the oven near the oven light. Leave the light on and allow the yogurt to ferment for 24 hours.
3. Serve.

*Ready yogurt can be stored in the refrigerator for up to 10 days.

Nutritional Facts Per Serving

- Calories: 400
- Fat: 34g
- Carb: 17g
- Protein: 5g

Walnut Cookies



Prep time: 10 hours

Cook time: 0 minutes

Servings: 16

Ingredients

- ¼ cup coconut flakes
- 8 dates
- 3 tbsp. agave
- 2 tsp. ground cloves
- 3 cups walnut pulp
- 1 Granny Smith Apple, chopped
- Sesame seeds

Method

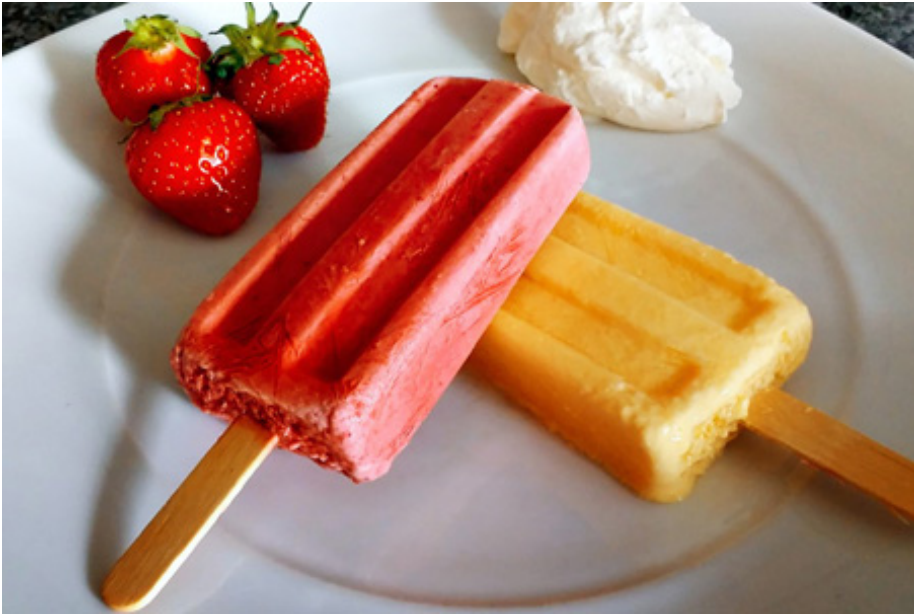
1. Add everything in a food processor and pulse until you achieve grainy dough.
2. Form the bars or cookies from the dough.

3. Place them on parchment paper and then add them to a food dehydrator.
4. Dehydrate for 10 hours at 105 to 115F. The temperature depends on the thickness of the cookies.
5. Serve.

Nutritional Facts Per Serving

- Calories: 107
- Fat: 8.5g
- Carb: 7.3g
- Protein: 2.11g

Frozen Fruit Bars



Prep time: 2 hours

Cook time: 0 minutes

Servings: 12

Ingredients

- 2 tsp. agave nectar
- 3 cups of frozen strawberries
- 1 1/3 cups of water, divided
- 1 cup of frozen chopped mango

Method

1. Add strawberries together with 1 tsp. of agave and 2/3 cup of water to a blender.
2. Blend to mix, then pour this mixture into popsicle molds.
3. Add mangoes to the blender and blend together with the rest of the agave and water. Blend until smooth and divide this mixture

among the molds by pouring the mango mixture onto the strawberry mixture.

4. Freeze the popsicles in the freezer and serve.

Nutritional Facts Per Serving

- Calories: 28
- Fat: 8g
- Carb: 18g
- Protein: 7.24g

Roasted Eggplant Dip



Prep time: 10 minutes

Cook time: 25 minutes

Servings: 10

Ingredients

- ¼ tsp. sea salt
- Juice of one lemon
- 3 eggplants (6-inch long each)
- 1 handful chopped basil
- 2 tbsp. olive oil + a drizzle

Method

1. Slice the eggplants half lengthwise. Place them on parchment paper face down and divide between 2 baking pans. Use a toothpick to prick the halves a few times to make way for the steam to come out as they cook.

2. Roast in the oven for 20 to 25 minutes at 375F until the inside is soft and tender.
3. Remove from the oven and cool. Then scoop out the flesh while using a fork for support. Scrape the skin well.
4. Add to a food processor and add lemon juice, basil, sea salt, and 2 tbsp. of olive oil. Mix to combine.
5. Drizzle some olive oil and garnish with basil.
6. Serve.

Nutritional Facts Per Serving

- Calories: 53
- Fat: 1.5g
- Carb: 10g
- Protein: 1g

Mini Pizzas



Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

Ingredients for base

- Pinch of sea salt
- 4 tbsp. water
- 1 cup ground walnuts

Sauce

- ½ red onion, chopped
- 1 tbsp. olive oil
- ¼ cup water and 3 tbsp. water
- ¾ cup cherry tomatoes, sliced

Toppings

- Cherry tomatoes, and olives

Method

1. Preheat oven to 350F.
2. Combine water, walnuts, and salt to make a dough.
3. Split the dough into 4 balls and push each ball onto baking paper.
Flatten into a round circle.
4. Bake in the oven for 15 minutes.
5. Meanwhile, make the tomato sauce. Add the oil and red onion to a pan and fry for 2 minutes.
6. Now add 3 tbsp. water and cook until water is absorbed.
7. Add in the tomatoes and another ¼ cup water and cook until the liquid has reduced.
8. Remove from the heat when the tomatoes are thick and are broken down.
9. Remove pizza bases from the oven and scoop some tomato sauce over each base, then add toppings of your choice.
10. Bake for another 3 to 5 minutes.
11. Serve.

Nutritional Facts Per Serving

- Calories: 176
- Fat: 16.2g
- Carb: 5.8g
- Protein: 3.2g

Basil Pesto



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 6

Ingredients

- 1 ½ cups baby arugula
- 1 ½ tbsp. sun-dried tomatoes
- 1 ½ cups fresh basil
- ¼ cup extra virgin olive oil
- Salt and pepper to taste
- 1/3 cup walnuts
- Zest and juice of 1 lemon
- 1-inch ginger, knob, minced
- Water to blend

Method

1. Add all the ingredients in a food processor except the water.

2. Pulse and add the water until you achieve a smooth paste.
3. Serve.

Nutritional Facts Per Serving

- Calories: 118
- Fat: 12.3g
- Carb: 2.6g
- Protein: 1.3g

Mushroom Soup



Prep time: 10 minutes

Cook time: 30 minutes

Servings: 6

Ingredients

- 1 tsp. crushed red pepper
- 2 tsp. basil
- 2 tsp. sea salt
- 1 tbsp. onion powder
- 2 tbsp. grapeseed oil
- 1 cup onions, diced
- 1 ½ cups garbanzo bean flour
- 2 cups chayote squash, cubed
- 3 cups mushrooms, sliced
- 6 cups spring water
- 1 cup hemp milk (1 cup strawberries, 2 tbsp. agave, 1/8 tsp. salt, 2 cups water, 2 tbsp. hemp seeds) blend in a blender

Method

1. Heat the oil in a pot. Sauté the onions and mushrooms for 3 to 5 minutes.
2. Pour in water, hemp milk, and the squash along with the seasonings. In a bowl, add in the bean flour and 2 cups of water.
3. Add the mixture to the cooking pot and cook on low for 30 minutes.
4. Serve.

Nutritional Facts Per Serving

- Calories: 244
- Fat: 5g
- Carb: 39.43g
- Protein: 12.55g

CHAPTER 14. DRINKS

Avocado Lime Smoothie



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- $\frac{3}{4}$ cup cucumber with peel, chopped
- 2 cups lettuce, chopped
- $\frac{1}{4}$ tsp. agave
- $\frac{1}{2}$ cup walnut milk
- 3 cups baby arugula
- $\frac{1}{2}$ medium avocado, chopped
- 1 large lime, peeled
- $\frac{1}{2}$ cup ice

Method

1. Prepare all ingredients, excluding ice, and add them to a blender.

2. Blend everything in a blender until smooth.
3. Serve.

Nutritional Facts Per Serving

- Calories: 146
- Fat: 9.59g
- Carb: 12.85g
- Protein: 4.11g

Lime Alkaline Green Smoothie



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- $\frac{3}{4}$ cup of raw coconut water
- 1 avocado, chopped
- 1 tsp. lime zest, grated
- 1 $\frac{1}{2}$ tbsp. agave sugar, plus more to taste
- 2 cups of ice cubes
- 2 cups baby arugula
- $\frac{1}{2}$ English cucumber, chopped
- 2 peeled and halved limes
- Pinch of sea salt
- Virgin coconut oil – 1 tbsp.

Method

1. Blend everything in a blender until smooth.
2. Serve.

Nutritional Facts Per Serving

- Calories: 537
- Fat: 32g
- Carb: 48g
- Protein: 7g

Alkaline Kiwi Green Smoothie



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- 1 kiwi, slices in half and flesh spooned out
- ½ English cucumber, diced, with skin on
- A small handful of the fresh herb of choice
- Juice of ½ lemon, medium
- ¼ cup of water
- 1 green apple, peeled and sliced
- 1 cup baby arugula
- 2 tsp. agave sugar
- 1 burro banana
- 1 tsp. lime zest
- 1 tbsp. raw coconut oil

Method

1. Prepare and place all ingredients into the blender.
2. Blend everything and serve.

Nutritional Facts Per Serving

- Calories: 203
- Fat: 7.5g
- Carb: 36.4g
- Protein: 2.2g

Berry Kale Smoothie



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- ½ cup parsley
- 1 cup frozen berries
- 1 cup chopped kale leaves
- 1 tsp. ground seeds of choice
- 1 burro banana
- Water as needed

Method

1. Add everything in a blender and blend until smooth.
2. Serve.

Nutritional Facts Per Serving

- Calories: 120
- Fat: 1.31g
- Carb: 20.6g
- Protein: 3.1g

Alkaline Electric Ginger Tea



Prep time: 5 minutes

Cook time: 10 minutes

Servings: 4

Ingredients

- 4 cups spring water
- 2 sprigs of fresh dill weed
- 1 pinch of cayenne
- 1 thumb of fresh ginger root, chopped
- 2 tbsp. fresh lime juice
- Raw agave to taste

Method

1. Add 4 cups of water to a pot and bring to a boil. Add chopped ginger to the boiling water and then the dill weed. Boil for 5 minutes.
2. Strain the tea into a bowl and then add the lime juice.
3. Stir and add the agave and cayenne.

4. Serve hot or cold

Nutritional Facts Per Serving

- Calories: 2
- Fat: 0.05g
- Carb: 0.75g
- Protein: 0.07g

Chamomile Herb Tea



Prep time: 5 minutes

Cook time: 5 minutes

Servings: 2

Ingredients

- 2 tbsp. fresh chamomile flowers
- 2 thin slices of apples
- 2 cups boiling water
- Agave sugar to taste

Method

1. Warm the teapot with the hot water and then add the slices of apple to the pot. Mash them with a wooden spoon.
2. Now add the chamomile flowers and then the two cups of boiling water.
3. Cover it well and steep for 5 minutes.
4. Strain the liquid into 2 cups and add the sweetener to taste.

5. Enjoy.

Nutritional Facts Per Serving

- Calories: 18
- Fat: 0.89g
- Carb: 3.19g
- Protein: 0.41g

Elderberry Tea



Prep time: 5 minutes

Cook time: 20 minutes

Servings: 1

Ingredients

- 1 ¼ cup water
- Few slices of ginger
- 3 tsp. dried elderberry

Method

1. Add the water, elderberry, and ginger to a pot.
2. Bring to a boil and then lower the heat.
3. Then cover the pot and simmer for 20 minutes.
4. Strain out the berries and sweeten to taste.
5. Serve.

Nutritional Facts Per Serving

- Calories: 7
- Fat: 0.7g
- Carb: 1.8g
- Protein: 0.09g

Sage Tea



Prep time: 5 minutes

Cook time: 4 minutes

Servings: 1

Ingredients

- 1 tbsp. fresh sage leaves
- Sweetener to taste
- 1 cup of water
- 1 wedge lemon

Method

1. Boil water and then switch off the heat. Add the sage to the water and allow it to steep for 4 minutes.
2. Strain and pour in a cup.
3. Add sweetener and lemon and serve.

Nutritional Facts Per Serving

- Calories: 83

- Fat: 0.41g
- Carb: 22.52g
- Protein: 0.82g

Tamarind and Ginger Juice



Prep time: 20 minutes

Cook time: 0 minutes

Servings: 6

Ingredients

- 1 tsp. ground ginger
- 2 cups tamarind paste
- 1 tsp. vanilla extract
- ¼ cup agave
- 6 cups of lukewarm water

Method

1. Crack the brown shells of tamarind and remove the stalk.
2. Add the pulp to a bowl and then pour the lukewarm water over the fruit.
3. Let the tamarind sit in the water for 10 minutes.
4. Add this to a blender along with ginger.

5. Pulse on the lowest setting for 15 seconds, so the seed is separated from the pulp.
6. Continue until seeds are removed.
7. Strain the juice. Add agave, vanilla, and sweetener.
8. Serve.

Nutritional Facts Per Serving

- Calories: 126
- Fat: 0.2g
- Carb: 32.28g
- Protein: 1.1g

Mango Juice



Prep time: 5 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- 1 large mango, chopped
- 1 ½ cups of chilled water
- 1 tbsp. date sugar
- Ice cubes

Method

1. Add everything in the blender and blend until smooth.
2. Strain and serve.

Nutritional Facts Per Serving

- Calories: 123
- Fat: 0.7g
- Carb: 31g

- Protein: 1.4g

Red Currant Juice



Prep time: 5 minutes

Cook time: 2 ½ minutes

Servings: 3

Ingredients

- 1 cup of water
- ¼ cup date sugar
- 4 cups currants

Method

1. Prepare the fruit, then mash it and cook in the water for 2 ½ minutes.
2. Mash again and then strain.
3. Add sugar and strain it once more.
4. Skim the foam and remove it from the heat.
5. Cool and serve.

Nutritional Facts Per Serving

- Calories: 89
- Fat: 0.33g
- Carb: 22.63g
- Protein: 2.33g

CHAPTER 15. DESSERTS

Mixed Berry Alkaline Muffins



Prep time: 10 minutes

Cook time: 30 minutes

Servings: 6

Ingredients

- 2/3 cup plus a tbsp. spelt flour
- 6 tbsp. agave
- A pinch of salt
- 1 cup chickpea flour
- ¾ cup Perrier water
- 2 tbsp. grapeseed oil
- 1 cup berry mix, sugar-free

Method

1. Combine everything in a food processor.

2. Mix well and line muffin tins with muffin liners and pour in the muffin batter about $\frac{3}{4}$ full.
3. Bake in the oven at 365F for 30 minutes.
4. Cool and serve.

Nutritional Facts Per Serving

- Calories: 189
- Fat: 6.13g
- Carb: 28.65g
- Protein: 6.52g

Berry Crumble Cake



Prep time: Overnight

Cook time: 1 hour

Servings: 8

Ingredients

- 2 cups white spelt flour
- 1 cup Kamut flour
- 1 tsp. ground cloves
- ¼ tsp. sea salt
- ¼ cup agave
- 1 tbsp. grapeseed oil
- 2 tsp. sea moss gel
- 2 cups whipped aquafaba (1 tsp, sea salt, spring water, and 12 oz. chickpeas. Cook and collect the liquid). Aquafaba is the leftover liquid that you get after cooking garbanzo beans.
- Frozen mixed berries as needed
- 1 cup date sugar

- 2 tbsp. dried chopped dates
- 3 tbsp. spelt flour
- ½ cup Brazil nut cream

Brazil nut cream (for 2 cups)

- 2 tbsp. agave nectar
- 1 cup of cold water
- 2 cups raw and shelled Brazilian nuts

Method

1. Soak the nuts overnight. Drain the water and pulse them a few times in a food processor. Keep the motor running and add water. Continue until you get cream.
2. To make the cake, mix the spelt flour, Kamut flour, then add in the cloves and sea salt, mix.
3. Pour in the agave and grapeseed oil into the mixture and combine until you get a pancake-like consistency.
4. Add in the sea moss gel and whipped aquafaba and brazil nut cream, and gently fold it into the mixture until mixed.
5. Pour into a baking pan and bake at 350F for 25 minutes.
6. Meanwhile, combine berries with 1 cup of date sugar and let it boil and cook down for about 15 to 20 minutes, but it should still have some liquid.
7. Add 1 tbsp. of sea moss gel to thicken it up.
8. For the crumble top, add dried chopped dates, spelt flour, and 1 tsp. Grapeseed oil to a food processor and mix.
9. Once the cake is made, pour the berry mix on top and add the crumbles on top, then add back to the oven and bake for 20 minutes at 350F.
10. Cool and enjoy with whipped aquafaba on top.

Nutritional Facts Per Serving

- Calories: 488
- Fat: 20g
- Carb: 70g
- Protein: 7.1g

Coconut Cream and Banana Pies



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 12

Ingredients

- 4 tbsp. coconut oil
- Dash sea salt
- 14 pitted dates
- 2 cups walnuts
- 1 cup shredded coconut
- 9 baby bananas

Method

1. Add 10 dates, salt, and 2 cups walnuts to a blender and mix.
2. Add a tbsp. of this mixture to every cupcake mold and spread.

3. Add the baby bananas, a cup shredded coconut, 4 tsp. coconut oil, and 4 dates to blender and mix.
4. Top each cupcake cup with this mixture and garnish with some coconut flakes in the middle.
5. Freeze for 2 hours and serve.

Nutritional Facts Per Serving

- Calories: 202
- Fat: 10.54g
- Carb: 27.88g
- Protein: 3.3g

Alkaline Electric Cake



Prep time: 10 minutes

Cook time: 30 minutes

Servings: 8

Ingredients

- 1 ½ cup sparkling spring water
- 1/8 sea salt
- 1 cup chickpea flour
- 3 cups whipped aquafaba
- ½ cup date sugar
- ¼ cup grapeseed oil
- ½ cup agave
- ½ cup white spelt flour
- 1/3 cup Kamut flour
- 1 tsp. cloves

Method

1. Preheat the oven to 350F.

2. Add chickpea flour, spelt flour, Kamut flour, salt, and clove to a bowl and combine. Add in the grapeseed oil and combine.
3. Add spring water a little at a time and use a fork to mix to get a pancake-like consistency. Pour in the agave and date sugar and combine.
4. Whip aquafaba then add 1/3 at a time into the batter mixture and gently fold it in until mixed.
5. Add mixture to baking pans right away and fill up completely.
6. Bake in the oven at 350F for 30 minutes or until completely cooked.
7. Add a bit of date caramel on top of the cakes and enjoy it.

Nutritional Facts Per Serving

- Calories: 214
- Fat: 4.0g
- Carb: 37g
- Protein: 5.4g

Blueberry-Peach Crumble Pie



Prep time: 20 minutes

Cook time: 50 minutes

Servings: 8

Ingredients for filling

- 1 cup of peaches
- ½ tsp. sea salt
- 3 cups of blueberries
- ¾ cup of date sugar
- ¼ cup of spelt flour
- 1 tbsp. fresh lemon juice

Topping

- 6 tbsp. avocado or grapeseed oil
- 2/3 cup date sugar
- 1 cup of spelt flour

Crust

- ½ cup ice-cold spring water
- 1 tsp. sea salt
- 1 ½ cups of spelt flour
- ½ cup grapeseed or avocado oil

Method

1. Preheat the oven to 350F.
2. For the crust, combine the flour and salt and add in the oil and mix again.
3. Pour in the spring water as you adjust and knead to make a ball.
4. Place dough on a floured surface and let the dough sit for 5 minutes before rolling as round and as flat as you can.
5. Use oil to grease a pie pan of choice and add the flattened dough. Use your hands to form it in the pie pan.
6. Bake in the oven at 350F for 10 to 13 minutes, then remove the piecrust and let it cool as you prepare the fillings and toppings.

For the filling

1. Mix the date sugar, sea salt, and flour in a bowl. In another bowl, combine the lemon juice and blueberries.
2. Add in the peaches to the blueberry mixture and combine. Mix this with the date sugar mixture and pour it into the crust.
3. For the toppings: mix together the flour, sea salt, date sugar in a bowl. Work the oil into the mixture with a fork until the mixture achieves varying sizes of small crumbles.
4. Distribute this topping evenly over the fruit mixture.
5. Bake in the oven for 35 minutes.
6. Cool and serve.

Nutritional Facts Per Serving

- Calories: 473
- Fat: 20.4g
- Carb: 70.35g
- Protein: 7.67g

Coconut Ice Cream



Prep time: 10 minutes

Cook time: 0 minutes

Servings: 2

Ingredients

- 3 tbsp. aquafaba
- ¼ cup agave
- 1 tbsp. vanilla extract (plus ¼ tsp.)
- 1 cup creamed coconut
- ¼ tsp. sea salt
- Strawberry for topping as needed

Method

1. Whip the aquafaba and slowly add the agave as you continue to whisk.
2. Add in a tbsp., of vanilla extract and whisk.

3. In another bowl, add the creamed coconut and whip to soften using a hand mixer. Add some powdered vanilla extract and $\frac{1}{4}$ tsp. of sea salt and combine.
4. Scoop the aquafaba and fold it into the coconut cream mixture gently. Add in scoops until you add in all of it.
5. Put this mixture in a bowl and put it in the freezer. Freeze overnight.
6. Serve topped with a strawberry.

Nutritional Facts Per Serving

- Calories: 127
- Fat: 0.36g
- Carb: 26g
- Protein: 0.6g

Peach Tarts



Prep time: 20 minutes

Cook time: 50 minutes

Servings: 12

Ingredients

- ½ cup grapeseed oil
- 2 cups spelt flour
- 1 ¼ cups spring water
- ½ tsp. sea salt
- ½ tsp. ground cloves
- ½ cup date sugar
- ½ cup agave
- 1-pound frozen peaches

Method

1. Preheat the oven to 400F.

2. Into a pot, add the date sugar, agave, peaches, 1 cup spring water, ground cloves, and ½ tsp. salt and mix. Simmer for 15 to 20 minutes.
3. Mix the flour, ½ tsp. salt, oil, and ¼ cup spring water in a bowl to form a dough.
4. Make the dough into a ball and add the spelt flour or grapeseed oil for rolling out on parchment paper to about ½ inch thick.
5. Use a cookie cutter to cut out the crusts and roll the remaining dough into a ball then roll out. Cut until you have 12 crusts.
6. Bake the crusts for 10 to 12 minutes.
7. Add 2 tsp. of spelt flour into the peach filling and let it simmer for 5 minutes to thicken.
8. When the crust is done, add in the peach filling and bake for 10 more minutes.
9. Serve.

Nutritional Facts Per Serving

- Calories: 231
- Fat: 9.8g
- Carb: 34g
- Protein: 4.26g

Apple Pie



Prep time: 20 minutes

Cook time: 55 minutes

Servings: 1 (2 lb.)

Ingredients

- 4 cup baking apples, peeled and sliced
- ½ cup date sugar
- ¼ tsp. ground cloves
- 2 cups spelt flour
- ½ cup spring water
- ½ cup agave
- ½ tsp. sea salt
- 1/3 cup grapeseed oil
- Key limes as needed

Method

1. Preheat the oven to 425F.

2. Add the apples, date sugar, cloves, agave, and the salt to a skillet and mix well. Simmer for 15 to 20 minutes.
3. Add the spelt flour and 1 tsp. of the sea salt to the food processor and process for 10 seconds. Add the grapeseed oil and water slowly as you mix until everything forms into a ball.
4. Cut the dough in half and roll it out. Place it onto a pan and remove the excess dough.
5. Taste the apple/date mixture and add more agave as needed and then add to the pie pan. Roll out another half of the dough and cut it into 1-inch thick strips with a knife. Lay the strips across the pie horizontally and vertically in a pattern.
6. Place in the oven and bake for 30 to 35 minutes.
7. Serve.

Nutritional Facts Per Serving (for the whole pie)

- Calories: 2557
- Fat: 81.51g
- Carb: 438.23g
- Protein: 51.81g

Donuts



Prep time: 20 minutes

Cook time: 14 minutes

Servings: 12

Ingredients

- Grapeseed oil as needed
- ¼ tsp. ground cloves
- ½ tsp. sea salt
- 1 tsp. sea moss gel
- ¼ cup alkaline applesauce
- ¼ cup sparkling spring water
- ¾ cup agave
- ¾ cup spelt flour
- ¾ cup garbanzo beanflour
- Coconut oil and agave glaze as needed
- Coconut flakes as needed

Alkaline applesauce

- 1/8 tsp. sea salt
- 1/8 tsp. cloves
- 1 tsp. lime juice
- 3 tbsp. agave
- 3 cups peeled, chopped apples
- 1 tsp. sea moss gel
- Spring water as needed
- ½ cup strawberries, peach, blueberries or pears

(Cook everything together to get the apple sauce)

Method

1. In a bowl, mix the ingredients for the donut in a bowl and mix.
2. Preheat the oven to 350F and brush a donut pan with the grapeseed oil.
3. Pour the smooth batter into the prepared pan and fill about $\frac{3}{4}$ full.
4. Bake for 12 to 14 minutes and cool.
5. Top with alkaline applesauce and serve.

Nutritional Facts Per Serving

- Calories: 166
- Fat: 2.17g
- Carb: 33.6g
- Protein: 4.5g

Cheesecake



Prep time: 4 hours

Cook time: 0 minutes

Servings: 8

Ingredients for the cheesecake mixture

- 1 ½ cups hemp or walnut milk
- ¼ tsp. sea salt
- ¼ cup agave
- 2 tbsp. lime juice
- 1 tbsp. sea moss gel
- 6 dates
- 2 cups walnuts

Crust

- ¼ tsp. sea salt
- ¼ cup agave
- 1 ½ cups coconut flakes

- 1 ½ cups dates

Toppings

- Mixed berries, sliced
- Mango, sliced

Method

1. Add all the crust ingredients to a food processor and mix for 20 seconds.
2. Line a springform pan with parchment paper and then spread the batter into the lined pan.
3. Place thinly sliced bits of mango along the corners of the pan and place it in the freezer.
4. Add all cheesecake mixture ingredients to a blender and combine until smooth. Pour this mixture on top of the crust and use foil to cover. Let the cheesecake set for 4 hours.
5. Layer with toppings and serve.

Nutritional Facts Per Serving

- Calories: 451
- Fat: 28.11g
- Carb: 48g
- Protein: 5g

Banana Cream Pie



Prep time: 20 minutes

Cook time: 0 minutes

Servings: 8

Ingredients for crust

- ¼ tsp. salt
- ¼ cup agave
- 1 ½ cups date, pitted
- 1 ½ cups unsweetened coconut flakes

Pie mixture

- 1 cup cream coconut
- 3 tbsp. agave
- 1/8 tsp. sea salt
- 1 cup hemp milk
- 6 baby bananas

Method

1. Add all the crust ingredients to a food processor and run for 30 seconds until a ball is formed.
2. Use parchment paper to line a springform pan and spread out the formed crust mixture evenly.
3. Add thinly sliced banana slices all along the inside of the pan and put it in the freezer.
4. Place the pie mixture ingredients into a large bowl and use a mixer to combine.
5. Pour this mixture to the pan and shake the sides to level it out. Cover with foil and add to the freezer for 3 to 4 hours to set.
6. Remove from the pan and add coconut flakes on top.

Nutritional Facts Per Serving

- Calories: 466
- Fat: 19.4g
- Carb: 75g
- Protein: 3.78g

Blueberry Cake



Prep time: 10 minutes

Cook time: 55 minutes

Servings: 8

Ingredients

- 1 cup chickpea flour
- 1 cup blueberries
- 6 tbsp. agave
- A pinch of salt and cloves
- $\frac{3}{4}$ cup spelt flour
- $\frac{3}{4}$ cup Perrier water
- 1 tbsp. grapeseed oil

Method

1. Combine everything in a food processor and mix well.
2. Pour the batter into a greased loaf pan and bake for 55 minutes at 350F.

3. Cool and serve.

Nutritional Facts Per Serving

- Calories: 175
- Fat: 2.97g
- Carb: 33.27g
- Protein: 5.28g

Coconut Pie



Prep time: 2 hours

Cook time: 0 minutes

Servings: 6

Ingredients

- 2 cups walnuts
- 12 pitted dates
- ½ tsp. sea salt plus ¼ for the filling
- 1 key lime
- 4 tbsp. coconut oil
- 4 tbsp. agave
- Springwater as needed
- 4 tbsp. shredded coconut
- 4 tbsp. coconut butter
- Coconut flakes for garnish

Method

1. Add dates, 1 cup walnuts, and salt to a food processor and blend for 15 seconds.
2. Line the springform pan with parchment paper and fill them with the mixture. Press the mixture into the cups.
3. For the fillings, add a cup of walnuts, a cup of spring water, $\frac{1}{4}$ tsp. salt, juice from 1 key lime, coconut oil, agave, shredded coconut, coconut butter to a blender, and blend until smooth.
4. Pour the filling into the crust in the pan and garnish with coconut flakes.
5. Freeze for a minimum of 2 hours and serve.

Nutritional Facts Per Serving

- Calories: 393
- Fat: 34g
- Carb: 22g
- Protein: 4.6g

Orange Blueberry Cheesecake



Prep time: Overnight

Cook time: 0 minutes

Servings: 8

Ingredients for the crust

- 2 cups raw walnuts
- A pinch of salt
- 1 cup dates or raisins

For the orange cheesecakes

- 3 cups walnuts
- ½ cup agave
- Juice of 1 lemon
- A pinch of salt
- ¾ cup fresh orange juice
- ½ cup melted coconut oil

For the blueberry layer

- ¼ cup of the orange cheesecake mixture
- 2 cups blueberries

Method

1. For the crust: add the nuts and dates to a food processor and process until the mixture sticks together when you press it. Press the mixture into the bottom of your pan and place it in the fridge.
2. For the orange cheesecake: Add all the ingredients except the orange zest to a blender and blend until you get a smooth and creamy mixture. Now add the orange zest, reserving ¼ cup mixture for the topping. Pour the rest of it onto the crust and put it in the freezer.
3. Make the blueberry layer: Add the blueberries and ¼ cup of the cheesecake mixture to the processor and process until it forms a creamy mixture, but still containing little pieces of blueberry for texture.
4. Spread this mixture over the cheesecake and place it in the fridge overnight.
5. Serve.

Nutritional Facts Per Serving

- Calories: 560
- Fat: 46g
- Carb: 35g
- Protein: 8g

CONCLUSION

Science shows that eating a Western diet is harming our bodies and killing use gradually. We need a natural solution that protects our bodies and heal us. You may have followed different diets without success. Dr. Sebi's diet only includes alkaline foods that help you avoid diseases and live longer. For example, Dr. Sebi said if there is excess mucous in the brain, then dementia, Alzheimer's, or other neurological disorders are triggered. If you want to avoid getting sick and relying on medicines to stay healthy, then you need this book on Dr. Sebi's diet.