9 Recipes to Alkalize Today

Easy recipes & tips for getting started

Dr. Susan E Brown PhD
with Lena Tilsworth

Better Bones

Hi Everyone,

This is Dr. Brown and it is my pleasure to offer you this booklet with simple ideas and recipes for developing your own Alkaline for Life® eating program. I hope you will find our recipes tasty and our suggestions helpful. We are sure you will enjoy using them to make your breakfast, lunch, snacks, dinner, and even desserts more alkalizing.

When I began writing about the benefits of an alkaline diet some 30 years ago only a handful of scientists realized the health advantages to be gained from alkalizing. Now, much to my delight, there are hundreds of research articles showing how a diet higher in vegetables, fruits, nuts, pulses, seeds, and spices can improve health, happiness and extend longevity. Much of this research can be found on our Better Bones website (www.betterbones.com) and in my book, *The Acid Alkaline Food Guide*. A further testimonial to the popularity of the alkaline diet is the fact that this book is a bestseller and has been translated into several different languages.

I hope you will sit down, dig in, and enjoy a new recipe or two. I'm sure that once you start expanding your use of the world of vegetables, fruits, nuts, seeds, pulses, and spices, you yourself will find a rainbow of ways to alkalize your body chemistry through delicious eating. These recipes have been adapted from *The Amazing Acid Alkaline Cookbook* by Bonnie Ross (SquareOne Publishers, 2011), for purchase in our shop.

May you all alkalize, stay strong and thrive.

Dr Susan E Brown PhD

5 Steps to Our Alkaline for Life Program

Monitor Your pH

Using your first-morning urine, test your pH levels by using our Alkaline for Life pH Test paper. You are looking for a consistent reading of 6.5 - 7.5.

Develop an Alkaline Diet

Making slight tweaks in your diet by replacing some acid-forming foods with alkaline forming foods can have a big impact! Alkalizing your diet is the most important part of our program. Our website (www.alkalineforlife.com) and our pH Test Kit are the best places to learn how to do this effectively.

Use Alkalizing Supplements as Needed

If you have adjusted your diet and still have not reached a consistent ideal pH level you might need additional alkalizing mineral compounds. If diet does not work alone, you can supplement with our alkalizing vitamins and minerals.

Tame Your Stress Response

Did you know stress produces acids in the body? When we are stressed we produce hormones of distress such as cortisol, which create acids in the body. Begin simple breathing exercises and meditation to help ward off stress induced acids.

Seek Personal Help

When all else fails or if you would like additional help, a consultation with Dr. Brown can help you develop an individualized alkalizing program.

This vs. That

Believe it or not, following an alkaline diet can be easy as long as you have the correct information. Many think that they will have to give up their favorite foods. This is not true! By making small changes, you will still be able to enjoy your favorite meals. Use this substitution guide to make healthy and alkalizing food decisions.

Instead of:	*Use:*
BREAD ROLLS	SWEET POTATO, YAMS
RICE	MASHED CAULIFLOWER
PEANUT BUTTER	ALMOND OR CASHEW BUTTER
TABLE SUGAR	SUCANAT SUGAR, MOLASSES
TABLE SALT	SEA SALT, TAMARI
MOST GRAINS (RICE, WHEAT, CORN, RYE)	OATS, QUINOA, WILD & JAPONICA RICE
VEGETABLE OIL	OLIVE OIL, COCONUT OIL, GHEE
WHITE VINEGAR	APPLE CIDER VINGER
COW & SOY MILK	ALMOND MILK
SODA	FIZZY MINERAL WATER WITH LEMON OR LIME, KAMBUCHA
SPAGHETTI	SPAGHETTI SQUASH, SPIRALIZED ZUCCHINI

BREAKFAST

Veggie Scramble

There's nothing quicker or easier than a veggie scramble! This recipe is packed with protein to keep you satisfied until your next meal. It's also a great way to get your vegetables!

YIELD: 3 SERVINGS

6 eggs
1 medium zucchini
3 cups of spinach
scallions
1 red bell pepper
1 avocado
1 tbsp extra virgin olive oil
sea salt to taste

1. Prepare the egg mixture by cracking two eggs per person into a large bowl. Add salt and beat the eggs until everything is evenly mixed together. Place aside.
2. Heat 1 tbsp of extra virgin olive oil in a frying pan over medium heat. Add sliced red bell peppers, spinach, scallions, and zucchini. Cook until the vegetables have softened and the spinach has begun to wilt.
3. Reduce the heat to low and pour the egg mixture into the pan. Continue to occasionally stir until the eggs have cooked to your preferred consistency.
4. Transfer your veggie scramble to a plate and top with sliced avocado.

Almond Butter and Jam Muffins

If you love PB&J sandwiches, these muffins are bound to put a smile on your face. It's amazing how a little jam tucked into the center of each muffin makes them such a special treat. You'll feel like a kid again with just one bite.

YIELD: 12 MUFFINS

1 cup almond butter
1 egg
2 tbsp clarified butter, melted
1/2 cup Sucanat sugar
1 cup unsweetened almond milk
1 1/2 cups light spelt flour
1 tbsp baking powder
1/2 tsp baking soda
1/4 tsp sea salt
4 tbsp fruit juice-sweetened raspberry or strawberry jam

1. Preheat the oven to 400°F. Lightly coat a 12-cup muffin pan with vegetable oil or clarified butter, or use a silicon muffin pan or paper liners, and set aside.
2. In a large bowl, combine the almond butter, egg, and clarified butter. Mix well with a spoon until blended.
3. Add the sugar to the mixture and mix well again. Stir in the milk.
4. Combine the dry ingredients and add them to the wet ingredients. Mix until combined.
5. Spoon out just enough batter to cover the bottom of each of the prepared muffin cups. Add 1 tsp of jam per cup and cover evenly with remaining batter.
6. Bake for 15 minutes, or until a toothpick inserted in the center of a muffin comes out clean and they appear golden brown.
7. Let the muffins cool in the pan before transferring them to a cooling rack.

Mango Fusion

This drink has tropical flair that is sure to open your eyes first thing in the morning.

YIELD: 2 SERVINGS

1 cup fresh or frozen mango pieces
1 cup unsweetened pineapple juice
1/2 medium banana, sliced
1/2 cup unsweetened almond milk
1 tbsp ground flaxseed
1/2 cup ice cubes

1. In a blender, combine the mango, pineapple juice, and banana. Purée until smooth.
2. Add the milk and flaxseed to the blender and process until well blended.
3. Add the ice cubes to the blender and process until smooth and creamy.
4. Pour into two tall glasses and enjoy.

Ginger Tea

Ginger tea is a mineral-rich and highly alkalizing beverage with several health benefits.

YIELD: 3 CUPS

3 tbsp fresh grated ginger root
3 cups of water
honey (optional)
lemon (optional)

1. Choose a healthy looking, plump fresh ginger root in the produce section.
2. Wash, dry and peel the root (as necessary).
3. Chop up or grate 3 tbsp of ginger for 3 cups of tea (ratio: 1 tbsp per cup). Put the ginger in a sauce pan.
4. Bring water to a boil in a separate pan or kettle and pour into sauce pan over the ginger root.
5. Cover and simmer for 10-15 minutes.
6. Strain the tea and add honey to taste.

Broccoli Soba Noodle Salad

LUNCH

Although it is delicious cold, I usually enjoy this dish slightly warm. Just be sure to trim away the tough outer skin of the broccoli stems before chopping them.

YIELD: 6 SERVINGS

3 cups finely chopped broccoli
3 scallions, finely chopped
1 large carrot, grated
1/4 cup finely chopped cilantro
1/4 cup shelled raw pumpkin seeds
2 tbsp extra virgin olive oil
2 tbsp raw sesame seeds
2 tbsp tamari or soy sauce
1 tbsp grated ginger root
1 tbsp sesame oil
zest of 1 lemon
8 oz. 100% buckwheat soba noodles

1. Steam the broccoli, carrot, and scallions in a steamer basket over a pot of boiling water. Steam until the vegetables have softened to your preferred consistency.
2. In a large bowl, combine the steamed vegetables and all of the other ingredients except for the noodles. Toss well.
3. In a medium pot, boil some water. Break the soba noodles into 3-inch lengths, cook according to package directions, and drain.
4. Add the soba noodles to the vegetables. Add more soy sauce or tamari if needed.
5. Toss well and serve. Refrigerate leftovers for up to 3 days.

Green Goddess Dressing

This very rich salad dressing is best served on a bed of mixed salad greens with chunks of fresh tomatoes. It also is a delicious way to add flavor to steamed vegetables.

YIELD: 1 CUP

1/2 small avocado, peeled and pitted
1/4 cup mayonnaise (soy, egg, and gluten-free)
1/4 cup chopped fresh parsley
1 tbsp unflavored greens powder (or 1/2 cup baby kale)
1 tbsp fresh lemon juice
1 large garlic clove, pressed
1 tsp anchovy paste
sea salt (to taste)

1. In a food processor, combine all of the ingredients and process until smooth. Add a little water if the dressing is too thick.
2. Store the dressing in an airtight container and refrigerate for up to one week.

Tahini Spread

This quick and easy sauce makes for a tasty addition to any meal. I enjoy pairing it with falafel, but it would also go nicely with chicken or on top of a salad.

YIELD: 1/2 cup

1/2 cup tahini
1/4 cup finely chopped parsley
2 tbsp fresh lemon juice

1. Combine the tahini, parsley and lemon juice in a small bowl.
2. Mix well with a spoon (or a food processor) until blended.

DINNER

Falafel Lettuce Wraps with Tahini Spread

A tasty and quick light lunch or dinner, this dish is a great way to enjoy falafel and include a good selection of vegetables in your diet. Be sure to slice the tomato thinly, as it is mildly acidifying.

YIELD: 5 LETTUCE WRAPS

1 cup falafel mix such as Casbah
1/2 cup zucchini, shredded
1/2 cup cold water
1/2 cup plus 2 tbsp light olive oil
10 large lettuce leaves
1 large tomato, thinly sliced
1 small red onion, thinly sliced
1 large avocado, thinly sliced
alfalfa sprouts
Tahini Spread

1. Line a 9-x-13-inch baking sheet with a paper towel and set aside.
2. In a medium-sized bowl, combine the falafel mix, zucchini, and water. Mix well with a spoon until blended. Let sit for 10 minutes.
3. In an 8-inch skillet, heat 2 tbsp of the oil over medium-low heat. Using your hands, shape 1/4 cup of the falafel mixture into a burger-sized patty. Add the patty to the skillet, flattening it with a spatula. Cook for 3 to 4 minutes on each side, or until browned. Transfer to the prepared baking sheet and repeat the process until you have 5 falafel patties.
4. Wrap each falafel in two large lettuce leaves and dress with slices of tomato, onion, avocado, and a few sprouts. Top with the Tahini Spread and serve.

Coconut Cocoa Balls

You can have your cake and eat it too. Or rather, you can have your Coconut Cocoa Balls and eat them too. By combining alkalizing flavors with low-acid sweeteners, you can indulge your sweet tooth without upsetting your pH level.

YIELD: 32 BALLS

1/2 cup rice syrup
1/2 cup Sucanat sugar
1/2 cup almond milk
1/4 cup almond butter
1/4 cup cocoa
2 cups old-fashioned rolled oats
1 cup unsweetened flaked coconut
1 cup dark raisins
2 tbsp flaxseeds
1/4 cup sesame seeds
1/2 cup sunflower seeds

1. In a 2 1/2 -quart saucepan, combine the rice syrup, Sucanat sugar, milk, almond butter, and cocoa over medium-high heat. Cook, stirring regularly, until the mixture comes to a boil. Remove from the heat.
2. Add the oats, raisins, flaxseeds, sesame seeds, and sunflower seeds to the rice syrup mixture and stir until combined. Let sit until cool enough to handle.
3. Make 1-inch balls and roll in flaked coconut.
4. Transfer the balls to a container, layering them between sheets of waxed paper, and refrigerate for at least 30 minutes before serving.

Our Exclusive pH Test Kit

Alkaline for Life

Everything You Need To Start The Alkaline Diet

- Acid/Alkaline Food Guide
- One Roll of pH Test Paper
- Food Charts
- Meal Suggestions & More

$29.95

Follow us on:

Better Bones

Get Started Today with Optimal pH !

To Order:

betterbones.com
1-888-206-5320