

Garlic Lovers Favorite Dressing



Blend:

¼ c. flax seed oil (no heat oil, high in fatty acids, doesn't clog liver, not a strong taste)
1 lemon squeezed-juice only
1 tsp. Spike seasoning (32 herbs)
1 Tbsp. Braggs Liquid Amino
1 NuPlus
3 T. Veganaise
1 tomato
4-8 cloves garlic

We love this on our salads, as a vegetable dip, over veggies, in sandwiches etc.

Our 6 Favorite Sandwiches

Each Sandwich has been enhanced with (Sunrider's Simply Herb NuPlus – 12 whole foods concentrated 8-10 xs) Add the extra nourishment to favorite meals and give your family the winning edge in health and vitality.

Mayonaise or Veganaise – Enhanced for any Sandwich

Blend: mayo or veganaise

1 pkg. Simply Herbs NuPlus

1 squeezed lemon

1/2 c. water

Stir until smooth – use for all your sandwiches

Spike – is our all time favorite seasoning

Comes in a shaker bottle or small packaged box

Has salt and 32 herbs. Great taste on and in anything

1. Vegetable Toasties – We love these – soooooo easy and delicious!

- 1 pkg frozen veggies – string beans, carrots, cauliflower & broccoli make a great mix)
Lightly steam veggies until tender but still brightly colored

Mix together:

- 1 c. Veganaise
- ½ tsp. Spike seasoning (32 herbs)
- 1 pkg. Simply Herbs NuPlus
- 1 T. Liquid Amino Braggs

Stir in Veggies, Slice your bread into sandwich size

Spread onto bread and top with 2nd slice of bread

Heat in hot oven for 3-5 minutes until bread is lightly toasted. Enjoy!

2. Potato Sandwich – This is one of our all time favorites – So simple, so easy, so good!

Steam a pan of red or white potatoes your potato until soft - cool
Spread Veganise on your bread
Slice your potatoes 1/2 - 3/4 inch thick on bread
Season with spike or your favorite seasoning
Add a think slice of onion
Enjoy open faced or top with another slice of bread
Enjoy!

3. Open Faced Avocado Sandwich

Mash together:
1 ripe Avocado
1 pkg. Simply Herbs NuPlus
Sprinkle of Spike, garlic powder & onion powder
Spread on open faced bread or toast
Sprinkle with cayenne pepper – optional
Add a slice of onions and tomato if you choose
Sprinkle with Spike
Enjoy!

4. Tomato/Lettuce/Onion/Sprouts

Using your enhanced mayonnaise/veganise – spread on bread
Add a thick slice of tomato
Generous leaf of lettuce
Slice of Onion
Handful of Sprouts (be sure to wash in fruit & veggi rinse and then rinse)
Sprinkle with Spike
Cover with another slice of bread
Note: Sprouts have 300xs the nutrients of the seed or plant. But it is Very important to rinse because it can contain high levels of bacteria
I overcame hypoglycemia eating this sandwich almost everyday while I was carrying my first child.

5. Scrambled Tofu on toast Sandwich

Chop an onion finely and sauté
1 lb. of water pack –firm tofu drained, rinsed & crumbled
1 c. water in a fry pan
Seasonings:
1 Tbsp. Nutritional Yeast
1 tsp. onion powder
1 tsp. garlic powder
Generous squirt of Liquid Amino Braggs
1 pkg. of Simply Herbs NuPlus
1 tsp. Spike
Mix well and add crumbled tofu and simmer until all liquid is evaporated
Serve on open faced toast

6. New York Goodwiches – an all time high – Favorite – for that special evening!

This recipe makes “1” Goodwich per person

Prepare and let each one build their Goodwich or served prepared

Steam until tender – no mushy:

1 c. broccoli – small flowerets

1 c. cauliflower –

Use a frozen mix for convenience (no peas)

Combine steamed veggies with the following raw:

2 T. carrot grated

2 T. red/purple cabbage finely grated

2 T. yellow squash, finely grated

2 T. mayonnaise/Veganaise

1 T. Simply Herbs NuPlus

Heat Pita Bread slightly – in foil so doesn't dry out

Stuff with the above mixture and then top with:

3 thin slivers pickles

1. shredded lettuce

1 alfalfa sprouts

1 avocado slice

***1/4 c. barbecued onions (this is what makes it so special)

Dash of spike

Barbecued onions:

Saute 1Tbs. oil & 1Tbs. water – Saute onions until wilted

ó T. Dr. Chen's Secret Sauce or other Barbecue Sauce

Serves 1 –Mmm goodwich!