

START

SELF TREATMENT ARREST REVERSE THERAPY

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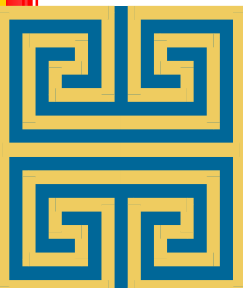
Menu

Veggie Fu Young
with
Sweet Curried
Bell Pepper
Sauce

Nori Rolls

Asian Cabbage
Salad

Apple
Cob-
bler



Sweet Curried Bell Pepper Sauce

Ingredients

- 1 cup red bell pepper, chopped
- 1/4 cup extra virgin olive oil
- 2 Tbs lemon juice
- 1 1/2 Tbs curry powder
- 1/2 Tbs garlic
- 1 Tbs lemon grass, chopped
- 1/2 tsp Celtic Sea salt
- Optional —dash black pepper

Veggie Fu Young

Ingredients

- 1 1/2 cup pine nuts
- 3/4 cup almonds, soaked 10-12 hours
- 1 Tbs garlic clove
- 1 Tbs ginger
- 1 tsp Celtic sea salt
- 2 Tbs fresh lemon juice
- 2 Tbs extra virgin olive oil
- 1 carrot, shredded
- 1 cup red bell pepper, chopped
- 1 cup zucchini, chopped
- 1/2 cup parsley, chopped
- 1/4 cup green onion, chopped
- 1/2 Tbs ginger, chopped
- 1 cup Asian bean sprouts

Nori Rolls

- STEP 1- Prepare pate filling
- STEP 2- Prepare veggies
- STEP 3- Using 3-4 nori sheets prepare nori rolls

Ingredients for Pate Filling

- 1/2 C walnuts, soaked
- 2 C sunflower seeds, soaked
- 3 garlic cloves
- 1 C chopped celery
- 1 1/2 tsp Celtic sea salt
- 1/3 C extra virgin olive oil
- 1/2 C fresh squeezed lemon juice
- 1 tsp curry powder

Instructions

Blend all pate ingredients in a food processor until creamy.

Veggie Ingredients

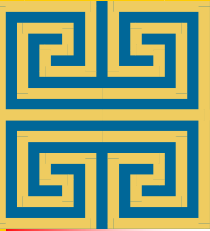
- 1/2 avocado—thin strips
- 1/2 large red bell pepper—
- thin strips

Instructions

In a food processor, process until smooth pine nuts, soaked almonds, garlic, ginger, Celtic sea salt, lemon and extra virgin olive oil. Use filtered water to reach desired consistency. In a bowl, mix thoroughly the above mixture and remaining ingredients. Form 1/2 inch thick

Instructions - Using 3-4 Nori Sheets prepare Nori Rolls

Spread pate onto nori sheet with sliced vegetables on top. Roll up tightly. The nori sheet will stick better if nori outer edge is moistened with water.



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ASIAN CABBAGE SALAD

Dressing Ingredients

- 6 Tbs raw tahini
- 1 1/2 cup filtered water
- 1 Tbs Celtic sea salt
- 3/4 cup minced scallions
- 3 Tbs flax seed oil
- 3 Tbs sesame seed oil
- Sunectar® to sweeten
- 3 Tbs grated fresh ginger
- 2 chopped garlic cloves
- 3/4 tsp Chinese 5 Spice powder
- 1/2 tsp cayenne powder
- 1/2 tsp ground cumin

Salad Ingredients

- 2 cup purple or green cabbage
- 1 cup Chinese cabbage
- 1/4 cup cauliflower florets
- 1/4 cup chopped mushrooms
- 1/4 cup carrots, shredded



The \$15 Donation covers the cost of the produce.

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Instructions

Blend all ingredients until

3 Tbs diced red onion

Optional—organic cashews

APPLE COBLER

Ingredients

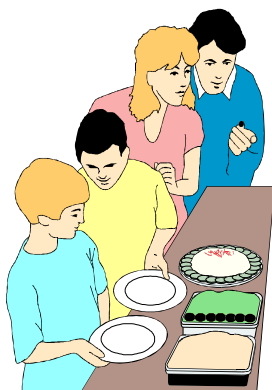
- 4 apples, 3 thinly sliced, 1 chopped
- 1/2 cup soaked raisins 2-4 hours
- 1 Tbs cinnamon
- 1/2 Tbs fresh squeezed lemon juice
- 1 tsp nutmeg
- 1/2 tsp Celtic sea salt
- 2 cups soaked pecans 10-12 hours
- 1 cup soaked pitted dates 30 minutes

Variations—

try substituting apples for peaches, or

Instructions

In high speed blender or food processor, blend 1 chopped apple, _____ soaked



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