



NUT FREE CRACKERS

INGREDIENTS

1 cup seeds (whatever you like/ have, mix it; sunflower, pumpkin, sesame, chia)

1 tsp salt

2/3 cup cassava flour or teff flour or rice flour

1/4 cup olive or avocado oil

3/4 cup boiling water

PROCEDURE

1. Mix the dry ingredients.
2. Add oil and mix.
3. Add boiling water and mix.
4. Place between 2 parchment papers and roll.
5. Remove the top paper,
6. Bake at 325F for 30-35 min or until golden

NOTES

Enjoyed best when served with a healthy dip.

Try it with Tzaziki Dip!





VEGAN TZAZIKI DIP

INGREDIENTS

- 1 cup raw cashews (soaked for min. 2 hours)
- ½- ¾ cups water (reduce if you want it thick)
- 1 ½ tbsp lemon juice
- ½ tbsp apple cider vinegar
- 2 tbsp fresh dill
- 2 cloves garlic
- ½ tsp salt
- Black pepper to taste
- Half an English cucumber

NOTES

ALMONDS AND CASHEWS ARE HIGH IN OXALATES AND POTENTIALLY COULD BE PROBLEMATIC FOR PEOPLE WITH KIDNEY ISSUES AND PEOPLE WHO ARE PRONE TO KIDNEY ISSUES.

PROCEDURE

1. Peel and grate your cucumber. Squeeze/ press grated cucumber to remove excess liquid.
2. Chop the fresh dill and set aside.
3. In a blender combine all other ingredients and blend until smooth.
4. Transfer to a bowl and add grated cucumber and fresh dill.
5. Mix and enjoy!





GREEN SMOOTHIE

INGREDIENTS

1 -2 cup of nut milk (your choice)

2 inch piece of english cucumber

1 cup of spinach

1 cup of frozen wild blueberries

1 green apple (w/o core)

1 knob of fresh ginger

1 tsp of cinnamon

1 tsp turmeric powder

1/2 avocado fresh or frozen

Optional: 1 tsp moringa powder, 1 tsp chia seeds, 1 tsp of hemp hearts, 1 tbs of almond meal

PROCEDURE

1. Wash all fruit and greens for the exception of blueberries
2. Place all ingredients into a blender
3. Blend until well mixed
4. Serve in your favorite glass

NOTE

Have it for breakfast or lunch or even a snack!

