

Toppers

Toppers are an easy way to add extra flavors, textures and nutrients to any dish. Create an herbal sprinkle that opens your taste buds and fills your senses with flavors. Conscious awareness of our sense of taste and our sense of fullness improves with practice. Practice tuning in to the many toppers and flavors in your kitchen, and you will achieve new culinary delights!



Kale Toppers

1 bunch of kale, about 4 cups

Kale Coating:

3 Tbs. of Bragg Liquid Aminos

2 tsp. chickpea miso

2 Tbs. water

Blend kale coating ingredients in food processor. Wash and strip kale from stalks (de-stem). Let dry a bit, and then toss in coating mixture and massage kale. Oil the dehydrator trays to prevent the kale from sticking. Lay out coated kale leaf pieces on dehydrator sheets leaving space between them. Dehydrate 3-5 hours or until crisp. Use as a topper on soups, salads or anything else you choose.

Herbal Chickpeas

Drain a can of chickpeas and rinse with water. Sprinkle with herbs and spices of your choice. Use Greek herbs (oregano, onion and garlic) and a splash of cayenne. Top a salad or surprise someone you love with a tray full of these tasty toppers.

Dehydrated Onion Rings

Slice red onion into thin slices and separate rings. Lay out on dehydrator sheets. Dehydrate for 6-8 hours until onion rings are crisp. Keep dried onions in an airtight jar. Have fun sprinkling these delicious delicacies on as many dishes as you desire.

Easy Fake Bacon

1 cup large flake organic coconut
2 Tbs. organic tamari

Toss together and let rest for 20 minutes. Bake at 400° until crisp and brown. (Approximately 10-15 minutes.)

Spicy Dehydrated Almond Slices

In the refrigerator overnight, soak sliced almonds in filtered water. In the morning, rinse and spread out on dehydrator sheets. Sprinkle with cayenne pepper and pink Himalayan salt. Dehydrate 6-8 hours until almonds are crisp. These spicy toppers are a spark on top of any salad or soup.

Omega Kick (Healthy Topper)

1 Tbs. nutritional yeast
1 Tbs. hemp seeds
1 Tbs. chia seeds
1 smidgen cayenne pepper
1 pinch pink Himalayan salt

This is a healthy, spicy, cheesy topping you can keep in the fridge and use to perk up almost any dish. Nutritional yeast is cultured with beet molasses. It makes a great cheese substitute and is high in protein, B-vitamins and has a salty flavor with no sodium.

Toppers Notes

Happy Snacks!

1 cup nuts or seeds, or mix & match
2 Tbs. Bragg Liquid Aminos
Sprinkle with cayenne pepper
Sprinkle with pink Himalayan salt

Soak nuts 48 hours; soak seeds 6 hours in filtered water in the refrigerator. Rinse and drain. Toss in Bragg Liquid Aminos. Spread out on a baking tray and sprinkle with cayenne pepper and salt. Bake at 350° for 20-30 minutes, turning the seeds with a spatula and shaking the pan so the seeds separate and brown evenly. These are the perfect road trip food!

Serves many.



Why soak nuts and seeds?

Raw nuts and seeds are coated with enzyme inhibitors. This is the special coating that prevents the seed from growing. Enzyme inhibitors also prevent our digestive system from absorbing the maximum amount of nutrients from raw nuts and seeds. When a seed sprouts, it contains a new life force energy and new concentrated nutrients. So, soaking your nuts and seeds increases your ability to digest them and allows more nutrients to be assimilated. Remember, you are not just what you eat, you are what you assimilate!

Soak your seeds a minimum of six hours or overnight in clean water in the refrigerator. Rinse the seeds several times and check for small pebbles or foreign debris. Drain them well and toss with your favorite spices, then dehydrate or bake them in the oven.

Seed Cheese with Flair

1 cup sunflower seeds, soaked a minimum of 6 hours
2 Tbs. olive oil
Up to 2 Tbs. filtered water to achieve preferred consistency
pink Himalayan salt to taste

Blend the seeds and olive oil together in a food processor. Add water to achieve the desired consistency. Add salt to taste and put into a bowl or mold and serve! Keeps 3-5 days refrigerated.

Serves 4

This is a vegan seed cheese that can be eaten flavored or plain on a spicy cracker. This recipe can also be watered down to create a dip or used as a creamy alternative in a salad dressing.

Here are some suggestions for flavors that will spice up your life!

Italian Seed Cheese

3 hydrated sun-dried tomatoes
¼ tsp. dried oregano
¼ tsp. dried basil

Greek Seed Cheese

juice of ½ lemon
¼ tsp. dried oregano
¼ tsp. dried onion flakes
¼ tsp. dried garlic flakes

Indian Curried Seed Cheese

¼ tsp. garam masala
¼ tsp. curry
3 turns fresh ground pepper

Use cookie cutters to create vegetable chips!
Take your seed cheese on a picnic; it travels great!



Ginger Almond Soup

(a blended soup that you will crave)

½ cup sliced almonds, browned (to garnish soup with color and crunch)

2 cups unsweetened almond milk

½ cup celery

2 Tbs. chia flour

¼ cup unsweetened almond butter

½ -1" piece of fresh ginger root (reserve half to adjust the amount of ginger root flavor to your preference)

¼ tsp. pink Himalayan salt

1 Tbs. maple syrup

1 dash of cayenne pepper (more if you like)

Organize all your ingredients and set the table. Place almond milk in a pot on the stove; turn heat on very low. Add other ingredients to a high-powered blender. When almond milk is warm and just about to scald, remove from heat and carefully pour it in the blender on top of all the other ingredients. Whip your soup to perfection, tasting it to see if you need more ginger kick. Blend again, about 2 minutes. Taste the soup again before you serve it to make sure there is enough salt. Top with toasted almonds for texture, crunch and dense, toasty flavors. Serves 4.

