

14 Ways to

Supercharge Your Health

with Whole Foods

and Stop Being
Fooled by Processed
"Health Foods"



Trevor Justice

14 Ways To Supercharge Your Health with Whole Foods And Stop Being Fooled by Processed “Health Foods”

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If you're like many health conscious people, you probably eat whole wheat bread, whole grain pasta, organic corn chips, fruit juice, and salad dressings made from olive oil or flax oil.

And if you're a vegan, chances are good you eat Earth Balance, Daiya vegan cheese, and Coconut Bliss. But guess what?

These “health foods” aren't optimal for your health. Why not?

They're made from fractured and processed foods. When food is ground, powdered, processed, and oxidized, it loses nutrition. And we'll prove it below with data from the USDA National Nutrient Database for Standard Reference - Release 23. For brevity, we're calling it USDA SR23.

Not only are processed foods less nutritious. Most of them contain additives that would make your great grandmother roll over in her grave!

Here's the truth. Our bodies are designed to absorb vitamins, minerals, and other nutrients from **whole foods** in their original form... the way they came from nature. Yet food manufacturers

have convinced us that fractured and processed foods are “health foods”.

That's one reason we created the [Vegetarian Mastery Program](#) and [Vegan Mastery Program](#). In these groundbreaking online courses, we teach you to thrive on whole food meals and snacks, and not be vulnerable to deficiencies.

It's also why we created [Fit Forever On Nature's Foods](#). It gives you weekly menu plans, grocery lists, and quick, delicious gluten-free recipes. To get a 50% discount, enter this coupon code on the checkout page: SUPERCHARGE.

As we look at the 14 food categories below, you'll see why many so-called “health foods” are second rate compared to whole foods. Where not specified, our nutrition data comes from manufacturer nutrition labels and the USDA SR23.

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BREAD

Most processed:	white bread
Less processed:	whole wheat bread
Optimal:	sprouted whole grain bread



The germ of a whole grain contains live protein, vitamins E, B-complex, and essential fats. The kernel is designed to protect the germ, because most B Vitamins and fats are sensitive to light, heat, and air. But once the kernel is pulverized into flour, the germ is exposed and unprotected.¹

What's more, grinding grains into flour increases the surface area. What's wrong with that?

When you eat grains in their original whole form, the starch is digested slowly. But the starch in flour turns into glucose much faster. That's why whole wheat bread has the same high Glycemic Index (GI) rating as white bread, about 70². In other words, they both cause blood sugar spikes.

The Glycemic Index is a chart that ranks foods on a scale of 1-100, showing how much glucose is released by a particular food over a 2 to 3-hour period in your bloodstream.

A GI rating of 70+ is considered high. Eating lots of high GI foods – like white bread and whole wheat bread – produces blood sugar spikes that can lead to insulin resistance. In turn, insulin resistance can lead to obesity, high blood pressure, elevated blood fats, and an increased risk of type 2 diabetes.¹

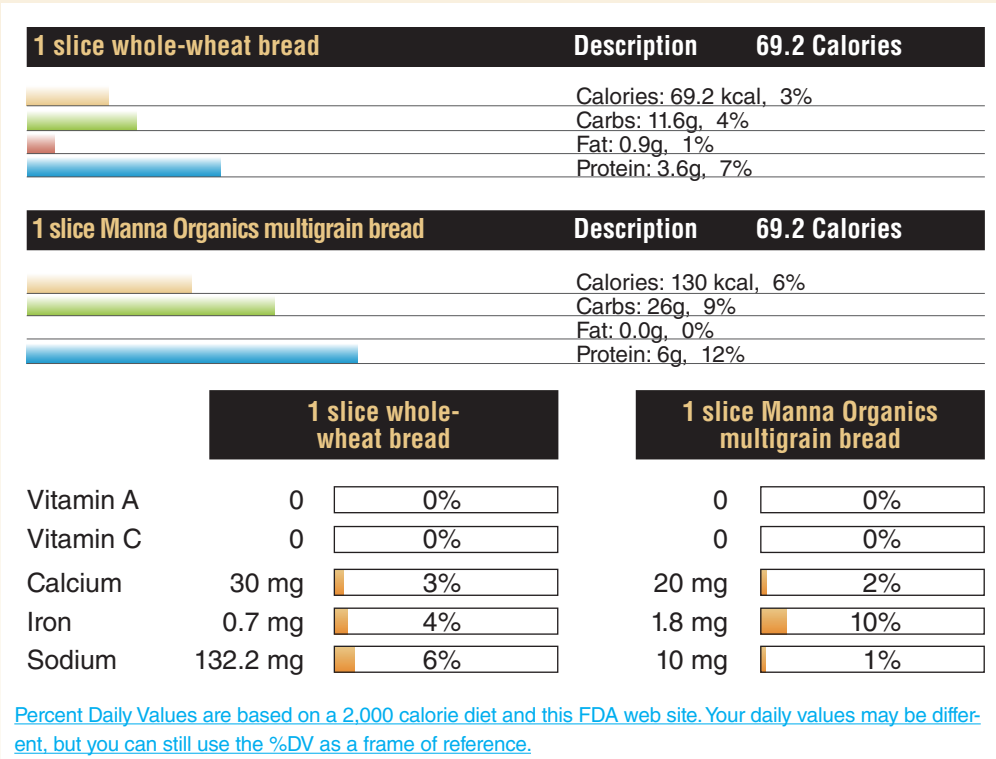
In Lesson 33 of The Mastery Program, “*The Glycemic Index Demystified*”, you’ll discover:

- Which carbs cause blood sugar spikes
- Which carbs put you at the greatest risk for diabetes, heart disease, and breast cancer.
- Three ingredients you can combine with these carbs to slow down the rise in your blood sugar.
- How cooking, mashing, ripeness, and fiber content all affect a food’s G.I. score, and its impact on your blood sugar levels.

You’ll also get a downloadable 1-hour Q&A of Ginny Messina, RD, answering student questions. Ginny is the author of several books, including The Vegetarian Way: Total Health For You and Your Family.

For the moment, just know that keeping grains in their original whole form slows the digestion of starch and prevents blood sugar spikes.¹

That’s why we recommend whole *grain* bread, the kind where you actually see pieces of wheat, oats, rye, or other grains on the cut surface of each slice.



In Lesson 22 of The Mastery Program – “*How To Replace Flour With Whole Sprouted Grains*” – you’ll discover how to:

- Sprout grains without the risk of mold
- Make “dough” from sprouted whole grains instead of flour
- Make homemade breads, crackers, and cookies from sprouted whole grains
- Preserve the nutrition in sprouted whole grains with low temperature baking
- Why some gluten-intolerant people can eat sprouted whole grains with no problems

You’ll also get a downloadable 1-hour Q&A of Steve Meyerowitz, “The Sproutman”, answering student questions. Steve is the author of several books, including Sprouts: The Miracle Food.

For now, look for Manna Organics or Ezekiel bread in the refrigerated section of your health food store. Both of these are made with sprouted whole grains instead of flour. Both have more protein and iron than whole wheat bread, but less fat and less sodium. Manna bread is also yeast-free. That means it doesn’t fluff up or “rise”, so it’s unusually dense.

SWEETENERS

Most processed:	white or brown sugar, pancake syrup, evaporated cane juice
Less processed:	maple syrup, brown rice syrup, coconut nectar
Optimal:	dates, fruit, raw honey, homegrown stevia



Maple syrup, brown rice syrup, and coconut nectar are miles ahead of ultra-refined sugars, that's true. But they're still processed foods.

By contrast, dates and other fruits are whole foods, rich in fiber, vitamins and minerals. You can chop dates into your cereal or oatmeal. Or you can puree them into anything you make in a blender or food processor.

Except for Vitamin B2 and manganese, maple syrup pales in comparison to dates, the real nutrient powerhouse in this category.

Cherie Soria – one of the guest experts you'll meet in The Mastery Program – finds that the mild flavor of dates is easily camouflaged by other ingredients. She uses soaked, blended dates to thicken raw puddings, pie fillings, and sauces.

When she needs a binding agent for raw pie crusts, cakes, or cookies, she blends unsoaked dates with nuts and/or dried coconut — using a food processor. Dr. Ritamarie Loscalzo created a Date Paste recipe to replace traditional syrups. See below.

What about other unprocessed sweeteners? Raw honey is unprocessed, but it isn't for everyone. It's not vegan. And it's not good for diabetics, since it has a GI of 35-58.¹⁰

Then again, dates aren't a great choice for diabetics either. Their G.I ranges from 31-62.¹⁰

So if you're a diabetic – or if blood sugar spikes are your main concern – consider homegrown stevia. Or check out green stevia at your health food store. (It's less processed than white stevia). Stevia has a G.I. rating of zero.¹⁰ And unlike dates, it easily dissolves into lemonade or tea.

If avoiding blood spikes is more important to you than eating whole food sweeteners, you'll love Lesson 34 of The Mastery Program – ***"Natural Sweetener Showdown"***. In it you'll discover:

- Pros and cons of 19 different sweeteners
- Pros and cons of lesser-known sweeteners like Xylitol, stevia, and coconut palm sugar
- Which sweeteners are questionable or dangerous

Date Paste (by [Dr. Ritamarie Loscalzo](#))

From Dr. Ritamarie's book, [Dessert: Making It Rich Without Oil](#)



1/2 pounds pitted dates

- 1) Soak pitted dates in 1 cup room temperature or warm water for 30 minutes.
- 2) Blend dates together with the soak water until smooth.
- 3) Store in refrigerator.



- Glycemic index ratings for all sweeteners
- How to turn dried fruits into syrups and pastes
- Which fruits best complement chocolate desserts vs. cookies vs. graham cracker crusts.



You'll also get a downloadable 1-hour Q&A of Dr. Ritamarie Loscalzo answering student questions.

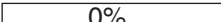





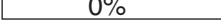

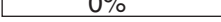

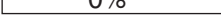

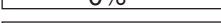

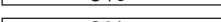

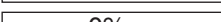

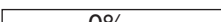

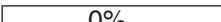



Then in Lesson 37 – *“Secrets To Cooking With Healthy Sweeteners”* – you'll discover:

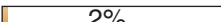

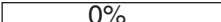

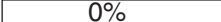

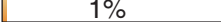

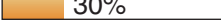

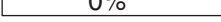

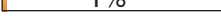

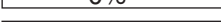

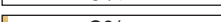



- How to substitute fruits for liquid sweeteners like maple syrup.
- How much healthy sweetener or fruit should you use to replace sugar (what's the ratio)?
- How do you adjust a recipe when replacing sugar with a liquid sweetener – so the final product isn't too runny?
- How do adjust the baking time?
- How do you offset the change in texture?
- Which flavors and recipes are complimented by bananas vs. other fruits?

You'll also get a downloadable 1-hour Q&A of Elaina Love answering student questions. Elaina is a Chef/Instructor at the renowned Living Light Culinary Arts Institute, and the author of Elaina's Pure Joy Kitchen.

1 Tbsp maple syrup	Description	52 Calories
	Calories: 52 kcal, 3%	
	Carbs: 13.4g, 5%	
	Fat: 0.0g, 0%	
	Protein: 0g, 0%	

1 medjool date	Description	66.5 Calories
	Calories: 66.5 kcal, 4%	
	Carbs: 18g, 4%	
	Fat: 0.0g, 0%	
	Protein 0.4g, 1%	

	1 Tbsp maple syrup		1 medjool date
B1	0.0 mg		0.2 mg  13%
B12	0.0 µg		0.0 µg  0%
B2	0.3 mg	 18%	0.1 mg  6%
B3	0.0 mg		4.5 mg  23%
B5	0.0 mg		0.8 mg  8%
B6	0.0 mg		0.2 mg  10%
Folate	0.0 µg		28.0 µg  7%
Vitamin A	0.0 IU		0.0 IU  0%
Vitamin C	0.0 mg		0.0 mg  0%
Vitamin D	0.0 IU		0.0 IU  0%
Vitamin E	0.0 mg		0.9 mg  6%
Vitamin K	0.0 µg		8.3 µg  10%

	1 Tbsp maple syrup		1 medjool date
Calcium	20.4 mg	 2%	50.0 mg  5%
Copper	0.0 mg		0.4 mg  20%
Iron	0.0 mg		3.1 mg  17%
Magnesium	4.2 mg	 1%	99.0 mg  25%
Manganese	0.6 mg	 30%	2.2 mg  110%
Phosphorous	0.4 mg		295 mg  30%
Potassium	42.4 mg	 1%	297 mg  8%
Selenium	0.1 µg		14.7 µg  21%
Sodium	2.4 mg		186.0 mg  8%
Zinc	0.3 mg	 2%	2.2 mg  15%

[Percent Daily Values are based on a 2,000 calorie diet and this FDA web site. Your daily values may be different, but you can still use the %DV as a frame of reference.](#)

PASTA

Most processed:	pasta
Less processed:	whole grain pasta, brown rice noodles, kelp noodles
Optimal:	spaghetti squash, zucchini “pasta”



Of course whole wheat pasta and brown rice noodles are better than white pasta. But for the reasons we outlined above (under “Breads”), flour products play second fiddle to their whole grain counterparts.

Kelp noodles are in the middle category because they’re a processed food made with Sodium Alginate.

Spaghetti squash, on the other hand, is a whole food. So is zucchini. And fans of raw food have come up with a great way to enjoy zucchini “pasta”. Just push a zucchini through a Saladacco Spiral Slicer and it looks like the photo above.

CRACKERS

Most processed:	crackers
Less processed:	whole wheat crackers
Optimal:	flax crackers



Photo by [Matt Alvord](#)

Whole wheat crackers are a step in the right direction. But for the reasons stated above, flour of any kind is a far cry from its whole grain counterpart. That’s why we suggest making crackers from flax seeds.

Flax seeds are higher in protein and lower in sodium than a Tablespoon of low salt whole wheat crackers. Flax crackers are also higher in fat. However, they contain healthy Omega 3 fatty acids, while crackers contain isolated oils with less favorable Omega 6:3 ratios. And that brings us to the topic of Omega 3s.

Most people know that flax seeds – along with hemp seeds, chia seeds, and walnuts – are great sources of Omega 3 fatty acids. What few people realize is that they only contain a short chain fatty acid called ALA (alpha-linolenic acid).

Your body also needs two long chain Omega-3 fatty acids: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

Unfortunately, EPA and DHA are almost non-existent in plant foods. No wonder studies have found that blood levels of EPA and DHA are lower in vegans and vegetarians than in meat-eaters.^{3 4}

There’s one exception: algae. In fact, if you want to take DHA in supplement form, Dr. Joel Fuhrman makes the case that algae based DHA is superior to fish oil. Why?

Most fatty fish contain potentially harmful pollutants, such as dioxin and mercury.³ People also experience burping and indigestion from these oils because of the fishy taste and foul odor.



The algae-based DHA we recommend is here: <http://www.bestvegandha.com>

But what if you don’t take DHA supplements? Can your body convert ALA to EPA and DHA?

It’s **possible**. However — and this is a BIG “however” — the rate of conversion is low in women and very low in men.⁶ Why?

The modern American diet is loaded with oils that are high in Omega 6 fatty acids.

The optimal ratio of Omega 6 to Omega 3 is about 1:1 (an equal amount of both).⁷ Unfortunately, many oils have terrible ratios. For example, corn oil has a 57:1 ratio and safflower oil has a 76:1 ratio (in favor of Omega 6)!

If you eat processed foods, packaged foods, or restaurant foods made with the wrong oils, this Omega 6:3 imbalance can interfere with DHA and EPA production in your body... *even if you eat plenty of flax seeds and walnuts.*⁹

In lesson 5 of the Mastery Program -- *“How to Convert ALA (the Plant-Based Omega 3) into EPA and DHA”* – you’ll discover:

- Which foods and oils interfere with your body’s ability to make DHA and EPA.

- How to maximize DHA and EPA production.
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- A chart showing the Omega 6:3 ratios of 18 different oils.

You’ll also get a downloadable 1-hour Q&A of Michael Klaper, M.D, answering student questions.

You need a dehydrator to make flax crackers (and many other yummy treats). If you’d like to buy an Excalibur 9-tray dehydrator, [email us](#) the best price you find and we’ll beat it. Just be sure to send us a link to the webpage that spells out the price along with S&H.

Flax Crackers (by [Rose Lee Calabro](#))



- 4 C whole flax seeds, soaked 4-6 hours in 3 cups water
- 1/3 – 1/2 cup Nama Shoyu
- Juice of 2-3 lemons

Pour 4 cups of flax seeds in a bowl with 3 cups of water. After four hours, add the Nama Shoyu and lemon juice. Spread the mixture as thin as possible (about 1/4” thick) on dehydrator trays with teflex sheets. Keeping your

hands wet will help in the spreading of the flax seeds.

Dehydrate at 105 degrees for 5-6 hours, flip crackers over and remove the teflex sheets.

Continue dehydrating for 4-5 hours, or until the mixture is completely dry.

For variety, add garlic, onions, carrot juice, Italian seasoning, chili powder, or cumin in any combination.

CHIPS

Most processed:	Doritos
Less processed:	Organic corn chips
Optimal:	Kale chips

Organic corn chips are certainly better than Doritos. But when it comes to vitamins and minerals, corn doesn’t compare to green leafy vegetables like kale. That’s why kale chips are becoming so popular. You’ll find them pre-packaged at stores like Whole Foods. But you can also make your own. Here’s a simple recipe from our contributor Lara Adler.

Baked Kale Chips (by [Lara Adler, CHHC](#))



- 1 large head of Curly Kale
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon Olive Oil

Coarse sea salt, to taste

- 1) Preheat oven to 350°.
- 2) Wash and de-stem kale by holding the stalk in one hand,

and pulling down on the leaves with the other. Tear into bite sized pieces and dry thoroughly, preferably using a salad spinner. This step is important!

- 3) Spread onto a large baking sheet. Toss with the apple cider vinegar, and oil, and sprinkle with sea salt.
- 4) Bake for about 20 minutes until crispy, but keep your eye on them.

FRUIT JUICES

Most processed: fruit drinks containing additives like corn syrup

Less processed: pasteurized fruit juice

Optimal: whole fruit, smoothie, or fresh squeezed juice



Real fruit juice is better than fruit flavored “drinks”, right? That’s true. But the fiber in whole fruit slows down the absorption of fruit sugar into your blood.¹¹ Since juicing removes the fiber, the sugar in fruit juice is absorbed into your bloodstream faster.

What’s more, commercial juice is heated in the process of pasteurization. Vitamins are sensitive, especially Vitamin C. They start decreasing when fruit is chopped, decline further when it’s juiced, and dwindle even further when fruit juice is heated.¹²

2/3 cup O.J.	Description	81.3 Calories
<div><div></div></div>	Calories: 81.3 kcal, 4%	
<div><div></div></div>	Carbs: 19.1g, 6%	
<div><div></div></div>	Fat: 0.2g, 0%	
<div><div></div></div>	Protein: 1.1g, 2%	

1 large orange	Description	86.5 Calories
<div><div></div></div>	Calories: 86.5 kcal, 4%	
<div><div></div></div>	Carbs: 21.6g, 7%	
<div><div></div></div>	Fat: 0.2g, 0%	
<div><div></div></div>	Protein: 1.7g, 3%	

	2/3 cup O.J.	1 large orange
B1	0.1 mg <div><div></div></div> 7%	0.2 mg <div><div></div></div> 13%
B12	0.0 µg <div><div></div></div> 0%	0.0 µg <div><div></div></div> 0%
B2	0.1 mg <div><div></div></div> 6%	0.1 mg <div><div></div></div> 6%
B3	0.5 mg <div><div></div></div> 3%	0.5 mg <div><div></div></div> 3%
B5	0.3 mg <div><div></div></div> 3%	0.5 mg <div><div></div></div> 5%
B6	0.1 mg <div><div></div></div> 5%	0.1 mg <div><div></div></div> 5%
Folate	31.5 µg <div><div></div></div> 8%	55.2 µg <div><div></div></div> 14%
Vitamin A	69.7 IU <div><div></div></div> 1%	414.0 IU <div><div></div></div> 8%
Vitamin C	55.7 mg <div><div></div></div> 93%	97.0 mg <div><div></div></div> 162%
Vitamin D	0.0 IU <div><div></div></div> 0%	0.0 IU <div><div></div></div> 0%
Vitamin E	0.3 mg <div><div></div></div> 2%	0.3 mg <div><div></div></div> 2%
Vitamin K	0.0 µg <div><div></div></div> 0%	0.0 µg <div><div></div></div> 0%

	2/3 cup O.J.	1 large orange
Calcium	18.2 mg <div><div></div></div> 2%	73.6 mg <div><div></div></div> 7%
Copper	0.1 mg <div><div></div></div> 5%	0.1 mg <div><div></div></div> 5%
Iron	0.2 mg <div><div></div></div> 1%	0.2 mg <div><div></div></div> 1%
Magnesium	18.2 mg <div><div></div></div> 5%	18.4 mg <div><div></div></div> 5%
Manganese	0.0 mg <div><div></div></div> 0%	0.0 mg <div><div></div></div> 0%
Phosphorous	28.2 mg <div><div></div></div> 3%	25.8 mg <div><div></div></div> 3%
Potassium	295.2 mg <div><div></div></div> 8%	333.0 mg <div><div></div></div> 10%
Selenium	0.2 µg <div><div></div></div> 0%	0.9 µg <div><div></div></div> 1%
Sodium	3.3 mg <div><div></div></div> 0%	0.9 mg <div><div></div></div> 0%
Zinc	0.1 mg <div><div></div></div> 1%	0.1 mg <div><div></div></div> 1%

Do you want the most possible Vitamin C from fruits? If so, eat them whole rather than juiced. And wait until right before serving to cut them up. This protects the vitamin C from being oxidized.

When we juiced a large orange, it produced 2/3 cup of orange juice. So below, we compare an orange to 2/3 cup of O.J. Did you realize how many vitamins and minerals are lost when oranges are juiced and pasteurized?

If you still want a fruit beverage, smoothies are second best because they contain all of the original fruit fiber, slowing down the absorption of fruit sugar into your blood. Third best is fresh-squeezed juice that hasn’t been pasteurized (i.e. heated).

[Percent Daily Values are based on a 2,000 calorie diet and this FDA web site. Your daily values may be different, but you can still use the %DV as a frame of reference.](#)

Green Smoothie (by [Trevor Justice](#))



- 1 cup of water
- ripe banana
- 2-3 large leaves of kale
- 3 dried apricots (rehydrated in water the night before)

Blend all ingredients. Feel free to vary the recipe by adding fresh or rehydrated figs, rehydrated goji berries, or other fruit. Likewise, when you run out of kale, rotate other greens such as spinach, romaine lettuce, or dandelion greens.

NUT BUTTERS

Most processed:	conventional peanut butter (containing sugar, salt, oil, or hydrogenised oil)
Less processed:	100% peanut butter
Optimal:	raw almond butter



Of course filler-free peanut butter is better than the conventional type. But almond butter has two distinct benefits over peanut butter. First, almonds don't contain the carcinogenic fungus "aflatoxin", which occurs naturally in peanuts.¹⁶ Although peanut crops are inspected for this fungus, a certain percentage is "allowed".¹⁶

Second, almonds are alkaline-forming, not acid-forming like peanuts.

Like most nuts, peanuts leave an acid residue when metabolized in your body. This is because they contain a large amount of sulfur-containing amino acids. Meat, dairy, and most grains and beans are also acid-forming.

When you eat too many of these acid-forming foods, your body neutralizes the acid load by leaching alkaline minerals (calcium and magnesium) from your teeth, bones, and muscles.¹⁷ This can lead to osteoporosis. So it's crucial to choose alkaline-forming foods as often as possible.

Everything you need to know about pH balance is explained in Lesson 2 of The Mastery Program, *"Maintaining A Healthy pH Balance"*. It includes a chart listing which foods are alkaline vs. acid, and suggestions for balancing your daily diet.

If you can afford it, we recommend raw almond butter vs. roasted. Why?

For the same reason we recommend fresh fruits and vegetables over produce that's dead and wilted. When you plant raw almonds in the ground, they germinate and grow into almond trees. By contrast, roasted almonds are dead and cannot be germinated.

SALAD DRESSINGS

Most processed: commercial salad dressing

Less processed: olive or flax oil dressing

Optimal: guacamole or tahini-based dressing



Home made dressings definitely beat commercial dressings. After all, you probably don't add fillers, preservatives, or high fructose corn syrup to your homemade dressings. So what's wrong with dressings made from olive oil or flax oil?

The problem isn't those two oils *per se*. Rather, it's the fact that oil has no fiber, no protein, and far less nutrition than the food it comes from. It's not only a fractured food. It's 100% fat. So anytime you use more than a smidgeon of oil, the amount of fat in your meal skyrockets!

1/4 cup olive oil	Description	477 Calories
	Calories: 477 kcal, 24%	
	Carbs: 0.0g, 0%	
	Fat: 54g, 83%	
	Protein: 0.0g, 0%	

1/4 cup avocado	Description	96 Calories
	Calories: 96 kcal, 5%	
	Carbs: 4g, 1%	
	Fat: 8g, 12%	
	Protein: 1g, 2%	

For example, if you pour just 1 tablespoon of olive oil over 2 cups of shredded romaine lettuce, you'll get 16 calories from the lettuce and 119 calories from the oil.¹³

In other words, 88.1% of your calories are from fat! That's not just troubling for folks who want to lose weight. It's unhealthy for all of us. Why?

Too much fat in your diet puts you at risk for heart disease, cancer and diabetes.¹⁴ (Yes, even too much "good" fat like olive oil and flax oil.)

In his book, Healthy At 100, John Robbins studied the societies that live the longest and remain the healthiest — even well past 100 years of age.

These societies consume between 15% and 20% of their calories from fat.¹⁵ Respected doctors like Dr. Dean Ornish, Dr. John McDougall, and Dr.

	1/4 cup olive oil	1/4 cup avocado
B1	0.0 mg	0.0 mg
B12	0.0 µg	0.0 µg
B2	0.0 mg	0.1 mg
B3	0.0 mg	1.1 mg
B5	0.0 mg	0.8 mg
B6	0.0 mg	0.2 mg
Folate	0.0 µg	51.2 µg
Vitamin A	0.0 IU	84.5 IU
Vitamin C	0.0 mg	5.1 mg
Vitamin D	0.0 IU	0.0 IU
Vitamin E	7.7 mg	1.1 mg
Vitamin K	32.5 µg	12.1 µg

	1/4 cup olive oil	1/4 cup avocado
Calcium	0.5 mg	7.5 mg
Copper	0.0 mg	0.1 mg
Iron	0.3 mg	0.4 mg
Magnesium	0.0 mg	16.7 mg
Manganese	0.0 mg	0.1 mg
Phosphorous	0.0 mg	31.1 mg
Potassium	0.5 mg	291.5 mg
Selenium	0.0 µg	0.2 µg
Sodium	1.1 mg	4.6 mg
Zinc	0.0 mg	0.4 mg

Percent Daily Values are based on a 2,000 calorie diet and this FDA web site. Your daily values may be different, but you can still use the %DV as a frame of reference.

Tangy Tahini Dressing (by [Trevor Justice](#))



In this delicious dressing, tahini provides the fat and an orange provides the tanginess. A whole orange is recommended. But you can also use 1 cup of orange juice.

1 orange, peeled and pulled apart into wedges

1 scallion

½ cup tahini

½ cup tightly packed cilantro

½ tsp sea salt

After blending the orange, scallion, cilantro, and sea salt, add the tahini and blend again. (Note: if you start with the tahini, your blender may have a hard time.)





Michael Klaper all recommend keeping your fat intake in this same low range to minimize your risk of heart disease, cancer and type 2 diabetes.





So instead of using oil, top your salad with guacamole. Or dress it with a creamy tahini dressing. Just be careful not to go overboard. While avocados and tahini aren't 100% fat (like oil), they're still high in fat. And what about other nutrients?


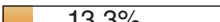
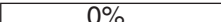
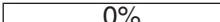


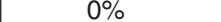

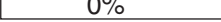
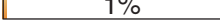
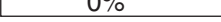

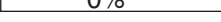
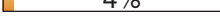
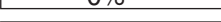
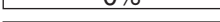
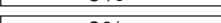
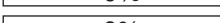
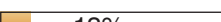
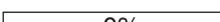
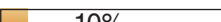
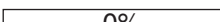


Except for Vitamins E and K, the nutrient content of olive oil pales in comparison to avocado. Avocado nourishes you with vitamins and minerals lacking in olive oil. Yet it has less than 16% the fat of olive oil.


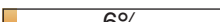
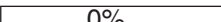
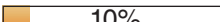
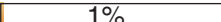
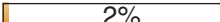
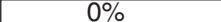



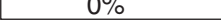
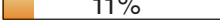
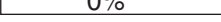
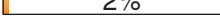
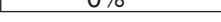
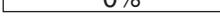
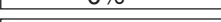
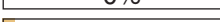
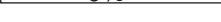

We'd never recommend eating ¼ cup of olive oil in one meal. But since it's common to eat half an avocado with a meal, we compare ¼ cup of olive oil to ¼ cup of avocado here. This next table compares 1 Tbsp olive oil to 1 Tbsp tahini. As you can see, tahini is a nutrient powerhouse! Yet it has nearly half the fat of olive oil.

continued...

1 Tbsp olive oil	Description	119.3 Calories
	Calories: 119.3 kcal, 6%	
	Carbs: 0.0g, 0%	
	Fat: 13.5g, 21%	
	Protein: 0.0g, 0%	

1 Tbsp tahini	Description	85.5 Calories
	Calories: 85.5 kcal, 4%	
	Carbs: 3.9g, 1%	
	Fat: 7.2g, 11%	
	Protein: 2.7g, 5%	

	1 Tbsp olive oil	1 Tbsp tahini
B1	0.0 mg  0%	0.2 mg  13.3%
B12	0.0 µg  0%	0.0 µg  0%
B2	0.0 mg  0%	0.1 mg  6%
B3	0.0 mg  0%	0.9 mg  5%
B5	0.0 mg  0%	0.1 mg  1%
B6	0.0 mg  0%	0.0 mg  0%
Folate	0.0 µg  0%	14.7 µg  4%
Vitamin A	0.0 IU  0%	10.1 IU  0%
Vitamin C	0.0 mg  0%	0.0 mg  0%
Vitamin D	0.0 IU  0%	0.0 IU  0%
Vitamin E	1.9 mg  13%	0.0 mg  0%
Vitamin K	8.1 µg  10%	0.0 µg  0%

	1 Tbsp olive oil	1 Tbsp tahini
Calcium	0.1 mg  0%	63.0 mg  6%
Copper	0.0 mg  0%	0.2 mg  10%
Iron	0.1 mg  1%	0.4 mg  2%
Magnesium	0.0 mg  0%	14.4mg  4%
Manganese	0.0 mg  0%	0.2 mg  10%
Phosphorous	0.0 mg  0%	112.8 mg  11%
Potassium	0.1 mg  0%	62.1 mg  2%
Selenium	0.0 µg  0%	0.0 µg  0%
Sodium	0.3 mg  0%	11.1 mg  0%
Zinc	0.0 mg  0%	0.7 mg  5%

Percent Daily Values are based on a 2,000 calorie diet and this FDA web site. Your daily values may be different, but you can still use the %DV as a frame of reference.

In lesson 32 of The Mastery Program – **“How To Make Delicious Oil-Free Salad Dressings From Whole Foods”** – you’ll learn to make 10 oil-free dressings using avocados, almond butter, and tahini. For example:

- Tahini Lime Dressing
- Thai Dressing
- Creamy Ranch Dressing
- Tangy Tahini Dressing
- Indonesian Yum Yum Dressing
- Lemon-Miso-Tahini Dressing
- Jeanne’s Berry Dressing

You’ll also discover a tomato-based dressing that’s completely fat-free. If you have high blood pressure, high cholesterol, or diabetes – or if

minimizing fat is your main concern – here are a few ways to enjoy salads that are even lower in fat:

- Dress your salads with lemon juice and sea salt.
- Dress your salads with olives and raw sauerkraut.
- Mix oranges, apples, or pears into your salad greens. Then sprinkle with minced ginger. This cross between a green salad and fruit salad is full of flavor, and needs no dressing.

These are just a few of the strategies you’ll discover in Lesson 28 of The Mastery Program, **“12 Ways to Make Leafy Greens Delicious Without Drenching Them in Oil”**.

SWEETS

Most processed: Luna bars, white flour / white sugar cakes, cupcakes, cookies, brownies, etc.

Less processed: Baked goods made from whole grain flours and low processed sweeteners (honey, maple or brown rice syrup)

Optimal: Trail mix, fresh fruit, Lara Bars, raw food desserts



Baked goods made from whole grain flour and low processed sweeteners are far better than those made from white flour and white sugar. But as we explained under “BREADS”, flour products are never optimal.

Among energy bars, Lara Bars are good choice. They mostly consist of nuts and dried fruit. Some flavors contain spices, salt, vanilla extract, coconut, cocoa powder, or cocoa mass. But you can avoid those by choosing your flavors wisely.

We recommend the flavors made with almonds (such as “Banana Bread” or “Cherry Pie”), rather than those made with walnuts or peanuts. As we mentioned above, almonds are alkaline forming, whereas most other nuts are acid-forming.

The healthiest choices are fruit, trail mix, and raw food desserts that combine dried fruits with almonds or seeds, like several of the recipes in Lesson 12 of The Mastery Program – **“Wholesome Snacks That’ll Make Your Mouth Water”**. It includes 13 delicious snacks made from whole foods, including:

- Coco-Chocolate Orange Brownie
- Banana Maple “Ice Cream”
- Omega 3-Coco-Chia Pudding
- Raw Fudge
- Apple-Raisin Squares
- Nut ‘n Raisin Rice Crispy Bars
- Orange-Ginger Oatmeal Crunch Cookies
- Maple Nut Granola
- Chipotle Kale Chips
- Spicy Oven-Roasted Chickpeas
- “Cheesy” Popcorn

MEAT SUBSTITUTES

Most processed:	Fakin bacon, Boca burgers
Less processed:	Wildwood SproutTofu veggie burgers
Optimal:	Marinated tempeh, black bean burgers, sprouted seed burgers



Photo by [Lidia Ratnawati](http://lidiaratiawati.blogspot.com/)

Most imitation meats are loaded with salt and preservatives. Wildwood burgers are definitely a step up. For the most part, they're made with recognizable organic ingredients:

WILDWOOD SPROUTOFU VEGGIE BURGER INGREDIENTS: tofu, vegetable oil (sunflower or canola), yellow onion, carrot, kale, tapioca starch, sea salt, and garlic powder.

However, even tofu is quite processed. Tempeh is a more wholesome alternative. It's made from fermented **whole** soy beans. So it has all of the nutrition of the original soybeans... plus more.

You see, fermenting soybeans makes them more digestible, enhances nutrition, and makes isoflavones more bioavailable. What's more, substances in fermented soy foods ease hot flashes, protect against cancer, reduce cholesterol, and inhibit the progression of atherosclerosis. Finally, the probiotic bacteria produced during soy fermentation are known to enhance healthy intestinal flora and correct digestive tract imbalances.¹⁸

Since one Wildwood burger is 85 grams, we're comparing it to 85 grams of tempeh. To its credit, the Wildwood burger has a lot more Vitamin A and iron.

continued...

Grilled Tempeh Cutlets (by [Jill Nussinow](#)) Serves 4



Steaming tempeh opens up the pores in the cake, allowing deep penetration of flavors when marinated. Use a simple marinade based either on citrus juice, red wine or water mixed with tamari and a small amount of oil. Add herbs or spices to your liking.

Prep Time: 30 to 40 minutes

Cooking Time: 3 to 5 minutes

Marinating Time: 10 to 20 minutes

8 ounces tempeh

2 tablespoons lemon juice

2 tablespoons reduced-sodium tamari

1 tablespoon water 1 teaspoon toasted sesame oil

1. Cut tempeh in half lengthwise and then in half crosswise to create four equal pieces. Steam tempeh in a steamer basket over at least 1 inch of simmering water for 15 to 20 minutes.
2. While still hot, place tempeh in a shallow pan in which you've mixed the lemon juice, tamari, water and sesame oil. Marinate pieces for 10 to 20 minutes, turning if necessary to coat the tempeh on all sides. Remove tempeh from marinade. Grill over hot coals until heated through, about 3 to 5 minutes, being careful not to burn. Or grill the tempeh on an electric grill or grill pan.

Variations: Add minced ginger and garlic to the marinade. If you like barbecue sauce, brush on just before the tempeh is done and continue grilling for 30 seconds to 1 minute. Any longer and it's likely to burn.

However, tempeh has more protein, minerals, and B vitamins. And four times the calcium! Yet tempeh has less fat and 1/25th the sodium. Of course, when you marinate tempeh in Tamari, its sodium content is higher.

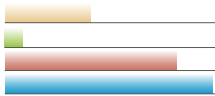
This is just scratching the surface. In Lesson 30, “*The Incredible Benefits of Fermented Soy*”, you’ll discover:

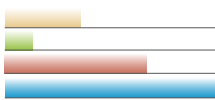
- Why tempeh, miso, tamari, and soy yogurt are easier to digest than regular soy
- Why their isoflavones are more bioavailable
- How these foods calm down hot flashes, enhance your intestinal flora, correct digestive imbalances, slow down atherosclerosis, and even reduce cholesterol and the risk of cancer
- Seven ways to sneak miso into your daily meals.

Plus you’ll get delicious recipes like these:

- Basic Braised Tempeh
- Braised Tempeh with Green Herb Coulis
- Tempeh Marbella
- Tempeh Veggie Stir-Fry
- Tempeh Pâté

You’ll also get a downloadable 1-hour Q&A of Meredith McCarty answering student questions. Meredith is the award-winning author of Sweet & Natural and Fresh From A Vegetarian Kitchen.

1 patty Wildwood SprouTofu burger	Description	170 Calories
	Calories: 170 kcal, 9% Carbs: 7g, 2% Fat: 12g, 18% Protein: 11g, 22%	

85g cooked tempeh	Description	166.6 Calories
	Calories: 166.6 kcal, 8% Carbs: 7.9g, 3% Fat: 9.7g, 15% Protein: 15.5g, 31%	

	1 patty Wildwood SprouTofu burger	85g cooked tempeh
B1	0.0 mg 0%	0.0 mg 3%
B12	0 µg 0%	0 µg 2%
B2	0.0 mg 0%	0.3 mg 18%
B3	0.0 mg 0%	18.2 mg 91%
B5	0.0 mg 0%	0.4 mg 4%
B6	0.0 mg 0%	0.2 mg 8%
Folate	0.0 µg 0%	17.9 µg 4%
Vitamin A	1500 IU 30%	0 IU 0%
Vitamin C	3.6 mg 6%	0.0 mg 0%
Vitamin D	0 IU 0%	0 IU 0%
Vitamin E	0.0 mg 0%	0.0 mg 0%
Vitamin K	0.0 µg 0%	0.0 µg 0%

	1 patty Wildwood SprouTofu burger	85g cooked tempeh
Calcium	20 mg 2%	81.6 mg 8%
Copper	0.0 mg 0%	0.5 mg 23%
Iron	10.8 mg 60%	1.8 mg 10%
Magnesium	0.0 mg 0%	65.5 mg 16%
Manganese	0.0 mg 0%	1.1 mg 55%
Phosphorous	0.0 mg 0%	215 mg 22%
Potassium	0.0 mg 0%	340.1 mg 10%
Selenium	0.0 µg 0%	0.0 µg 0%
Sodium	300 mg 12.5%	11.9 mg 0%
Zinc	0.0 mg 0%	10.1 mg 67%

Percent Daily Values are based on a 2,000 calorie diet and this FDA web site. Your daily values may be different, but you can still use the %DV as a frame of reference.

Black bean burgers are another option. And for raw fooders, Sprouted sunflower seed burgers are a good alternative.

Since sunflower seeds are the main ingredient in the recipe below (and Nomi’s burgers aren’t in USDA SR22 yet), we’re comparing the Wildwood burger to an equal amount of sunflower seeds by weight.

To its credit, the Wildwood burger is higher in Vitamin A and iron, and lower in fat and calories. Then again, most foods are low in fat and calories when compared to nuts and seeds!

Compared to the Wildwood burgers, sunflower seeds have more minerals and B vitamins... 3.3 times the calcium and about 40% more protein. Yet they have 1/39th the sodium. Of course, when you add Tamari to the recipe, it's sodium content is higher.


If your family misses meat, you'll love Lesson 6 of The Mastery Program, *“How to Make Meaty Meals That Your Carnivorous Spouse and Kids Will Love”*.


In it, you'll learn to give braised tofu, tempeh, wheat gluten, Portabello and oyster mushrooms a texture and taste so savory, your spouse and kids will rush to your side, gladly surrendering their hamburgers and chicken wings. Here are the recipes you'll receive:

- Seitan Merguez Sausage
- Grilled Oyster Mushrooms
- Black Pepper and Smoke Salt Charred Portobello Mushroom Bruschetta
- Pecan-Black Bean Cakes with Mango, Mustard and Habanero Sauce... and Pear-Jicama Relish
- Wilted Spinach Salad with Orange, Sesame and Lacquered Tofu
- Yuba Rolls with Black Chanterelles and Anise Scented Tofu

- Asian Long Bean and Tempeh Salad
- Tempeh Picadillo Empanadas

You'll also get a downloadable 1-hour Q&A of Eric Tucker answering student questions. Eric is a chef at Millenium Restaurant, a world-renowned vegan restaurant in San Francisco.

1 patty Wildwood SprouTofu burger	Description	170 Calories
	Calories: 170 kcal, 9% Carbs: 7g, 2% Fat: 12g, 18% Protein: 11g, 22%	

85g Raw Sunflower Seeds	Description	496.4 Calories
	Calories: 496.4 kcal, 25% Carbs: 17g, 6% Fat: 43.7g, 67% Protein: 17.7g, 35%	

	1 patty Wildwood SprouTofu burger		85g Raw Sunflower Seeds	
B1	0 mg	0%	1.3 mg	84%
B12	0 µg	0%	0 µg	0%
B2	0 mg	0%	0.3 mg	18%
B3	0 mg	0%	7.1 mg	35%
B5	0 mg	0%	1.0 mg	90%
B6	0 mg	0%	1.1 mg	57%
Folate	0.0 µg	0%	193 µg	48%
Vitamin A	1500 IU	30%	42.5 IU	1%
Vitamin C	3.6 mg	6%	1.2 mg	2%
Vitamin D	0 IU	0%	0 IU	0%
Vitamin E	0	0%	29.9 mg	199%
Vitamin K	0.0 µg	0%	0.0 µg	0%

	1 patty Wildwood SprouTofu burger		85g Raw Sunflower Seeds	
Calcium	20 mg	2%	66.3 mg	7%
Copper	0	0%	1.5 mg	75%
Iron	10.8 mg	60%	4.5 mg	25%
Magnesium	0 mg	0%	276.3 mg	69%
Manganese	0 mg	0%	1.7 mg	85%
Phosphorous	0 mg	0%	561.0 mg	56%
Potassium	0 mg	0%	548.3 mg	16%
Selenium	0.0 µg	0%	45.1 µg	64%
Sodium	300 mg	12.5%	7.7 mg	0%
Zinc	0 mg	0%	4.3 mg	29%

Percent Daily Values are based on a 2,000 calorie diet and this FDA web site. Your daily values may be different, but you can still use the %DV as a frame of reference.

Sun Garden Burgers (by [Nomi Shannon](#))



These raw burgers are delicious served in a cabbage leaf bun. Fold a cabbage leaf over the burger with any condiments you like, or cut a few squares of cabbage from the large leaves and place the burger in between them.

3 Tbsp flax seeds,
ground (see note)

6 Tbsp water

1 cup carrot pulp (see note)

1 cup sunflower seeds, ground

½ cup finely minced celery

6 Tbsp finely minced onion

2 Tbsp finely minced parsley

2 Tbsp finely minced red pepper

2 tsp Tamari

To grind flax seeds, place in a clean electric coffee grinder and grind until powdered. To make carrot pulp, put carrots through a heavy-duty juicer, using a juicing screen. Drink the juice and use the pulp for this the recipe.

In a blender, combine the ground flax seeds and water. Blend thoroughly. Immediately pour the mixture into a bowl and set aside. (Rinse the blender container immediately before the mixture left in it hardens and becomes difficult to wash out.)

In a medium sized bowl, thoroughly mix the carrot pulp, sunflower seeds, celery, onion, parsley, red pepper and liquid aminos. Add the flax seed mixture and mix thoroughly. Add more water if necessary so that the mixture can be formed into patties.

Form into six ½ inch (1 cm) thick patties. Place immediately in the dehydrator and dehydrate the burgers for 4-8 hours, leave them in the sun until warm or place them in a warm oven for 10-15 minutes. Makes 6 patties.

WRAPS FOR SANDWICHES

Most processed:	Pita bread
Less processed:	Whole wheat pita bread
Optimal:	Collard greens or nori



Here we revisit to the notion that whole wheat bread is a health food. While whole wheat is better than white bread, leafy green vegetables offer even more vitamins and minerals. So try wrapping your sandwiches in collard greens, sturdy lettuce, chard, Napa Cabbage, or bok choy leaves.

Nori – the seaweed used to wrap sushi – is another great sandwich wrap. It's high in protein and Vitamin C.

There are two ways to make collard greens easy to roll. The first is to remove the stems. [Here's a video](#) demonstrating wraps made from collard greens.

The second is to blanch the collard greens for 5 seconds, making them easier to roll. [In this next video](#), Annemarie Gianni also uses toothpicks to keep the wraps from unrolling.

This strategy – replacing flat breads with green leafy vegetables – is just one of 12 strategies you'll discover in Lesson 28 of The Mastery Program, ***"12 Ways to Make Leafy Greens Delicious Without Drenching Them in Oil"***.

Dairy-Free Foods For Vegans

We are all for a cruelty-free lifestyle. But it bothers us when health information is colored by moral principles. So let's be honest.

Processed “foods” like Earth Balance, Daiya vegan cheese, and Tofutti are no healthier than the dairy foods they replace. In fact, we believe overreliance on these processed foods is one reason why vegans fail.

This isn't an endorsement of dairy products. Rather, it's a call for vegans to transition from these processed “health foods” to more nutritious whole foods.

In The Mastery Program, we show you exactly how to do that. We liberate you from processed foods made with isolated ingredients, fillers, preservatives, white sugar, and high fructose corn syrup.

BUTTER SUBSTITUTES

Most processed:	Earth Balance / Smart Balance
Less processed:	Olive oil or coconut oil
Optimal:	Guacamole or nut butter, fresh salsa, fresh fruit, applesauce

Earth Balance tastes great. But it's not a whole food. It's not even a pure food. Rather, it contains isolated ingredients from soy, corn, and other ingredients. Just take a look:

EARTH BALANCE ORIGINAL FLAVOR CERTIFIED NON-GMO INGREDIENTS: Expeller-pressed natural oil blend (soybean, palm fruit, canola and olive), filtered water, pure salt, natural flavor (derived from corn, no msg, no alcohol, no gluten), soy protein, soy lecithin, lactic acid (non-diary, derived from sugar beets), and naturally extracted annatto for color.

Pure olive oil is less processed and tastes great over steamed veggies or baked potatoes. Coconut oil is less processed and tastes great over pancakes, warm muffins, or melted into hot cereal. Coconut oil is similar to butter because it's solid at room temperature, and its sweetness complements pancakes and hot cereals.

But as we explained under “Salad Dressings” (above), oil is 100% fat. It has no fiber, no protein, and far less nutrition than the food it comes from. So while these oils are less processed than Earth Balance, they're not optimal.

If you want to spread something creamy on your food, try a whole food like guacamole or nut butter. Guacamole tastes great over steamed veggies and baked potatoes. Nut butter tastes great on toast.

To help you further reduce fat from your diet, The Physician's Committee For Responsible Medicine (PCRM) suggests some non-fat alternatives. For example, you can top a baked potato with black bean salsa. Or you can top pancakes with fresh fruit or applesauce. PCRM discourages coconut products because they contain saturated fat.

CHEESE SUBSTITUTES

Most processed:	Vegan Gourmet cheese alternative, Daiya vegan cheese
Less processed:	N/A
Optimal:	homemade almond cheese or cashew cheese, hummus



Photo by [Dan Laderman](#)

Daiya is one popular brand of vegan cheese. In fact, it recently won an award for being “meltable, stretchable, and delicious” – but **NOT** for having healthy ingredients. Let’s look at the ingredients in their “Cheddar style shreds”.

CHEDDAR STYLE SHREDS INGREDIENTS: Filtered water, tapioca and /or arrowroot flours, non-GMO expeller pressed canola and /or non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, inactive yeast, vegan natural flavors, vegetable glycerin, xanthan gum, citric acid (for flavor), annatto, titanium dioxide (a naturally occurring mineral).

As my Jewish grandfather likes to say, “Oy!”. Among the long list of isolated ingredients, we find safflower oil... which has a dreadful Omega 6:3 ratio of 76:1.

As we explained above (under CRACKERS), when the Omega 6’s in your diet outweigh the Omega 3’s by a wide margin, it hinders your body from converting ALA (the plant based Omega 3) into EPA and DHA.

If you want to be **healthy** on a vegan diet, and not just compassionate, the easiest solution is to replace cheese with hummus. They’re both creamy high-fat spreads. But if you want something more authentic, try one of the recipes below:

Cashew Cheez Sauce (by [Jo Stepaniak](#)) *Makes about 2 cups*



Create instant cheesy noodles or au gratin dishes with this rich and remarkable dairy-free sauce. It’s also great served chilled over salads or fresh tomatoes wedges.

- 1/2 cup cashew butter
- 2 to 3 tablespoons freshly squeezed lemon juice
- 3 tablespoons nutritional yeast flakes
- 1 1/2 tablespoons light or chickpea miso

- 1 teaspoon onion powder
- Pinch garlic powder
- 1 cup water, more or less as needed
- Salt, as needed

Put all the ingredients in a blender or food processor. Process until very smooth and creamy, using just enough water to make a thick but pourable sauce.

Alternatively, combine the cashew butter, lemon juice, nutritional yeast, miso, onion powder, and garlic powder in a bowl. Mix until smooth. Then using a whisk, gradually beat in just enough water to make a thick but pourable sauce.

Serve chilled, at room temperature, or warm. To serve warm, transfer to a saucepan and heat over low heat, stirring almost constantly. Do not boil. Add more water if the sauce becomes too thick.

From *The Ultimate Uncheese Cookbook*, © 2003 Jo Stepaniak, reprinted by permission

Almond Cheese

(by [Cherie Soria](#)) Makes 2 cups



Creamy, soft, ricotta like cheese is the result of culturing pureed almonds. It's remarkably versatile in spreads and fillings, and delightful when sweetened for use in desserts.

2 cups whole raw almonds, soaked in purified water for 24 hours, then rinsed and drained

1 or more cups second or third day Rejuvilac, or a ½ tsp of powdered probiotics.

- 1) Remove skins from almonds and place in a blender. To remove the skins, place them in warm (not hot) water for an hour before peeling. Taking a small, non-serrated paring knife in one hand, while holding an almond in the other, scrape on long edge of the almond to loosen the skin. The remainder of the skin will simply slide off!
- 2) Add *Rejuvilac* to cover. Or add 1 cup of water and ½ tsp (2 capsules) of probiotic powder. Blend until smooth and creamy, adding more *Rejuvilac* or water, if necessary, to keep the mixture blending.
- 3) Pour into a sprout bag or cheesecloth-lined colander / strainer and allow to drain for 1 to 2 hours.
- 4) Place in a warm (not hot) location and allow to ferment for another 7 to 10 hours. If a thick cheese is desired, place a clean weight on top of the cheese and allow it to continue draining. For a firmer texture, allow cheese to remain in the sprout bag or cheesecloth-lined colander after fermentation, then place it in the refrigerator for several more hours with a weight on top to allow additional whey to escape. Store in an airtight container in the refrigerator, it will last for up to two weeks.
- 5) Season or sweeten *Almond Cheese* as desired before using.

Herbed Cheese Spread

(by [Cherie Soria](#)) Makes 1-½ cups



Once you've made basic almond cheese (in the previous recipe), this recipe turns it into a delicious spread.

1 clove garlic, crushed

2 Tbsp parsley, minced

1 tsp dill weed

Freshly ground pepper to taste

Combine ingredients and stir well.

- ¾ cup Almond Cheese
- ¼ cup pine nuts, chopped
- ¼ cup red onion, minced
- 1 green onion, minced
- 1 Tbsp light miso
- ½ Tbsp nutritional yeast

The recipes above come from Lesson 15 of The Mastery Program, "**Vegan Cheeses & Creams**." Along with nourishing recipes that'll liberate you from processed "cheeses", you'll get a downloadable 1-hour Q&A of Cherie Soria answering student questions. Cherie is the founder of The Living Light Culinary Arts Institute.

ICE CREAM SUBSTITUTES

Most processed:	Tofutti
Less processed:	Coconut Bliss
Optimal:	blended frozen bananas, fresh fruit sorbets



Photo by [Lara Adler](#)

Tofutti is one more vegan “food” that’s no healthier than the dairy food it replaces. In fact, after spending considerable time, we couldn’t find the ingredient labels for its frozen pints anywhere on the manufacturer’s website. Perhaps the ingredient list explains why:

VANILLA TOFUTTI INGREDIENTS: Water, sugar, corn oil, corn syrup solids, soy protein, tofu, cocoa butter, vanilla and other natural flavors, guar, locust bean, and cellulose gums, carrageenan, salt, veg mono and diglycerides, caramel flavor, and annatto color.

Since these ingredients aren’t organic, we assume the soy and corn products are genetically modified (GMO). No wonder Luna and Larry introduced Coconut Bliss, making a sincere effort to give us a healthier alternative.

NAKED COCONUT FLAVOR INGREDIENTS: Organic Coconut Milk (Organic Coconut, Water, Guar Gum), Organic Agave Syrup, Organic Dried Coconut, Organic Coconut Extract, Organic Fair Trade Vanilla Extract.

It’s a step in the right direction. But ingredients like guar gum and agave nectar make it less than optimal. And organizations like PCRM also discourage coconut products because they contain saturated fat.

The best alternative is ripe bananas, peeled, frozen, and pureed.

When comparing equal amounts, Coconut Bliss has a little more iron and protein than bananas. But bananas have 8 times the Vitamin C, and small amounts of Vitamin A and Calcium. Yet they have less than half the calories, 11 % of the sodium, and only 1/40th the fat. (Not to mention that Coconut Bliss has quite a bit of saturated fat.)

1/2 cup Coconut Bliss	Description	220 Calories
	Calories: 220 kcal, 11%	
	Carbs: 18g, 6%	
	Fat: 16g, 25%	
	Saturated Fat: 14g, 70%	
	Protein: 2g, 4%	

1/2 cup Banana	Description	100.1 Calories
	Calories: 100.1 kcal, 5%	
	Carbs: 25.7g, 9%	
	Fat: 0.4g, 1%	
	Saturated Fat: 0g, 0%	
	Protein: 1.2g, 2%	

	1/2 cup Coconut Bliss		1/2 cup Banana
Vitamin A	0 IU		72 IU
Vitamin C	1.2 mg		9.8 mg

	1/2 cup Coconut Bliss		1/2 cup Banana
Calcium	0 mg		5.6 mg
Iron	.7 mg		.3 mg
Sodium	10 mg		1.1 mg

Percent Daily Values are based on a 2,000 calorie diet and this [FDA web site](#). Your daily values may be different, but you can still use the %DV as a frame of reference.

Soft Serve Banana “Ice Cream” (by [Trevor Justice](#))



- 1 or more ripe bananas
1. Peel ripe bananas
 2. Freeze them
 3. Puree in a food processor. Or process them through a juicer using the “blank screen”. Both methods create the texture of “soft serve ice cream”.

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