

# DIY PANTRY STAPLES

## Almond Milk

1 C almonds

3-4 C water

1 tsp vanilla (if vanilla flavor is desired)

Soak almonds overnight in enough water to cover them. (Note: This step is optional. Some people are irritated by an enzyme found in raw almonds. If your stomach is not irritated by raw almonds then you can skip this step.) Place almonds and water in a blender and starting on the lowest setting work your way up to the highest setting and allow to blend for about 1 minute. Pour contents of blender through a strainer bag into another container. (Strainer bags can easily be found at your local hardware store in the painting section for a couple of bucks. You're looking for paint strainer bags, much less expensive than "nut milk straining bags" found at fancy food stores.) Squeeze the pulp in the bag to remove all of the delicious 'milk'. (Note: Save the pulp and make almond flour out of it.)

Transfer almond milk to a container and place in refrigerator. Use within 2-3 days. Note: For thicker, richer almond milk use less water and/or more almonds. For a lighter milk use more water or less almonds.

## Almond Butter

3 C raw or roasted almonds

1 TBS coconut oil

1/2 tsp sea Salt

Place almonds in food processor and turn on. (Warning: The noise that initially hits your ears is hideous. You will think your food processor is breaking, but it's not. It's okay; almonds are just tough little nuts). Walk away... Seriously, this takes a little while so if you need to go do something; it's okay to walk away. If you stand there and watch it the entire time you may go crazy. Once almonds are in a liquid/paste like state add coconut oil and salt if desired. IMPORTANT NOTE: Making Almond butter is a patience game. The almonds go through many stages before they reach the coveted 'butter' stage.

Those stages look as follows:

ground up to a fine flour and sticking to the sides/top of the food processor  
starting to stick together and resemble a paste clumped together and slowing moving as a blob through the food processor formed into a ball and quickly moving around the food processor (this is the stage most people quit at and it's ok here, but nothing compared to the next stage... believe me, it's worth the wait.)

As the blender is running seemingly liquid. The heat and friction from the blender magically transforms and extracts the oils and goodness from the almonds and this state is where the 'liquid gold' is. Seriously, so good. Enjoy!

## **Detox Bread**

1.5 C almond flour (Can use leftover almond pulp 'flour' from making Almond milk)  
2 TBS coconut flour  
1/4 C flaxseed meal  
1/4 tsp sea salt  
1.5 tsp baking soda  
5 eggs  
1/4 C coconut oil (+ 2 TBS if using leftover almond pulp)  
1 Tbsp coconut nectar (or brown rice syrup)  
1 Tbsp coconut or apple cider vinegar

Place dry ingredients in a bowl and mix well. Add in wet ingredients and mix well until a clump free batter forms. Pour batter into a greased loaf pan and bake at 350° F for about 40 minutes.

Remove from oven and cool for 5-10 minutes before removing from pan. Remove from pan and cool before serving.

## **Cauliflower Tortillas**

(for wraps/pizza crusts)

2 C packed cauliflower rice (see below)  
2 eggs  
Salt/pepper to taste

Preheat oven to 375 F. Measure out cauliflower rice and place in kitchen towel or cheesecloth and squeeze all excess liquid out. (NOTE: The more liquid squeezed out the better) Place drained cauliflower rice, eggs, and salt and pepper in a bowl and mix until combined. Prepare a baking sheet with parchment paper. Spoon tortilla mixture onto baking sheet and make small flat circles the size of desired tortillas. Bake for 12 minutes. Remove pan from oven and use spatula to flip over tortillas.

Bake for another 8-12 minutes.

Remove from oven when tortillas are soft and cooked through. At this point the tortillas can be stored in a sealed container in refrigerator until ready for use or finish the recipe immediately. Preheat skillet on stove to medium-high heat. Place tortillas in skillet one at a time and brown on both sides (this step is important as it brings out a nice flavor in the tortillas). Serve immediately with your favorite fillings.

## **Cauliflower Rice**

3/4 head cauliflower (about 6 cups riced)

1/3 C minced onion

1 TBS Extra Virgin Olive Oil

Roughly chop cauliflower and place in food processor. (Note: Do not overfill the food processor, in order to properly 'rice' cauliflower it needs room) Pulse cauliflower in food processor until it is about the texture of rice. If necessary work in batches. Heat olive oil in pan over medium heat.

## **Parmesan Cheese**

1/2 C cashews

1/4 - 1/2 tsp sea salt

1 clove garlic, minced

Place cashews in blender or food processor and pulse until well blended. Transfer to bowl. Stir in sea salt and garlic.

## **Ricotta Cheese**

2 C coconut milk (Coconut Milk Creamer OR any milk alternative would also work here. Pick carefully, your ricotta will have the same taste as your milk)

1/2 tsp lemon juice

1 tsp Extra Virgin Olive Oil or Grapeseed Oil

Pinch of salt

2 TBS Agar Flakes (or ABOUT 1 1/2 tsp agar powder)

Add all ingredients to a medium-size sauce pan. Very slowly bring mixture to a boil, stirring occasionally. Reduce heat to low and allow to simmer 5 minutes or until agar is dissolved. Stir occasionally. Remove from heat and cool 10 minutes. Then, transfer to a sealed container and place in fridge until set, a few hours. Transfer mixture to a food processor and pulse until you get the desired consistency. That's it. You have ricotta cheese!

## **Sour Cream**

1 (13oz) can full-fat coconut milk (make sure it has guar gum in ingredient list)

2 1/4 tsp lemon juice

1/4 tsp sea salt

Put can of coconut milk UPSIDE DOWN in fridge for a couple hours (or overnight). Using can opener, remove top of can and remove solid coconut cream. Pour off the liquid layer and discard (better yet, use it for your next shake/smoothie). Spoon out the solid cream into a bowl. Add lemon juice and salt and mix through.

## **Ranch Dip**

1 (13oz) can full-fat coconut milk (make sure it has guar gum in ingredient list)  
2 ¼ tsp lemon juice  
¼ tsp sea salt  
1 ½ TBS detox Ranch Seasoning (see recipe below)  
Make detox sour cream according to instructions above. Mix in 1 heaping TBS ranch seasoning.

## **Hummus**

3-3 ½ C prepared chickpeas  
3 TBS tahini  
5 cloves roasted garlic or 1-2 cloves fresh  
4 TBS lemon juice  
1 tsp salt  
¼ tsp black pepper  
½ C water or other liquid (placed in bottom of blender)  
1-2 TBS Extra virgin olive oil, for drizzle

If using dried chickpeas, soak overnight. Take soaked chickpeas and rinse off discarding soaking water. Place in pot and fill with water, place pot over medium heat and bring chickpeas to a boil. Once boiling, reduce heat to low and simmer for 45-60 minutes or until soft and easily mashed against side of pot with a fork. Strain water from boiled chickpeas and let cool. Add ingredients to food processor or blender. Be sure to add liquid first. Process until smooth. (NOTE: if using a blender, if needed stop and scrape to mix well. The Hummus can be really thick and bind up in the blade of blender.) Transfer to a container with a lid and drizzle with toppings. Refrigerate and enjoy over the course of 1 week.

## **Guacamole**

2 Hass Avocados  
¼ C finely minced onion  
¼ tsp sea salt (more or less to taste)  
¼ tsp ground cumin  
1 clove garlic, finely minced  
1 TBS lime juice  
½ C Chopped Cilantro (Optional)  
½ C Diced Tomato (Optional)  
1 small diced jalapeno (Optional)

Remove pit from avocado and remove fruit from skin and mash in a bowl. Add in other ingredients and stir to mix well. If not serving immediately cover tightly and place avocado pit in with guacamole to preserve freshness. NOTE: Guacamole needs to be airtight if being stored or it will oxidize and become brown.

## **Salsa**

5-6 Roma tomatoes, whole, peeled (from can or fresh)

1 small onion, quartered

¼ - ½ C fresh cilantro

2 Serrano or Jalapeño peppers, seeded & quartered

1 clove garlic

2 TBS lime juice

Salt/pepper/cumin to taste.

Throw it all in the food processor or blender and pulse to desired consistency. The longer it sits, the better the flavor!

## **Taco Seasoning**

¼ C chili powder

1 tsp garlic powder

1 tsp onion powder

1 tsp crushed red pepper flakes

1 tsp dried oregano

2 TBS paprika

2 TBS ground cumin

1 ½ TBS sea salt

1 ½ TBS black pepper

Mix all spices together and store in airtight container. Most recipes will use 1-2 TBS of seasoning.

## **Ranch Seasoning**

2 TBS dried parsley

1 ½ tsp dried dill weed

2 tsp garlic powder

2 tsp onion powder

2 tsp dried onion flakes

1 tsp ground black pepper

1 tsp dried chives

1 tsp salt

Mix all spices together and store in airtight container. Most recipes will use 1-2 TBS of seasoning.

## **Chili Powder**

¼ C ground chili - ancho is best, but paprika can do in a pinch, smoked paprika is great if available

2 TBS ground cumin

2 TBS dried Mexican oregano

1 tsp cayenne (More or less depending on heat preference)

## **Italian Seasoning**

1 TBS garlic powder

1 TBS onion powder

1 TBS powdered stevia

1 TBS dried parsley

2 TBS oregano

1 tsp white pepper (I use less)

¼ tsp thyme

1 tsp basil

¼ tsp celery seed

Mix all spices together and store in airtight container. Most recipes will use 1-2 TBS of seasoning.

## **Roasted Garlic**

1 fist garlic

2 TBS olive oil

Preheat oven to 375 degrees. Cut top off of garlic fist. Place in small oven proof dish. Pour oil over garlic and cover with tinfoil. Bake for 45 minutes or until cloves are soft. Remove from oven and let cool. Pop/squeeze cloves out of paper. Use in your favorite recipe.

## **Mustard**

1 C ground mustard

1/3 C apple cider vinegar

1/3 C water (add more water for a thinner mustard, less for a thicker mustard)

½ tsp sea salt

1 TBS coconut nectar

Mix all ingredients together and let sit overnight, covered at room temperature to mellow.

Note: The longer it sits the mellower it will be. This produces a sharp mustard.

## **Mayonnaise**

1 egg yolk

1 Tbsp lemon juice

½ Tbsp Detox mustard (see above)

¾ c neutrally-flavored, detox-friendly oil (grapeseed or avocado oil)

Sea Salt to taste

Place the egg yolk in the bowl of the food processor and add the lemon juice and mustard. Season with salt, to taste. Turn the machine on and very slowly start to drizzle in the oil. Drip, drip, drip until the mixture starts to look like mayonnaise, then a slow steady stream of oil can be added. Cook's Note: If the mayonnaise is too thick add a few drops of water or if it is not thick enough, with the machine running, add a little more oil.

## **Ketchup**

2 C tomato paste (no flavorings or salt)

½ C lemon juice

½ C water

1 tsp oregano

1/8 tsp cumin

1/8 tsp nutmeg

1/8 tsp pepper

½ tsp dry mustard

Dash garlic powder

Plash all ingredients in blender or food processor and blend well. Store in fridge

## **Caesar Dressing**

2 cloves garlic, minced

1 tsp fish sauce (may need more depending on taste)

2 TBS freshly squeezed lemon juice, from one lemon

1 tsp detox-friendly mustard (see below)

1 C detox-friendly mayonnaise (see above)

1/4 tsp salt

1/4 tsp freshly ground black pepper

In a medium bowl, whisk together all ingredients except mayonnaise. Add mayonnaise and adjust seasoning to taste.

## **Italian Vinaigrette Salad Dressing**

1 C Extra Virgin Olive Oil

¼ C raw apple cider vinegar (use more or less to taste)

2 TBS roasted garlic OR 1-2 Cloves fresh garlic, minced

½ tsp salt

¼ tsp black pepper

1 tsp dried basil

1 tsp dried marjoram or thyme

1 tsp dried rosemary

tsp dried oregano

2 TBS lemon juice

2 TBS applesauce or coconut nectar

Mash up garlic with a fork and add coconut nectar or applesauce. Add spices and mash to combine. Add in rest of ingredients and mix well. Store in refrigerator and use as needed.

## **Ranch Dressing**

½ C cashews, soaked for 2-3 hours and drained

1/3 C water

¼ C almond milk (or other non-dairy milk)

1-2 cloves garlic

1 TBS fresh parsley

1 TBS fresh chives

1 tsp dried dill

½ lemon, juiced

½ tsp raw apple cider vinegar

½ tsp sea salt

Fresh ground pepper, to taste

With the exception of parsley, chives and dill, add all other ingredients in high-speed blender. Blend until smooth. If you like thinner dressing, add a little water at a time until desired consistency is reached. Add herbs and pulse. Season with salt & pepper. Adjust according to taste. Chill for an hour. Use within 2 days. Store in fridge in airtight container.



## **Lemon-Garlic Dressing**

½ C olive oil

1 lemon, juiced

3 cloves garlic, chopped

Salt/pepper, to taste

In food processor or chopper, combine all ingredients and blend until there are no garlic pieces left. Store in fridge.

## **Basil Salad Dressing**

2 oz fresh basil

¾ cup olive oil

½ tsp sea salt

½ tsp pepper

1 tsp lemon juice

Blend on high speed until smooth.

## **Creamy Avocado Dressing**

1 avocado

3 TBS olive oil

1 TBS lemon juice

¼ tsp black pepper

Sea salt, to taste

½ C water

Place avocado, olive oil, lemon juice and water in blender. Puree until smooth. Then blend in salt and pepper.

## **Creamy Onion Dressing**

2 TBS red onion

¼ C apple cider vinegar

1 TBS coconut amino (Bragg coconut amino)

1 tsp mustard powder

½ tsp sea salt

½ C olive oil

Place onion, vinegar, coconut nectar, mustard and salt in blender and puree on high speed until smooth. While blending, drizzle in olive oil.

## **Italian Dressing**

¼ C apple cider vinegar  
2/3 C extra virgin olive oil  
2 TBS water  
2 TBS coconut amino (Bragg coconut amino)  
2 TBS of Italian seasoning (see recipe above)  
Combine all ingredients in salad shaker bottle, shake & enjoy.

#### Roasted Garlic Marinade

1 fist roasted garlic, mashed up in oil used to roast (see below)  
3 sprigs or 2 tsp rosemary, chopped  
3 sprigs or 1 ½ tsp sage, chopped  
1 tsp Marjoram or Thyme  
1/4 tsp Aleppo pepper (can use paprika)  
1 tsp salt  
1/8 tsp black pepper  
1 TBS lemon juice  
1 TBS extra virgin olive oil

Rub marinade on meat at least 1 hour or up to 24 hours before roasting meat.

## **Stir Fry Sauce**

2 C chicken broth  
2 cloves garlic  
1 tsp grated ginger  
1 tsp crushed red pepper  
¼ C coconut sugar  
½ C coconut amino (Bragg coconut amino)  
3 TBS Arrowroot powder (aka arrowroot starch)  
3 TBS warm water

Add all liquid ingredients to pot except the arrowroot starch and water. Wait to mix those up. Bring ingredients to a soft boil. Mix together arrowroot starch and warm water in a small dish and mix until starch is dissolved. Add arrowroot starch mixture to sauce mixture on stove and stir as it thickens.

Reduce heat to simmer and simmer until reduced to desired thickness. (Note: Sauce will thicken considerable as it cools) Add to your favorite stir fry dish and enjoy!

## **Fish Taco Sauce (Cumin Dressing)**

1 C detox mayonnaise  
¼ C almond or coconut milk  
3 TBS lemon juice  
1 tsp salt

2 TBS ground cumin  
1 clove garlic, minced

Add ingredients to bowl and mix well. Let sit for 10 minutes to allow flavors to blend.

## **Tzatziki Sauce**

$\frac{3}{4}$  C raw cashews  
 $\frac{1}{2}$  C water  
 $\frac{1}{4}$  C English cucumber, grated  
1  $\frac{1}{2}$  tsp mint or dill  
 $\frac{1}{4}$  tsp sea salt  
4-6 cloves garlic, pressed  
1  $\frac{1}{2}$  tsp lemon juice

Soak cashews in warm water. Let sit for 2+ hours. Drain cashews and blend in food processor/blender with garlic. Add a little water at a time, stopping to scrape down the sides, if needed. Blend until smooth. Consistency should be like slightly thin yogurt. Continue to add water until you reach that consistency. Squeeze liquid out of cucumber. Add cucumber, dill/mint, salt and lemon juice and mix well. Chill in the fridge for at least  $\frac{1}{2}$  hour.

## **Kale Chips**

1 Bunch Kale  
2-3 TBS Olive Oil  
Salt (to taste)  
Garlic Powder (to taste)

Cut leaves from stem and tear into chip sized pieces. Wash leaves. Dry leaves by placing 1 layer on half a kitchen towel and folding opposite half on top to gently remove excess water. Put leaves in bowl and add olive oil and seasonings. Place leaves on baking sheets in a single layer (for 1 bunch of kale uses about 2 baking sheets). Bake at 350 F for 7-10 minutes. Remove trays from oven and use spatula to flip chips over. Return to oven and bake for another 3-7 minutes until chips are dehydrated. Remove from oven and let cool. Chips will crisp as they cool.

## **Cajun Seasoning Mix**

$\frac{3}{4}$  Tbsp paprika  
34 tsp onion salt  
 $\frac{2}{3}$  tsp garlic powder  
 $\frac{1}{4}$  tsp black pepper  
 $\frac{1}{2}$  tsp cayenne pepper  
 $\frac{1}{4}$  tsp white pepper  
 $\frac{1}{4}$  tsp cumin  
 $\frac{1}{4}$  tsp thyme

1/8 tsp oregano

Mix all spices together and store in airtight container. Most recipes will use 1-2 TBS of seasoning.