

The Cozy Bone-Healthy Kitchen

*Bone-Smart Recipes For
A Healthy Winter*

Cozy Winter
30
Recipes



Soups

Stews &
Casseroles

Desserts



Welcome!

Nothing says winter like enjoying delicious meals in the cozy comfort of your home. But it's easy to slip through the cracks and resort to foods that can damage your bones.

These easy-to-prepare cozy recipes are designed to support the health of your bones and contain a large variety of Foundation Foods.

So from my kitchen to yours, I hope you will enjoy them and that you will also share them with friends and family.

Yours in excellent health,

Vivian Goldschmidt, MA

Founder of the Save Institute for Natural Health

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Soups



Green Goodness



pH

100% Alkalizing

Servings

2

Ingredients

- 2 cups broccoli florets
- 2 celery stalks, finely diced
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 1 cup kale, roughly chopped
- 1 carrot, peeled and finely chopped
- 2 cups water or vegetable broth
- Sea salt, to taste
- Juice of ½ lemon
- 1 teaspoon coconut oil or extra-virgin olive oil

Directions

- 1 In a soup pot, heat the coconut oil and add the onion, garlic, carrot, celery, and broccoli and cook over low heat for five minutes, stirring frequently.
- 2 Add the water or vegetable broth and bring to a boil.
- 3 Place lid on the pot and simmer for about 6 minutes, until the vegetables are tender but not too soft.
- 4 Stir in the kale and let it simmer for about 2 to 3 minutes. Then transfer the mixture to a blender and blend until mixture becomes smooth.

pH

100% Alkalizing

Servings

4

Lima Bean And Kale Soup

Ingredients

- 2 tablespoons extra virgin olive oil
- 3 garlic cloves, finely chopped
- 5 cups (packed) kale, thinly sliced
- 1 tablespoon apple cider vinegar
- 2 cups vegetable broth
- 1 pound lima beans, cooked and well drained
- 1 pound finely diced tomatoes
- 1 teaspoon dried basil, or 1 tablespoon fresh
- 1 teaspoon dried thyme, or 2 teaspoons fresh
- Sea salt and black pepper to taste

Directions

- 1 Heat olive oil in a heavy saucepan over medium heat. Sauté garlic for one minute. Stir in kale, vinegar, and broth and bring to a boil.
- 2 Turn the heat down to medium low and simmer, covered, until kale is wilted (about 7 minutes).
- 3 Stir in beans and tomatoes, cover, and simmer for another 15 to 20 minutes or until it reaches desired consistency. Add more broth if soup is too thick. Season to taste with salt and pepper and mix 2 tablespoons of olive oil just before serving.



pH

pH-balanced

Servings

4

Nutty Sweet Potato Soup

Ingredients

- 2 large sweet potatoes, cooked and peeled
- 1 ½ tablespoons extra-virgin olive oil
- ¼ cup tomato sauce
- 4 cups water
- 2 tablespoons almond milk or your favorite milk substitute
- 1½ cup cashew halves, raw
- Pinch of dried thyme (optional)
- Sea salt and black pepper to taste

Directions

- 1 Peel and coarsely mash the sweet potatoes in a large bowl. Scoop potatoes into a large, heavy saucepan and heat on medium-high.
- 2 Stir in the olive oil, water, tomato sauce, and almond milk.
- 3 Season to taste with salt, pepper, and thyme, and stir in cashews. Bring mixture to a boil, and turn the heat down to medium-low and simmer until cashews are soft (about an hour). Add 1 tablespoon of extra-virgin olive oil before serving and mix well.

Cozy Cauliflower Soup



pH

100% Alkalizing

Servings

6-8

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 medium white onions, thinly sliced
- ½ teaspoon sea salt, divided
- 2 cloves garlic, minced
- 1 head of cauliflower (about 2 pounds), trimmed and cut into florets
- 4 ½ cups water
- ½ teaspoon coriander
- ½ teaspoon turmeric
- 1 teaspoon cumin
- 1 cup coconut milk
- Black pepper to taste

Directions

- 1 Heat the olive oil over medium-high heat and sauté the onions with ¼ teaspoon salt for about 8 minutes.
- 2 When onions are translucent, turn the heat down to low and stir in the garlic.
- 3 Sauté for about 2 minutes, and add the rest of the ingredients except the coconut milk.
- 4 Stir in the remaining ¼ teaspoon salt.
- 5 Bring the soup to a boil, and turn the heat to low and simmer for 15 to 17 minutes (or until cauliflower is tender).
- 6 Puree the soup in a blender until smooth (you may have to work in batches, pouring the pureed soup back into the pot to keep warm).
- 7 When all the soup is pureed and back in the pot, stir in the coconut milk and add salt and pepper to taste. Add 1 tablespoon extra-virgin olive oil just before serving.



pH

100% Alkalizing

Servings

4

Bone-Healthy Bean Soup

Ingredients

- 1 carrot, diced
- 1 onion, diced
- 1 stalk celery, diced
- 2 cloves garlic
- 4 cups lima beans, cooked
- 4 cups vegetable broth
- sea salt to taste
- ground black pepper to taste
- ½ teaspoon chopped fresh rosemary
- 1 tablespoon chopped parsley
- juice of ½ lemon
- 1 ½ tablespoons olive oil
- 2 tablespoons plain unsweetened yogurt for topping (optional)

Directions

- 1 Heat olive oil over medium-high heat in a large pot.
- 2 Add carrot onion, and celery, and cook stirring until onion turns translucent, about 5 to 7 minutes. Stir in garlic and cook for a few more minutes.
- 3 Add beans, broth, salt, pepper, and herbs. Set heat to medium-high and bring to a simmer. Reduce heat to low and let simmer until vegetables are tender, about 30 minutes.
- 4 Serve and top with a dollop of yogurt, if desired.

Lentil Veggie Soup



pH

pH-balanced

Servings

4

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 4 cups kale, chopped small
- 3 garlic cloves
- 5 ½ cups vegetable broth
- 1 cup brown lentils
- 1 ½ cups tomatoes, diced
- 1 teaspoon dried marjoram
- 1 teaspoon dried thyme
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon sea salt (adjust to taste)

Directions

- 1 Heat olive oil in a large pot. Add the celery, garlic, onion, and carrot. Cover and cook until softened, about 5 to 7 minutes.
- 2 Add broth, lentils, tomatoes, kale, thyme, marjoram, sea salt, and pepper. Bring to a boil, then lower temperature to a simmer.
- 3 Cover and cook until the lentils are soft, approximately 45 minutes. Add more broth if necessary.

Creamy Cabbage Soup



pH

100% Alkalizing

Servings

6

Ingredients

- 1 fair-sized green cabbage, washed and finely shredded
- 1 large onion, chopped
- 1 tablespoon vegetarian butter*
- 4 cups water (adjust amount according to need)
- ½ teaspoon nutmeg (optional)
- 1 ½ cups milk substitute
- Pepper and sea salt to taste

*Vegetarian butter refers to natural, non-hydrogenated, non-dairy spreads, except margarine, since the latter contains hydrogenated oils. If you can't find any brand that fits this description, then use coconut oil. If so, make sure you keep your stovetop at no higher than medium setting so as not to overheat the coconut oil.

Directions

- 1 Heat cabbage and onion in boiling water.
- 2 Add the butter and seasoning, and let all cook gently for 1 hour, or longer if the vegetables are not quite tender.
- 3 Add the milk substitute when the vegetables are thoroughly tender, and let all simmer gently for 10 minutes.

pH

100% Alkalizing

Servings

4

Cozy Comfort Soup

Ingredients

- ½ pound dried large lima beans
- 1 tablespoon olive oil
- 1 celery stalk, finely chopped
- 1 carrot, finely chopped
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 bay leaf (optional)
- 5 cups vegetable stock
- 1 sweet potato, cooked
- ¼ teaspoon sea salt (adjust to taste)
- Black pepper to taste
- Chopped parsley, for garnish

Note: if you'd like a sweeter version of this soup, you can add 1 tablespoon of honey or to taste.

Directions

- 1 The night before you plan to make the soup, soak the lima beans overnight in cool water. Drain and rinse the beans before starting the soup.
- 2 Heat the olive oil in a large pot over medium heat. Add the celery, carrot, and onion, and sauté until tender. Add the garlic and bay leaf and sauté for another minute. Add the drained lima beans and vegetable stock, and bring to a boil. Reduce the heat to medium-low.
- 3 Cover the pot and simmer, stirring occasionally, until the beans are very tender (it could take up to 2 hours). Add salt in the last half hour of cooking. Discard the bay leaf.
- 4 While the soup is simmering, peel the previously cooked sweet potato. Combine the sweet potato flesh and one-third of the soup (including liquid and beans) in a blender. (Here's where you can add the 1 tablespoon honey.) Process until smooth.
- 5 Return the purée to the pot and stir well. You can add water or more stock if you like a thinner consistency.
- 6 Season with more sea salt (if necessary) and black pepper. Simmer and heat soup to desired temperature. Serve hot garnished with parsley.



Power Me Up Soup

Ingredients

- 3 stalks celery, diced
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, diced
- 1 small butternut squash, peeled and diced small
- 1½ cups cauliflower florets, chopped
- 1 zucchini, diced
- 1 large tomato, chopped
- 2 cups pinto beans, cooked and drained
- ½ cup quinoa, cooked
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- Sea salt and pepper to taste
- 2 tablespoons olive or avocado oil
- 5 ½ cups vegetable broth or water (adjust to desired consistency)
- Lemon juice to taste

Directions

- 1 Heat oil in a pot, and add the celery, onion, and squash. Saute on medium-high heat until soft.
- 2 Add minced garlic and herbal seasoning. Saute for 1 to 2 minutes.
- 3 Add the bell pepper, zucchini, tomato, and pinch of salt. Cook for 5 minutes.
- 4 Add water or vegetable broth, black pepper, and salt to taste, and mix well.
- 5 Bring it to a boil and reduce heat to simmer for approximately 15 minutes or until it reaches desired consistency.
- 6 Add the cooked pinto beans and quinoa, then simmer for about 5 minutes.

pH

pH-balanced

Servings

4



pH

100% Alkalizing

Servings

6

Cream of Onion Soup

Ingredients

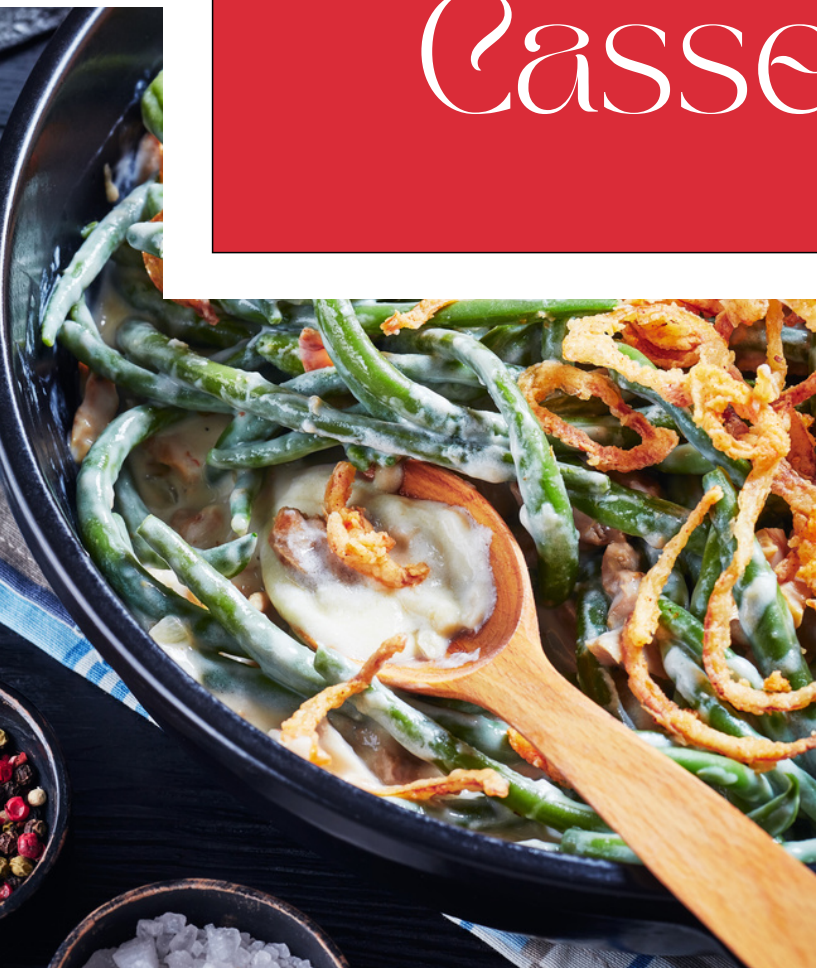
- 4 medium-sized onions, sliced
- 2 tablespoons almond flour
- 1 tablespoon extra-light olive oil
- 2 tablespoons vegetarian butter
- 2 ½ cups almond milk
- 2 cups water (adjust to desired consistency)
- 1 teaspoon sea salt and 1/8 teaspoon pepper

Directions

- 1 Heat the oil in a frying pan and brown the onions. Set aside.
- 2 Make white sauce mixing the flour, the butter, and milk in the soup pot.
- 3 Add to this the browned onions, salt, and pepper. Add water to desired consistency.
- 4 Heat thoroughly and serve.



Stews and Casseroles





pH

pH-balanced

Servings

4

Not Just Mushroom Barley Pilaf

Ingredients

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 cup mushrooms, sliced
- $\frac{3}{4}$ cup hulled barley, cooked
- 4 basil leaves, fresh or dried
- 2 large carrots, finely chopped
- 1 red bell pepper, finely chopped
- 2 teaspoons grated lemon peel
- Salt and pepper to taste

Directions

- 1 Heat oil and sauté until onion is beginning to soften, about 4 minutes. Then add the mushrooms.
- 2 Sprinkle the mixture with salt and pepper to taste.
- 3 Add barley, and while constantly stirring, heat for approximately 3 minutes.
- 4 Add basil, stir a little, cover pot, and heat for an additional 2 minutes.
- 5 Stir in carrots and bell pepper. Cover pot and cook until vegetables are tender, about 6 minutes.
- 6 Remove from heat, stir, and let stand in covered pot for 10 minutes or so.
- 7 Stir in lemon peel, and serve.

Note: This recipe uses cooked barley, which makes it super quick and easy! Using the directions shown above, cook the barley ahead and store in your refrigerator until you're ready to make the pilaf. Cook up a bunch of extra barley so you'll have it on hand to toss in salads and other dishes.



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Servings

4

Superfood Stew

Ingredients

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 cups sliced zucchini
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- ½ teaspoon parsley
- 1 teaspoon apple cider vinegar
- 2 cups tomatoes, chopped
- 4 cups vegetable broth
- ½ cup quinoa, uncooked
- 2 cups kale, chopped
- Sea salt and black pepper to taste

Directions

- 1 In a large pot heat the olive oil. Add the onion and cook, stirring occasionally, until it becomes soft.
- 2 Stir in the zucchini, cook it for a few minutes, and then mix in the garlic, cumin, and parsley. Salt to taste.
- 3 Add the apple cider vinegar, tomatoes, broth, and quinoa. Cover and simmer until the zucchini is soft and the quinoa fully cooked.
- 4 When the stew is almost done, stir in the kale and cook it until the kale is wilted. Sprinkle with black pepper if desired.



pH

100% Alkalizing

Servings

4-6

Winterfest Stew

Ingredients

- 2 tablespoons olive oil
- 1 large onion, sliced
- 3 cloves garlic, chopped
- 2 cups mushrooms, sliced
- 1 stalk celery, chopped
- 4 sweet potatoes, cubed
- 3 beets, cubed
- 3 carrots, sliced
- ½ head of cabbage, chopped
- Juice of a half lemon
- 1 tablespoon basil
- 1 tablespoon thyme (optional)
- 2 tablespoons vegetable broth
- 3 large tomatoes, cubed
- Sea salt to taste
- 3 to 4 cups of water

Directions

- 1 In a large pot heat the olive oil. Stir in the onions, mushrooms, and garlic, and sauté until the mushrooms begin to soften.
- 2 Add the rest of the vegetables and cook until the garlic starts to brown. Add the salt and spices. Cook for an additional 5 minutes, then stir in the lemon juice and broth, combining well before adding the cubed tomatoes.
- 3 Add the water to the pot and bring it to a boil.
- 4 Stir in the cabbage and salt, reduce heat and cover, simmering for about 30 to 40 minutes or until tender.



pH

100% Alkalizing

Servings

6-8

Bone-Building Bean Stew

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 sticks celery, sliced
- 1 zucchini, chopped
- 2 carrots, sliced
- 1 red pepper, sliced
- 3 garlic cloves, minced
- 1 inch fresh ginger, chopped
- 1 ½ cups lima beans, cooked
- ¾ cup pumpkin puree
- 1 teaspoon honey or stevia equivalent (adjust to taste)
- Sea salt and black pepper to taste

Directions

- 1 Heat the olive oil in a large pot and sauté the onion until it becomes translucent.
- 2 Add the beans and cook for a few minutes.
- 3 Then stir in the rest of the vegetables, garlic, and ginger, cover the pot and gently simmer for about 30 minutes or until vegetables are tender.
- 4 Add pumpkin puree, honey, salt and pepper, and mix well. You can add water or vegetable broth if you prefer a more liquid consistency.



pH

100% Alkalizing

Servings

2

Hearty Stew

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ medium red onion, diced
- ½ cup quinoa
- ½ cup carrots, shredded
- ½ cup green beans
- 1½ cups vegetable broth
- 5 tomatoes, cut up in small pieces
- 1 cup lima beans, cooked
- ½ teaspoon sea salt (adjust to taste)
- ½ teaspoon black pepper
- ½ teaspoon parsley flakes

Directions

- 1 In a large saucepan, heat 1 tablespoon olive oil over medium heat and sauté the onion until soft.
- 2 Add the quinoa, carrots, 1 cup broth, tomatoes, salt, pepper, and parsley. Bring to a boil, then simmer until quinoa is tender, 12 to 15 minutes.
- 3 Stir in beans and cook for about 5 more minutes. You can add more vegetable broth to reach desired consistency.

Mushroom And Onion Baked Potato



pH

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Servings

4

Ingredients

- 4 potatoes, baked
- 2 tablespoons olive oil
- 1 medium onion
- 1 clove garlic, minced
- 1 16-ounce package of baby portabella mushrooms, stems removed
- ¾ cup red wine or grape juice (if you use grape juice, leave out the pinch of stevia)
- ½ cup apple cider vinegar
- Pinch of stevia
- ¾ teaspoon arrowroot powder
- 1 tablespoon minced fresh parsley
- Sea salt and pepper to taste
- 2 tablespoons goat cheese, crumbled, for garnish (optional)
- 1 tablespoon minced fresh chives for garnish (optional)

Directions

- 1 Slice mushrooms and onion into ¼ inch thick slices.
- 2 In a small bowl, whisk together the wine, vinegar, sugar, and arrowroot powder.
- 3 In a large skillet, heat the olive oil and add the onion slices. Stir occasionally as onions cook for about 15 minutes or until browned.
- 4 Add the minced garlic and mushroom slices; sauté until vegetables are tender.
- 5 Pour in the red wine mixture and bring to a boil; reduce heat and simmer about 10 minutes, or until liquid thickens into a syrup-like consistency.
- 6 Stir in the parsley and add salt and pepper to taste.
- 7 Top each potato with one-fourth of the mushroom mixture and sprinkle with goat cheese and chives, if desired.

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Servings

6

Yellow And Green Casserole

Ingredients

- 3 cups cooked chickpeas
- 1 onion, chopped
- 2 cups grated carrots
- 4 cups broccoli florets
- 2 tbsp thinly sliced celery
- ½ cup brown rice, cooked
- 2 tbsp olive oil
- 1 cup vegetable broth
- ½ cup almonds, slivered
- 1 teaspoon sea salt black pepper to taste (optional)

Directions

- 1 Preheat oven to 350° F. Mash the chickpeas for about 2 minutes, using a potato masher or fork.
- 2 Add the onion, carrots, broccoli, and celery and mix well. Add the rice and oil and mix again. Then mix in the vegetable broth, salt, and black pepper.
- 3 Place mixture in a 9×13 casserole dish, pressing firmly. Cover and bake for 45 minutes. Remove cover and bake 10 more minutes or until done. Spread the almonds on top of the casserole and bake an additional 5 minutes so they get toasted. Serve hot.

Easy Slow-Cooker Beef Stew



pH

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Servings

4

Ingredients

- ¾ pound grass-fed beef roast, such as chuck or round, cut into 1-inch cubes
- 2 teaspoons olive oil
- ½ cup red wine
- 2 tablespoons tomato paste
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 5 large carrots, cut into one-inch pieces
- 3 garlic cloves, minced
- 5 celery stalks, cut into half-inch pieces
- 1 cup pearl onions
- 1 ¾ cup vegetable stock
- 3 sprigs of fresh thyme (or 1/2 teaspoon dried)
- 1 large bay leaf
- Small handful of fresh parsley leaves for topping (optional)

Directions

- 1 In a medium skillet, brown beef in oil for 7-9 minutes.
- 2 Place browned beef in slow cooker and add the wine to the hot skillet. Stir well and bring to a boil; simmer for 1 minute and pour over beef.
- 3 Place the tomato paste, carrots, onions, garlic, celery, salt, and pepper into the slow cooker; stir. Pour broth over all, and place thyme sprigs and bay leaf on top.
- 4 Cover and cook on low for 7 to 8 hours. Serve in bowls and sprinkle with parsley if desired.



pH

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Servings

8

Creamy Green Bean Casserole

Ingredients

- 1 pound fresh green beans, halved
- ½ cup yogurt cream “cheese” (directions below)
- 1 heaping tablespoon plain yogurt thinned with enough whey (see below) or water to make ¼ cup liquid
- 1 garlic clove, minced
- ¼ teaspoon ground black pepper
- ¼ teaspoon sea salt (adjust to taste)
- ½ cup sliced almonds
- 1 tablespoon non-hydrogenated buttery spread or grass-fed butter, melted
- 2 tablespoons whole-grain bread crumbs

Directions

For the cream “cheese”:

- 1 Place a fine mesh strainer into a bowl. Line the strainer with coffee filters or a single layer of cheesecloth.
- 2 Spoon plain yogurt into the lined strainer, cover, and leave in the refrigerator overnight. In the morning, there will be thick cream cheese in the strainer. Save the whey to use in the recipe.

For the the casserole:

- 1 Preheat oven to 350 degrees F. Steam green beans for 3 to 5 minutes.
- 2 In a large bowl, whisk together the yogurt cheese, ¼ cup thinned yogurt, pepper, salt, and half the garlic.
- 3 Add steamed beans to the yogurt mixture; stir to combine, and spoon into a 1-quart, oiled baking dish.
- 4 In a small bowl, combine the rest of the garlic with almonds, bread crumbs, and melted butter. Sprinkle this mixture over the green beans and bake, uncovered, for 20-30 minutes, or until topping is a golden brown.

Slow-Cooker Chicken Curry

Ingredients

- 1 pound chicken breasts or chicken thighs, skinless and deboned
- ¾ cup chicken broth
- 4 tablespoons tomato paste
- ½ cup coconut milk
- 2 cloves garlic, minced
- ½ tablespoon ground ginger
- 2 tablespoons curry powder (adjust to taste)
- 2 red bell peppers, chopped into cubes
- 1 yellow onion, thinly sliced
- 2 cups chopped spinach
- Sea salt and pepper, to taste

Directions

- 1 Cut chicken pieces in half or quarters (not cubed, just cut up enough to make it all fit in the slow cooker).
- 2 Combine coconut milk, tomato paste, garlic, ginger, curry powder, salt and pepper and red pepper flakes in the slow cooker and whisk together.
- 3 Add in peppers, spinach, chicken and broth.
- 4 Mix all ingredients together to completely cover the chicken in the curry mixture.
- 5 Cover and cook on low for 6 to 8 hours or on high for 4 to 5 hours.



pH

pH-balanced

Servings

4



Desserts



Whirled Holiday Muffins



pH

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Servings

12

Ingredients

- 1 cup puréed pumpkin
- ⅓ cup raw honey
- 2 large eggs
- 3 teaspoons vanilla extract
- 2 tablespoons almond butter
- 2 tablespoons coconut oil, melted
- ¼ cup unsweetened vanilla almond milk
- 2 cups rolled oats
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt (optional)
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- Pinch of ground cloves
- ½ cup dark chocolate chips

Directions

- 1 Preheat oven to 350 F. Line a 12-cup muffin pan with paper liners, or oil cups with coconut oil.
- 2 Place rolled oats in a blender. Add the pumpkin, honey, eggs, almond milk, coconut oil, almond butter, and vanilla extract. Whirl until smooth.
- 3 Pour pumpkin and oat mixture into a large bowl. Use a spoon to fold in the remaining ingredients.
- 4 Spoon batter into muffin cups, filling each cup about ¾ full. Bake at 350 F for 20 to 25 minutes, or until muffins are golden brown.
- 5 Cool muffins on a wire rack at least 10 minutes before removing them from the pan.

pH

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Servings

4

Frosted Lemon Blackberry Cake

Ingredients

- 2 ½ cups rolled oats
- ½ cup raw honey
- 3 teaspoons baking powder
- ¼ teaspoon sea salt
- ½ cup plain yogurt, thinned with almond milk to make 1 cup
- 2 large eggs
- ½ teaspoon lemon extract
- 1 teaspoon vanilla extract
- ¼ cup almond butter
- 2 tablespoons coconut oil, melted
- ¾ cup blackberries, fresh or frozen
- 1 tablespoon fresh lemon juice

Cream "Cheese" Frosting:

- 2 scoops (4 tablespoons, or ¼ cup) vanilla whey protein powder
- ½ cup yogurt "cream cheese" or Greek yogurt
- ¼ teaspoon stevia powder (adjust to taste)
- 2 tablespoons almond butter
- 1 teaspoon fresh lemon juice
- Unsweetened almond milk for consistency

Directions

For the cake:

- 1 Preheat oven to 350 degrees F. Oil a bread loaf pan or 8" x 8" baking dish with coconut oil.
- 2 Place the rolled oats in the blender and whirl until a flour forms.
- 3 In a large bowl, combine all of the dry ingredients; stir well.
- 4 Place the almond butter in a double boiler and heat gently until it's melted and somewhat runny.
- 5 In a small bowl, place the blackberries and pour the lemon juice over them. Stir gently to combine and set aside.
- 6 In another small bowl, whisk the eggs. Whisk in the thinned yogurt and vanilla.
- 7 Pour wet ingredients into the dry ingredients; add the melted almond butter. Stir well to combine the ingredients thoroughly. Fold in the blackberries mixed with the lemon juice.
- 8 Pour batter into the prepared loaf pan or baking dish and bake at 350 F for 25 to 30 minutes, or until a toothpick inserted comes out clean. Cool cake on a wire rack until cake reaches room temperature. Refrigerate for about an hour before frosting for the best results.

For the frosting:

- 1 In a small bowl, whisk together all of the ingredients except the almond milk. If consistency is too thick to spread, add almond milk a teaspoon at a time to reach spreadable consistency.



pH

pH-balanced

Servings

8

Fruity Muffins

Ingredients

- ½ cup plain yogurt
- 2 tablespoons coconut oil, melted
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- ¼ teaspoon apple cider vinegar
- 1¼ cup almond flour
- ½ teaspoon baking soda
- 3 eggs
- ¼ cup diced fresh strawberries
- ¼ cup fresh blueberries
- ¼ cup walnuts, chopped

Directions

- 1 Preheat the oven to 350°F. Use a pastry brush to oil eight of the muffin cups with the melted coconut oil.
- 2 In a blender, place all the liquid ingredients except the eggs, and place the dry ingredients on top of the liquid. Whirl on low for about 15 seconds, and then add the eggs and whirl on low speed once again for another 15 seconds. Increase speed to high, and whirl until ingredients are just combined (about 20-30 seconds). Do not over-mix, or your muffins will be tough.
- 3 Place the batter in a large mixing bowl and fold in the berries and walnuts, and distribute batter among the eight oiled muffin cups. Bake for 15 to 18 minutes, or until a toothpick comes out clean.
- 4 When muffins are done, allow them to cool about 5 minutes before running a knife around the edge of the cups to loosen the muffins. Then turn muffins out onto a piece of parchment paper.



Crunchy Cupcakes

Ingredients

- 1 ½ cups almond flour
- ½ cup honey
- ½ cup coconut oil, softened
- 2 teaspoons baking powder
- 2 teaspoons vanilla extract
- 1 cup almond milk
- ¼ cup dates, chopped small
- ½ cup sunflower seeds, raw
- 2 eggs

Directions

- 1 Preheat oven to 350°F. Mix the softened coconut oil, eggs, milk, vanilla, dates, and honey on medium speed of a stand mixer. Turn to low speed and add the almond flour a little at a time, and then add the baking powder.
- 2 Place cupcake papers into a 12-cup muffin tin and scoop about ¼ cup of batter in each lined cup. Bake for 18 to 20 minutes, or until a toothpick inserted comes out clean. Cool on a wire rack.

pH

pH-balanced

Servings

12

Mini Mango Cakes



pH

Servings

100% Alkalizing

8

Ingredients

For the crust:

- ½ cup almonds
- ½ cup sesame seeds
- 4 Medjool dates, pitted
- 1 frozen banana
- 1 tablespoon coconut oil
- ½ teaspoon cinnamon

For the filling:

- 1 cup almond butter
- 2 tablespoons coconut oil
- 2 tablespoons raw honey
- 1 large mango
- 1 teaspoon minced fresh ginger
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon

Directions

- 1 In a blender or food processor, blend or pulse the almonds and sesame seeds until they are coarsely ground.
- 2 Place all other ingredients in the blender and blend until the mixture forms a cohesive mass.
- 3 Line eight muffin cups with parchment paper or lightly oil them. Divide this mixture into eight equal portions, and place each portion into a muffin cup.
- 4 Press the mixture firmly into each muffin cup, spreading it evenly across the bottom. Set aside and begin the filling.
- 5 Place coconut oil and almond butter in a small pot, and over medium-low heat, stir the mixture until smooth and incorporated. Stir in the honey until well-blended. Set aside and allow mixture to cool.
- 6 Prepare the mango by peeling and cutting the flesh away from the pit. Place the mango pieces into a blender and add the cinnamon, ginger, and lemon juice. Blend well, and then pour into the almond butter mixture in the pot. Stir to combine.
- 7 Spoon the mango mixture into the muffin cups, covering the crust evenly.
- 8 Freeze mini cakes until firm.

Mini Pineapple Muffins



pH

pH-balanced

Servings

6

Ingredients

- ½ cup almond meal
- ½ cup dried blueberries, divided
- 1 ½ to 2 ripe bananas, divided
- ¾ cup pureed pineapple

Directions

- 1** In a blender or food processor, blend almond meal and blueberries to make a cohesive, sticky mixture. If you're using raw almonds instead of almond meal, place them in the blender first and pulse until coarsely ground before adding the blueberries.
- 2** Divide this mixture evenly between six parchment paper-lined muffin cups.
- 3** Slice the banana(s) and place one slice in each muffin cup on top of the almond meal mixture.
- 4** Now pour the pureed pineapple evenly over each banana slice and top with remaining blueberries and banana slices.
- 5** Place muffin tin in freezer for four hours, or until firm. Thaw for a few minutes before serving.

pH

pH-balanced

Servings

6-8

Raspberry Lemon Cake

Ingredients

For the crust:

- ½ cup raw cashews
- ½ cup coconut flakes
- 2 tablespoons raw honey
- Zest from 1 lemon
- ½ teaspoon vanilla extract
- ½ teaspoon lemon juice

For the filling:

- 1 ½ cups soaked, raw cashews
- 2 cups plain Greek yogurt
- ¼ cup lemon juice
- 1 tablespoon lemon zest
- ½ cup raw honey
- ½ teaspoon vanilla extract
- ¼ cup coconut oil
- 1 egg yolk (use pasteurized eggs if you're concerned about consuming raw egg yolk)
- Fresh raspberries for topping

Directions

- 1 Pulse or blend all crust ingredients in a blender or food processor. Press the mixture into the bottom of a spring-form baking pan and set aside.
- 2 In a blender, whirl all the filling ingredients except the egg yolk. When the mixture is well blended, add the yolk and mix well.
- 3 Pour ¾ of the filling mixture over the crust in the baking pan; place the remaining ¼ of the mixture in a small bowl. Place the pan and the bowl in the freezer; remove the bowl after one to two hours, and the pan after three to four hours.
- 4 When the mixture in the bowl is a spreadable consistency, place it in the fridge until the cake is finished freezing.
- 5 When the cake is frozen, remove it from the pan and decorate it with the refrigerated mixture in the bowl as you would with frosting. You can use an icing bag to make pretty designs. Then top with fresh raspberries and serve.



pH

pH-balanced

Servings

8

Zesty Scones

Ingredients

- 2¾ cups almond flour
- ½ teaspoon baking soda
- 3 tablespoons coconut oil
- 2 eggs
- 2 tablespoons almond milk
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- ¼ cup pecans, chopped
- 2 teaspoons honey
- ½ cup dried cranberries

Directions

- 1 Place the almond flour and baking soda in a blender or food processor. Whirl 2 tablespoons of the coconut oil into the flour and baking soda, making sure the oil is well incorporated.
- 2 In a large bowl, whisk together the eggs, almond milk, lemon juice and zest, and honey. Then stir in the almond flour mixture and mix well. Fold in the cranberries and pecans, and refrigerate dough for about 15 minutes to chill it well.
- 3 While dough is chilling, preheat oven to 350°F and line a cookie sheet with parchment paper.
- 4 Remove dough from fridge, form it into a ball, and place it on a board or work surface dusted with almond flour. With your hands, shape the dough into a rough 6"x6" square, then cut it into quarters to form four squares. Cut each square in half diagonally, forming two small triangles per square.
- 5 Using a pastry brush, coat the top of each triangle with melted coconut oil, and place each triangle on the cookie sheet (use a spatula to keep scones from losing their shape). Bake for 15 to 18 minutes, or until scones are golden brown.

Bone-Building Banana Ginger Pudding



pH

100% Alkalizing

Servings

2

Ingredients

- 2 large bananas, mashed
- 1 tablespoon coconut oil
- ½ teaspoon ground ginger (you can adjust to taste)
- ½ teaspoon ground nutmeg (you can adjust to taste)
- ¼ teaspoon stevia
- ¼ cup almond milk or your favorite milk substitute
- Top with chopped almonds

Directions

- 1 In a small pot, mix all ingredients except almond milk, stevia, and almonds. Heat at low temperature until hot.
- 2 Remove pot from heat. Add stevia to almond milk and combine it with the banana mixture.
- 3 Stir for a minute or two until the mixture takes on a pudding-like consistency.
- 4 Top with almonds and serve warm.

Chocolate Mousse



pH

pH-balanced

Servings

2

Ingredients

- 2 avocados
- $\frac{3}{4}$ cup vanilla almond milk
- 2 teaspoons vanilla extract
- 2 $\frac{1}{2}$ tablespoons unsweetened cocoa powder
- 5 whole, pitted dates
- $\frac{1}{4}$ teaspoon sea salt
- Raspberries or sliced strawberries for topping

Directions

- 1 Remove the flesh from the avocados and place in a blender.
- 2 Add all the other ingredients and whirl at high speed until thick and smooth.
- 3 Spoon into two bowls and refrigerate for at least an hour, or until firm. Serve chilled topped with berries.

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