

# The Alkaline Food Guide

The Balanced Body Center

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[www.knowbalance.com](http://www.knowbalance.com)

# Table of Contents:

## The Detailed List of Alkaline Foods

Breakfast Options

Smoothies

Lunch & Dinner Options

Soups

Salads

Dressings

# The Detailed List of Alkaline Foods

\*Yellow Highlights indicate 'Lowest Acid' Foods

## Vegetables / Beans / Legumes / Root

Arugula Lotus Root/Burdock Lentil  
 Asparagus Miso  
 Beet Mushroom / Fungi  
 Bell Pepper Mustard Greens  
 Broccoli \*Spinach  
 Broccoliflower Onion \*Fava Bean  
 Brussel Sprout Parsley \*Kidney Bean  
 Cabbage Parsnip \*Black-eyed Pea  
 Cauliflower Potato \*String/Wax Bean  
 Celery Pumpkin \*Zucchini  
 Chive Rutabaga \*Chutney  
 Cilantro Salsify \*Rhubarb  
 Collard Greens Sea Vegetable  
 Cucumber Seaweed: Nori &  
 Daikon Kombu  
 Eggplant Scallion  
 Endive Squash  
 Garlic Sweet Potato / Yam  
 Ginger Root Taro / Taro Root  
 Ginseng Turnip Greens  
 Jicama Wakame / Hijiki  
 Kale  
 Kohlrabi  
 -----  
**Sprouts**  
 Alfalfa Sprouts Quinoa Sprouts  
 Amaranth Sprouts Radish Sprouts  
 Broccoli Sprouts Spelt Sprouts  
 Chickpea Sprouts Sunflower Sprouts  
 Fenugreek Sprouts Wheatgrass Sprouts  
 Kamut Sprouts  
 Lentil Sprouts  
 Mung Bean Sprouts

## Grains

\*Amaranth Oat  
 \*Brown Rice Quinoa  
 Grain Coffee \*Triticale  
 Japonica Rice Wild Rice  
 \*Kasha  
 \*Millet

## Meat/Game/Fish/Fowl

\*Gelatin / Organs  
 \*Fish

## Nuts & Seeds

Almond Pine Nut  
 Cashew Poppy Seed  
 Chestnut Pumpkin Seed  
 Flax / Hemp Sesame Seed  
 Linseed Seeds (most)

## Oils

Avocado Macadamia  
 Coconut Olive  
 Cod Liver Primrose  
 Flax/Linseed Pumpkin Seed  
 \*Grapeseed Sesame  
 \*Sunflower

## Beverage

Alkaline Water  
 \*Kona Coffee Herbal Teas  
 Ginger Tea Kombucha  
 Grain Coffee Mineral Water  
 Green or Mu Tea

## Fruits

Apple  
 Apricot  
 Avocado  
 Banana  
 Blackberry  
 Blueberry  
 Cantaloupe  
 Cherry  
 Citrus  
 Dewberry  
 Grape  
 Grapefruit  
 Honeydew  
 Lemon  
 Lime  
 Loganberry  
 Mango  
 Nectarine  
 Olive  
 Papaya  
 Peach  
 Pear  
 Persimmon  
 Pineapple  
 Raisin / Currant  
 Raspberry  
 Strawberry  
 Tangerine  
 Umeboshi Plum  
 Watermelon

\*Coconut

## Grasses

Alfalfa Grass  
 Algae / Blue-Green  
 Barley Grass  
 Dandelion  
 Kamut Grass  
 Oat Grass  
 Shave Grass  
 Wheat Grass

## Spice / Herb

Arnica  
 Artemisia Annua  
 Baking Soda  
 Basil  
 Bergamot  
 Black Cohosh  
 Chrysanthemum  
 Cinnamon  
 \*Curry  
 Echinacea  
 Ephedra  
 Feverfew  
 Licorice  
 Mint  
 Pepper  
 Sea Salt  
 Slippery Elm  
 Valerian  
 White Willow Bark

## Sweetener / Vinegar

Apple Cider Vinegar  
 \*Honey / Maple Syrup  
 Molasses  
 Rice Syrup / \*Rice Vinegar  
 Soy Sauce  
 Sucanat  
 Umeboshi Vinegar

## Therapeutic

Algae, Blue-Green  
 Umeboshi Plum

## Eggs

\*Chicken Duck Quail

## Dairy/Cow/Human

Ghee (Clarified Butter)  
 Human Breast Milk

# Breakfast Options



# Blueberry Oatmeal

Alkaline Breakfast – 100% Alkaline

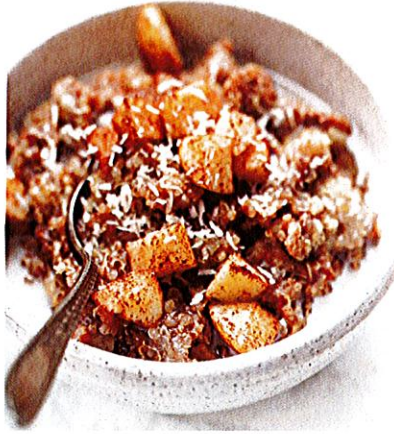
Adapted from Cooking.NYTimes

## INGREDIENTS

- 1  $\frac{1}{3}$  cups water
- $\frac{1}{8}$  teaspoon salt (optional)
- $\frac{1}{4}$  teaspoon cinnamon
- 2 teaspoons Sucanat (optional)
- $\frac{2}{3}$  cup rolled oats or oatmeal
- $\frac{1}{3}$  cup blueberries
- $\frac{1}{2}$  cup almond milk – unsweetened (homemade is best – see recipe)

## PREPARATION

1. Bring the water to a boil in a medium-size saucepan.
2. Add the salt, cinnamon, honey and oatmeal.
3. Reduce the heat, and simmer uncovered for five minutes or until most of the water has been absorbed.
4. Add the blueberries, orange zest and milk (or alternate beverage).
5. Bring to a simmer, and simmer five more minutes or until the oatmeal is thick and creamy and the blueberries have begun to pop. Cover and let stand for five minutes, then serve.



# Cinnamon Apple Quinoa Breakfast

By SimplyQuinoa.com

Prep time: 5 min

Cook time: 25 min

Serves: 2

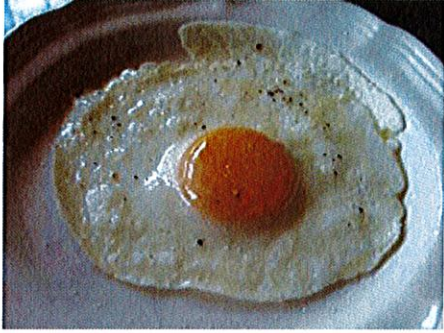
## Ingredients

- 1/2 cup quinoa
- 1 1/2 cups water
- 2 large apples
- 2 teaspoons cinnamon
- Honey or maple syrup to drizzle (optional)

## Instructions

1. Peel and core both apples. Chop them into bite-sized pieces.
2. Add quinoa, water and apples to a sauce pan. Bring to a boil, cover and reduce to simmer for 20 – 25 minutes. The apples will be soft and the quinoa will have absorbed the water.
3. Stir in cinnamon and transfer mixture to two bowls.
4. Drizzle with honey and sprinkle with additional cinnamon (if desired).  
And enjoy!





# Perfect Fried Eggs Recipe

Adapted from: [whatscookingamerica.net](http://whatscookingamerica.net)

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Yield:** makes 1 serving

## Ingredients:

1 fresh large egg\*

Olive Oil Cooking Spray or 3/4 tablespoon Ghee (clarified butter)

Salt and freshly-ground black pepper

\* Use the freshest and best eggs you can find. When frying more than one (1) egg at a time, add eggs all at once. Crack eggs into small bowls and add them to the skillet.

## Instructions:

Preheat the frying pan. Place a small non-stick frying pan over the lowest possible heat on your stove (if using gas, you should barely see the blue flame).

Add the butter and let slowly melt, making sure it does not foam and is not sizzling. When all the butter has melted, crack the egg into a small bowl, dish, or saucer (taking care not to break the yolk and to remove any shell fragments).

### **Frying the egg:**

Gently slide the egg out of the dish into the frying pan and cover with a lid. **The lid traps heat and steam so that the egg cooks from above as well as below.**

Continue cooking, approximately 5 minutes, until the egg white solidifies from transparency into snow-white cream; **the yolk will thicken slightly as it heats.**

How quickly the egg cooks is dependent on how low you have the heat. Do not flip the eggs but leave the egg sunny-side up and natural.

When your egg is done, slide cooked egg onto a serving plate. Sprinkle with fresh cracked pepper, salt, and serve.



# The Perfect Spinach and Mushroom Omelette

(For 100% Alkaline Breakfast)

Adapted from 'That Girl Cooks Healthy'

## INGREDIENTS

- 3 large eggs (free range)
- 1 cup of mushrooms (vertically sliced)
- ½ tsp. of black pepper
- 2 tsp. of chives
- 1 cup of spinach (tightly packed)
- ¼ of a small onion (diced)
- ⅛ tsp. of sea salt
- 2 Tbsp. of olive oil

## INSTRUCTIONS

- Whisk the eggs, black pepper, salt, chives and set aside.
- In a small frying pan with 1tbsp of olive oil, under medium heat, add the onions and sauté for 1 minute, then add the mushrooms and cook until lightly golden.
- Carefully fold in the spinach and stir the ingredients until the spinach begins to wilt and set aside.
- Under medium heat, add olive oil and pour the egg mixture into the frying pan.
- Cook the omelette until slightly brown, check the readiness by using an egg spatula to lift the side of the omelette and tilt so the egg runs over the sides.
- On one half of the omelette layer with the mushrooms, spinach and onions. Fold over the other half onto the vegetables and cook for another 2 minutes until the omelette is slight pale yellow in color.
- Use an egg lifter to remove the omelette and serve accordingly.



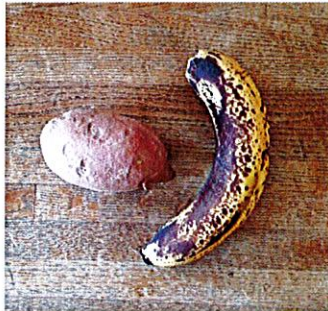


# Sweet Potato Banana Pancakes

(w/o eggs)

By CuddlesandChaos.com

## Ingredients:



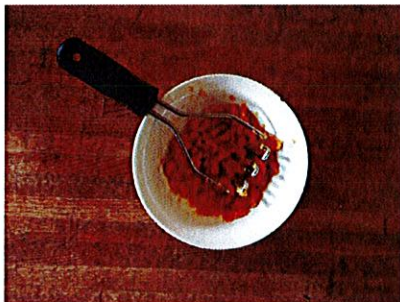
One Sweet Potato – Baked

One very ripe banana

Almond Milk (to thin, if necessary)

Coconut Oil (for cooking in skillet)

## Instructions:



- Peel banana and toss into in a bowl
- Bake the sweet potato. Once cooled enough, remove skin and mash together with the banana
- If batter is too thin, add a ‘splash’ of Almond Milk in order to thin to desired consistency of pancake batter
- Place about 1 TBSP (or more) coconut oil to coat skillet, and heat to medium
- Scoop spoonful’s of batter to preferred size of pancakes. Cook until bubbles begin to come through. Flip pancake with spatula and cook other side
- Serve topped with Honey, or Maple Syrup or favorite fruit



## '2-Ingredient' Sweet Potato Pancakes

(gluten-free, dairy-free, nut-free)

Alkaline Breakfast

Adapted from [healthyhappymama.com](http://healthyhappymama.com)

Prep time: 5 mins      Cook time: 10 mins      Total time: 15 mins  
Serves: 12 small pancakes

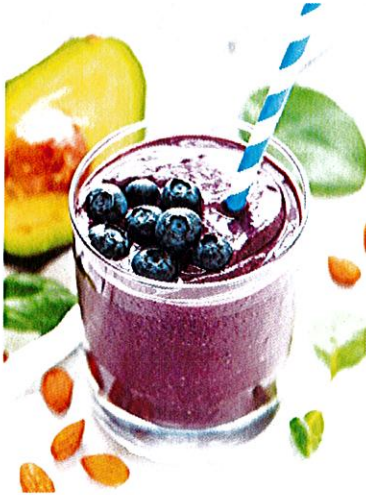
These 2-ingredient sweet potato cakes are an amazing low-carb, grain-free pancake alternative! They are also perfect for little hands.

### Ingredients

- ½ cup mashed sweet potato (the flesh from 1 medium-small cooked sweet potato)
- 2 eggs (duck or **chicken**)
- oil for cooking (avocado, coconut, or sunflower)
- ¾ teaspoon ground cinnamon
- pinch of ground ginger
- pinch of salt

### Instructions

1. Whisk together the sweet potato and eggs until well-combined. Add seasonings, if desired, and stir. Heat oil or butter over medium-low heat (I prefer coconut oil).
2. Drop the sweet potato mixture by the tablespoon and cook for 3-5 minutes.
3. Flip each cake and cook for an additional 3-5 minutes, until lightly golden brown on the outside and cooked through. Note: I make very small cakes, using only a tablespoon of batter. They will need to cook longer if you make bigger pancakes. Lower heat works better, and don't try to flip them before totally cooked on one side.
4. Optional topping ideas: butter, nut butter, sunflower seed butter, or maple syrup. They are also good plain! Enjoy



# Blueberry Banana Avocado Smoothie

Adapted from: [wellplated.com](http://wellplated.com)

**YIELD:** 1 large or 2 small smoothies

**PREP TIME:** 5 minutes

**TOTAL TIME:** 5 minutes

## Ingredients:

- ½ cup Almond Milk (homemade is best – see recipe)
- 1 cup fresh spinach
- 1 medium ripe banana, peeled
- 1/2 ripe avocado, peeled and pitted
- 2 cups frozen blueberries
- 1 tablespoon ground flaxseed meal
- 1 tablespoon almond butter (or whole almonds if you have a very high-powered blender that will ensure the mixture is smooth)
- 1/4 teaspoon cinnamon
- (Optional) Add Green Pea Protein Powder

## Directions

1. Place all the ingredients in your blender in the order listed: almond milk, spinach, banana, avocado, blueberries, flaxseed meal, and almond butter. Blend until smooth. If you'd like a thicker smoothie, add a small handful of ice. For a thinner smoothie, add a bit more almond milk. Enjoy immediately.

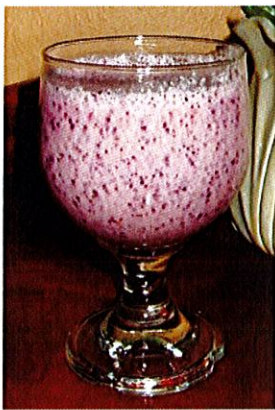


# Smoothies (Optional throw-ins for more protein: cashews, almonds, hemp seeds)



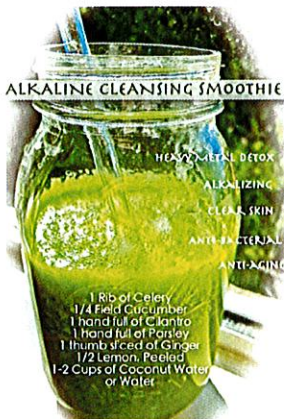
## Banana Avocado Orange Smoothie Image by Smilingbodysmilingmind.com

- 1 avocado
- 1 banana
- 8 ounces unsweetened almond milk (homemade is best)
- 1 fruit, peeled (peach, plum, pear, etc)
- 2 cups ice (optional)



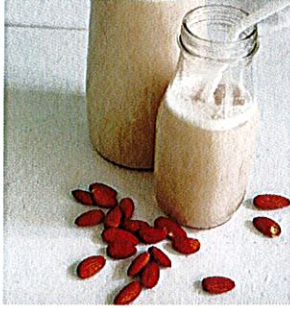
## Apple-Berry Smoothie Recipe Image by Food.com

- 1 cup blueberries (frozen or fresh)
- 1 large apple, cored.
- 2 cups **spinach** or other leafy green.
- 10 medium strawberries or banana (fresh or frozen)
- 8 ounces unsweetened almond milk (homemade is best)



## Alkaline Cleansing Smoothie by SmoothieAlchemy

- 1 Rib of Celery
- ¼ Field of Cucumber
- 1 hand full of Cilantro
- 1 hand full of Parsley
- 1 thumb sliced of Ginger
- ½ Lemon, peeled
- 1-2 Cups of **Coconut Water** (or Water)



Pic by ihome remedy

# Almond Milk (Homemade Organic)

Adapted from: About.com Vegetarian Food

## Ingredients:

- 1 cup raw organic almonds
- water for [soaking nuts](#)
- 3 cups water
- 2 dates (optional)

## Preparation:

[Soak the almonds](#) in filtered water overnight or for at least 6 hours.

Drain the water from the almonds and discard. Blend the 3 cups of filtered water, almonds and dates until well blended and almost smooth.

Strain the blended almond mixture using cheesecloth or other fine-mesh strainer.

Homemade raw almond milk will keep well in the refrigerator for three or four days.



Lunch  
and  
Dinner  
Options



# Quinoa Tortillas

(2 Ingredients!!!)

By [mindovermunch.com](http://mindovermunch.com)

## Ingredients

- 1 cup quinoa flour
- 1/4 tsp salt
- 1 cup water

## 1. Procedure

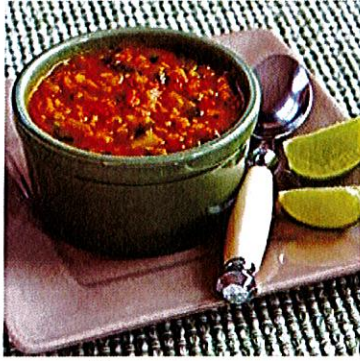
2. Whisk together your ingredients in a large pourable measuring cup or dish. Set aside to thicken for a few minutes.
3. Preheat your skillet to medium heat.
4. Once hot, spray it down well.
5. Add 3–4 Tbsp of batter to the middle of your pan and immediately swirl your pan around to let the batter spread out evenly into a larger tortilla, around 4–5”.
6. Allow to cook until the edges begins to lift off pan, about 90 seconds. Flip to cook other side until small brown spots start to show, about 1 minute, and then flip back to original side for an extra 30 seconds. Set aside on a cooling rack allow to cool completely before devouring. Any crisp edges will soften once cooled!

## Nutritional Info

Serving: 1 Tortilla

yields 10 servings

Calories: 44



# Lentil Sweet Potato Miso Soup

('Most Alkaline' Column)

Image from: [Kalynskitchen.com](http://Kalynskitchen.com)

## Ingredients

- 1 cup dried (red) lentils, rinsed
- 4 cups of filtered water
- 1 sweet potato, peeled and chopped
- 1 yellow onion, chopped
- 1 Tbsp. Miso
- Sea salt (to taste)
- 1 sheet Nori seaweed, julienned for garnish
- Lime, sectioned to squeeze over serving (optional)

## Preparation

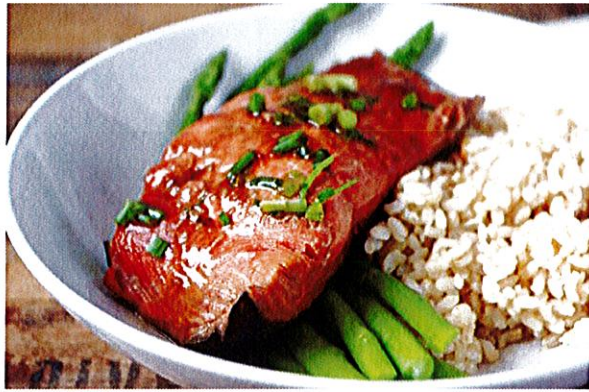
Place lentils in a large sauce pan and cover with approx.  $\frac{1}{2}$  cup of water. Bring to a simmer over medium heat and cook, uncovered, until lentils are tender, about 25 minutes. (Add extra water if needed so as not to burn).

Stir in rest of water.

In separate bowl, dilute Miso w some of the warm broth, then add mixture to lentils.

Add chopped sweet potato, onion, and sea salt to taste.

Cover and simmer until vegetables are soft.



## Salmon (or any fish) Asparagus & Rice

Serves 1

### Complete Meal:

1 Salmon (or any fish) fillet (bake or broil)

½ lb. of Asparagus (woody ends broken off, steamed in pan or roasted in oven)

Brown / Wild / Japonica Rice (cook according to directions)

Chives – chopped for garnishing

Lemon slices to squeeze onto Salmon fillet

Salt and Pepper



# Millet Vegetable Skillet

(Alkaline & 1<sup>st</sup> Column Lowest Acid)

Modified from YourChoiceNutrition.Com

Prep Time: 10 mins    Cook Time: 35 mins    Total Time: 45 mins    Yield: 6 servings

## Ingredients

- 1 cup millet, uncooked (can substitute Quinoa or Brown Rice)
- 1/2 large onion, minced
- 6 garlic cloves, minced
- 1 Tablespoon olive oil
- 1 large red bell pepper, diced
- 1 large orange bell pepper, diced
- 3 small/medium zucchinis, diced
- 1 bunch broccoli, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 ¾ cups water
- 1 (15 ounce) can Red Kidney beans, drained and rinsed
- 1 teaspoon dried parsley
- 1 teaspoon dried basil

## Instructions

1. Start by first toasting the millet: In a large dry skillet, toast the uncooked millet over medium heat for 4-5 minutes or until it turns golden brown and you can start smell the nutty fragrance of the grains. Do not overcook or let them burn. Remove the millet from skillet and set aside.
2. In the same, skillet heat the olive oil, onion, and garlic over medium heat. Sauté for 4-5 minutes, stirring frequently. Add bell peppers, zucchini, broccoli, and carrots, continue cooking for 5 additional minutes. Stir in salt, pepper, millet and water. Bring to a full boil, cover with a lid, reduce heat and let simmer for about 10 minutes.
3. Stir in black beans, parsley and basil. Remove from heat, cover with a lid and let sit for 10 more minutes or until liquid is fully absorbed. Serve hot.





# Cauliflower Cabbage Quinoa Dish

\*Roast or Stir Fry

## Oven-Roasted Vegetables

from [Deliciously Organic by Carrie Vitt](#)

*serves 6*

## Ingredients

1 head cauliflower cut into bite-size pieces  
2 large crown broccoli cut into bite-size pieces  
3 cups Purple Cabbage  
¼ cup coconut oil, melted  
2 teaspoons coarse sea salt

## Directions

Preheat oven to 400°F and adjust rack to middle position.

Toss cauliflower, broccoli, corn, coconut oil, sea salt and pepper in a large bowl then spread out on a large baking sheet. Roast Vegetables for about 30 minutes, stirring occasionally. Roast until the edges of the vegetables are golden brown.

Serve immediately over cooked Quinoa



# Mashed Cauliflower & Spinach

Adapted from: [afamilyfeast.com](http://afamilyfeast.com)

Prep time: 10 min

Cook time: 15 min

Yields: 6-8 Servings

## INGREDIENTS

- 1 large head organic cauliflower, trimmed down to the florets
- 2 tablespoons extra virgin olive oil
- 1 cup sweet onion, diced small
- 2 cups organic fresh baby spinach
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder
- 2 tablespoon clarified butter or ghee

## INSTRUCTIONS

1. Bring a medium pot of salted water to a boil and add cauliflower. Cook just until tender, about ten minutes.
2. While cauliflower is cooking, heat a medium sauté pan over medium high heat and add olive oil.
3. Once hot, add onions and sauté for 4-5 minutes or until completely cooked.
4. Add the spinach, toss and remove from heat.
5. Drain the cauliflower but retain about a cup of the cooking water.
6. Pulse the cauliflower until rice size but not pureed.
7. Add the spinach mixture scraping the oil with it, salt, pepper, garlic powder and butter and pulse to combine. Do not over mix.
8. If mixture is too thick, spoon a little of the cauliflower water in. We did not need to do that with ours. Serve immediately.



# Healthy Savory Sweet Potato Fries

By Wellness Mama

Prep time: 10 min

Cook time: 30 min

Total time: 40 min

## Ingredients

- ¼ cup [olive oil](#) or melted [coconut oil](#)
- spices of choice such as [garlic](#), [sea salt](#), [pepper](#), [basil](#), [oregano](#), and [thyme](#)
- 2-3 large sweet potatoes

## Instructions

1. Preheat oven to 400°F.
2. Mix olive oil and spices together in a small bowl.
3. Slice sweet potatoes into desired size and put on large baking sheet (or two if you are making a lot).
4. Pour the oil/seasoning mixture over the fries and toss by hand until evenly coated.
5. Bake for 25-30 minutes or more until slightly browned and tender.
6. Serve with homemade ketchup or mayo (It is a French thing!).

## **Notes**

Play with the spices to suit your tastes - Cajun, lemon pepper, cinnamon and spice?





# Roasted Broccoli, Arugula and Lentil Salad

Modified from Recipe By CookiesandKate.com

Prep Time: 20 mins    Cook Time: 30 mins    Total Time: 50 minutes

Yield: 2 to 4

## INGREDIENTS

- 1 1/2 pounds broccoli
- 3/4-pound brussels sprouts (or more broccoli)
- Olive oil
- 1/2 cup black beluga lentils (or green/Puy lentils), picked through and rinsed
- several handfuls arugula
- (Optional: Sprinkle a TBSP of Nutritional Yeast for 'cheese' flavor after serving on plate or in bowl)

## *Lemon Vinaigrette*

- 2 tablespoons olive oil
- 1/2 lemon, juiced
- 1 teaspoon honey
- 1/2 teaspoon **Dijon mustard**
- pinch red pepper flakes
- sea salt and ground pepper

## INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit and line your largest rimmed baking sheet with parchment paper. Cut the broccoli florets into bite-sized pieces. Trim the ends off the sprouts; cut the small sprouts in two through the stem, and the large sprouts into quarters. Toss the florets and sprouts in olive oil so they are lightly coated, and sprinkle with salt and pepper. Spread the florets and sprouts in a single layer on the baking sheet (be sure not to overcrowd). Bake for 20 to 30 minutes, tossing halfway, until the vegetables are crisp-tender and well caramelized on the edges.
2. In the meantime, bring 3/4 cup water to a boil in a medium saucepan. Add the lentils, reduce heat, cover and simmer for 15 to 20 minutes, until the lentils are tender but still retain their shape.
3. Whisk together the vinaigrette ingredients while the roasted vegetables and lentils cool a bit. In a large serving bowl, combine the roasted vegetables, cooked lentils and arugula. Drizzle with vinaigrette, sprinkle in the Parmesan and toss well. Taste and add more salt, pepper and/or lemon juice if needed. Best served immediately.



# Colorful Cool Salad

## Salad Ingredients:

(Combine preferred Greens, such as):

Spinach

Arugula

Kale

Top with preferred toppings, such as:

1 Bell pepper (red/yellow/green) chopped

1 Cucumber – chopped

½ Ripe Avocado - chopped

1-2 Scallions – chopped (or 1/4 cup chopped Red Onion)

Handful of Parsley – chopped

Additional optional toppings to add flavor and texture:

Roasted Almonds (approx. ½ cup)

Quinoa – cooked & cooled (approx. ½ cup)

Sesame Seeds 2-3 TBSP

Raisins or Currants 2-3 TBSP

Combine all preferred ingredients in large bowl. Mix together in separate small bowl your favorite dressing. Top prepared salad and toss to coat. Serve immediately.





# QUINOA AND BEET SALAD WITH NUTS

**[VEGAN, GLUTEN-FREE]**

MODIFIED FROM ONE GREEN PLANET

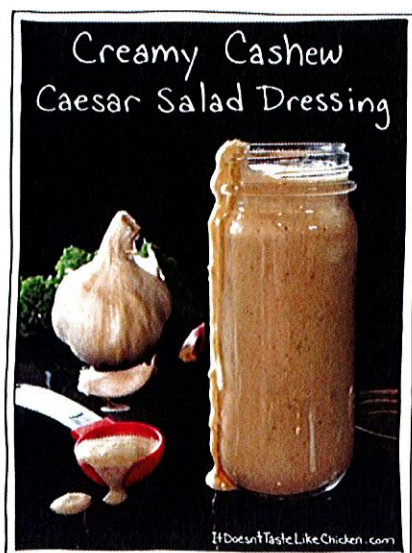
SERVES 4

## INGREDIENTS

- 1 cup quinoa
- 1 1/2 cups water
- 3/4 cup diced roasted beets
- 1/3 cup chopped roasted nuts (cashews, pine nuts chestnuts or almonds)
- 1/4 cup sliced scallions
- 1/4 cup minced fresh mint
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar (or rice vinegar)
- 1/4 teaspoon salt

## Instructions:

1. Boil the quinoa and water in a medium saucepan. Bring to a boil, then reduce heat and simmer for about 12 minutes, until you see the rings separate from the kernels of quinoa and it's tender-crunchy. Set aside and cool.
2. Mix all ingredients together in a bowl. Eat and enjoy!



# Creamy Cashew Caesar Salad Dressing

By It Doesn't Taste Like Chicken

## Ingredients

- 1/2 cup [raw cashews](#), softened (see step 1)
- 1/2 cup water or if you used soaked cashews 1/4 Cup + 1 Tablespoon Water
- 1/4 cup lemon juice
- 2 tablespoons [nutritional yeast](#)
- 1 tablespoon **Dijon mustard**
- 2 teaspoons capers
- 1 clove garlic

## Instructions

1. Soften the cashews by putting them in a medium pot and covering with water. Boil for about 10 minutes until the cashews are tender. Drain and rinse with cold water. Alternatively, you can soften the cashews by covering them with cold water in a bowl and letting soak for 4 hours or overnight.
2. Add the drained cashews to a blender along with all the remaining ingredients and blend until smooth and creamy. Store in an airtight container in the fridge for about a week. It gets thicker once chilled, perfect for dipping.



# Cashew Currant Dressing

Adapted from a recipe from [drfuhrman.com](http://drfuhrman.com)

Serves: 2-4

## Ingredients:

1/4 cup raw cashews or 2 tablespoons raw cashew butter  
1/3 cup unsweetened soy, hemp or almond milk  
1 peeled apple, sliced  
2 tablespoons dried currants or raisins

## Instructions:

Blend cashews or cashew butter with soy milk and sliced apples in a high-powered blender until smooth.

Add the currants and blend well.





# DUCK EGG MAYONNAISE BY SLIM PALATE

## PREP TIME

15 mins

## TOTAL TIME

15 mins

(PICTURE BY DELICIOUS EVERYDAY)

## INGREDIENTS

- 1 pasture raised duck egg yolk (you can substitute 1 large chicken egg yolk but will miss out on the incredible flavor and amazing thickness the duck egg gives)
- 1 cup macadamia nut oil or avocado oil (I used and love the taste of macadamia nut oil in this)
- 2 teaspoons lemon juice
- 1 heaping teaspoon **Dijon mustard**
- pinch of salt

## INSTRUCTIONS

1. Measure out oil into a measuring cup for pouring and either pour it out of the measuring cup or pour the measured out oil into a squirt bottle and use that. (utilizing a squirt bottle is much easier to control than pouring out of a measuring cup in my opinion but a measuring cup will work fine too.)
2. Pull out a separate dish to pour the egg whites from the egg to store in. (you can use these egg whites for whatever you want just keep it out of the mayo)
3. Carefully crack egg making sure not to break the yolk and carefully pour yolk onto hand and on top of fingers close together making a small grate for the egg whites to sift and fall through.
4. Place only the egg yolk into the medium sized bowl and add 1 teaspoon of the lemon juice, Dijon mustard and pinch of salt.
5. Whisk the ingredients together until thoroughly combined and slowly begin adding oil drop by drop while continuing whisking. (do not add the oil in a stream yet, keep adding it drop by drop and continue whisking)
6. Once the mixture begins to thicken quickly add remaining teaspoon of lemon juice and start whisking again.
7. This time begin whisking vigorously and continue adding the oil drop by drop a little bit faster than before, while whisking.
8. Once it begins to start thickening more you can start adding the oil in a slow and steady stream while continuing whisking.
9. Continue adding oil in a slow and steady stream while continuing whisking until all of your oil is used up.
10. Store in a mason jar or air tight container in the refrigerator for up to 2 weeks. (to be safe I usually only keep mine for about a week to a week and a half, but it will probably be gone by then.)

## NOTES

If you want yours European style with olive oil, do not use all extra virgin olive oil in this or else you will end up with a bitter tasting mayonnaise. If you want this to be olive oil flavored mix in a teaspoon of extra virgin olive oil with avocado oil. This also makes a little over a cup. *If you don't want to do the whisked version you can try a much easier alternative with an immersion blender, just be sure to use the same ingredients from recipe and put in all the ingredients at the beginning.*

Healthy  
Alkaline  
Sweet  
Treats





# Date-Nut Energy Balls

Adapted from: [detoxinista.com](http://detoxinista.com)

Prep time: 15 min Total time: 24 Serves: 24 truffle balls



## INGREDIENTS

- 2 cups walnuts (or other nut/seed of choice on acceptable alkaline list)
- 1 cup shredded unsweetened **coconut**
- 2 cups soft Medjool **dates**, pitted
- 2 tablespoons **coconut oil**
- 1/2 teaspoon **sea salt**

## INSTRUCTIONS

1. In a large food processor fitted with an "S" blade, process the walnuts and coconut until crumbly. Add in the dates, coconut oil and sea salt, and process again until a sticky, uniform batter is formed.
2. Scoop the dough by heaping tablespoons, then roll between your hands to form balls. Arrange them on a baking sheet lined with parchment paper, then place in the freezer to set for at least an hour before serving. Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life. (I prefer them frozen, myself!)
3. For a gourmet-looking truffle, you could also roll them in shredded coconut-before chilling!