



# **AGI'S RAW RECIPES**

**A collection of 100 % raw, vegetarian, living food recipes.  
Most of these recipes are also gluten free.  
No dairy, yeast, sugar, & artificial sweeteners or dyes.**

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## CRACKERS

### HUNGARIAN GYPSY CRACKERS

2 C	yellow flax seed, whole
2 C	brown flax seed, ground
4 C (more or less)	water for easy mixing
1 C	cabbage, shredded
1 C	carrot, shredded
¼ C	stinging nettle, dried
¼ C	comfrey leaves dried or bunch of fresh
Bunch	spinach leaves
1 inch piece	fresh ginger root, grated
1 bunch	fresh basil
1 small	red onion, diced
1	red bell pepper, diced
1 bunch	cilantro, fresh, minced
½ tsp	real salt, or to taste
1 tsp	chili pepper powder
1 tsp	Hungarian Paprika
1tsp	caraway seed
8 cloves	garlic, minced
Pinch	cayenne (optional)

Mix all ingredients in a large bowl. Use as much water as you need for easy mixing. Once you add the water you have to work quickly since the flax seed will absorb all the moisture and it might become difficult to mix well. ALWAYS TASTE AND ADJUST THE SEASONINGS AND SPICES!

Cover the mixture and let it soak overnight. If the mixture becomes really thick and heavy add a little water. If it is too thin add more flax seed, wait a couple of hours, and check the consistency again.

Use your hand or a spatula to spread the mixture evenly, about ¼ of an inch thick unto the teflex sheet on the dehydrator tray. Use the handle of a spoon or a spatula to score the mixture into squares.

Dip your hands or the spatula into water time to time, it is a lot easier to spread it if your hand is wet. Dehydrate at 135 F for 4 hours. After 4 hours turn down the temperature to 115 F and dehydrate for a few hours longer, depending on the thickness of your cracker. Flip crackers over, and remove the teflex sheet. Continue dehydrating until crackers are completely dry. When the crackers are not warm anymore store them in a Ziploc bag to keep moisture out.

## **ABOUT DRYING TEMPERATURES**

According to Ann Wigmore and Viktoras Kulvinskas, the best way to preserve the living enzymes and overcome the potential spoilage or bacteria growth, is to set the dehydrator on the highest temperature setting for the first 2-3 hours, then turn it down to less than 120 degrees for the remaining time. During the initial hours the food temperature will not exceed 118 degrees because of the high moisture content in the food. Neither will the air temperature immediately rise to 145 F. It will take several hours to get up that high. Following this procedure will cut the lengthy (30+hours) drying time in half. If you cannot be there to turn the dehydrator down you may set at a lower temperature up to 120 degrees.

**Author's Note:** I've been making flax seed crackers since 2001. I have experimented with temperatures between 90 degrees up to 150 F. If I dehydrated the crackers between 90 and 110 degrees my crackers turned sour since this temperature is perfect for bacteria to thrive. Now I follow Ann Wigmore's and Victoras Kulvinskas' method of dehydrating. A few years ago on a cool summer evening I was playing outside in front of my apartment with my children and others from the neighborhood. I was giving away crackers to everyone. The children were running and playing, and crumbs of crackers fell all over the ground and my front porch. After the children retired for the night I cleaned the porch by sweeping the fallen flax seeds unto the roses on both sides of the porch and didn't even think about it anymore. Next year I discovered the pretty, blue flowers of flax seed plants growing all over the rose bushes. It took me awhile to remember where they came from and I finally understood what does the term "LIVING FOOD" means.

## **PIZZA CRUST**

2 C carrot pulp, left over from making carrot juice  
2 C flax seed meal  
1 TB apricot seed  
4 cloves garlic  
1 tsp real salt  
1 bunch fresh basil  
2 TB apple cider vinegar  
1 tsp coriander  
4 C or more water

Mix ingredients in food processor until soft. Spread dough onto the teflex sheets making a circle and dehydrate for 12 hours, or until desired softness is reached.

## **GINGER BEET CRACKERS**

1 C yellow flax seed, ground  
2 C brown flax seed, whole  
½ C buckwheat, no hulls  
1 C carrot, grated

Mix in a bowl and set aside. In a blender combine:

4 C water  
1 LB fresh beet root, cut into pieces for easy blending  
¼ LB fresh ginger root, cut into pieces  
¼ C raw honey or agave  
½ tsp real salt  
1 TB apricot seed, soaked overnight (optional)

Follow the same procedure as before. Taste and adjust the seasonings.

### **SWEET CORN CRACKERS**

- 1 C gold flax seed, ground
- 1 C gold flax seed, whole
- 1 C sunflower seed

Mix in a bowl and set aside. In a blender combine and blend the following:

- 4 C water
- 2 LB corn, fresh or frozen
- 1 large yellow or white onion
- ½ - 1 tsp real salt or salt of your choice
- 1 tsp turmeric
- ½ tsp black pepper
- 1 TB apricot seeds

Add liquid mixture to the flax seed and pumpkin seed. Mix well and follow the same dehydrating process. ALWAYS, ALWAYS TASTE AND ADJUST THE SEASONINGS ACCORDING TO YOUR TASTE!

### **GREEN CRACKERS**

- 1 C yellow flax seed, whole
- 1 C brown flax seed, whole
- 1 C brown flax seed, ground

Mix ingredients in a bowl and set aside.

In a blender combine the following ingredients:

- 4 C water
- Handful of each: spinach, parsley, kale
- 2 C green peas, fresh or frozen

½ C	pumpkin seeds
4 cloves	garlic
1 tsp	real salt
1 tsp	coriander

Follow the same process as with the Sweet Corn crackers. TASTE AND ADJUST THE SEASONINGS!

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## DESSERTS

### CHOCOLATE FUDGE:

2 C	agave
1 C	coconut oil
½ C	honey
1-2 C	raw cocoa powder

Mix ingredients in a blender until well mixed. For best results use liquefied coconut oil.

### CHOCOLATE COVERED LEMON DROPS

4 C	coconut, shredded
¼ C	lemon or lime juice, freshly squeezed
½ C	almonds, soaked
¼ C	pine nut, soaked 30 minutes
¼ C	macadamia nut, soaked 30 minutes
2 TB	flax seed meal
¼ tsp	salt
½ tsp	turmeric

Blend ingredients in food processor until well mixed.

### ADD:

3 C	apple, dried
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Blend again.

### ADD:

½ C honey

Little water for easier mixing.

Mix again until dough stays together and well formed.

Use an ice cream scoop to form the drops and drip them into the fudge. Place drops onto a cookie tray and put it in the refrigerator.

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### **HAZELNUT BROWNIES RECIPE**

2 C coconut flakes  
1 C hazelnuts, soaked 1 hour  
1/2 C walnut, soaked 1 hour  
2 TB flax seed meal  
1/8 tsp salt  
½ tsp cinnamon  
1 C cocoa powder  
2 TB coconut oil  
2 TB vanilla extract  
2 TB slippery elm powder

Process ingredients in food processor until well mixed and nuts are well chopped. Use spatula from time to time to separate dough from the side of the container. When it's well mixed

**ADD:** 1 C honey or agave  
1/2 C water

Mix again until honey and water are well mixed and dough separates from the side. Use an ice cream scoop to form small brownie balls. Place a hazelnut on top of each brownie for decoration.

### **BUCKWHEAT BERRIES**

1 C buckwheat, soaked overnight

2 C	apple sauce
2 TB each	cranberry, raisin, currant, goji berry etc ...
1 TB	lemon juice
1-2 TB	agave or to taste
1 tsp	maca root powder
Pinch	clove and cinnamon powder

Rinse and drain buckwheat. Mix ingredients in a bowl. Chill and serve.

If you would like to make cookies add ½ C flax seed meal and adjust the lemon juice, seasonings, and agave to your taste. Set cookie “dough” aside for 1 hour. Form cookies with your hand or an ice cream scoop and dehydrate until desired softness is reached.

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### PECAN PIE

Crust:	1.5 C	almond, soaked and rinsed
	1.5 C	coconut flakes
	1 C	raisins, soaked 30 minutes
	1 TB	apricot seed, soaked

Add soaking water from raisins to blend the crust easier. Place crust into the pie pan and spread as evenly as possible.

Filling:	3 C	pecans, soaked and rinsed
	2 C	raisins, soaked
	½ C	agave
	2 TB	vanilla extract
	1 TB	flaxseed, ground
	2 C or less	water for easy mixing

Place mixture unto the crust, gently shake and spread with a spatula. Put it in the refrigerator for 2 hours or so.

## RAW CHOCOLATE DREAM CAKE

**Crust:**           1 C            almond, soaked overnight  
                  1 C            prunes, soaked overnight (keep soaking water)  
                  1 C            hemp seed nut  
                  2 TB          lemon juice

Mix in food processor until well mixed. Use a little soaking water if needed. Press into a 9" pie plate.

**Filling:**       2 C            pecan, soaked 1 hour  
                  2 C            apple juice, use more for easy mixing  
                  1             avocado  
                  1 C            raisin  
                  4-6 TB       raw cocoa powder  
                  4 TB          coconut oil

Process in Vitamix or blender until soft and creamy. Pour over crust and cover with 1 C Chocolate Fudge. Refrigerate.

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## DECADENT CHOCOLATE CAKE

(This is a 3 layer dessert. If you make the second layer first you don't have to wash your food processor. Layer #1 is dark brown; layer #2 is bright yellow from the lemon juice and the turmeric.)

### First Layer:

½ C            coconut flakes  
2 C            almond flour  
1 C            goji berry, soaked 30 minutes, keep soaking water  
4 TB          raw cocoa powder  
2 TB          coconut oil  
2 TB          vanilla extract  
¼ C-1/2 C    honey or agave  
2 TB          flax seed meal  
1 TB          maca & slippery elm powder  
Pinch         salt

Mix ingredients in food processor, using the “S” blade until well mixed. Use the soaking water from the goji berries for easier mixing. Press mixture into a 9 inch pie plate.

**Second Layer:**

- 2 C coconut flakes
- 1 C macadamia nut
- 1/2 C pine nut
- 1/2 C honey or agave
- 2 Tb coconut oil
- 2 TB flax seed meal
- 1/4 C lemon or lime juice
- 1 tsp turmeric root powder
- 1 tsp cardamom seed powder
- 1/4 C water or apple juice for easier mixing

Same process as before. Press mixture on top of the first layer.

**Icing:**

- 1-2 C chocolate fudge (page 4)
- Pour over the cake and refrigerate.

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**DRESSINGS**

**AVOCADO DRESSING**

- 2 avocados, large
- 4 clv garlic, minced
- 1/2 C tomatillo juice
- Handful parsley
- 1 TB lemon juice
- Real salt to taste
- 1/2 tsp caraway seed

Blend until creamy.

### **GINGER LIME DRESSING**

6 C	water
1 lb	celery
¼ C	apple cider vinegar, raw
½ C	lime juice, fresh
½ c	pine nut
1	avocado
1 bunch	parsley, fresh
2” piece	ginger root, fresh
1 C	honey or agave
2 Tb	olive oil
2 cloves	garlic

Mix ingredients in blender until creamy.

### **HORSERADISH DRESSING**

4 C	cashews, soaked, rinsed
4 C	water
1 C	apple cider vinegar
6 clove	garlic
2 TB	horseradish root, grated
Piece	red onion, weight on scale
½ C	honey
2 tsp	turmeric powder
1.5 tsp	real salt

Blend ingredients in Vitamix until creamy.

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### **GREEN RANCH DRESSING**

5 C	water
1.5 C	cashew, soaked and rinsed
.5 C	macadamia nut, soaked 30 min.
¼ C	apple cider vinegar
¼ C	honey
2 clove	garlic

1 tsp            lemon/lime juice  
1 tsp            rosemary, dried  
2 tsp            salt  
½ tsp           black pepper  
1 tsp            spirulina  
1 tsp            parsley, dried  
2 TB            oregano, dried

Process ingredients in Vitamix until creamy. Put it into a container and let it sit for 1 hour. Stir and bottle.

### **RASPBERRY VINAIGRETTE**

1 LB    fresh or frozen raspberry  
6 C    water  
½ C    apple cider vinegar  
10    dates  
¼ C    lemon or lime juice  
2 TB    raw honey, optional  
¼ tsp    clove powder

Blend ingredients in blender, chill, and serve.

### **4 THIEVES VINEGAR**

2 quarts            apple cider vinegar, raw  
2 TB each           lavender flower, rosemary, sage, wormwood, rue, mint

6 cloves      garlic, chopped

Combine ingredients and steep in the vinegar in the sun for 2 weeks. Shake it several times every day. Strain, bottle, and label. Melt paraffin wax around the lid to preserve the content or add 4 ounces of vegetable glycerin for preservation. This vinegar can be used on a regular basis to keep the immune system strong and healthy. Take 1 tsp in a little water and drink daily or add to soups, dressings, etc.

### **THE LEGEND OF THE FOUR THIEVES' VINEGAR:**

From 1347 to 1771 many European cities were repeatedly hit by the bubonic plague. It is estimated that about 50 million people died in all from this disease which was spread from rats to man by infected fleas.

In 1721, the Bubonic Plague hit many French cities so hard that all the dead could not be decently buried. To cope with this situation, the French authorities released condemned convicts from prison to help bury the highly infectious corpses.

According to legend, while most died, one team of four convicted thieves managed to survive by drinking daily large amounts of vinegar infused with garlic. As a result vinegar steeped in garlic is still sold today as The Four Thieves' Vinegar.

By holding vinegar soaked sponges to their noses, European aristocrats of the seventeenth and eighteenth centuries were able to ward off the noxious odors of outdoor garbage and raw sewage.

Small silver boxes called vinaigrettes were used to carry these sponges and they were also stored in special compartments in the heads of walking canes.

6 oz goji berry, rinsed & soaked 30 minutes, keep soaking water  
1 avocado  
5 C water  
¼ C apple cider vinegar  
¼ C lemon juice  
¼ C agave or to taste  
4 cloves garlic  
1 inch piece ginger root, fresh  
4 TB olive oil  
1 tsp real salt

Blend ingredients in Vitamix or blender until smooth.

### **THAI DRESSING**

6 C water  
¼ C apple cider vinegar  
1 C pine nut soaked 30 min.  
¼ C Nama shoyu  
6 clove garlic  
¼ C olive oil  
¼ C agave  
Small piece of onion  
2 stems basil  
2 TB lemon juice  
2” piece ginger root, cut into slices  
1 tsp salt

Process ingredients in Vitamix until smooth.

## **RAINBOW QUICHE ON GARLIC HERB ALMOND CRUST**

(This recipe has 4 layers.)

### **GARLIC HERB ALMOND CRUST**

2 C	almonds, soaked overnight, rinsed
½ C	pine nut
2 TB	lime or lemon juice, freshly squeezed
1 TB	nettle, dried or fresh (use gloves or paper towel to hold fresh leaves by the back of the leaf to prevent the stinging)
1 TB	oregano, dried or fresh
½ TB	dill
6 cloves	garlic
½ TB	marshmallow root powder
1 TB	honey
1 TB	flax seed, ground
1 TB	psyllium seed powder
3 TB	water

Mix ingredients in food processor. Spread crust unto a 9 inch pie plate.

### **GREEN LAYER**

2 handfuls	spinach
1 C	green cabbage
2 TB	parsley, minced
Small piece	red onion
2 TB	pine nut
2 TB	flax seed, ground
¼ tsp	cumin, ground
1 TB	tarragon
1 TB	lemon/lime juice
2 TB	psyllium seed
½ tsp	salt
¼ C	water

Mix ingredients in food processor. TASTE & ADJUST SPICES! Spread over crust.

## **YELLOW LAYER**

1 large	carrot
1	yellow bell pepper
1 C	white cabbage
2 TB	pine nut
¼ tsp	caraway seed pwd
2 TB	flax seed, ground
1 TB	lemon/lime juice
2 TB	psyllium seed
1 TB	honey
Piece	ginger, fresh
¼ tsp	turmeric powder
¼ tsp	black pepper

Mix ingredients in food processor. Spread mix on top of the green layer.

## **RED LAYER**

1	beet root
1 C	red cabbage
1	red bell pepper
Small piece	red onion
2 cloves	garlic
2 TB	flax seed, ground
1 large	tomato
2 TB	psyllium
1 TB	pine nut
½ tsp	salt
1 TB	honey
¼ C	water

Mix ingredients in food processor and spread on top of yellow layer. Chill & serve with a green salad and your favorite salad dressing.

## JUICES

### CHAKRA DRINK

5 C	carrot juice
½ C	red cabbage juice
½ C	green cabbage juice
½ C	cucumber juice
½ C	celery juice
½ C	beet juice
1 TB	ginger juice

Mix and enjoy!

### VITA – C TRIO

1 C	orange juice
1 C	pineapple juice
1 C	grapefruit juice

Did you know: citrus juices known to loosen excess mucus from the throat and sinuses?

### MMMMM!!!! COCTAIL

3 C	grapefruit juice
1 C	orange juice
½ C	agave, optional
1/8 C	apple cider vinegar
1/8 C	lemon juice
1/8 C	lime juice
6 cloves	garlic
1” piece	fresh horseradish root

1" piece      fresh ginger root  
¼ tsp         turmeric  
Cayenne pepper

Blend ingredients in Vitamix or blender until well mixed. Absolutely delicious!

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### **RED CHLOROPHYLL DRINK**

1 C    red cabbage juice  
1 C    beet juice  
1 C    carrot juice  
1 C    cucumber juice  
1 C    celery juice

Enjoy!

### **4 MUSKETEERS JUICE**

3 C    carrot juice  
2 C    apple juice  
1 C    beet juice  
1 oz    ginger juice

Mix and enjoy!

## **NUT MILKS & SMOOTHIES**

### **ALMOND MILK**

5 C    water  
1 C    almond, soaked overnight, rinsed

Blend in Vitamix or blender until creamy. Use a cheese cloth or nut milk bag to strain it. If you would like to have fiber in your milk simply put 1 TB (less or more, according to your taste) of pulp back into the milk.

For richer milk add more almonds or use less water. This almond milk can serve as a base for many delicious raw soups, smoothies, ice creams, a protein boost drink after working out, and much more.

The pulp that's left over from making almond milk can be used in breads, cookies, pie crusts, crackers, and many different recipes that call for almond or almond flour. If you don't have an immediate use for the pulp it can be kept frozen for a later use.

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### **APRICOT SEED MILK**

7 C water  
¼ C apricot seeds, soaked overnight

Same as making almond milk. I always keep the pulp for the maximum medicinal benefits of the apricot seeds.

### **FENUGREEK SEED MILK**

7 C water  
1 C fenugreek seeds, sprouted  
Lemon juice & agave according to taste

Same as almond milk.

#### **What is Fenugreek Seed?**

Fenugreek is a digestive aid, reduces blood sugar level, lowers blood pressure, relieves congestion, reduces inflammation and fights infection. It contains natural expectorant properties, relieving sinus and lung congestion, loosens & removes excess mucus and allergens from the respiratory tract. Fenugreek is also an excellent source of selenium, silicon, sodium, thiamine and iron.

The chemical make-up is curiously similar to cod liver oil, for which a decoction of the seed is sometimes used as a substitute. Many other properties are ascribed to it in India and the East and not surprisingly include aphrodisiac.

Fenugreek seed is used in breast enlargement supplements.

### **SESAME SEED MILK**

6 C water  
2 C sesame seed

Same as almond milk. Excellent source of calcium.

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### **GREEN SMOOTHIE**

5 C water, distilled  
½ C lemon juice, freshly squeezed  
1 C wheatgrass juice  
1 C mango, diced  
1 C pineapple, diced  
Large handful spinach or kale  
Large handful green salad mix  
1" piece fresh ginger root  
¾ C Agave or to taste

Blend ingredients in Vitamix or any blender. Enjoy!

### **VANILLA NUT NOG**

6 C almond milk  
½ C dates, pitted  
½ C Brazil nut, soaked 2 hours, rinsed  
1 TB maca root powder  
2 TB vanilla extract (Singing Dog is best)  
¾ C agave nectar

¼ tsp salt  
½ tsp each cardamom, clove, cinnamon, ginger, turmeric

For **CHOCOLATE MILK** add 1-2 TB raw cocoa powder

Blend ingredients in Vitamix until smooth and creamy. Chill and serve. Cardamom, cocoa, & maca known to have aphrodisiac properties.

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### **PROTEIN POWER DRINK**

6 C sesame seed milk  
¼ C fenugreek sprouts  
¼ C goji berry, soaked 30 minutes, use soaking water  
2 TB Raw agave to taste  
8 Brazilian Nuts  
1 tsp Vanilla  
1 TB Bee Pollen  
4 figs (soaked 1 hour)  
1 TB tahini  
1 TB coconut oil  
1 TB maca  
1 TB comfrey root powder (optional)  
1 TB ginger  
1 tsp Echinacea root powder  
½ tsp turmeric  
Cayenne pepper (optional)

Blend ingredients thoroughly and enjoy. TASTE AND ADJUST SPICES!

## SOUPS

### GREEN PEA AVOCADO SOUP

6 C	almond milk
2 C	green peas, fresh or frozen
1	avocado
1 tsp	real salt
Bunch	fresh parsley
½ tsp	cumin, coriander, black pepper
2 cloves	garlic

Blend ingredients in a blender until creamy. Garnish with diced avocado, green pea, sprouted buckwheat, diced red bell pepper, fresh basil leaves, and serve.

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### BUDDHA'S DELIGHT

Handful of each:

- Mung bean sprouts
- Carrot, shredded
- Cabbage, white & red, shredded
- Mushroom, sliced
- Jikama, shredded
- Broccoli, shredded
- Onion, sliced
- Celery, sliced
- Zucchini, shredded
- Red bell pepper, shredded
- ¼ c olive oil

Place vegetables into a large bowl, pour olive oil over it and mix. Set aside.

**SAUCE:**

4 C            water  
10 clove      garlic  
4 TB           agave or honey  
¼ C            nama shoyu or gluten free soy sauce  
2" piece      ginger root, fresh

Blend ingredients in Vitamix or blender until smooth. Pour over vegetables and mix well. Enjoy!

**CREAMY CARROT BASIL SOUP RECIPE**

3 C            almond milk  
2 C            carrot juice  
1              avocado  
1 TB          lemon/lime juice  
1"             piece ginger  
1 clove      garlic  
1 TB          agave  
½ tsp        cinnamon  
1 tsp         real salt

Process ingredients in Vitamix until creamy. Serve with the following: grated carrot, zucchini, pecan pieces, minced basil and parsley.

**CREAMY CAULIFLOWER SOUP**

2 C            cucumber juice  
1 C            cauliflower, diced  
1              avocado  
1              stalk    celery  
3 clove      garlic  
1/5 tsp      real salt, or to taste  
1 TB         apple cider vinegar  
1 TB         lemon/lime  
1 tsp        agave  
1 TB         olive oil

½ C pine nut  
½ tsp turmeric  
2 TB tarragon, dried  
½ tsp black pepper  
½ tsp coriander

Blend in Vitamix until smooth. Serve with diced red bell pepper, cucumber, avocado, pumpkin seed, and sprouted buckwheat.

### **SUMMER CORN CHOWDER**

6 C apricot seed milk  
2 C corn, fresh or frozen  
1 avocado  
1 tsp real salt  
1 tsp coriander  
½ tsp black pepper  
½ tsp cumin  
1 tsp turmeric

Blend until creamy. Garnish with garden vegetables or sprouts.

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### **SAUCES & DIPS**

#### **TARRAGON TOMATO SAUCE**

1 LB Tomato, fresh  
2 TB tarragon  
10 dates

3 cloves	garlic
1 tsp	real salt
½ C	beet root, diced
¼ tsp	black pepper
2 TB	lemon juice
½ C	sun dried tomato
1 C	water

Blend ingredients in Vitamix until smooth. Taste and adjust spices and seasonings.

### **BRAZIL NUT VEGGIE PATE**

2 C	Brazil nuts, soaked and rinsed
4 cloves	garlic
1 stalk	celery, cut into 2" pieces
1 large	carrot
1 medium	zucchini
½	red bell pepper
1 TB	lemon/lime juice
2 TB	Nama shoyu or gluten free soy sauce
1 large	tomato
1 TB	apple cider vinegar
½ ts	cumin
½ tsp	coriander
½ tsp	black pepper
½ tsp	salt

Place ingredients into food processor and process until well mixed. You might have to stop from time to time and stir the mixture from the side of the container.

### **LEMON BASIL CASHEW HUMMUS**

5 C	cashews
½ C	pine nut

4 C water  
¼ C ACV  
1/2 C lemon or lime juice  
¼ C tahini  
1 tsp each black pepper, coriander,  
2 tsp turmeric  
1 bunch basil, fresh  
4 cloves garlic  
2 tsp real salt

Mix ingredients in Vitamix or blender until creamy. Serve on flax seed crackers, salads, or sandwiches.

### **SPROUTED HUMMUS**

2 C Pro-Vita-Min Sprouts  
1 Red Bell Pepper  
1 carrot  
4 cloves garlic  
1 TB nutritional yeast (high in all B Vitamins)  
½-1 tsp real salt or to taste  
½ ts coriander  
1-2 TB lemon juice  
1 tsp agave

Bunch fresh basil and parsley.

Mix ingredients in food processor, Adjust seasonings and serve with crackers or sliced vegetables (cucumber, zucchini).

### **MACADAMIA NUT FETA CHEESE**

½ C macadamia nut, soaked 1 hour  
1 C cashew, soaked 1 hour  
3 TB lemon or lime juice  
1 TB Nama shoyu (raw soy sauce, contains wheat, soy, salt)  
1 TB nutritional yeast  
½ ts real salt  
½ ts turmeric  
1 ts apple cider vinegar  
1-2 C water

Blend ingredients until creamy. Chill and serve.

### **CREAMY CAULIFLOWER - for mashed potato**

4 C cauliflower, diced  
2 C water  
2 TB lemon juice  
2 TB nutritional yeast  
½ tsp real salt  
½ tsp black pepper  
Small yellow onion  
¼ C chives, minced  
Water

Mix ingredients in food processor until creamy. Add more water if needed. Adjust seasonings and serve.

### **HONEY GINGER RELISH**

1 lb ginger root, fresh, diced  
2 C apple cider vinegar  
1 C raw honey

Blend in Vitamix or blender until smooth. Great addition to sandwiches, soups, salads, dressings, & dips. Digestive and immune system aid. Keeps indefinitely in the refrigerator.

## APPENDIX “B”

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## DESSERTS

### APPLE CINNAMON COOKIE

2 C	ground flax seed
4 oz	dried apples or
1-2	fresh apples
1 C	almond pulp, left over from making almond milk
½ C	agave or honey
½ C	raisin, soaked 30 minutes, keep soaking water
1-2 TB	lemon or lime juice
½ TB	cinnamon powder
½ tsp	real salt
½ 1 C	soaking water from raisins

Place dry ingredients into the food processor and mix well. Add fresh apples, raisins, and water and process until forms a dough. Taste and adjust the seasonings and salt according to your taste. Form cookies and dehydrate until desired softness is reached.

Note: the thicker the cookie the longer it will take to dry. I dehydrate my cookies on the highest temperature for about 3-4 hours, and then turn the temperature down to about 115 degrees.

### BLUEBERRY HAZELNUT COOKIE

2 C	hazelnut, soaked 2 hours
1 C	almond pulp, left over from making almond milk
1 C	yellow flax seed, ground
1-2 C	fresh blueberries
1 C	dried apple
3 TB	lemon or lime juice
½ C	agave or honey
1.5 tsp	5 spice powder
¼ tsp	real salt
1-2 C	water or fruit juice

Place dry ingredients into the food processor and mix well. Add fresh blueberries and water and process until forms a dough. Experiment with the amount of water until mixture becomes soft but not too dry or moist. Taste and adjust the seasonings and salt according to your taste. Form cookies and dehydrate until desired softness is reached.

Note: the thicker the cookie the longer it will take to dry. I dehydrate my cookies on the highest temperature for about 3-4 hours, then turn the temperature down to about 115 degrees.

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### **CHOCOLATE OVER CHERRY**

2 C dried cherries, soaked overnight  
1 C almond soaked overnight  
1 C dates, pitted and soaked 30 minutes  
½ C agave  
2 TB coconut oil, liquefied  
1 tsp 5 spice powder  
¼ tsp salt  
Soaking water if needed for easy mixing

Use a food processor to mix ingredients well. Use an ice cream spoon to form little balls. Place them on cookie tray and refrigerate until for 2 hours.

### **FOR CHOCOLATE DIP:**

¾ C coconut oil, must be liquefied  
½ C agave  
1 C cocoa

Mix well. Dip cold cherry balls into chocolate and refrigerate for 30 minutes.

### **CRANBERRY PEAR RELISH**

2 C pears, dried or fresh  
1/2 C fresh or frozen cranberry  
½ C dates, soft and pitted  
Agave or honey to taste

Soak pears in a little water and keep soaking water. Mix ingredients in food processor. Add soaking water from pears if needed for an easier mixing. If you're using fresh pears you might not need the water.

### **PINEAPPLE PRUNE COOKIE**

- ½ lb fresh pineapple
- 2 C yellow flax seed, ground
- 1 C macadamia nut
- ½ C almond pulps, left over from making almond milk
- 1 C pineapple juice
- 1 C agave or honey
- 2 oz dried apple
- 3 TB lemon or lime juice
- 2 tsp turmeric

Place dry ingredients into the food processor and mix well. Add fresh pineapple and water and process until forms dough. Experiment with the amount of water until mixture becomes soft but not too dry or moist. Taste and adjust the seasonings and salt according to your taste. Form cookies, place one soft prune on top of each cookie and dehydrate until desired softness is reached. Note: the thicker the cookie the longer it will take to dry. I dehydrate my cookies on the highest temperature for about 3-4 hours, and then turn the temperature down to about 115 degrees.

### **ENTREES & APPETIZERS**

#### **MARINATED PORTABELLA MUSHROOM**

- |          |                     |   |
|----------|---------------------|---|
| 1 C      | water               | Mix in a large bowl, add sliced mushroom and marinate for 2 hours or longer. Nama Shoyu contains wheat. |
| ¼ C      | tahini              |   |
| ¼ C      | Nama shoyu          |   |
| 1 TB     | apple cider vinegar |   |
| 2 cloves | garlic, minced      |   |
| 1 TB     | ginger, ground      |   |
| 4 TB     | olive oil           |   |
| ½ tsp    | curry               |   |

¼ tsp        cumin  
1 TB         honey

### **PARSLEY HEMP TABOULI**

1 C            hemp seed  
½ C            buckwheat, sprouted 4 days  
1 C            parsley, minced  
1 clove        garlic, minced  
½ C            red bell pepper, diced  
¼ C            red cabbage, shredded  
½ tsp         real salt  
4 TB          olive oil  
1 TB          lemon or lime juice

Mix ingredients in a large bowl. Taste and adjust seasonings. Makes about 3 cups.

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### **BUCKWHEAT VEGGIE COUSCOUS WITH GOJI BERRY**

3 C            buckwheat, sprouted for 3-4 days  
1 C            cauliflower, diced  
½ C            goji berry  
1 large        tomato, diced  
½ C            red bell pepper, diced  
½              zucchini, diced or grated  
2 TB          olive oil  
4 TB          apple cider vinegar  
2 TB          agave or honey  
½ bunch      cilantro, minced  
4 large        bay leaves, minced  
5 cloves      garlic, minced  
1 tsp         coriander  
1 tsp         salt  
1 C            water

Mix all ingredients in a large bowl, taste and adjust the seasonings and salt. Serve.

### **SPROUTED LENTIL & ASPARAGUS SALAD**

1 C            asparagus, diced  
¼ C            red lentil, sprouted  
¼ C            green lentil, sprouted  
½ C            red bell pepper, diced  
½ C            yellow bell pepper  
½ C            cabbage, shredded

2 TB	lemon or lime juice
1 2 TB	Agave
4 TB	red onion, diced
2 cloves	garlic, minced
1 tsp	fresh rosemary, minced
¼ tsp	black pepper
2 TB	apple cider vinegar
4 TB	olive oil
4 TB	fresh dill, minced
1 tsp	Real salt

Mix ingredients in a large bowl. Toss with olive oil, adjust the seasonings and salt, and serve.

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## SOUPS

### BORSCHT

6 C	water
¼ C	apple cider vinegar
¼ LB	beet root, diced
¼ LB	celery root, diced
1 small	carrot, diced
2 “piece	ginger root, diced
4 cloves	garlic
7 large	bay leaves
6	dates
1 TB	caraway seed
2 TB	olive oil
2-4 TB	raw honey
2 tsp	real salt

Blend ingredients until well blended. Adjust the seasonings and spices. Garnish with grated vegetables of your choice and/or sprouts. Makes about 8 cups.

### CARAWAY CABBAGE SOUP

3 C water  
¼ LB red cabbage  
½ avocado  
1/8 C apple cider vinegar  
2 TB olive oil  
1 clove garlic  
1 TB raw honey  
1 TB caraway seed  
1 tsp real salt  
½ tsp black pepper  
½ bunch cilantro

Blend ingredients in blender until well mixed. Garnish with diced bell peppers, pecan pieces, and diced cucumber. Makes about 5-6 cups.

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### **CREAMY CELERY SOUP**

3 C water  
1 C almond milk  
½ LB celery  
½ avocado  
1 TB lemon or lime juice  
½ tsp cumin  
1 tsp real salt

Blend ingredients in blender until creamy. Garnish with grated carrot, macadamia nut pieces and diced portabella mushroom. Makes about 5-6 cups.

### **CREAMY SPINACH SOUP**

6 C water  
1 C almond milk  
4 handfuls spinach  
½ avocado  
2 TB lemon or lime juice  
2 TB fresh dill, minced

4 cloves      garlic  
1 tsp         caraway seed  
2 tsp         real salt

Blend ingredients until creamy. Taste and adjust the seasonings and spices. Garnish with fresh spinach leaves, cauliflower, diced jikama, and sprouts of your choice. Makes about 8-9 cups.

### **CUCUMBER HERB BISQUE**

2 1/5 C        water  
1 C            almond milk  
1 medium     cucumber  
1" piece      leek  
1/2             avocado  
1 tsp          real salt  
1 clove        garlic  
1 large leaf   spinach  
3 stems        fresh dill  
1 TB            lemon or lime juice  
1 TB            nettle leaves, dried  
1/4 tsp        black pepper

Blend in blender until creamy. Garnish with grated vegetables of your choice.

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### **ZINC – ZINC SOUP**

5 C            water  
1 C            pumpkin seed, soaked 2 hours  
2 handful     spinach  
1" piece      ginger root  
1 oz            dried apple  
3/4 lb          cucumber  
1/2 bunch     parsley  
4 cloves        garlic  
2 Tb            olive oil  
2 TB            apple cider vinegar  
2 TB            lemon or lime juice  
2 tsp          real salt

Blend ingredients well. Garnish with fresh arugula leaves, diced celery, diced tomato, diced onion, pumpkin seed, and hemp seed.

## **SPROUTED BREADS AND CRACKERS**

### **GLUTEN FREE SPROUTED BREAD**

2 C	flax seed, ground
½ C	millet, sprouted 3 days
½ C	red & white quinoa, sprouted 3 days
½ C	buckwheat, sprouted 3 days
¼ C	pecan, soaked 2 hours
½ C	walnut, soaked 2 hours
¼ C	pumpkin seed, soaked 2 hours
4 cloves	garlic
3-4 TB	apple cider vinegar
1-2 tsp	real salt
2 tsp	caraway seed
½ tsp	black pepper
3 C (less or more)	water

Process dry ingredients in food processor until well mixed. Gradually add water and mix well. Taste and adjust the seasonings. Form small loaves or patties and dehydrate until desired softness is reached. You might have to experiment with the amount of water. Make sure that the consistency of the mixture is about the same as regular breads.

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### **SPROUTED PIZZA CRUST**

8 C	water
1 LB	carrot pulp, left over from making carrot juice
2 C	garbanzo beans, sprouted 3-4 days
½ C	flaxseed, whole
3 C	flax seed, ground
¼ C	buckwheat, sprouted 3 days
8 cloves	garlic
1 large	tomato
¼ C	apple cider vinegar

2 TB	oregano, dried or fresh
2 TB	basil
3 tsp	real salt
1 tsp	coriander
1 tsp	caraway seed
½ tsp	black pepper

Process 4 C water, garbanzo beans, garlic, tomato, and spices in blender until well mixed. Mix the rest of the ingredients in a food processor. Mix everything together in a large bowl. Add more water if needed. Use about 2 cups of this mixture on 1 teflex dehydrator sheet. Spread mixture in a shape of a large circle like a large pizza crust. Use a spatula or your fingers to divide the crust into 8 slices. Dehydrate until crisp but not too dry.

### **SPROUTED LENTIL BURRITO**

2 C	lentils, sprouted 3-4 days
1 C	garbanzo beans, sprouted 3 days
	1 large carrot
¼ C	almond pulp
4 stems	cilantro
4 stems	parsley
3 cloves	garlic
1 TB	apple cider vinegar
1 small piece	red onion
1 TB	psyllium seed powder
1 TB	lemon or lime juice
½ tsp	black pepper
¾ tsp	real salt
¾ tsp	caraway seed
1 C (less or more)	water

Mix ingredients in food processor until it becomes the consistency of refried beans. Taste and adjust the seasonings. Scoop mixtures unto large spinach leaves and carefully roll them into burritos. Decorate with a cherry tomato. Use a toothpick to hold tomato and spinach roll in place.

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### **SAUCES & DIPS**

#### **RAWCHUP - KETCHUP**

2 oz	sun dried tomato
1 large	ripe tomato

1 oz sun dried red bell pepper  
1 fresh red bell pepper  
1 small beet root  
½ TB apple cider vinegar  
½ TB lemon or lime juice  
1 TB (less or more to taste) agave or honey  
1-2 TB olive oil, extra virgin, first cold pressed  
½ tsp paprika  
½ tsp real salt  
Water as needed for easy blending.

Combine all ingredients in a blender. Blend well and season according to your taste.

### **SPICY AVOCADO DIP**

1 avocado  
1 small tomato  
1 clove garlic, minced  
½ tsp lemon or lime juice  
½ tsp apple cider vinegar  
½ tsp horseradish root, grated  
½ tsp ginger, grated  
1/8 tsp spirulina (optional)  
½ tsp real salt  
Agave to taste (optional)

Blend ingredients until creamy.

### **THE 12 MOST IMPORTANT HERBS FOR FOOD STORAGE:**

1. **CAYANNE:** Part used – fruit

**Uses:** Cayenne is traditionally used by herbalists to cure stomach aches, cramping, gas, varicose veins, allergies, and constipation. One of the most amazing healing properties of cayenne is that it has been used successfully time and time again to relieve heart attacks: It is also used for various conditions of the gastrointestinal tract, including stomachaches, cramping pains, and gas. Cayenne was frequently used to treat diseases of the circulatory system.

Rubbed on the skin, cayenne is a traditional, as well as modern, remedy for rheumatic pains and arthritis due to what is termed a counterirritant effect. It should be used in a warm tea for a quick result. Dr. Christopher said "The warm tea is faster working than tablets, capsules, cold tea, because the warm tea opens up the cell structure--makes it expand and accept the cayenne that much faster, and it goes directly to the heart, through the artery system, and feeds it in powerful food."

**2. COMFREY:** parts used - Root and rhizome, leaf.

**Uses:** Vulnerary, demulcent, anti-inflammatory, astringent, expectorant. Comfrey is an excellent wound-healer. This is partially due to the presence of allantoin. This chemical stimulates cell proliferation and so augments wound-healing both inside and out. The addition of much demulcent mucilage makes Comfrey a powerful healing agent in gastric and duodenal ulcers, hiatus hernia and ulcerative colitis. Its astringency will help hemorrhages wherever they occur. It has been used with benefit in cases of bronchitis and irritable cough, where it will soothe and reduce irritation whilst helping expectoration. Comfrey may be used externally to speed wound-healing and guard against scar tissue developing incorrectly. Care should be taken with very deep wounds, however, as the external application of Comfrey can lead to tissue forming over the wound before it is healed deeper down, possibly leading to abscesses. It may be used for any external ulcers, for wounds and fractures as a compress or poultice. It is excellent in chronic varicose ulcers. It has a reputed anti-cancer action.

**3. LOBELIA:** Part used: aerial parts (above ground)

**Uses:** Anti-asthmatic, anti-spasmodic, expectorant, emetic, diaphoretic, diuretic. Lobelia is one of the most useful systemic relaxants available. It has a general depressant action on the central and autonomic nervous system and on neuro-muscular action. It may be used in many conditions in combination with other herbs to further their effectiveness if relaxation is needed. Its primary specific use is in bronchitis asthma and bronchitis. Lobeline is a powerful respiratory stimulant, whilst isolobelanine is an emetic and respiratory relaxant, which will stimulate catarrhal secretion and expectoration whilst relaxing the muscles of the respiratory system. The overall action is a truly holistic combination of stimulation and relaxation. Combinations: It will combine well with Cayenne, Grindelia, Pill-bearing Spurge, Sundew and Ephedra in the treatment of asthma.

**4. GINGER:** Part used – root

**Uses:** It is used for abdominal bloating, coughing, vomiting, diarrhea, rheumatism, and for the treatment of inflammatory joint diseases, such as arthritis. Traditionally it has been used to promote cleansing of the body through perspiration, to calm nausea, and stomach ailments.

**5. RED RASPBERRY LEAF:** Parts used – fruits and leaves

**Uses:** They have been used in connection with the common cold, sore throats, diarrhea, pregnancy, and postpartum support. In pregnancy it was traditionally used to help with nausea, ease labor and delivery, and post-partum recovery. It is also helpful for regulating menstrual period and controlling diarrhea. Raspberry leaf tea also acts as an astringent on irritated skin by

tightening the top layers of skin or mucous membranes effectively reducing secretions, relieving irritation, and improving tissue firmness. As a mouth wash it is used to soothe mouth and throat irritations.

#### **6. BRIGHAM TEA:** Part used – above ground

**Used** extensively for food and medicine by Native Americans of the Southwest, especially in dry desert areas. The fruit or buds are eaten raw and have a very mild sweet taste. The seed is roasted and used as coffee or ground into a meal for bread. The stems of most Ephedra species contain the alkaloid ephedrine which is very valuable in the treatment of asthma and many other respiratory complaints. The stems are anti-viral, antidote, antispasmodic, diaphoretic, blood purifier, diuretic, pectoral, febrifuge, vasodilator, stimulant, and tonic. The young stems are best if eaten raw, though older stems can be used to make a medicinal tea. The plant has antiviral effects, particularly against influenza.

#### **7. YARROW:** Part used – flowers and leaves

**Uses:** Yarrow is used against colds, cramps, fevers, kidney disorders, toothaches, skin irritations, and hemorrhages, and to regulate menses, stimulate the flow of bile, and purify the blood. Medicinal tea is a good remedy for severe colds and flu, for stomach ulcers, amenorrhea, abdominal cramps, abscesses, trauma and bleeding, and to reduce inflammation.

#### **8. GARLIC:** part used – bulb

**Uses:** garlic supports the cardiovascular system. It may lower cholesterol and triglyceride levels in the blood, inhibit platelet stickiness (aggregation), and increase fibrinolysis- which results in a slowing of blood coagulation. Garlic has antibacterial, antiviral, and anti-fungal activity. It may work against some intestinal parasites. Candida albicans growth is inhibited by garlic, and garlic has shown long-term benefit for recurrent yeast infections.

Human population studies show that eating garlic regularly reduces the risk of esophageal, stomach, and colon cancer. This is partly due to garlic's ability to reduce the formation of carcinogenic compounds. Animal and test tube studies also show that garlic, and its sulfur compounds, inhibit the growth of different types of cancer-especially breast and skin tumors.

Garlic is often applied to indolent tumors, ulcerated surfaces and wounds. A poultice of the bulb is used for scrofulous sores and ring worm. A clove of garlic when introduced into the ear passage gives relief of ear-ache, but use olive oil in ear first. Raw Garlic juice is inhaled in whooping cough and pulmonary tuberculosis. Garlic is useful for fevers, coughs, flatulence, disorders of the nervous system, agues, pulmonary phthisis, whooping

cough, gangrene of the lung and dilated bronchi. A decoction of garlic made with milk and water is given in hysteria, flatulence and sciatica. A syrup of garlic is a valuable remedy for asthma, hoarseness, disorders of the chest and lungs.

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**9. ECHINACEA:** Part used – root

**Uses:** Echinacea supports the immune system. Several constituents in Echinacea team together to increase the production and activity of white blood cells, lymphocytes, and macrophages. Echinacea also increases reduction of interferon, an important part of the body's response to viral infections such as colds and flu. Echinacea was used by American Indians for a variety of conditions, including venomous bites and other external wounds. Echinacea is believed to inhibit hyaluronidase, a component of snake venom. It was introduced into US. Medical practice in 1887 and was touted for use in conditions ranging from colds to syphilis. Modern research started in the 1930s in Germany.

Traditionally Echinacea has been used for blood poisoning, fevers, carbuncles, acne, eczema, boils, peritonitis, syphilis conditions, bites and stings of poisonous insects or snakes, erysipelas, gangrenous conditions, diphtheria, tonsillitis, sores, infections and wounds.

**10. ALFALFA:** part used – leaves

**Uses:** May reduce cholesterol; help prevent heart disease and some strokes.

Studies done at University of California at Davis found that alfalfa extracts with a lot of manganese definitely improved the condition of a diabetic who failed to respond to insulin. It was also found to reduce the serum cholesterol levels. Alfalfa had been used traditionally for treating infections resulting from surgical incisions, bed sores and inner ear problems. The plant is so rich in Calcium that the ashes of its leaves are almost 99% pure Calcium.

**11. CASCARA SAGRADA:** part used – bark

**Uses:** It is one of the oldest, time-proven, and most reliable remedies for chronic constipation. It is not habit forming. It is a good intestinal tonic. An excellent remedy for gallstones and increases the secretion of bile. Good for liver complaints; especially enlarged liver.

**12. GOLDEN SEAL:** Part used – root

**Uses:** It is used internally only for short periods of time (3 months or less) as an antiseptic, antibacterial, antispasmodic, laxative, and astringent. Used as an infusion or weak tea for upset stomach and disorders of the digestive system, also makes a great mouthwash for sore gums, pyorrhea, mouth ulcers, and as gargle for sore throat. Douching with the tea can help relieve itching and vaginal infections. The powdered root may be snuffed or sniffed in the nose for infected sinuses. Use a few drops warm for ear ache and eye wash for sore eyes and sties. Used externally as a wash or rub in paste form, for ringworm, athlete's foot, infected sores, and skin diseases. Also used to stop bleeding

(homeostatic). A yellow dye is obtained from the root and the smashed root smeared on the body is said to repel insects.

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## **IMPORTANT! PLEASE READ!**

The herbal and health information provided in this pamphlet is intended as historical information only.

The historical uses are **not** intended to diagnose, treat, cure, or prevent any disease. The information shared **should not be considered** as medical advice for dealing with a given problem.

We advise you to **consult your health care professional** for individual guidance for specific health problems.

Persons with serious medical conditions should always seek professional care.

### **WHY HERBAL TEAS?**

**An herbal tea is an herbal infusion made from anything other than the leaves of the TEA bush (Camellia sinensis).**

Herbal tea has been imbibed nearly as long as written history extends. Also known as a tisane or herbal infusion, an herbal tea is simply the combination of boiling water and dried fruit, flower or herb. **Not all herbs are suitable for making tea, so become informed on each particular herb before ingesting a tea made from it.**

You can easily make herbal teas that are healthy and inexpensive. They can be brewed individually or blended to create a range of aromas and flavors. You can drink herbal teas hot or iced, or combine them with juices or other beverages. Make herbal tea by the cup or in larger quantities.

A pot made in the morning, for example, can be left on the stove for easy re-heating, drinking at room temperature or drinking iced later in the day.

Herbal tea usually is taken first thing in the morning and before meals. If the herbal tea tastes bitter and needs to be sweetened, one should always use pure unprocessed honey, not a regular table sugar, as a sweetener.

### **HOW TO MAKE HERBAL TEAS?**

The amount of herb can be varied according to taste, so don't be afraid to try different proportions.

The methods for making tea - infusion or decoction – differ according to the part of the plant being used.

**INFUSIONS:** Used to prepare the more fragile part of the plant –leaves, flowers, fruits, and seeds.

**Method # 1)** Put the herbs in a glass, ceramic, or stainless steel cup or pot, and pour boiling water over them. Quickly cover the pot with a tight fitting lid. Allow to steep for 15-30 minutes.

**Method # 2)** To create a stronger medicinal infusion, place the herbs in a pan with cold water and cover with a tight fitting lid. Bring the water to the boiling

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point slowly over a very low heat. Take the brew off the heat just before it begins to boil.

**DECOCTIONS:** Used for brewing roots, barks, nuts, and non-aromatic seeds.

**Method #1)** Bring water to a boil, add herbs and simmer over low heat for 15 to 30 minutes. To prevent the escape of steam and important nutrients, keep a tight fitting lid on all times. Remove from heat, strain, and drink.

**Method #2)** Put the herbs in a pan of cold water. Cover the pan and slowly bring the water to a boil over low heat. Simmer for 15 – 30 minutes. Remove from the heat, strain and drink.

Note: root high in volatile oils such as Valerian and Goldenseal should always be infused.

ANY QUESTIONS OR COMMENTS? E MAIL US AT  
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Interested in sprouting classes and supplies?  
Go to [www.wheatgrasskits.com](http://www.wheatgrasskits.com) for more information.