

Recipe-Builder Cheat Sheet

Current Ingredient

Milk
Meat
Mince
Cheese (sandwich/wrap)
Pasta
Rice
Sugar
Cooking oil
Butter/margarine
Salad dressing/Caesar dressing
Vinegar
Tomato sauce/ketchup
Coffee/black tea
Frying
Eggs (scrambled)
Pizza
Chips
Standard bread
Mayonnaise
Yoghurt
Table salt

Alkaline Ingredient

Soy/Rice/AlmondMilk
Oily fish or tofu
Alkaline base sauce (see below)
Hummous/avocado
Wholemeal/gluten free & smaller serve
Brown basmati & smaller serve
Stevia
Coconut oil
Avocado butter or olive oil
Lemon juice & olive oil
Lemon juice & olive oil
Blended fresh tomato, olive oil & garlic
Rooibos (Redbush) tea or other herbal tea
Steam fry or use coconut oil
Chopped silken tofu
Use sprouted or wheat-free wraps as a lite base
Slow bake sprouted or wheat free wraps & salt
Sprouted breads or sprouted/wheat free wraps
Hummous or guacamole
Soy yoghurt
Celtic sea salt or Himalayan salt

Tips to Cook More Alkaline

Always try to keep cooking to a minimum, as the more a food is cooked, the less nutritious it becomes (in general). However, this doesn't mean you need to eat raw. Something that is warmed, but not cooked, is still raw. Try to steam vegetables instead of boiling or roasting, and try steam frying (where you quickly fry the vegetable in 50ml of boiling water) instead of using oil.

Alkaline Sauce Base - To Make 100's of Meals More Alkaline

For quick, alkaline and healthy sauces for pasta, cous-cous or rice gently soften onion, celery and carrot in a saucepan in a little coconut oil, steam half a pumpkin or butternut squash and then blend both with 5-6 tomatoes, a clove of garlic, a handful of basil leaves and stock (to get desired consistency). This is 80% raw, delicious, healthy and alkaline and can be used with hundreds of dishes.



How To INCREASE FLAVOUR!

When we are used to the artificially intensified flavours of packaged food, natural foods can seem to lack flavour - here is how to instantly ramp it back up!



For Vegetables:

'Stir Fry' in sliced garlic, ginger & sesame seeds and squeeze on lime and top with freshly chopped coriander.

Sprinkle on a spice mix of paprika, cumin and coriander seeds (powdered)

Dress steamed vegetables with lemon juice and olive oil and lightly salt with Himalayan salt

Gently grill Mediterranean vegetables such as eggplant, capsicum & zucchini brushed with lemon juice and olive oil

For Sauces & Dressings

Blend fresh tomato, garlic, basil, red onion and a little lemon juice for a 2-minute salsa to dress anything!

Mash avocado, garlic, a little lemon juice and a little tomato for an instant guacamole to use in sandwiches, wraps and as a thick salad coating. Delicious.

Blend chickpeas, lemon juice, tahini and a little water for an instant hummus.

Simply mix lemon juice, olive oil, Himalayan salt & black pepper for an easy salad or vegetable dressing.

For Creamy Alkaline Soup Bases

Blend an avocado, 1/2 cucumber, a handful of spinach and a little stock. Now blend in whatever veggies you feel like and the base will keep it creamy, alkaline and raw.

By using these 'cheats' and tips you can easily make so many of your favourite meals more alkaline!

