

Alkaline Recipes

Simple Yet Yummy and Healthy



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Alkaline Recipes



“Cream Of Avocado And Broccoli Soup”

Ingredients:

- ▶ Good for four servings
- ▶ 2 to 3 broccoli flowers
- ▶ 1 avocado (small)
- ▶ 1 onion (yellow or white)
- ▶ 1 pepper (red or green)
- ▶ 1 stalk of celery
- ▶ 2 cups of yeast free vegetable broth
- ▶ Sea salt (to taste)
- ▶ Spices of your choice to taste (organic cumin, fresh organic cilantro, organic basil)

Directions:

Heat the vegetable broth, but don't boil. Add the chopped broccoli and onions, and warm for a couple of minutes. Then place in a blender, add avocado, pepper, celery, and then puree till the soup's consistency is creamy. If desired, add more water. Add choice spices, serve warm, and enjoy!



“Fresh Organic Vegetable Soup”

Ingredients:

- ▶ 2 carrots (large)
- ▶ 1 zucchini (small)
- ▶ 1 stalk of celery
- ▶ 1 cup broccoli
- ▶ 3 asparagus stalks
- ▶ 1 onion (yellow or white)
- ▶ 1 quart water
- ▶ 4 to 5 tsp vegetable broth (yeast free)
- ▶ 1 tsp organic fresh basil
- ▶ 2 tsp sea salt (to taste)

Directions:

Put the water in a pot, add vegetable broth and onion, and boil. While boiling, chop zucchini, broccoli, and asparagus, and shred carrots and stalk of celery in the food processor.

Once water boils, turn off heat, and do not boil vegetables. Leave them in water until the desired tenderness of vegetables. Slightly cool, add all ingredients in blender, and then mix till the consistency is smooth and thick.

Add salt to taste, serve while warm, and then enjoy!



“Chili-Chilled Gazpacho Soup”

Gazpacho soup is served cold. No cooking is needed. All you need is a blender.

Ingredients:

- ▶ Serves four
- ▶ 10 tomatoes
- ▶ 1 cucumber (small)
- ▶ 1 pepper (red)
- ▶ 1 onion
- ▶ 2 cloves garlic
- ▶ 1 chili (small)
- ▶ 1 quart water
- ▶ 4 tbsp of cold pressed olive oil
- ▶ Juice of 1 fresh organic lemon
- ▶ 1 dash cayenne pepper
- ▶ Sea salt (to taste)

Directions:

Remove skin from cucumber, and chop vegetables into large pieces. Place all of the ingredients excluding olive oil in blender, and blend till smooth. Add olive oil and blend until the consistency emulsifies.

Place the mixture in fridge and cool for 2 hrs at least.

Add pepper and salt to taste, stir, put in 2 bowls, chop scallions, tomatoes, and peppers for garnish. Enjoy.



“Cool Tomato-Avocado Soup”

Ingredients:

- ▶ Serves four
- ▶ 2 avocados (small)
- ▶ 2 tomatoes (large)
- ▶ 1 celery stalk
- ▶ 1 onion (small)
- ▶ 1 clove garlic
- ▶ Freshly squeezed organic lemon juice
- ▶ 1 handful organic fresh lovage
- ▶ Sea salt and parsley to taste

Directions:

Put all of the ingredient in blender and blend till smooth. Chill in fridge for at least 2 hours. Serve cold and enjoy this alkaline soup!



“Sweet Potato and Pumpkin Alkaline Soup”

Not only are pumpkins rich in alkalinity, but also have low calories, which is ideal for people who are watching their weight. Furthermore, pumpkins are high in potassium, zinc, magnesium, iron, fiber, beta-carotene, and iron.

One of the most nutritious vegetables are sweet potatoes, which provide vitamin A, C, B6, copper, manganese, fiber, iron, and potassium. In addition, sweet potatoes contain distinctive proteins that have antioxidant effects. It is time to enjoy this healthy and alkalizing soup!

Ingredients:

- ▶ 1 half a pound pumpkin
- ▶ Half a pound of sweet potatoes
- ▶ Half a pound of white beans
- ▶ 1 onion
- ▶ 2 cloves garlic
- ▶ 1tbsp extra virgin olive oil (cold pressed)
- ▶ 1 tbsp of your favorite herbs
- ▶ 1 tbsp sage
- ▶ 1 and a half quart of water
- ▶ Pepper and pinch sea salt

Directions:

Cut the sweet potatoes and the pumpkin into cubes, dice the garlic, slice the onion, chop the herbs, and chop the sage into really fine pieces.

Stir-fry the garlic and onion in a little extra virgin olive oil for a few minutes. Put in the pumpkin, sweet potatoes, sage, and herbs, then fry for an additional 5 minutes. Add the water, cover pot with lid, allow to boil for 30 minutes, till the vegetables are soft and tender.

Lastly, add the white beans, a little salt, and some pepper. Cook for an additional 5 minutes, then serve and enjoy!



Alkaline Salads

”Coleslaw In Avocado Dressing”

If an alkaline salad is desired, here are the things to consider: always use organic fresh fruits and vegetables, use organic extra virgin oil (cold pressed), and, in the place of vinegar, always freshly squeezed organic lemon juice. Choose your desired fresh organic herbs and spices for the seasoning. Enjoy!

Ingredients:

- ▶ Half a cup of red or green cabbage
- ▶ 2 carrots
- ▶ 1 whole tomato
- ▶ 1 red onion (small)
- ▶ 3 tbsp parsley (chopped)
- ▶ 1 avocado
- ▶ 3 to 4 tbsp extra virgin olive oil (cold pressed)
- ▶ 1 freshly squeezed organic lemon juice
- ▶ Cayenne pepper and sea salt to taste

Directions:

Shred the carrots and cabbage, and mince the tomato, the parsley, and the onion. Place them in a large salad bowl.

For the salad dressing, place the avocado, extra virgin olive oil, and freshly squeezed organic lemon juice in a blender, and blend. Add pepper and salt to taste. Pour on top of salad. Enjoy!



“Fresh Organic Vegetable Salad”

Remember to take into consideration the following when making an alkaline salad: only use fresh organic fruits and vegetables, use extra virgin olive oil (cold pressed), use freshly squeezed organic lemon juice or lime juice in the place of vinegar. Select your choice of fresh organic herbs and choice spices for the seasoning. Enjoy the alkaline salad.

Ingredients (salad):

- ▶ 1 head of romaine lettuce
- ▶ 2 chopped tomatoes
- ▶ 2 shredded carrots
- ▶ 1 diced bell pepper (red)
- ▶ 1 diced bell pepper (green)
- ▶ 1 diced cucumber (small)
- ▶ 1 thinly sliced onion (red)

Ingredients (dressing):

1 freshly squeezed organic lemon or lime juice

Directions:

Place all the vegetables in a large salad bowl and toss the vegetables. Pour the freshly squeezed organic lemon or lime juice. Add a little sea salt to taste is desired. Enjoy!



“Broccoli And Tofu Alkaline Salad”



Ingredients:

- ▶ Serves two
- ▶ 300 grams of organic tofu
- ▶ 2 broccoli flowers
- ▶ 5 tbsp of olive oil (cold pressed)
- ▶ 2 tbsp of soy sauce
- ▶ 1 clove of garlic
- ▶ Half of a bell pepper (red) for garnishing
- ▶ 1 freshly squeezed organic lime juice
- ▶ Sea salt to taste

Directions:

Dice the tofu. Place the diced tofu in the extra virgin olive oil for and fry for 15 minutes. Remove from heat or switch stove off. Pour soy sauce all over the diced tofu and put aside.

Stir fry the broccoli flowers for about 10 minutes. Set aside after and allow to cool.

For the salad dressing, place the extra virgin olive oil, freshly squeezed organic lime juice, pepper, sea salt, and garlic in a blender and blend till the consistency is smooth. After which, place the broccoli and tofu in the large salad bowl, pour the dressing over the salad and toss well. Garnish the salad with sliced red bell pepper and enjoy.

“Alkaline Avocado Salad Infused With Untamed Garlic”

Wild garlic, commonly called buckrams, bear’s, or ramson garlic is used for various salads, as a spice, and boiled like vegetable are boiled. Wild garlic is odorless, and contains magnesium, iron, sulfur compounds, and manganese. Avocados are one of the greatest health foods. Avocados prevent and treat breast and prostate cancer, lowers the cholesterol levels in blood. So eat healthy and enjoy this highly alkalizing diet.

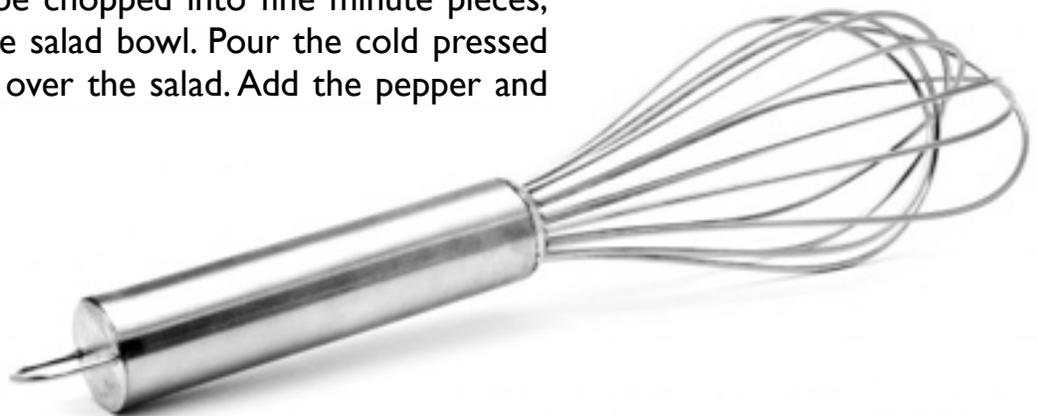
Ingredients:

- ▶ Serves two
- ▶ 1 whole avocado
- ▶ 1 bunch wild garlic
- ▶ 3 whole tomatoes
- ▶ 1 bell pepper (red)
- ▶ 2 tbsp of extra virgin olive oil (cold pressed)
- ▶ Organic sea salt (to taste)
- ▶ 1 pinch or dash cayenne pepper

Directions:

Cut both the bell pepper and avocado into halves, after which into thin slices. Chop the three tomatoes into cubes and place into a medium sized salad bowl.

The wild garlic should be chopped into fine minute pieces, and then placed into the salad bowl. Pour the cold pressed extra virgin olive oil all over the salad. Add the pepper and salt to taste. Enjoy!



“Mediterranean Alkaline Salad”

Remember to take into consideration the following when making an alkaline salad: only use fresh organic fruits and vegetables, use extra virgin olive oil (cold pressed), use freshly squeezed organic lemon juice or lime juice in the place of vinegar. Select your choice of fresh organic herbs and choice spices for the seasoning. Enjoy the alkaline salad.

Ingredients (salad):

- ▶ 1 bell pepper (red)
- ▶ 1 bell pepper (yellow)
- ▶ 3 tomatoes (large)
- ▶ 10 black organic black olives
- ▶ 1 whole onions
- ▶ 1 leek stalk (small)
- ▶ A few celery leaves

Ingredients (salad dressing):

- ▶ A third of a cup of freshly squeezed organic lemon juice and lime juice
- ▶ Three fourths of a cup of extra virgin olive oil (cold presses)
- ▶ 1 tsp of garlic powder
- ▶ Half a tsp of ground oregano
- ▶ A fourth tsp of dried rosemary
- ▶ 1 tsp of dried basil
- ▶ Half a tsp of ground cumin
- ▶ Cayenne pepper and sea salt

Directions:

Dice the tomatoes and the bell peppers. Slice the onions, the celery leaves, and leeks into evenly fine strips. Then place all the vegetables into a salad bowl.

The remaining ingredients are for the alkaline salad dressing. Place the remaining ingredients into a blender and blend. Blend until the mixture emulsifies. Add more of the preferred seasonings, if desired. If a much thicker dressing is desired, add 1 tbsp of linseed oil before blending the dressing.

Pour the alkaline dressing all over the salad and toss well. Enjoy the alkaline salad!



“Tofu Miso Mushroom”

Miso, a Japanese seasoning made by fermenting rice, barley and soy beans with salt, is a thick paste used mostly for sauces and spread. Japanese doctors have suggested its effectiveness in treating radiation sickness. Miso helps the body to remove radiation from constant exposure to electrical devices.

Ingredients:

- ▶ 15 button mushrooms (white or brown)
- ▶ 300 grams of organic tofu
- ▶ 1 large red tomato, sliced
- ▶ 2 cloves garlic
- ▶ 1 small onion
- ▶ 1-2 tbsp miso paste
- ▶ 2 tbsp of extra virgin olive oil (cold pressed)
- ▶ 1 small red chili, diced (optional)

Directions:

Slice the tomato and mushrooms into large slices. Slice the tofu into large cubes, dice the garlic and onion. Remove excess water from tofu by pressing in between layers of clean kitchen towel or kitchen roll, to prevent splattering of oil during

Stir-fry the garlic and onion in a little extra virgin olive oil over small fire for a few minutes until fragrant.

Pan fry the tofu on both sides over medium-small heat for surface to be crisp. Do not turn up the heat so avoid charred edges. Place cooked tofu aside, stir-fry mushrooms till fragrant, add tomato.

Mix miso paste with cooked water until evenly dissolved. Return tofu to frying pan, add miso. Cover the lid and allow it to simmer for a few minutes.

Toss in chili if you would like a spicy twist to the dish or if the miso is not spicy. Enjoy!



“Avocado Oat Shake”

Ingredients:

- ▶ 2 avocados
- ▶ 1 tbsp hemp seeds
- ▶ 1 tbsp flaxseed oil
- ▶ ½ nut milk (soy milk, almond, rice, hazelnut)
- ▶ 1 tbsp whole organic oats
- ▶ 1 tbsp raw honey

Directions:

Roast the oats in the oven till cooked. Alternatively, you may toast the oats.

Put all of the ingredient in blender and blend till smooth. Chill in fridge for at least 2 hours. Serve cold and enjoy this delicious milk shake!



“Coconut Flavored Brown Rice”

Ingredients:

- ▶ 1 cup freshly squeezed coconut milk
- ▶ 2 tbsp coconut oil
- ▶ 2 cups organic brown rice
- ▶ 2 ½ tbsp of shredded coconut
- ▶ 3 - 3 ½ cups of water, depending on the brand of rice used
- ▶ 1 tbsp raw agave
- ▶ Organic sea salt (to taste)



Directions:

Roast the oats in the oven till cooked. Alternatively, you may toast the oats.

Put all of the ingredient in blender and blend till smooth. Chill in fridge for at least 2 hours. Serve cold and enjoy this delicious milk shake!

Heat up coconut oil in frying pan over small heat. Add the remaining ingredients and let it the rice boil for a few minutes.

Stir constantly to ensure rice does not stick to the pan.

Cover the lid to allow coconut rice to simmer until soft.

Turn off the heat and allow the rice to simmer for 5 to 10 minutes.

Alternatively, you may wish to use rice cooker to cook the rice after stir-frying the ingredients till fragrant.

Serve it with vegetables. It is also an excellent ingredients in salads. Enjoy!

“Salsa Salad”

Ingredients:

- ▶ ½ onion, diced
- ▶ 2 small green limes, juiced
- ▶ 1 avocado, diced
- ▶ 2 tomatoes, diced
- ▶ 1 ½ roasted corn kernels
- ▶ Organic sea salt and pepper (to taste)
- ▶ Cilantro (coriander leaves and stems), finely chopped
- ▶ 4 tbsp of extra virgin olive oil (cold pressed)

Directions:

Toss all the ingredients together and serve with crunchy buckwheat crackers.
Enjoy!



“Vegan Banana Delight”

If you desire a healthy, fuss-free vegan ice cream, freshly made banana ice-cream will definitely satisfy your taste buds! No additional sugar is required and you can enjoy the natural sweetness and creaminess of this ice cream.

Ingredients:

- ▶ 1 bunch baby-sized ripe bananas (approx 6 - 7 bananas)
- ▶ Cinnamon powder

Directions:

Select bananas that do not have a raw and starchy taste. Peel the bananas, leave it to freeze overnight.

Cut it into slices and place it in the blender. Blend until smooth, add 2-3 tbsp water (optional for less creamy texture).

Remove and serve. Sprinkle cinnamon powder for extra zest!

Freeze it in an air-tight container again to get a harder texture ice cream. Enjoy!



“Seasoned Coralline Seaweed Salad”

Coralline seaweed is a gift from the sea. The red variety contains Lithothamnion calcareum which is an excellent source of calcium.

Ingredients:

- ▶ 50g dried coralline algae
- ▶ ½ red carrot, cut into thin strips
- ▶ ½ zucchini, cut into thin strips
- ▶ Toasted sesame seeds, for garnish
- ▶ ½ small chili, for garnish
- ▶ 2-3 iceberg lettuce leaves, for garnish

Ingredients (salad dressing):

- ▶ 1½ tbsp Bragg Liquid Aminos (or Tamari)
- ▶ 1 tsp sesame oil
- ▶ 1 tbsp rice vinegar

Directions:

Soak the coralline jelly overnight to soften. Rinse it thoroughly and cut into medium slices. Stir salad dressing ingredients and mix well.

Mix ingredients in a large bowl.

Pour the alkaline dressing all over the salad and toss well. Sprinkle chili and sesame seeds as garnish. Place salad on top of lettuce leaves. Enjoy the alkaline salad!



“Carrot, Bell Pepper and Sweet Potato Soup”

Best drank on a cold winter day, this soup will definitely perk you up and make you feel warm.

Ingredients:

- ▶ 3 bell peppers, roasted
- ▶ 6 carrots, diced into cubes, more if sweetness desired
- ▶ 1 sweet potato, peeled and diced into cubes
- ▶ 1 stalk celery, died
- ▶ ½ onion, diced
- ▶ 3 cloves garlic, chopped finely
- ▶ 2½ tbsp ground ginger
- ▶ 1 cup freshly squeezed coconut milk
- ▶ 1 tbsp of extra virgin olive oil (cold pressed)
- ▶ Bragg Liquid Aminos, organic sea salt and/ or pepper (to taste)

Directions:

Remove seeds from bell peppers. Roast in a 350 degree oven for approximately 20 minutes. Remove burned part of bell pepper skin to prevent charred flavor in soup.

Saute onion and garlic in olive oil till fragrant. All celery and stir-fry.

Transfer contents to cooking pot, add water, carrot and sweet potato, boil for approximately 10 minutes.

Add coconut milk and boil till root vegetables are cooked.

Add bell peppers, remove from pot and blend until smooth. Return puree to pot and simmer for a few minutes.

Add liquid amino and pepper. Enjoy!



“Green and Black Beans Salad”

Ingredients:

- ▶ 150g fresh green beans, cut into smaller pieces
- ▶ 1 cup black beans
- ▶ 300g asparagus, ends trimmed
- ▶ 3 carrots, shredded

Ingredients (Vinaigrette):

- ▶ 2 tsp extra virgin olive oil (cold pressed)
- ▶ Bragg Liquid Aminos, organic sea salt and/ or pepper (to taste)
- ▶ 2 tsp cold pressed organic flaxseed
- ▶ 2 tsp lemon or lime juice
- ▶ 1 tsp raw honey
- ▶ 1 tbsp fresh oregano, minced
- ▶ Celtic salt
- ▶ Fresh ground black pepper

Directions:

Soak black beans in water for a few hours, rinsed thoroughly. Add water till it just cover the beans, boil until soft and add aminos to taste. Remove from pot and drain thoroughly.

Add a pinch of salt to boiling water, blanch green beans for 7 minutes (varies with size). Remove from boiling

water and place it in ice cold water immediately to preserve its greenness. Repeat the same procedure for asparagus, cooking it for a shorter time, approximately 5 minutes.

Combine beans, asparagus, carrot in a mixing bowl, toss till well mix.

The remaining ingredients are for the alkaline salad dressing. Place the remaining ingredients into a blender and blend. Blend until the mixture emulsifies.

Add alkaline dressing and toss well. Enjoy!

