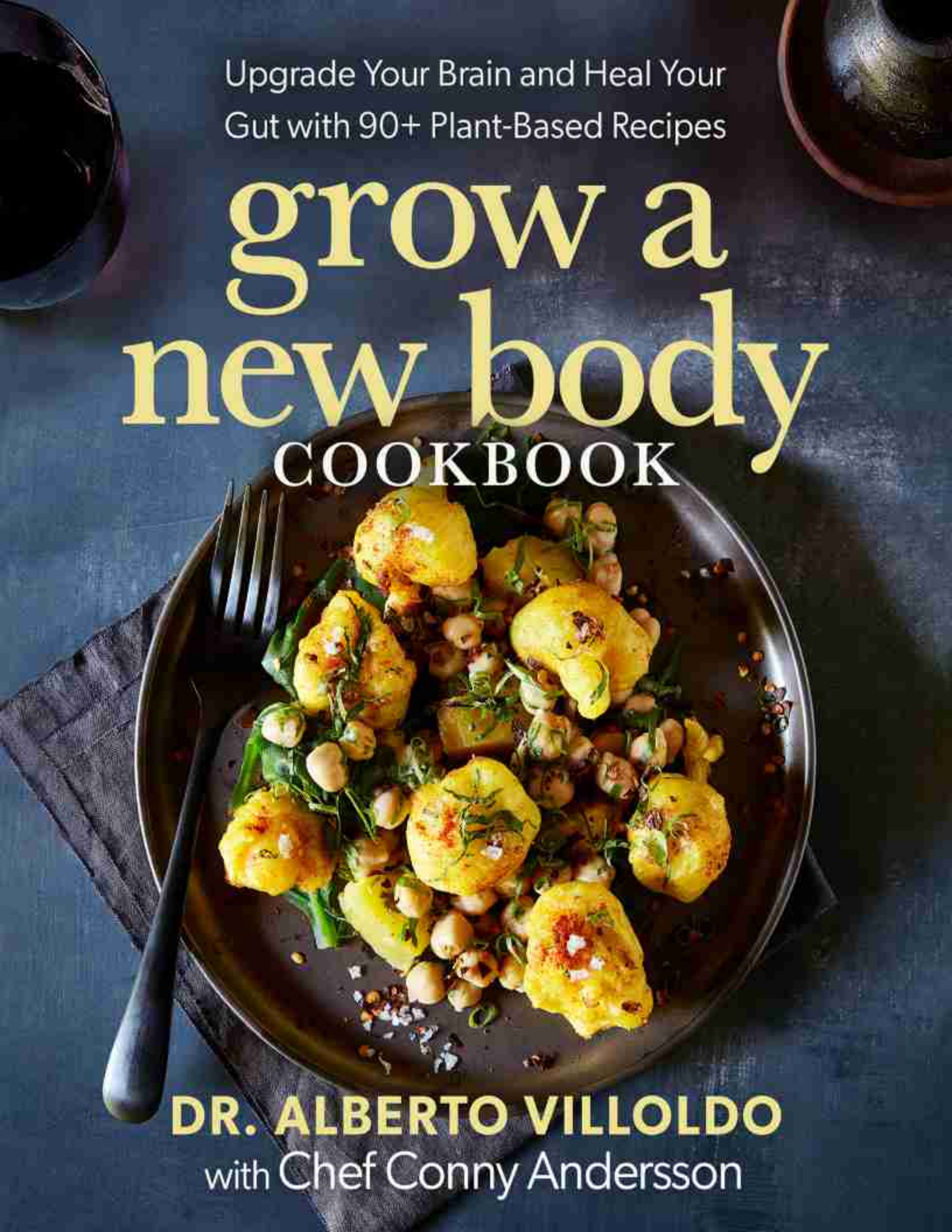
Upgrade Your Brain and Heal Your Gut with 90+ Plant-Based Recipes

grow a new body COOKBOOK



DR. ALBERTO VILLOLDO
with Chef Conny Andersson

Praise for

Grow a New Body Cookbook

"Embark on a transformative culinary journey with the **Grow a New Body Cookbook!** *Combining a unique blend of ancient wisdom and cutting-edge science, this vegan masterpiece is a treasure trove of health. Dr. Villoldo has researched the power of plants among Indigenous healers in the Amazon (I've been there with him!) and now shares mouth-watering recipes developed with world-renowned chef Conny Andersson that support detoxification and rejuvenation. Having personally witnessed the incredible power of food as medicine during culinary retreats I have co-led with Dr. Villoldo, I can attest that these recipes will unlock the secrets to lifelong well-being! This volume will help you turn your kitchen into a laboratory of healing and embrace the plant-based lifestyle for natural rejuvenation and optimal health."*

— **Mark Hyman, M.D., #1** *New York Times* best-selling author of *Young Forever*

"Grow a New Body Cookbook *guides you through a mouthwatering journey of exceptional recipes meticulously crafted to match the latest advancements in nutritional science. The carefully designed meals, vibrant and varied, nourish both the body and soul, making healthy eating an absolute pleasure. You'll be amazed how effortlessly it merges taste, creativity, and nutritional balance, turning every meal into a celebration of well-being. This is so much more than just a cookbook—it's a blueprint for a healthier, happier life."*

— **David Perlmutter, M.D., #1** *New York Times* best-selling author of *Grain Brain* and *Drop Acid*

"Don't wait for a health crisis to grow a new body. Blending modern science with ancient shamanic wisdom, you can learn how to align yourself

with nature through how and what you eat. This beautiful book is the perfect guide to help you create true health."

— **Maria Rodale, author of** *Love Nature Magic* and former CEO and chairman of Rodale Publishing

"I absolutely love this book! Dr. Villoldo has created a fascinating, compelling, and practical guide to transform your body and your life. Grounded in science, timeless wisdom, and cuttingedge nutrition insights, you'll discover an easy-to-follow road map where the kitchen is your laboratory and creative world-class recipes are your medicines. This is by far the best book I've seen when it comes to giving you an eating plan that taps into the magic of the natural world to help maximize your genetic potential. Beautifully executed, this is a 'must-have' book for anyone inspired to use real food to help fulfill your greatest personal and metabolic destiny."

— **Marc David**, founder of the Institute for the Psychology of Eating and author of *Nourishing Wisdom* and *The Slow Down Diet*

"Conny Andersson is a passionate and globally experienced chef who, like many, knows that plant-based cuisine is not a passing trend and will only continue to grow as people make health and lifestyle choices that reflect their values. Having worked closely with him for years, I know firsthand his incredible understanding of flavors, textures, and the art of getting the balance of a dish just right. This book is not only a true representation of his talent as a chef, but also of his intimate knowledge of the ingredients and techniques that come together in these healthy, artistic, and sustainable dishes."

— **Ciaran Hickey**, head of culinary, Harrods

"What you cook matters. The recipes within **Grow a New Body Cookbook** *will take you on a tantalizing flavor tour that excites the palate and energizes the spirit while bringing out the global chef within. Each ingredient tells a story—blending harmoniously into the next—making vegetarian cooking delicious, nutritious, and deeply satisfying."*

— **Alicia Boyes**, CHT, first 3 Michelin-star female general manager in the United States

"At a time when achieving a real and sustainable sense of well-being is the preeminent goal for so many, Conny Andersson and Dr. Villoldo's approach offers an intuitive, easy way to unlock that next level of self-care. These recipes harness the transformative power of plants—backed by science and age-old practices of wellness that have been proven to work time and time again—and create truly delectable dishes that satisfy both body and soul."

— Radha Arora, president of the Rosewood Hotel Group

"In January 2020 we were in Chile, taking part in Alberto Villoldo's Grow a New Body program. We arrived tired and feeling depleted. Seven days of healing later, we had been rejuvenated like never before. We flew back to Europe to find a changing world, one of isolation and lockdown. We relocated to Kaplankaya on the Aegean shores of Turkey where our friend Conny Anderson had taken residence. Through those days and months, Conny took care of us and our community. We ate well and stayed healthy. The partnership behind this cookbook is a match made in heaven. This book will spread the magical healing energy of this duo through incredible recipes that will make you lick your fingers and eat your way to a healthy life."

— Tereza Maxova, model and philanthropist

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Also by Dr. Alberto Villoldo

Grow A New Body: How Spirit and Power Plant Nutrients Can Transform Your Health*

The Wisdom Wheel: A Mythic Journey through the Four Directions*

The Heart of the Shaman: Stories and Practices of the Luminous Warrior*

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with 90+ Plant-Based Recipes

DR. ALBERTO VILLOLDO
with Chef Conny Andersson

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To Marcela Lobos and her magical kitchen spells!

— Dr. Alberto Villoldo

To all my inspirational friends, and to those who like to be inspired.

— Chef Conny Andersson

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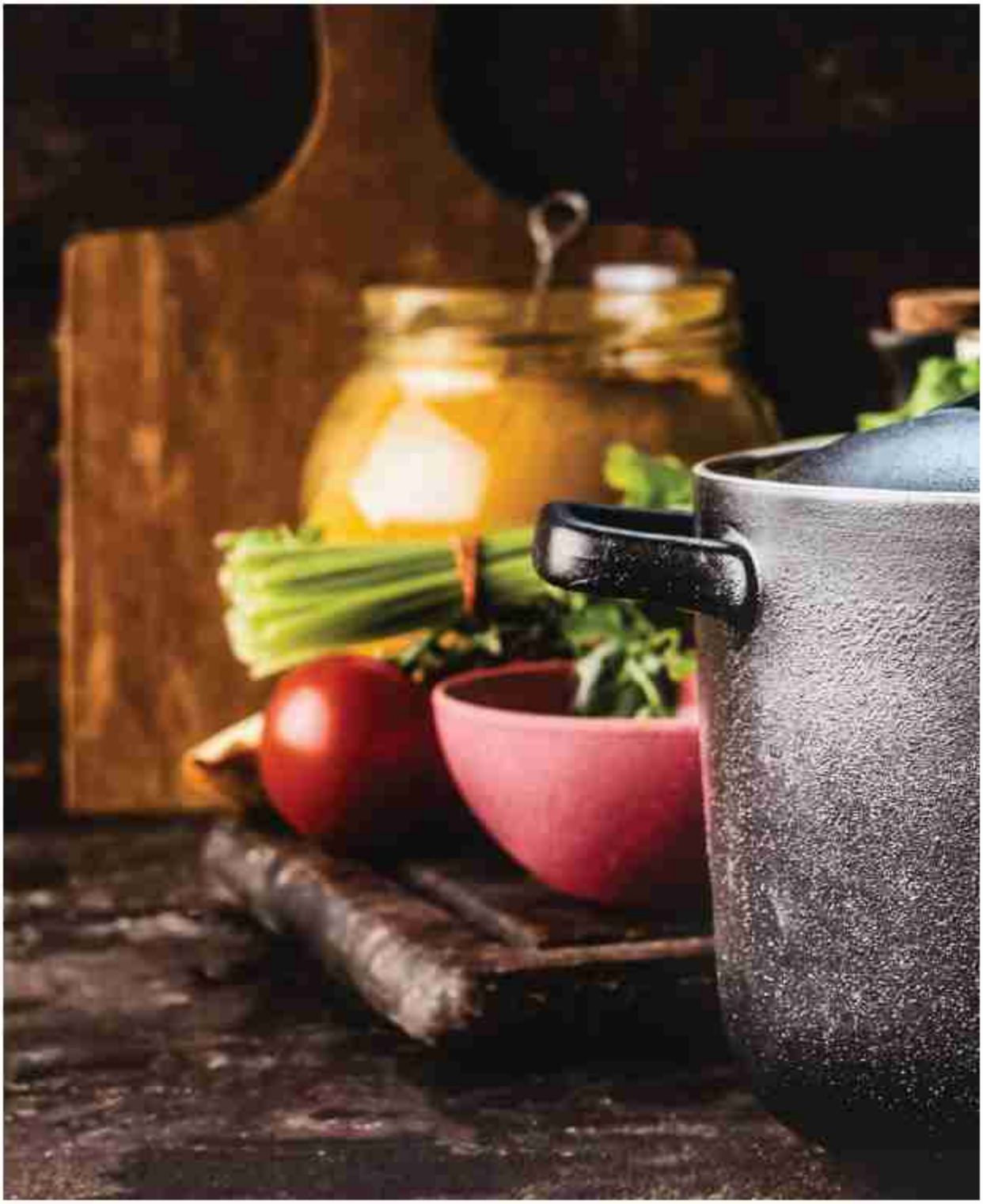
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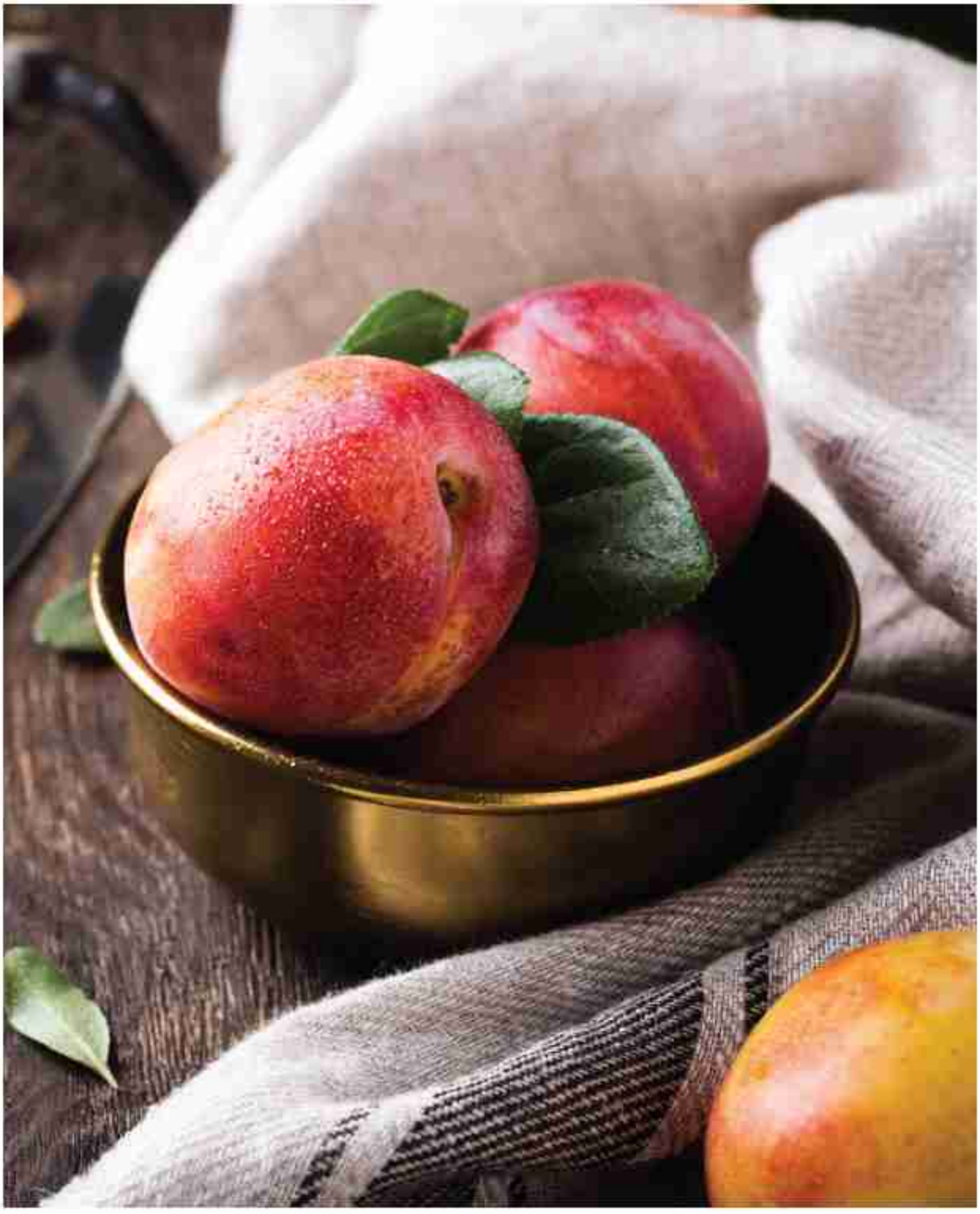


PART I

The GNB Way

"You are the *new* human who can transcend the limitations of genetic inheritance and environment to grow a resilient and vibrant body and brain."

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CHAPTER 1

You Can Grow a New Body

You *can* grow younger.

In my late teens, I decided I wanted to study anthropology so I could visit exotic lands and meet humans unspoiled by civilization. In my travels into the Amazon rain forest, canoeing to villages that had never seen a can of soda pop, I found that people had no dementia, no cancer, and no heart disease. These rain forest dwellers had a primarily plant-based diet and occasionally ate fish and wild-caught meat. They knew which plants switched on the genes for repair and regeneration and allowed them to live long and healthy lives.

The recipes in this book are designed to help you grow younger. They employ the wisdom of the Amazon forest dwellers and will switch on repair-and-regeneration systems that reside inside every cell and organ in your body. They will turn on banks of stem cells ready to help you grow a new body that will defy aging and reduce your risk of disease.

This eating plan is based on four principles:

- Eat a primarily plant-based diet with occasional fish and eggs (no more than once a week).
- Limit saturated fats (from meat and cheese) and eliminate sugar or anything that turns into sugar in your gut, such as processed grains. Eat lots of fruits, but only after noon!

- Eat only two meals a day within an eight-hour eating window. This means skipping breakfast (as I do) or dinner. Do not eat anything within three hours of bedtime.
- Supplement with B-complex vitamins, vitamin D_3, DHA, and a daily multivitamin and mineral formula. Laugh heartily; forgive easily.

Grow a New Body Cookbook is supported by cutting-edge science as well as ancient wisdom. Yet modern medical science is facing a crisis. The editors of *The Lancet*, the most prestigious medical journal in the world, state, "The case against (medical) science is straightforward: much of the scientific literature, perhaps half, may simply be untrue." [1] How much can we trust modern medicine and TV doctors to tell us the right things to eat to protect our health? We invite you to become your own chief scientist, to find out what works for your body, and to turn your kitchen into your laboratory.

Growing a New Body

I had to.

I needed to find a new liver.

As a medical anthropologist, I had spent years traveling to remote areas in Indonesia, India, and the Amazon, which had left me feeling fatigued and jaundiced. I knew I had to seek medical attention, and when I did, the news was far worse than I had expected: I was told I had a brain and heart full of parasites. My liver was dying, and my doctors urged me to get on the list for a transplant.

That was several years ago. Today I feel better than I have in decades, with a new liver, heart, and brain. However, I have all my original organs! I learned how to grow a new body by awakening the body's ability to switch on the production of stem cells to repair and grow new tissues and organs that are youthful, healthy, and vibrant. Now I am helping others transform their bodies and upgrade their brains so they can grow younger instead of aging, and so their health spans can equal their life spans.

Using the recipes offered in these pages, you will enjoy delicious meals and snacks that are nutrient dense and calorie poor. The power plants in the dishes are rich in polyphenols that protect your health and have antioxidant,

antiinflammatory, and other amazing properties. Because they are high in healthy fats and proteins and low in sugars and animal products that cause premature aging, these foods will switch on the production of stem cells that renew your body and your brain. They will help you defy the destiny that seems written in your genes.

Whether you are 35 or 80, you can cue your body's innate regeneration systems that allow you to reverse the aging process. By changing how you eat, you can fight back against the three horsemen of the apocalypse in the Western world—dementia, cancer, and heart disease. You will become more optimistic about your future when you discover how quickly you can grow a new body that heals rapidly and grows older while reducing the risks of the illnesses of aging! By eating the Grow a New Body (GNB) way, you can start to feel revitalized in a few days and begin to clear your mind and repair your brain, reversing the damage done by environmental toxins and the ravages of time. Nearly every client in my seven-day Grow a New Body programs in Europe, the United States, and our clinic in Chile has had 75 percent of all their symptoms, from brain fog to aches and pains, improved within one week!

Using the *Grow a New Body Cookbook*, you can have your food be your medicine! My journey to recover my health overrode any skepticism I had about the possibilities I'm describing. My doctors explained I would most likely never be able to hike in the mountains again. Just recently I returned from a trekking expedition high in the Andes Mountains in Peru. If I could reverse the damage my body had suffered, and feel stronger and more alive than I have felt since my 20s, so can you.



You will grow older. But you can stop aging.

The parasites I picked up in the Amazon nearly killed me, but the rain forest also revealed to me her secrets to health and longevity. During one nighttime ceremony with the Amazonian shamans, I sensed the spirit of the Mother, of Gaia, who said to me, “You are dying . . .”

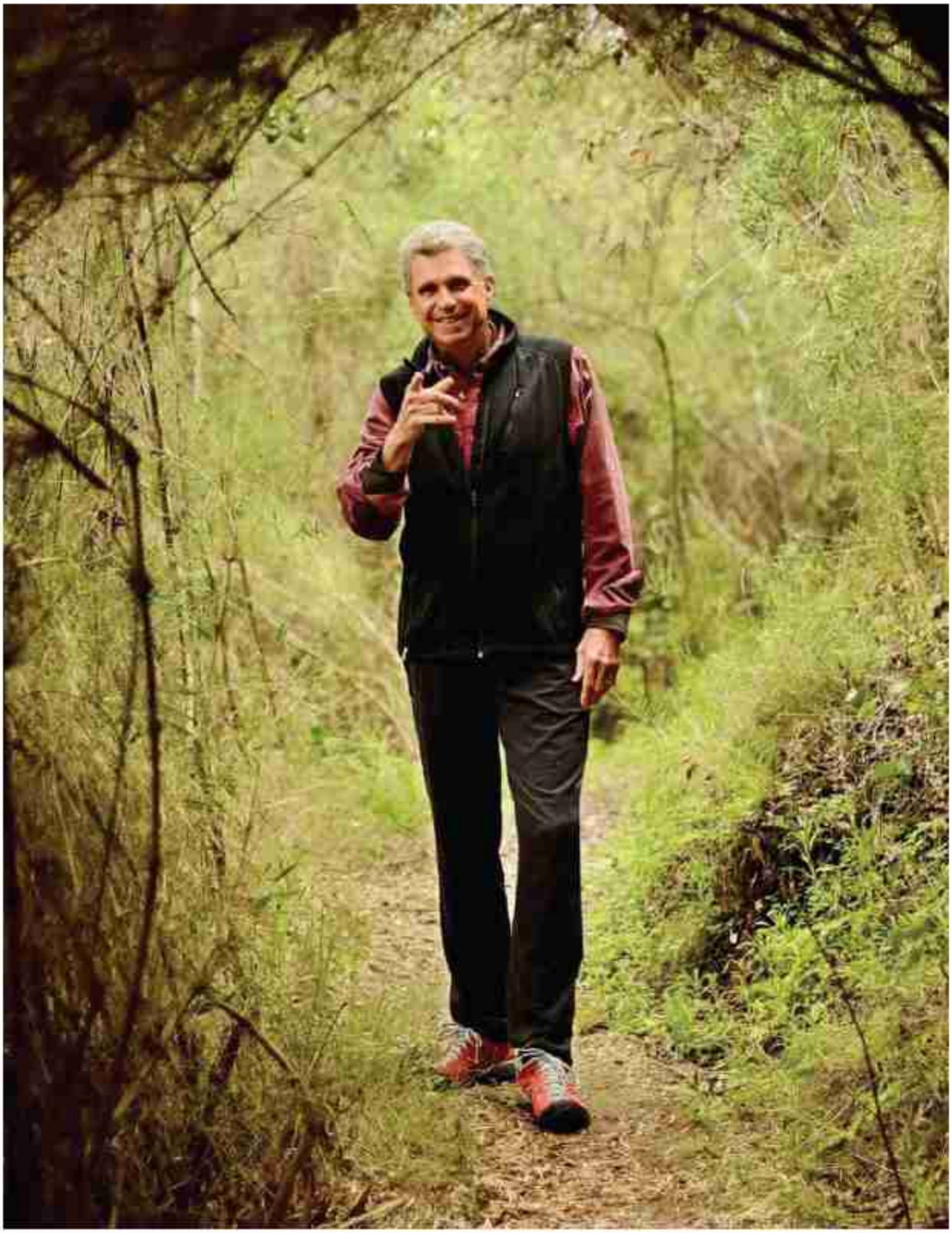
"I know,” I responded into the darkness.

"You are full of death,” she said. “You have to exorcise the death that lives within you.”

And then she showed me the everyday plants, including berries, that help remove the senescent cells from the body, those zombie cells that are neither dead nor alive and that wreak havoc and accelerate aging. The zombie apocalypse isn’t a movie plot. It’s real, and it is happening inside every one of us. Fortunately, there are plants that will exorcise the death inside you by eliminating senescent cells. These plants will become central to your diet. But you must start by going back to an ancient way of eating.

Returning to the Ancient Ways

Few modern authors have lived with horticulturalists or studied modern-day huntergatherers—they have largely relied on the research of others for their cookbooks, from paleo to keto, that highlight the importance of our ancient ways of eating. I've been fortunate to soak in the wisdom of those who are often ignored by Western science. In the years I spent in the Amazon, I discovered that the rain forest dwellers were spared the diseases that ravage modern city dwellers. While yes, they eat meat, they don't do so every day—and certainly not in the form of bacon cheeseburgers! I observed that they would feast and then fast, depending on their luck with foraging. Today we know that feasting and fasting is one key to growing a new body, and that intermittent fasting (IF) can detox and upgrade the brain. Eating within a six- to eight-hour window is part of a program I wrote about in detail in my book *Grow a New Body*. I encourage you to try it and adopt it as a lifelong practice. I'll share instructions on how you can do intermittent fasting in Chapter 2. For now, however, simply changing to plant-based foods can very quickly make a big difference in your energy and wellness.



While Indigenous peoples prize adolescent beauty and feats of strength and endurance, they also respect the wisdom that comes with age. For them, knowledge is not held in books but in the memory of the elders. If this wisdom is lost to dementia, the entire culture is endangered. Amazon shamans discovered how to protect the brain as it grows older, without being able to explain the science behind what they learned. They discovered the power plants that helped their elders remember the teaching stories and songs. We now know that these plants eliminate the debris that accumulates inside the brain, kill off zombie cells, repair the mitochondria (the energy factories in our cells), and heal the hippocampus, the brain's learning center. Like the wise elders among Indigenous peoples, we can learn to use power plants to awaken extraordinary brain capabilities, enjoy a long health span, and keep our brain and memory with us into our later years.

What Went Wrong?

Where did we go wrong with our eating? Some would say it happened in the last hundred years or so as we found ways to process food and create value-added products like potato chips. The average cost of a 16-ounce pack of potato chips (cooked with toxic vegetable oils and preservatives) in the United States is $5.60, whereas the cost of a 16-ounce potato is around $1.00. Anthropologist Jared Diamond traces the problem back much further. He points to a change that started 10,000 years ago: the agricultural revolution, when we left behind our Paleolithic-era hunter-gatherer ways and our dietary staple became the grains we farmed instead of the green plants we foraged. This dietary shift, which Diamond calls "the worst mistake in the history of the human race," resulted in centuries of wars and societies in which there were essentially three types of people: cruel masters, ruthless warriors, and hapless slaves.[2]

When we stopped foraging for our food and became farmers, we stopped eating from the 50,000 or so edible green plants in nature's garden and switched to eating only one of three grains, depending on the part of the world we lived in: corn, wheat, or rice. None of those are very green, by the way. While these foods offered us carbs and some nutrients, they were woefully insufficient for maintaining our health.

With a diet based on wheat, rice, and maize - grains with a high glycemic index (that is, a high blood glucose-elevating potential)-our farming ancestors were essentially feeding their brains sugar. Contemporary Americans continue to obtain most of their energy from carbohydrates in the form of cereal grains. In contrast, our Paleolithic ancestors rarely consumed cereal grains, so their primary source of energy was edible plants. We continue to have a hunter-gatherer genome: we have not evolved to eat the modern American diet. Our bodies and brains are suffering the health consequences of the dietary shift to cereal grains worsened by our modern sugar-rich diets.

One consequence when we lost our primarily plant-based diet was that we stopped instructing our cells how to repair and regenerate. We were no longer ingesting the health-promoting messenger molecules (the microRNAs) found in green plants. These plant microRNAs are capable of switching on more than 500 genes that create health and of silencing more than 200 genes that create disease. Without the information our bodies needed to remain youthful, we age rapidly. While we became less prone to dying from being gored by a wild animal, we began to die younger and experience more disease. In the Paleolithic era (prior to 10,000 B.C.), if you lived to the age of 15 without being mauled by a tiger, you could look forward to living to the ripe old age of 54. Yet in 18th-century France, the life expectancy for a man was less than 34 years.

The ancient systems for regeneration allow us to repair a cut or heal a broken bone quickly. But because of our modern diet and the toxins in our environment, cellular regeneration became sluggish. We no longer eliminate toxins, and in turn we now age rapidly and heal slowly-and we think it is natural. We see how quickly children's injuries mend and think that it's because they are young, but that is not the case. They heal quickly because their bodies and brains are not yet full of toxins and senescent cells, while the rest of us age and deteriorate quickly and die slowly and painfully.

Your Focus Is You and Me

Mother Nature programs every species for longevity. She wants bees, butterflies, whales, and humanity to live for a long time. But it is fair to say

that she does not care that individual bees and whales or you and I have a very long life. She seems interested in the survival of her species, even as their individual members are expendable.

However, I believe that Mother Nature cares about every one of her children. And she especially cares about three of her species out of the millions of species on Earth: whales, dolphins, and humans. With these exceptions, females in the animal world die before menopause, when they are no longer viable for reproduction of their kind. There are no grandmothers in nature, or at least not for long. We humans, together with whales and dolphins, are the only species out of almost 9 million species on Earth who do not seem to have a death program in our DNA code. We seem to be part of an extraordinary experiment in longevity.

Biology has programmed all creatures for reproduction because the more babies that are born, the better the chances the species will thrive. Mother Nature invests in the young. Yet we want to invest in ourselves, regardless of how old or young we are. We want to live past the expiration date that seems to be stamped into our genes.

Not all of our biology seems to support the longevity experiment. There are evolutionarily preserved programs that kick in at around age 35, toward the end of your reproductive years, when vital repair-and-regeneration systems in your body decline rapidly. You stop producing the growth hormone that builds muscle and keeps skin youthful and elastic. By the time you are 40, your levels of glutathione and SOD (superoxide dismutase), scavenger molecules that keep in check free radicals-the damaging by-products of metabolism—drop pretty much to zero. Wrinkles appear, you do not heal as quickly as you once did, and you find yourself yawning by 10 P.M. Biology seems to be leading you to death's door.

You can reverse this downslide—if you're willing to run an experiment and eat the Grow a New Body way. Here is how the experiment works. N refers to the number of people in a medical study. Ordinarily, you want N to be large so that your results have validity. But today, we need to take part in an experiment where N = 1. My experiment is called Alberto, and I am choosing to design my experiment to live to the age of 120 in great health and then die in my sleep in the arms of my beloved. To do so, I have chosen to nourish my body according to the plan and recipes we are sharing with you.

Some scientists believe that, given the advances in longevity that humans are continuing to make, if you are middle-aged today, you might well live to 120 or even 150.[3] Regardless of how long our life spans turn out to be, we want to be sure we can keep our youthful vitality, alertness, curiosity, and strength until the end.

This cookbook will help you to design your own longevity experiment of N = 1. If you do not take part in it, you get to be in the control group, that big, fat section of the bell curve where we find most Westerners who die from chronic diseases that cause untold suffering to the entire family toward the end of life.

You can get off the road to that ending and get on the path to life-long health.

Exorcising the Death within You

By all means, think positively and reduce your stress as best you can, but you can't stop the gradual deterioration of your brain, your health, and your resilience until you get serious about exorcising the death within you, as the shamans say. This "death" is the 2 to 5 percent of your cells that are senescent: that is, damaged or miscoded. Your body has wisely neutralized these cells so they can't reproduce. Neither dead nor alive, senescent cells are the zombies. They do not undergo apoptosis (cell death). Big, bloated senescent cells build up in every organ in your body, often in skin and fat, and they damage other cells by producing free radicals with their puffed-up and bloated mitochondria—and this process ultimately leads to cancer.

We want to rid ourselves of these zombie cells and their trash and put a halt to their toxic chemical signals that cause accelerated aging, including chronic inflammation, autoimmune disorders, Alzheimer's, and Parkinson's.[4]

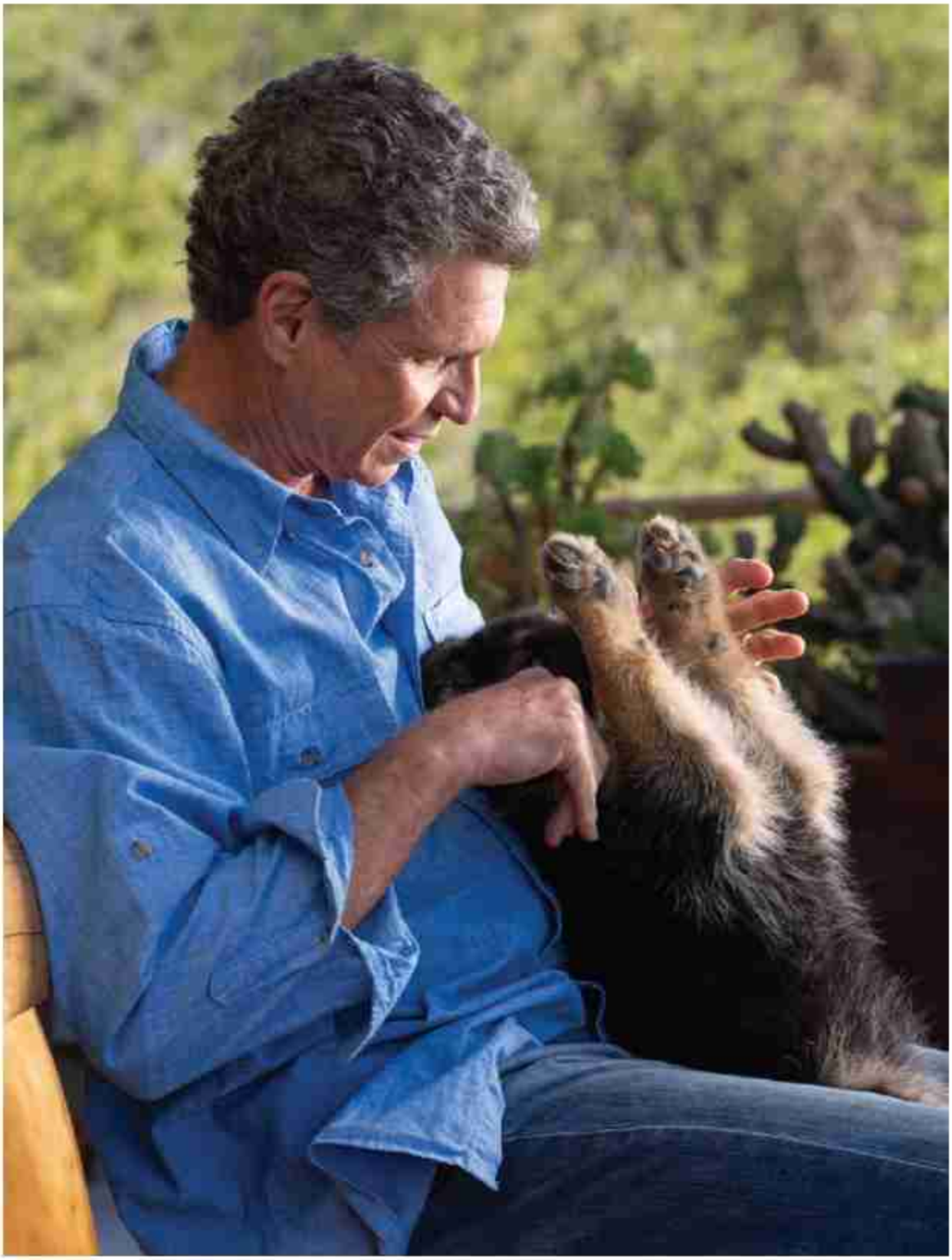
A commitment to eating the Grow a New Body way combined with intermittent fasting and a special protocol of supplements described in Chapter 3 will rid you of your senescent cells and reawaken your brain's ability to dream a new dream of health.

As you eliminate senescent cells, the next step is to upgrade your gut flora so the billions of good bacteria in your gut begin to manufacture more

serotonin, the feel-good hormone that your brain needs for being happy, sleeping, and dreaming. In the Amazon I once mentioned to a shaman that in recent months, I had ceased dreaming. “This is very bad,” he warned me. “You must dream.” He was quite right: Restless sleep without dreaming is a sign that we are not producing enough serotonin in our brain and gut. (The brain turns serotonin into melatonin at night so you can sleep.) But even more important, it is a sign that we have lost contact with the invisible realms we visit during dreams. Shamans say that we do not only dream in our sleep; we dream the world into being every day. What we imagine is what becomes true in our lives. We have the capacity to dream into being a new world and a new healthy life. But this can’t happen if our bodies are full of death or if we do not have a healthy gut or enough serotonin for our brains to repair and upgrade.



The way to rid ourselves of the zombie apocalypse is through senolytics: substances that eliminate what is old (senescent). Researchers at the Mayo Clinic are conducting studies on the power of fisetin (a phytonutrient in strawberries) and quercetin (a plant pigment that gives fruits and vegetables their coloring), which eliminate zombie cells and also have antioxidant and anti-inflammatory qualities. (Have you noticed how many things in medicine are *anti* something? The *Grow a New Body Cookbook* is all *pro* health!)



While supplementing with fisetin and quercetin, I noticed changes in a silver dollar-size spot on my arm where I had a rash that no topical cream or antibiotic had been able to eliminate. I now realize that the senolytics I was taking cleared out the senescent cells and my skin was able to regenerate.

Supporting Regeneration

Can you really grow a new body? Yes. In fact, if we remove 80 percent of a person's liver, within months the organ will grow back! The liver's amazing ability to regenerate was helpful as our ancestors discovered which fruits and plants were edible through trial and error and being exposed to toxins. If humans were to survive, their bodies had to find ways to recover from damage caused, for example, by deadly belladonna berries that have an attractive color and a deceptively sweet taste.

The liver isn't the only organ in the body that can regenerate. You grow a completely new heart every six years, your bones are only ten years old, your lungs and skin are two to three weeks old, and your intestines have changed all their cells within the last three days! In my own recovery from a life-threatening diagnosis, I began to understand that aging is what happens when your body loses its ability to regenerate—when healthy cells no longer replace sick and dying ones. Imagine what might happen if you could grow healthy, vibrant new cells, if the rate of repair of your body equaled the rate of damage. You could live forever!

You have grown an entire body once before, developing limbs, organ systems, and a brain by following the instructions in the sperm and egg that became you. While every organ in the body produces stem cells, sperm and egg cells have the ultimate versions, called pluripotent cells. These can morph into any type of specialized cell—heart, liver, brain, or something else.

Embryonic pluripotent cells are able to develop into the three primary kinds of cells that make up the body: (1) cells that produce the skin and nervous system; (2) cells that produce the gastrointestinal and respiratory tracts, endocrine glands, liver, and pancreas; and (3) cells that create bone, the circulatory system, muscles, and connective tissue.

Pluripotent stem cells can potentially produce any cell or tissue the body needs. In some very near future, scientists will be able to customize pluripotent cells for a patient without running into tissue rejection problems, and without the patient's need to take immune-suppressing drugs for the rest of their life. Already researchers are testing these interventions in mice, and in the next two decades they will be available for humans. But the amazing thing is that you do not have to wait—your body can produce today the exact match of stem cells you need to repair and regenerate.

You can grow new stem cells throughout your body and your brain. In the Amazon shamans benefited from the neuroprotective properties of certain plants and from their ability to switch on the production of neural stem cells.[5] In fact, you can repair and upgrade your brain in six weeks because your hippocampus (your learning center) has the biggest bank of stem cells!

Thanks to your stem cell "bank accounts" that are activated by the plant-based dishes in this cookbook, you can grow an entirely new body that is healthier and more resilient than the one you have now! This is known as epigenetic reprogramming—that is, your ability to change your gene expression by making dietary and other lifestyle changes.

We know that eating organic, local, and seasonal foods can protect us from the ravages of disease. Now science is confirming what the ancients had known—that we can do much to slow, halt, and even reverse aging-related deterioration, and to achieve optimal health.

The secret is in the superfoods that provide optimal nutrition for the brain and medicine for the body.

Transform the Way You Eat

In addition to eating the nutrient-dense, calorie-poor foods you'll read about in this book, you will want to:

- Avoid sugar and restrict animal protein (you'll learn why in Chapter 2).
- Fuel your brain with fats rather than sugars so it isn't hijacked by primitive survival instincts (brain fuel will also be covered in Chapter 2).

- Turn your kitchen into a laboratory where you grow potent probiotics that can upgrade your gut biome. You will culture a friendly yeast called *S. boulardii* that will banish the harmful yeast candida *(C. albicans)* from your GI tract (which you'll learn about in Chapter 3).
- Consider eating within an eighthour window, a form of intermittent fasting (IF). The benefits are numerous: You retrain your brain to power itself on fats and protect it by reducing inflammation and triggering the production of stem cells. IF can increase your metabolism and lower your insulin resistance.
- Support your liver with foods rich in zinc, B vitamins, magnesium, and glutathione to help it eliminate toxins.
- Obtain all your nutrients from plants and most of your fuel from healthy fats.
- Enjoy a variety of delicious recipes featuring superfoods that will begin to repair your brain and body from years of wear and tear.

Upgrading Your Biome, Brain, and Body

To upgrade your brain and body, you have to start by improving the health of your biome: the billions of beneficial bacteria living in and on your mouth, skin, and gut. Upgrading your biome means achieving a more diverse population of microbes or "flora" that manufacture many of the vitamins the body uses. (Only vitamin D can be manufactured with help from the sun and without the help of your biome.) If your flora population is damaged, it does not matter how fresh and organic your food is; you will be overfed and undernourished. Your manufacturing process will be paralyzed for lack of workers, and you will begin to get sick, develop immune disorders, live with brain fog, and age rapidly.

An unhealthy biome will cause your brain and your mood and emotions to be affected. The brain requires serotonin, the "happy molecule," to repair itself. And almost all your serotonin is produced in your gut. A lack of good bacteria means little serotonin, and that equals mood disorders and lack of sleep. As we mentioned earlier, serotonin turns into melatonin in the brain so

you can sleep. Studies indicate that people who get fewer than six hours of good, deep sleep have an increased risk of dementia.[6]

Most of what is wrong with the brain starts in the gut, which is why changing how you eat is vitally important for brain health. In Chapter 3, you will learn to prepare your own probiotics to restore balance in your gut so you can manufacture the serotonin you need to experience freedom from chronic anxiety or melancholy.

How to Upgrade Your Brain

To support the brain in achieving inner peace and creativity, let's first examine how this amazing organ works and why an upgrade is important.

We have four evolutionary distinct brains within our head, each with its own intelligence and view of the world. The survival and selfish imperatives of our ancient Neanderthal brain were once necessary but now make it hard for us to shift into a collaborative worldview offered by our more evolved brain. When we are eating sugary foods that fuel our ancient brain at the expense of our higher brain, we get stuck in a barbaric way of thinking and perceiving.

The first brain is the reptilian brain, or R-brain, which we share with reptiles. This brain is primarily interested in self-preservation. It regulates many autonomic functions, such as breathing, heart rate, and body temperature. This brain feels no emotions and has no sublime thoughts. It simply does its job: keeping us alive.

The second is our Neanderthal or mammalian brain (or M-brain), which holds the amygdala and the hippocampus. This is the brain of instinct and emotion. It has four fundamental programs, known as the Four Fs—fear, feeding, fighting, and fornicating. The M-brain will scan a person you meet for the first time and evaluate that person as someone to not turn your back on, as a possible lover, or as an adversary. This brain developed millions of years ago and learned to pray to supernatural beings—and ask them for intervention with its flocks and fields.

Since those prehistoric days, our ancestors evolved to have a third and fourth brain, which discovered how to pray with gratitude, and has allowed us to create science and civilizations. But let's look at the M-brain in more

detail because it often dominates the higher brain, locking us into a life of conflict and scarcity.

The M-brain also contains the seahorseshaped hippocampus and the almond-shaped amygdala. The hippocampus registers information from the five senses and acts as a decision maker: If it perceives a threat, it sends a signal to the amygdala, which activates the fight-or-flight response. In the event of a perceived opportunity, it sends the signal to the higher brain, the neocortex, for exploring.

As we age, the hippocampus begins to shrink as a result of trauma and stress (it is rich in receptors for cortisol, a stress hormone, which atrophies this organ). Then growing numbers of life situations are interpreted as threats and elicit a fight-or-flight response. Our world becomes increasingly dangerous and threatening, and we miss opportunities. New experiences become elusive and are less likely to be stored as memories. We remember only the bad. Hippocampal damage and memory loss are hallmarks of Alzheimer's disease.

Once the hippocampus begins to fail, learning stops. You forget what it feels like to fall in love with someone or even love yourself. Your emotional repertoire becomes diminished, and genuine feelings escape you. You become reactive in response to situations, and instead of coming and going quickly, emotions linger for months and years in the form of moods, chronic anxiety, or melancholy. You start to remember events that occurred long ago and become forgetful of what you did yesterday or last week.

As damage from stress and trauma accumulate, and the toxic load from our foods and exposure to heavy metals like mercury damage the hippocampus, we find we see the world as a thankless place with scarce opportunities.

Our two older brains, the R-brain and the M-brain, think primarily in terms of stalking the kill, putting up fences, buying guns to feel safe, and determining how far the trip back to the village is—in other words, they focus on survival and self-preservation. In contrast, our more evolved brain, our neocortex *(neo* means "new"), is able to reason, gather food for the winter, and anticipate where the buffalo might go in spring. It can observe the turning of seasons and mark the passing of days on the thigh bone of a wolf or with monuments such as Stonehenge, as our ancestors did many thousands of years ago.

The neocortex, the walnut-shaped outer layer of the brain, is our third neurocomputer, and it includes our prefrontal cortex, our fourth and most evolved brain, which is located in the forehead. The neocortex is the brain of science and music and art. It helped us discover writing and quantum physics. If we do not need to fear, fight, or seduce someone, the neocortex comes alive and enjoys the opportunity to discover the qualities of that person, recognizing that they may become a new friend. Our prefrontal cortex allows us to understand our all-too-brief human existence, and our place in all of it. It helps us create psychosomatic health and dream into being a healthy life and a healthy world, creating a new future instead of only trying to manage the crises in this one.

A Better Brain Fuel

In the last hundred years of eating a diet that is 85 percent based on processed grains, our bodies and brains have adapted to run on glucose (sugars). A century ago, the average American or European ate five pounds of sugar a year. Today, that number has bloated to an annual average of 185 pounds of sugar and 200 pounds of bread and pasta that turn into sugar once in our gut. The effect on our bodies is evident in the high rates of diabetes. As for the brain, we are now ruled by our ancient (and primitive) limbic brain that runs fine on glucose. We are dominated by its four operating programs: fear, scarcity, fighting, and predatory sexuality.

Our more evolved brain—the neocortex—loves to run on fats, particularly the ketones. Ketones are a type of chemical your liver produces when it breaks down fats—they prevent your body from breaking down muscle tissues when no other fuel is available. When our ancestors were fasting or during famine, ketones from their own fat stores would provide fuel for their bodies and brains.

Ketones are jet fuel for the brain and allow your higher brain to perform optimally. While our lower brains—the R-brain and M-brain that keep us living in fear and in scarcity—are quite comfortable burning bagels and birthday cake for fuel, the higher brain chokes and clogs on these.

Nature and Your Brain

The dishes in this book will support you in experiencing a renewed sense of health and purpose in life. Much of our anxiety, irritability, and even aggression is caused by having a brain that needs an upgrade—and a microbiome that needs one too. You may find yourself feeling a sense of Oneness with all life once you have primed your brain to burn fat for fuel. To do that, you must eat a primarily plant-based diet that is more closely aligned with your genome. Processed “fake foods" are not going to support your higher brain.



While it’s uncommon for cookbooks to address spirituality, this one does because our physical health, and even emotional and mental health, are enhanced by a sense of our belonging and being part of something greater. We are all children of the same Mother Earth. And our body is an inseparable part of her ecosystem. We are not a collection of parts to be medicated or replaced when they go wrong. We cannot heal our broken heart

without attending to our gut and our brain—and to our garden and our kitchen.

For the shamans of the Amazon, there is only one way to health: being in right relationship and balance with the All. The Andean shamans have a word for this relationship: *ayni*. Achieving ayni begins with having a colony of microbes in our gut that reflects the diversity within nature. In the same way that the fox and the eagle dwell in the part of the forest where food is most abundant, your flora reside in your "inner forest," your gut, where food is also most abundant. You ingest microbes continually through eating and breathing while walking in the woods. The more hands-on with the wild you are, the easier it is to replenish your gut microbes. Get your hands in the dirt!

Too few beneficial microbes in the gut, too many harmful ones, and too much stress lead to inflammation and ultimately damage to the gut lining, which is only one cell thick. When this happens, the tight junctions in our gut lining are compromised, allowing our good bacteria (and food particles) to drop into our bloodstream, where they don't belong. This is known as "leaky gut," and it causes a five-alarm crisis in which our immune system attacks and neutralizes the bacteria. When this crisis becomes chronic, it results in full-body inflammation, which leads to disease.



The plant foods in this book support your body in repairing your leaky gut and leaky brain. The recipes will help to clear toxins: both external ones, including heavy metals and pesticides, and internal ones, such as the by-product of breaking down spent hormones. The good fats you obtain from olive oil, nuts, and avocados will help you operate from your higher brain, where you can make good decisions, plan for the future, and imagine, create, and dream. Here is where you experience Oneness with the All and gain a new sacred perspective on life.

Survival of the Wisest

Nature favors the wisest. We've all heard of survival of the fittest, but if we look back at the history of life on Earth, it's clear that intelligence is more important than muscle and sinew and teeth. The ancient sages believed that the three species I mentioned earlier—whales, dolphins, and humans—are the Earthkeepers, the wisest guardians of the land and the seas.

Throughout history, we humans have misused our intelligence to abuse the earth, to create war, and we now suffer from alienation and psychosomatic disease. The wisdom we need now is to use our intelligence to create beauty, peace, and health. Mother Nature has given us the tools to negotiate a better relationship with life on the planet. Our job is to respect her and stop mistreating her. In return, she provides us with what we need to live long, healthy lives.

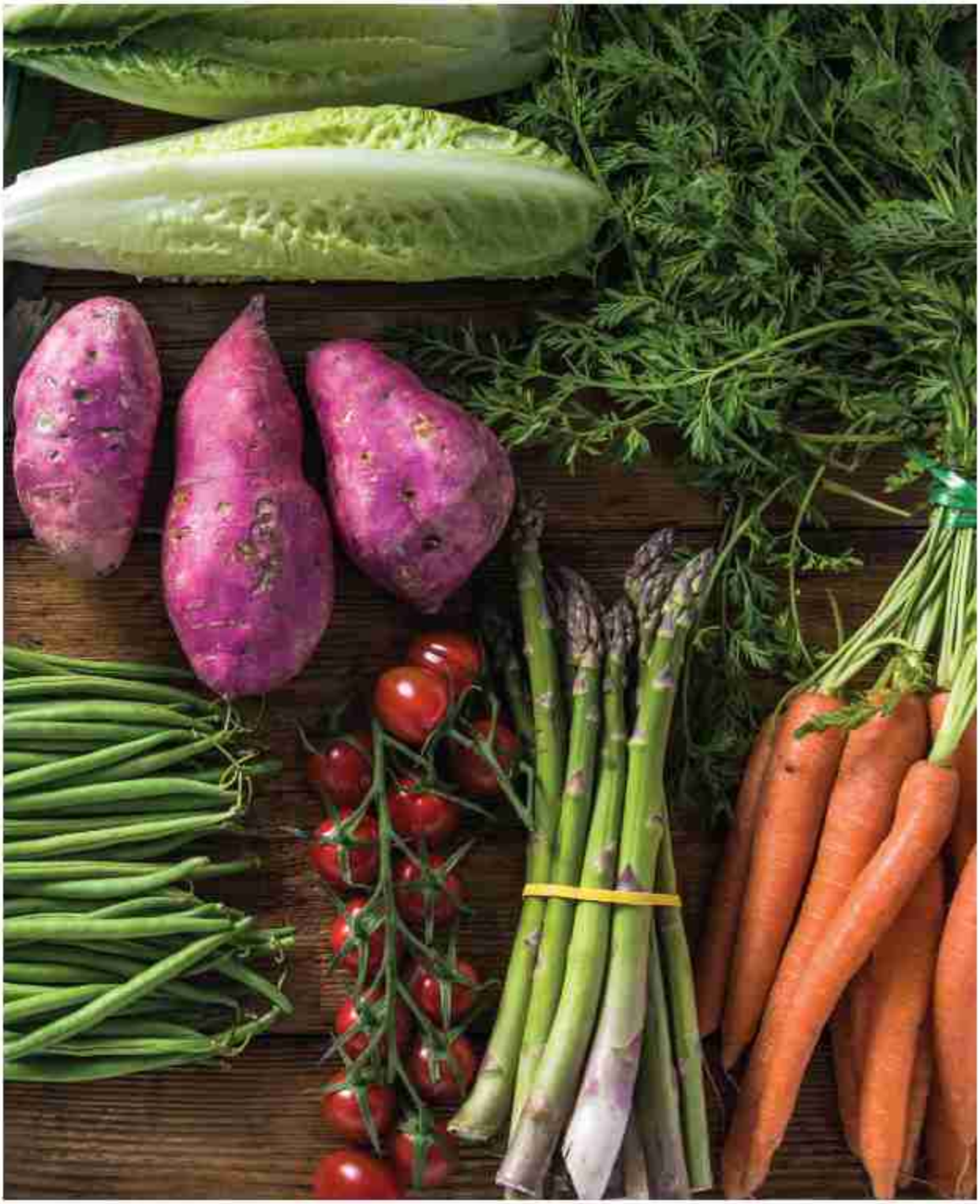
Our higher brain can program us epigenetically for longevity and health. We can then wean ourselves off the stress hormones and the limiting beliefs of the ancient M-brain.

Once that happens, we can start creating the brain chemistry that promotes health, serenity, and bliss. We do this with the help of serotonin, the molecule that enables the pineal gland to manufacture DMT, or dimethyltryptamine, a compound that has been referred to as the "spirit molecule" or "bliss molecule." DMT is found not just in the human brain but throughout nature: plants, animals, and even trees produce it. (DMT is also the main component of ayahuasca, a powerful psychedelic brewed up by Amazon shamans as an aid to inner exploration.)

This bliss molecule allows us to experience Oneness and understand our place in the cosmos. It's amazing that the brain seems to produce DMT when we dream, when we meditate, when we make love, and when we die. However, the brain cannot produce the bliss molecules if it is flooded in stress molecules. We have to chill first—and change our way of eating, which is what this book is all about. Our foods program our bodies—for health and longevity or for disease. We now know how regeneration happens in the body and brain, and by using that knowledge together with the wisdom of the ancients, we can make optimal choices about how, what, and when to eat.



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CHAPTER 2

Your Food as Information

The *Grow a New Body Cookbook's* recipes put organic, rainbow-colored, plant-based foods at the center of your table. In Blue Zones around the world —those places where people live healthfully the longest—you will not find deep-fried food, hamburgers, or desserts made with whipped cream and cherries dyed ruby red. What you will find are plates brimming with a wide variety of fresh plant foods, from tomatoes and onions to broccoli, asparagus, sweet potatoes, and bok choy, depending on the season. You'll see dishes that are loaded with healthy fats like olives and avocados, and with plant protein. A plant-based diet is the foundation of good health among Blue Zone centenarians. They don't eat processed grains and antibiotic-fed beef (or farm-fed fish), as those are not natural parts of their diet. They don't ingest toxins from soil that have been absorbed by green beans or kale grown with fertilizers and pesticides. These longlived men and women are still herding goats in rocky outcroppings in Ikaria, Greece, or Sardinia, Italy, areas with some of the world's lowest rates of dementia.

If you are thinking you already eat fairly healthfully because you don't consume SAD (Standard American Diet) fare like luncheon meats on white bread that has been slathered with mayonnaise, great! You will find that switching to the Grow a New Body way of eating is fairly easy. If you eat bacon for breakfast and steak for dinner, you will have a more challenging time. But note that your GI tract and your biome will begin to change within two days to accommodate your new healthy-eating habits. Your new way of eating will support your health by nudging your body to slow down its aging

processes and go into repair-and-regeneration mode. You will activate your latent power to switch off the genes for illness and switch on the genes for health and longevity—and you can start today. First, however, you need to learn a little more about the foods in the recipes you will find after Chapter 4 and the foods you need to avoid—and why.



Our Sugar Habit

Our early ancestors, like the Indigenous peoples I met in the Amazon who didn't suffer from cancer, heart disease, or dementia, did not eat refined sugar. When fruit was in season, they enjoyed its abundance and ate freely. Insulin turned fructose into fat stores to help them survive winter, when they would go many months without consuming much food. At the end of winter, they would come out of their caves lean and hungry! Even though sugar has been refined for more than 2,000 years, as recently as a hundred years ago refined sugar was costly, so it was a rare treat in the American diet. Now we eat massive amounts of it. Sugar consumption, together with American adolescents' weight, has ballooned. And by 2030, 50 percent of the population of the planet is expected to be overweight or obese.

Sugar is as addictive as cigarettes or cocaine. If you mix cocaine into water and serve it to laboratory rats, they will be totally addicted after two weeks; then if you offer them the choice of sugar water or cocaine water, all of them will choose the sugary soft drink! This is why the food industry today adds sugar to everything, including premade soups, sauces, and condiments such as ketchup. They want you to keep coming back for more.

The glycemic load for refined grains, refined carbs, and starches (such as white potatoes and pasta) is very high. In other words, these foods transform into glucose very quickly, spiking blood sugar levels and pushing the pancreas to pump out insulin to move the sugar out of the blood and into cells to be used for fuel.

Eat too many sugars and starches, and over time the cells in your liver and muscles become insulin resistant. Cells cut back on the insulin receptors because their fuel tanks are already full. Your pancreas registers that the level of sugar in your blood is rising and responds by producing more insulin. The cells continue to resist the insulin's efforts to take in more glucose. The extra sugar in your liver gets converted into fat, and your liver becomes fatty (causing fatty liver disease). A fatty liver is unable to do its job as a key player in your body's detoxification system.

The less exercise you do and the more visceral fat you have around your organs and in your abdomen, the harder it is for your body to process the sugar you consume. If you don't address insulin resistance with diet and lifestyle changes, you will develop diabetes. Your life will depend on taking insulin daily to make up for the insulin your worn-out pancreas can no longer generate. And your cells that have been damaged by the excess sugar will be in desperate need of repair.

You can prevent a downward slide into diabetes and eventually cancer and Alzheimer's disease. (Alzheimer's is called type 3 diabetes because of this relationship to sugar.) To begin growing a new body, you will have to kick the sugar habit—and that means eliminating processed grains. And while you may have read that the brain runs on sugar, it only does that because its favorite fuel, fat, is often not available in a form it can use, free of toxins. (Remember that the body stores toxins in fat.) It's all around your midriff, yet you cannot use any of it for fuel! As long as plenty of glucose is available, and your body is toxic, your fat will remain where you don't want it rather than be burned for its energy.

Ditch the Sugar

To grow a new body, you will be eating fresh foods, not packaged ones. Go through your refrigerator, freezer, and pantry now. If you find any of the following, throw them into the garbage:

Candies, sweet beverages, cookies, cakes, muffins. All of these will have to go. If you enjoy sweet beverages, switch to drinking water or herbal tea. You can drink coffee, but without the sugar and milk.

Dried fruit. Dehydrated fruit concentrates too much fructose into one serving, and you're likely to eat far more dried apricots than you would fresh ones.

Bagels, rolls, breads, crackers, pasta, pizza, or piecrusts, and low-fiber cereals. All of these have a high glycemic index. High-fiber cereals, such as steel-cut or old-fashioned rolled oats, are fine.

Concentrated natural sugars. Honey, stevia, and pure maple syrup are healthier than many sugars, but put them in the back of your cabinet while switching over to the Grow a New Body way of eating. Even small amounts of these sugars taken in the morning will shut down your body's repair and regeneration. An occasional bit of honey or other natural sugar is fine after you have broken the sugar habit. Think of sugars as a recreational drug!

Fruits low in fiber. You can look up the glycemic index of any food online. If the glycemic index number is over 50, don't eat it until you have enjoyed eating the Grow a New Body way for a while. For example, papaya, pineapple, watermelon, and banana have a high GI. Favor fresh or frozen wild berries as your fruit for now. They contain a lot of fiber along with phytonutrients that will eliminate your senescent cells, lower glucose and cholesterol, and more.

Fake sugars. Your mind may know that aspartame and saccharine aren't real sugars, but your body will respond as if they are. These are fake food products to take out of your diet forever.

Packaged foods, which contain hidden sugar. Read the labels of any packaged foods, including salad dressing, to see whether they have sugar. They almost all do, so toss them. You will be making your own fresh salad dressing using herbs and healthy oils and vinegars.

Any item that your great-grandmother would not have recognized. Foods lose flavor and fiber when processed. Sugars as well as salt, artificial flavors, artificial colors, and preservatives are added to make up for taste that has been lost and to retain shelf life.

Ditch the Starches, Even If They Are Plant Based

Starches are one of three types of carbohydrates; the other two are sugars and fiber. Sugars are simple carbs found in fruit, which should be eaten only after noon so you do not switch off the body's regeneration process. Starches and fiber are complex carbs, and they take a long time to break down in the body. Refined grains like flour and white bread are transformed into sugar as soon as you eat them. They raise your blood sugar as quickly as a spoonful of white sugar will.

The fiber we eat is digested in the colon by the billions of bacteria residing there, which convert it into food for themselves first, and then manufacture the vitamins and nutrients that feed us. Fiber increases the population of good bacteria, strengthens your gut lining, and eliminates harmful parasites.

To grow a new body, you will want to eliminate foods high in simple carbohydrates and low in fiber, beginning with fruit juices! It's great to eat fruit rich in fiber. An orange will nourish you, while orange juice in the morning (or anytime) will spike your insulin and shut down regeneration.

You need to ditch all of the following starchy foods, even though they are from plants:

Cornmeal. It has more fiber than most flours, but cornmeal is a starch with a high GI.

White potatoes. Russet and Idaho potatoes are starchier than fingerling or small red potatoes, but in general, potatoes are very starchy; they have a higher GI than a spoonful of white, processed sugar! Sweet potatoes have a lower GI, so those are a part of the Grow a New Body way of eating.

White rice. Again, this simple carb has a high GI. You can instead eat small amounts of brown rice, which are whole grains that contain all three

parts of the kernel—the germ, bran, and endosperm. Brown rice has a lower GI than white rice.

Flour of any type. I'm not just talking about wheat flour. Even almond flour or coconut flour can be problematic and is for occasional use only. Refined flours, like white potatoes and white rice, will spike your blood sugar.

You won't find refined grains in the ***Grow a New Body Cookbooks*** recipes. If the grain has been cracked and crushed, it isn't truly "whole grain," no matter what the label says. Use these sparingly.



Ditch Foods That Activate Your mTOR

Aging in humans is not programmed into our genes. As was mentioned earlier, we are part of an extraordinary experiment in longevity. This does not mean you can stop growing older—that is inevitable. But you can stop or reverse aging. Curiously, aging is regulated by the same switch that turns on building muscle, reproduction, and having babies. The switch is known as the "target of rapamycin" (TOR). It is a sensor for animal protein, specifically those in red meat, eggs, and dairy.

TOR is found in every life-form that descended from ancient bacteria, including us. This protein-sensing system is a master regulator of growth in small and large creatures, from single-celled algae to humans. In mammals, including human beings, we call it mTOR (the *m* stands for *mammalian).* You can think of mTOR as the master regulator of longevity. You want to dial down your mTOR so you can reduce your risk of cancer, heart disease, and dementia and switch on the genes for health and longevity.

Having an aging program provides obvious benefits for Mother Nature. Animals are designed to grow up quickly, make babies for a generation or two, and then die. As older animals die off, new generations thrive as they explore new favorable genetic variations. mTOR has ensured that evolution would proceed relentlessly and the future would not be hijacked by bullying elderly males intent on spreading their own seed.

To understand how mTOR is in charge of your longevity, we have to go back billions of years to when the dominant life-forms on Earth were bacteria. Even back then there were times of scarcity and times of plenty. The rule of the land (and seas) was to eat or be eaten. To survive in hard times, these early bacteria developed TOR, a sensor that is like a food radar. TOR signaled the bacteria when protein (food) was readily available and switched on their system for growth and reproduction. If there was no food available, TOR would switch on hibernation and repair until food became plentiful again. TOR is what nudges bears to huddle in caves for winter. It's what prevented women in Europe from being fertile and becoming pregnant during World War II. There simply was not enough protein around to make babies without endangering the health of the mother!



Mother Nature wants mTOR to run at full speed so that you and I remain in reproduction mode when we are young. Animal proteins keep mTOR and reproduction mode switched on high.

The key to downregulating (quieting) mTOR is eliminating or at least greatly reducing red meat, dairy, and eggs from our diet.[1] These foods contain an abundance of the three amino acid nutrients that mTOR sensors are on the lookout for: the so-called branched-chain amino acids (BCAAs),

which are leucine, isoleucine, and valine. These are ingredients in the protein powders of bodybuilders who want to bulk up on muscle at the expense of increasing their risk of cancer and dementia.

The priests in ancient Egypt offered the gods sumptuous feasts of beef, wild fowl, bread, and fruit three times a day, then took the food home at the end of the day to feed themselves and their families. Goose, rich in saturated fats, was a favorite, as well as bread enriched with milk and eggs, all powerful mTOR activators. A team of scientists at the University of Manchester was able to decode the hieroglyphics to identify the foods that were offered to the gods, and that then, in the spirit of "shame to let this go to waste," the priests feasted on and died from. The average lifespan of an Egyptian priest was not much higher than a pyramid-building slave.[2]

TOR was discovered after a drug named rapamycin, made from a fungus in the soil on Easter Island (its native name is Rapa Nui), became an important medication for organ transplant recipients who needed drugs to prevent organ rejection. Doctors discovered that after decades of clinical use, these patients rarely experienced cancer, dementia, or heart disease.

Does rapamycin extend life span by preventing diseases, or does it prevent diseases by slowing aging? It turns out that it does both. Today investigators on the cutting edge of longevity science are researching rapamycin's effectiveness. Many doctors I know use it yet do not administer it to their patients because a rapamycin regimen needs to be individualized and is not reimbursed by insurance plans. However, you can achieve a similar result by making dietary changes—namely, having a primarily plant-based diet. While we do not yet fully understand how mTOR works, we know that our mTOR system gives us the ability to regulate our "growth program" so we can slow down growth to avoid the illnesses of aging. To maximize our experiment in longevity, we must quiet (downregulate) our mTOR and switch into repair and regeneration.

Intermittent fasting will turn on your body's repair-and-regeneration systems, especially when avoiding the branched-chain amino acids (BCAAs) that trigger mTOR. I personally seldom eat red meat, but I will indulge in an occasional egg and piece of goat cheese. The key here is cycling. If BCAAs are abundant in your diet because you eat red meat, eggs, and dairy, you want to cycle these proteins rather than eat them daily. For example, if you consume them on Monday and Thursday, try to avoid them on the days in between.

If you're worried about getting enough protein, I have good news. First, eating the Grow a New Body way will help you clean up your gut biome, getting rid of bad bugs and bringing in good and diverse flora while supporting their environment so beneficial microbes can thrive. Then it will be far easier for you to digest and absorb the protein you need from the protein-rich plant-based food on your plate. One hundred grams of cooked lentils (about a cup) contain 9 grams of protein, and 100 grams of almonds contain a whopping 20 grams, which is plenty of protein. Having lentil soup and almonds as protein sources will not banish you to dementia land.

And contrary to conventional wisdom, you do not have a daily protein requirement. You have a *weekly or monthly* protein requirement. I try to eat most of my high-protein meals on one or two days a week to cycle mTOR on and off so as to alternate between building muscle and regenerating tissue in every organ, including the brain!

While you will be avoiding the animal-based, high BCAA-rich foods that trigger mTOR, you will have plenty of tasty and healthy protein sources to replace them:

Legumes. Lentils, chickpeas, black beans, pinto beans, white beans, and navy beans provide protein and lots of fiber, along with good complex carbohydrates.

Nuts and seeds. Healthy sources of protein and good fats, nuts and seeds can be eaten whole or chopped up and sprinkled on salads or vegetables. You can also put them in a blender and make your own cashew and almond butter. Nuts and seeds contain nutrients you might not otherwise get in your diet. For example, cashews provide three important minerals: zinc, iron, and magnesium. A couple of Brazil nuts contain a day's worth of selenium, which plays crucial roles in DNA synthesis, metabolizing thyroid hormones, and more. Pecans help you avoid plaque buildup in your arteries. Macadamia nuts are terrific sources of copper, manganese, vitamin E, and vitamin B_1. Walnuts, hazelnuts, and pistachios are packed with nutrients and healthy fats too. I don't recommend eating peanuts, however. Many people are allergic or sensitive to them, and you can develop an allergy to them later in life. And peanuts are actually legumes, not nuts.

Seeds that provide healthy proteins and fats include sunflower seeds, which are good sources of vitamin E and selenium, and hemp seeds, which provide calcium, vitamin E, zinc, iron, and several B vitamins. Pumpkin

seeds are not only rich in many nutrients (including lignan, a cholesterol-lowering antioxidant) but have been shown to induce cell death in prostate and breast cancer cells.[3]

Buy organic, fresh nuts and seeds, not roasted ones, and store them in the refrigerator or the freezer to keep them fresh and mold free.

As you think about the protein sources you grew up with, remember that our Paleolithic ancestors were primarily foragers. Mostly, they gathered nuts and wild greens and berries and occasional game that another creature had hunted (ancient "roadkill"). After the dawn of agriculture, we began eating a monocultivar (single food), a cereal grain: rice, corn, or wheat. Later, farmed animals began to provide the protein we used to get from green plants, and protein became a luxury of the wealthy. Today it's easy to buy beef from a factory farm, and burgers can be found everywhere, including at gas stations. But you want to avoid the hormones and antibiotics fed to cattle to fatten them and keep them alive in crowded pens. Most factoryfarmed cattle never get to step outdoors; they are confined instead to filthy indoor sheds. Even fish are farmed now, kept in crowded pools where they are unable to swim freely and where they ingest all sorts of toxins. Like cattle, they are fed grains regardless of what Mother Nature intended them to eat.

Busting the Beef Myth

The United States is home to over 30 million beef cattle, but while beef has become plentiful in SAD (Standard American Diet) meals, you do not need this kind of beef, nor do you want it. Humans aren't really designed to be strictly carnivorous. Unlike some other animals, we have dull canine teeth and short, soft fingernails. We lack the large canine teeth and hard, sharp claws needed to rip and tear flesh from animals. A female lion digs her bone-crushing jaws into the flesh of her prey, turning and twisting to rip it out, because her jaw can't grind from side to side like ours can. She swallows chunks of meat whole, for she cannot chew. Then her powerful digestive acids break down the meat and kill any bacteria. Her meal then passes into her short colon and swiftly out of her system.

Humans have molars that can grind food, allowing us to chew and break down fibrous plants. We have very weak stomach acid that is unable to break down flesh easily, and we have a very long intestinal tract that supports us in processing plant foods. So while we can eat meat, we don't have to. We can get the nutrition we need from plants.

Aside from our anatomy being designed primarily for eating plants, we need to remember that animals are sacred. *Anima* is the root of the word *animal*, meaning the soul of Mother Earth. And yes, our Paleolithic ancestors occasionally ate meat, but only when one of Gaia's children offered its flesh as a gift. The ancients expressed gratitude for what meat they were gifted. It would take quite a long time for them to become adept at killing large animals that provided a substantial quantity of it.

Animal proteins will dial up your mTOR and increase the likelihood that you will age prematurely and die young. Respect your body's wisdom and the creatures with whom we share the planet: minimize your consumption of animal products.



Ditch the Bad Fats and Bring in the Healthy Ones

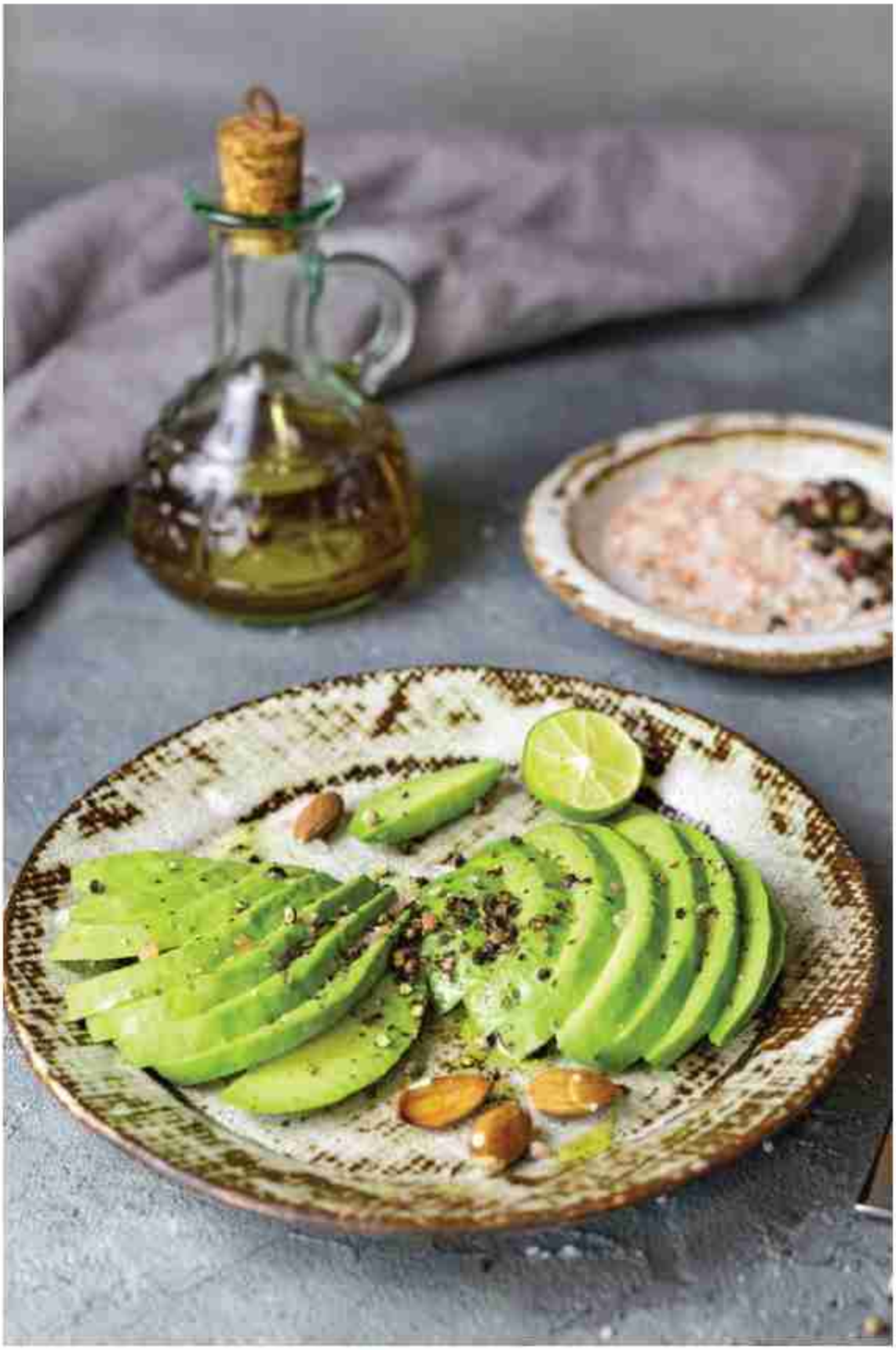
Contrary to what you may have heard, eating fats does not make you fat. Eating sugars that turn into fat is the problem. You need healthy fats in your diet. In fact, your brain is mostly made of fat, which is why breast milk is loaded with healthy omega-3 fats: they're crucial for developing a healthy brain when we are infants.

We store energy as fat to fuel our brains and regenerate our bodies. The key is to eat high-quality fats and avoid the bad ones. Unhealthy choices include hydrogenated fats, refined vegetable oils (canola oil, corn oil, and so on), and most animal fats.

The more you consume healthy fats, the more easily you will enter ketosis, where your brain is burning fat, not sugar, as fuel (more on that shortly). The goal is not simply to burn fat you get from your diet but to begin to burn your own *endogenous* fat. While you only have around 2,000 calories of energy from sugar stored in your body, you have nearly 50,000 calories stored in the form of fat, even if you are relatively slim! Burning that fat will cause you to not only lose weight but to eliminate toxins collected in your fat stores. So while you will be consuming healthy fats, you want to make them part of the plant-based, Grow a New Body way of eating.

Healthy fats include:

- Extra virgin, cold-pressed olive oil
- Coconuts and coconut oil as well as MCT (medium-chain triglyceride oil)
- Avocados and avocado oil
- Nuts and seeds that are organic and raw and their oils, such as walnut oil, sesame oil, flaxseed oil, and hempseed oil
- Raw cacao butter
- Dark, bittersweet, organic chocolate
- Fish, especially deep-water oily fish like salmon or sardines, in moderation



Let's look at each of these healthy fat sources individually.

Extra virgin, cold-pressed olive oil. This is a fantastic source of fuel. Douse your salads and baked veggies with it! Be sure that your olive oil is certified by an independent agency like the North American Olive Oil Association. Many (if not most) olive oils in America are adulterated with vegetable oils. (A bottle of olive oil need only contain 51 percent real olive oil to call itself authentic.) Do not use olive oil for high-heat cooking because it has a low smoke point and will become oxidized. Consuming oxidized oils will cause too many free radicals, precursors to inflammation, in your body.

Coconuts and coconut oil as well as MCT (medium-chain triglyceride oil). Coconut oil is excellent for cooking as it does not oxidize at high temperatures. While it is a saturated fat, this type of fat is not associated with heart disease.[4] MCT oil is derived from coconut oil and is an amazing fuel for the brain.

Avocados and avocado oil. Avocados are loaded with good fats, healthy fiber, and vitamins (including folate) and minerals (including magnesium, which almost everyone is deficient in). Avocado oil has a high smoke point, so you can cook with it.

Raw, organic nuts and seeds and their oils, such as walnut oil, sesame oil, flaxseed oil, and hempseed oil. You can store nuts and seeds in the refrigerator to keep them fresh. Think pecans, cashews, macadamia nuts, and seeds such as chia, hemp, flax, fenugreek, pumpkin, and cumin. You can also make your own nut butters at home, and toast nuts for snacking!

Raw cacao butter. This plant-based butter is a key ingredient in chocolate and can be blended into drinks like smoothies.

Dark, bittersweet, organic chocolate. Far lower in sugar than other chocolate, dark chocolate made from organically grown cacao has healthy fats and phytonutrients and can be enjoyed in moderation.

Fat as Fuel for Your Brain

Most people eating Standard America Diet (SAD) foods are burning glucose from processed carbs to meet their body's energy needs.

Your body will not begin to lower its burden of natural and man-made toxins until it starts burning fat for fuel. When burning sugars (including fruit) for fuel, the body is gearing up for getting buffed and prepared for reproduction. It's interesting that more babies are conceived in cold winter months, after building up the reserves of fat from ripe fruit at the end of summer. As soon as you start burning fats, you go into a state known as ketosis and begin to recycle cell products that have been held in a metaphorical "recycling bin" that's inside every cell. This recycling process is called autophagy (from *auto* meaning "self" and *phagy* meaning "eating"). Autophagy allows the cell to salvage useful proteins that make up as much as 95 percent of cellular waste. (Ideally you would be in mild ketosis during the night after having eaten your last meal of the day, until the next day at noon, so autophagy could occur nightly, until break-fast!)

Remember that our ancestors used to feast and then fast, so they would cycle between building muscle (burning sugars) and recycling, repairing, and growing a new body (burning fats during ketosis). An added benefit of ketosis is that cancer cells do not have the ability to burn fat for fuel, so when you enter into ketosis, they begin to die. We all develop a few cancerous cells during the year, and these are eliminated naturally by the body. However, if we are giving cancer cells plenty of sugar to gorge on, they will proliferate.

The word *ketosis* derives from *ketones*, referring to a type of chemical your liver produces when it breaks down fats. During periods of fasting, or when our ancestors experienced starvation, ketones would provide fuel for their bodies and brains. There are three types of ketones: acetone, found in the breath; acetoacetate, found in the urine; and beta-hydroxybutyrate (BHB), found in the bloodstream. BHB is optimal fuel for the brain, and it's the only fuel that will allow your higher brain to test its capabilities. This ketone will support healthy mitochondria, the fuel factories inside every cell in the body. Your neurons contain upward of two million mitochondria each, and you do not want them eating junk food.

In spring and summer, Alberto has hummingbirds flocking to his home. The smallest ones are around five centimeters tall. They have tremendous energy needs and constantly fly from flower to flower for nectar. They have such small bodies that they cannot fly on the sugar/nectar for more than a

few minutes without feeding. For any sustained flight, they switch over to burning fats. Even at night, when their body temperature drops dramatically in order to conserve energy, their little bodies are fueled by their fat stores.

When burning fat for fuel, we humans release toxins from the body fat in which they are stored. Pesticides and heavy metals will remain bound in your fat until you begin burning your own fat stores. Then your liver can dispose of these toxins. But that won't happen unless you have abundant zinc, magnesium, B_1 2, and glutathione (the body's master antioxidant) to support the liver in its vital work. Almost every Westerner today is magnesium deficient, and many people do not manufacture enough glutathione, much less get enough of the precursors from plants such as cruciferous vegetables. You might want to take supplements to increase your levels of these nutrients. Also, it doesn't hurt to supplement zinc, B_1 2, N-acetyl cysteine (NAC), and magnesium daily to support your liver in eliminating the toxins stored in the fat between your organs.

The health benefits of ketosis include losing weight, lowering inflammation, reducing the risk of cancer, normalizing insulin levels, eliminating any brain fog, and building muscle mass.

Intermittent Fasting

What you eat matters, but so does *when* you eat. That's where intermittent fasting comes in. With intermittent fasting, you limit your daily eating window to 8 hours and refrain from eating for at least a 16-hour stretch. This is known as the 16:8 formula. While there are many forms and styles of intermittent fasting, this is my favorite formula. Others include alternate-day fasting, periodic fasting, and daily time-restricted feeding.

Intermittent fasting goes against the conventional wisdom that to be healthy, you should eat three meals a day (plus two snacks), starting with an early breakfast. That advice probably is good if you spend 12 long hours working in the fields or building pyramids as the Egyptian slaves did, but I doubt that describes your typical day.

Toss out the old three-meals-a-day idea. Regardless of whether you skip breakfast (like I do) or dinner, be sure that you have your last bite of food three hours or more before bedtime. You don't want to add fuel to your system during your least active time of the day. That will simply result in calories going right to your waist or hips to be stored as fat, and will promote acid reflux!



The benefits of intermittent fasting include:

- Protecting your brain. You halt the loss of brain cells and promote regeneration of your hippocampus (the brain's learning center).

- Reducing your blood sugar levels and insulin resistance. Patients regularly come into our clinic with high blood sugar, but after eating the Grow a New Body way, their blood sugar levels drop below 100 in a short amount of time.
- Enhancing your body's and brain's detoxification.
- Increasing your metabolism.
- Rejuvenating your gut and immune system. Eighty-five percent of your immune system resides in your gut lining!

Caution: If you are diabetic, anemic, or hypoglycemic, you must avoid fasting or caloric restriction until you have normalized your blood sugar and insulin levels. Get your doctor's approval before beginning an intermittent fasting protocol.

Do not try fasting when you are eating a Standard American Diet with pizza, junk food, and loads of meat! The quality of your nutrition makes all the difference in the world when it comes to achieving intermittent fasting's benefits. Be sure your diet is high in fiber, healthy fats, and plantbased protein.



Adopt *S. boulardii*, the Friendly Yeast

Fermentation is the result of the digestive action of yeast. Perhaps the best-known yeast is *Saccharomyces cerevisiae*, which has been used in winemaking, baking, and brewing beer since ancient times. In the Middle Ages, fermentation made drinking water safe; people added sugars to the water, and the small amount of alcohol produced during fermentation killed the bad bacteria and their toxins. You can think of fermentation as predigestion: yeast metabolize sugars and starches into forms that are beneficial for us. Fermentation even helps turn antinutrients into nutrients and helps pesticide residues in our bodies to biodegrade so we can eliminate them more easily.

Fermented foods such as sauerkraut and kimchi are excellent sources of probiotics that also produce anticancer compounds. In Chapter 4 you will learn how to grow *Saccharomyces boulardii*, a yeast first isolated from lychee and mangosteen fruit in Southeast Asia in 1923 by French microbiologist Henri Boulard. He observed that locals avoided the crippling diarrhea that accompanied malaria by chewing on the skins of these fruits.

Why *S. boulardii?* This yeast will help you achieve a healthy balance of microbes in your gut. Chances are you have a gut full of *Candida albicans.* Candida is a yeast that proliferates when you have taken antibiotics or consumed them by eating the meat of animals who were given these medicines to keep them from getting sick in their cramped quarters. Having candida overgrowth is like having a motorcycle gang take up residence in your gut. They won't give up their free room and board in your intestinal tract just because some hopeful newcomer probiotics from the health food store or from fermented foods show up. *S. boulardii* is excellent for getting candida to vacate the premises and clear the way for all the good probiotics you will now be eating to colonize your gut. However, be forewarned: you need to get serious about cutting out sugar so you are not feeding the candida and so you do not experience uncomfortable cramps, gas, and bloating when using *S. boulardii.* Also, if you are immunocompromised or have Crohn's disease, don't use *S. boulardii.* (In this case, you will have to take the slow route to getting rid of your candida: eliminate sugar and eat fermented foods, and check with your doctor about how best to support your health.)

Finally, one of the most impactful elements of the Grow a New Body way of eating is the adoption of power plants as the centerpieces of your meals. In the next chapter, you will learn about these foods' extraordinary abilities

to turn on the genes for health and longevity and turn off the genes for disease.

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CHAPTER 3

Power Plants as the Centerpieces of Your Meals

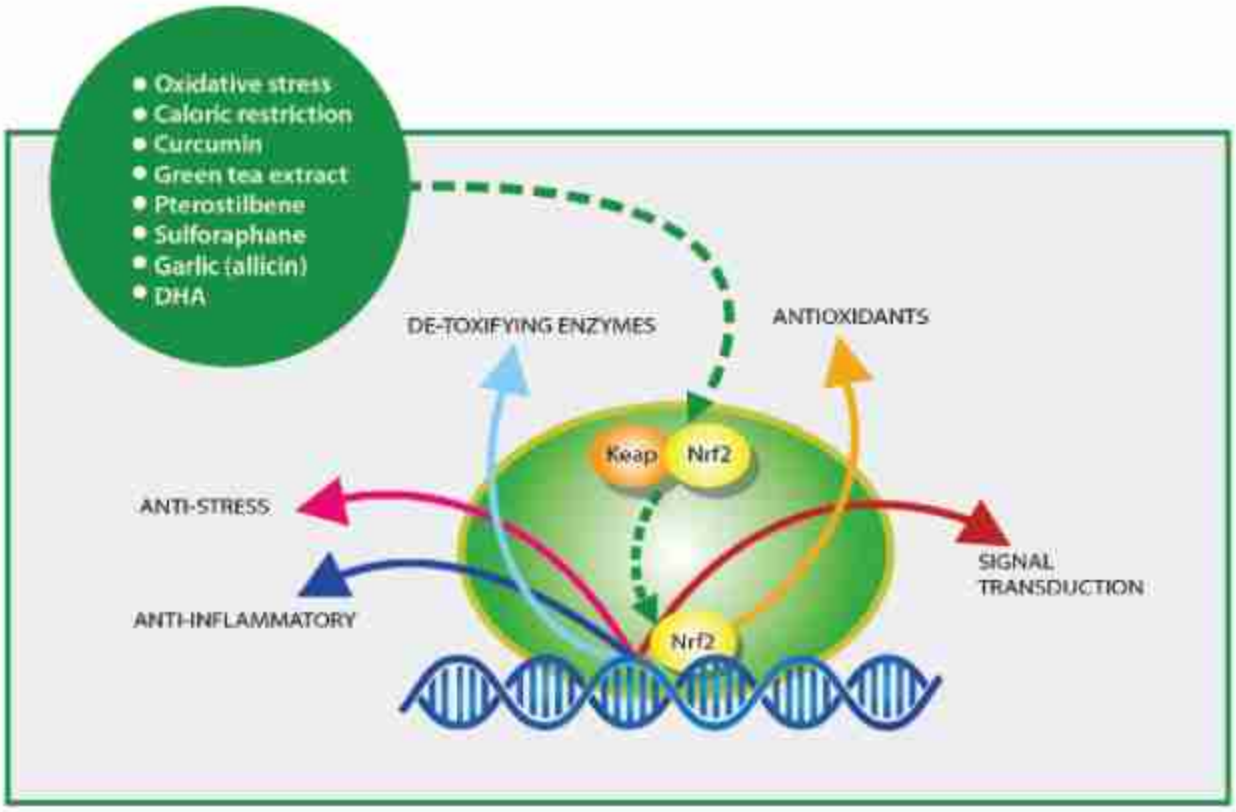
The main ingredient in the Grow a New Body way of eating comes from the world of “power plants"—those vegetables, leaves, roots, perennial flowering plants, and herbs that turn on the genes for health and switch off the genes for disease. Today we call these *epigenetic modifiers.* Science knows many of them as Nrf2 activators.

Nrf2 protects every organ in the body and every kind of tissue against diseases like cancer, heart disease, dementia, and autoimmune disease. It is one of the most important cellular defense mechanisms, designed to eliminate free radicals and oxidative stress as well as toxins and carcinogens. In Chapter 1, you learned that our bodies have retained their self-repairing powers encoded in password-protected regions of our DNA. Nrf2 is the password!

Nrf2 is the body’s master regulator of longevity and detoxification. Nrf2 is a protein that switches on the repair of damage to the body and slows down the aging process. Scientists at the University of Texas claim that “the Nrf2-signaling . . . activates more than 200 genes that are crucial in the metabolism of drugs and toxins and in protecting against oxidative stress and inflammation, as well as playing an integral role in the stability of proteins and in the removal of damaged proteins via proteasomal degradation or autophagy.” [1]

The Nrf2 protein is normally bound to the cell membrane, but when it becomes activated by stress, toxins, or power plants, it enters the nucleus of the cell. There it sets to work switching on the genes for producing antioxidants, detoxifiers, and anti-inflammatory agents. The illustration below gives you an idea of how Nrf2 works (and some of the things that trigger it into action).

I like to think of Nrf2 as the U.S. Navy SEALs, who normally reside on a distant military base. Like the SEALs, when the Nrf2 proteins are called to action, they go into the nucleus of the cell and into the DNA, cleaning up the terrorists (free radicals) and switching on the SIRT1 longevity genes. When their job is done, they return to the cell membrane and remain on alert.



How did the shamans of old know about this master regulator of longevity found in select green plants? Obviously, they asked the plants themselves.

The Nrf2-Activating Power Plants

We find Nrf2-activating properties in cruciferous vegetables, including broccoli, Brussels sprouts, cabbage, cauliflower, and kale, and in spices such as turmeric, black pepper, chili peppers, and garlic. Cruciferous vegetables, besides being high in fiber and antioxidants, are rich sources of sulfur-containing compounds (that make garlic stinky) known as glucosinolates, which help your body ward off infections. But most important, cruciferous vegetables and spices activate the Nrf2 protein that turns on the SIRT-1 longevity genes.

To reap their benefits, you must know how to use these powerful plant medicines. Simply put, you can eat as much as you like of the whole plant. But you must keep in mind that the plant extract, the active ingredient, has a *dose-dependent effect.* In other words, a little bit will help you, but a large amount will shut down the beneficial effects. You can eat as much broccoli as you like every day, but you cannot take the Nrf2 activator sulforaphane, abundant in broccoli sprouts, for more than a week without overloading the very systems you want to switch on. Similarly, you can prepare curry every day with turmeric and experience its great health benefits: people in India, where a lot of curry is consumed, only have 15 percent of the Alzheimer's risk that Americans have. But you can take curcumin, the active ingredient in turmeric, as a supplement for only a few days a week; then you must let the body rest for a couple of days.

This effect is known as *hormesis* (from the Greek, meaning "turning on"), and it applies to all Nrf2 activators: a low dose can help you, while a high dose can negate all their benefits. After a few days of turning on the Nrf2 response with broccoli sprouts (containing sulforaphane) or perhaps curcumin from turmeric, the body will be saturated, turn detoxification off, and can make you sick with your own waste!

Coffee is one of the best Nrf2 activators you can find. (Specifically, it's the pyrocatechol in coffee that makes it an Nrf2 activating superstar.)[2] When I was going through my health crisis, my hepatologist told me that if I received a liver transplant, I should drink three cups of coffee daily for the rest of my life to prevent liver cancer. I asked him why, and he explained that drinking two cups a day cut the odds of cirrhosis by 44%, and four cups a day lowered them by 65% and prevented liver cancer. In all likelihood, given that it is an Nrf2 activator, coffee is protective against every type of cancer. Due to our Western mindset of "one pill for each ill," the effects of coffee on other cancers have not been studied sufficiently to confirm my

suspicion. And they never will, you see. That's because science is driven by Big Pharma, which invests in remedies that can make them financially healthy. Coffee is far too readily available to be of any interest to them.

If you enjoy coffee, remember to account for hormesis. When you drink coffee daily, it dulls the effect. You need to cycle it, drinking a cup or two for five days on, two days off, or one week on, one week off, which is what I try to do.

Other than the pyrocatechol in coffee, the most powerful of Nrf2 activators found in power plants, or created in our bodies as a result of consuming these plants, are:

- Pterostilbene
- Glutathione
- Superoxide dismutase (SOD)
- Brain-derived neurotrophic factor (BDNF)
- Sulforaphane

Let's look at the Nrf2 activators.

Pterostilbene (think berries and grapes)

Pterostilbene, found in large quantities in blueberries and grapes as well as almonds and grape leaves, has been shown to lower cholesterol and glucose and reduce blood pressure. Together, pterostilbene and trans-resveratrol, also found in these fruits, prevent cancer, heart disease, diabetes, and other illnesses. Transresveratrol works upstream, regulating the genes that activate apoptosis (programmed cell death/suicide). Pterostilbene works downstream, turning off the genes that allow cancer cells to grow and flourish.

Pterostilbene enhances the production of antioxidants that protect cells against the damaging effects of free radicals. Pterostilbene also lowers cholesterol and blood pressure and protects against cancer and dementia.

Power plants do not just activate Nrf2 and prevent oxidative stress. They also turn on the brain's ability to regenerate itself and protect your health. At Dr. Alberto's Los Lobos clinic, inspired by ancient healers, we work with

plant-based supplements that can help you protect your brain and turn on your ability to produce stem cells that can repair your hippocampus. These products are glutathione, SOD, BDNF, and the polyphenols.

Glutathione (think kale, spinach, avocado, squash, asparagus, cucumber, green beans, and flaxseed oil)

Glutathione neutralizes free radicals, but that is just one of its jobs. As a detoxifying agent, it serves as a sort of lint brush, picking up toxins in the body and carrying them to the liver for processing. Glutathione boosts your immunity and helps you build and maintain muscle.

Low glutathione levels increase free-radical damage to your mitochondria, which then are unable to regulate your cells' death clocks. Foods like kale, spinach, avocado, and squash, as well as omega-3-rich oils like flaxseed oil, increase the body's ability to produce glutathione.[3] However, nearly half the people in the world are missing one or more of the genes necessary to produce glutathione. Among the critically ill, the percentage is even higher: a majority of people with chronic disease have negligible glutathione levels. My DNA is missing a glutathione SNP (single nucleotide polymorphism), which is a genetic variation that results in my not manufacturing adequate amounts of glutathione, so I take glutathione supplements. Because the body can't utilize glutathione in regular supplement form - it's easily destroyed in the gut—I like liposomal glutathione, which can make it through the gut and into the bloodstream. (Liposomal means the ingredient is inserted into fat-like particles, making the nutrient more absorbable.)

Many of the power plants in the Grow a New Body diet are rich in NAC (N-acetyl cysteine), which the body will convert into glutathione. These include avocados, spinach, asparagus, cucumber, and green beans. The activation of the Nrf2 pathway by phytonutrients flips on the switches that control the health-promoting genes that code for glutathione.

SOD (think cruciferous vegetables, such as Brussels sprouts, broccoli, and cauliflower—and blueberries)

SOD, or superoxide dismutase, is a master antioxidant. Our bodies produce SOD naturally, and it can also be found in foods, particularly cruciferous vegetables, such as Brussels sprouts, broccoli, and cauliflower. However, reversing a lifetime of free-radical onslaught and exposure to pesticides and environmental toxins requires a major intervention. You can upgrade your body's ability to manufacture SOD by adding pterostilbene-rich foods to your diet—eating more blueberries and almonds, for example. Getting enough SOD is brain protective. As it is an enzyme, SOD has a million to one kill ratio of free radicals, whereas glutathione has only a 1:1 kill ratio because it is degraded in the process. When you have abundant SOD in your system, glutathione can be preserved to eliminate toxins and is not consumed eliminating free radicals.

BDNF (think green tea, DHA, blueberries, curcumin, avocados, olive oil—and intermittent fasting)

BDNF, brain-derived neurotrophic factor, promotes the growth of stem cells and is vital for repairing and rewiring the brain. *(Neurotrophic* means "neuron producing.") When was the last time you fell in love all over again with your partner or spouse? BDNF upgrades your brain so you can experience the re-enchantment of your life and your world. Inadequate BDNF production is associated with Alzheimer's, dementia, and depression.

Fasting overnight and then breaking the fast with fats like an avocado rather than carbs will increase your levels of BDNF. Foods such as green tea, blueberries, and curcumin, along with other power plants and omega-3-containing foods such as avocados and olive oil, will boost your BDNF levels as well.

Increasing the production of BDNF, glutathione, and SOD helps prevent the ravages of aging and is also important for another reason: they upgrade the brain to be able to experience Oneness. The experience of Oneness allows you to improve your health and dream your world into being in a powerful and creative way, as you discover your part in the exquisite drama of creation.

Sulforaphane (think cruciferous vegetables but particularly broccoli sprouts)

Sulforaphane is a naturally occurring organic sulfur that has anticancer properties and will help regenerate tissue, even bone. Sulforaphane is not only an Nrf2 activator but the star of the bunch. Three servings of broccoli per week will reduce the risk of prostate cancer by 60 percent![4]

I love broccoli, but I also love to sprout broccoli seeds because the five-day-old sprouts contain up to 100 times more sulforaphane than the broccoli florets. Also, due to its low molecular weight, sulforaphane has the greatest bioavailability of all the Nrf2 activators. If you are serious about growing a new body, grow your own sprouts. It is easy and fun. (In Chapter 4 you'll learn how to grow them.)

The Powerful Antioxidants and Polyphenols

BDNF, glutathione, SOD, and sulforaphane aren't the only marvelous, healing molecules that you will be discovering when you eat the Grow a New Body way. You will also ingest plenty of antioxidants and polyphenols.

Antioxidants (think broccoli, spinach, carrots, berries, and more)

Power plants are almost always *antioxidants*, which is important if you want to reduce oxidative stress: the overproduction of free radicals in the body.

Free radicals are unstable molecules that are missing electrons. They are a by-product of the work your mitochondria in your cells do to combust fuel. This is metabolism. The cleaner your fuel, the fewer free radicals are produced. The more sluggish and clogged your metabolism, the more free radicals are produced, which further slow and clog your metabolism. Free radicals steal electrons from other molecules, destabilizing them. That leads to a domino effect of more free radicals. Eventually, unchecked oxidative

stress, which is what free-radical damage is called, causes cellular, tissue, and organ damage, and accelerated aging.

Oxidative stress—and the accumulated damage to brain cells and their mitochondria—is one of the primary contributors to the aging process and to neurodegenerative diseases such as Alzheimer's and Parkinson's. Oxidative stress combined with chronic inflammation is called *inflammageing*. Inflammageing involves the accumulation of senescent cells, gut dysbiosis, and an aging immune system. You can avoid inflammageing by eating a diet rich in power plants.

Although you can get antioxidants directly from foods like berries, the amounts would be insufficient for neutralizing all the free radicals in your body, which number in the billions. I suspect you are not up for eating 40 pounds of blueberries daily . . . Fortunately, the body can produce natural antioxidants like glutathione and SOD. Unfortunately, by an oversight on the part of Mother Nature, you stop producing these when you get to be around the age of 35, and your levels drop to zero by the time you are 40.

Unless you turn to the power plants.

Our Paleolithic ancestors made the wonderful discovery of plants that could switch dormant antioxidant systems back on and serve as powerful Nrf2 activators. These plants contain pterostilbene and trans-resveratrol. They can restore the production of free-radical scavengers to the levels you enjoyed in your 20s. And you can start this in as little as seven days following the Grow a New Body way of eating!

Polyphenols (think blue kale, berries, red wine, green tea, olive oil, and curcumin)

Plants produce *polyphenols* as a healing response to assaults from insects, UV rays, and other threats. Polyphenols are abundant in the Mediterranean Diet, which is why it is so heart friendly and health promoting.

Polyphenols are responsible for plants' bitterness, astringency, and color. Blue kale, blueberries, strawberries, and other berries are loaded with polyphenols, and so is extra virgin olive oil. Common polyphenols are quercetin, fisetin, resveratrol, curcumin, and the anthocyanidins found in red wine and berries.

Polyphenols are able to cross the bloodbrain barrier and protect the brain. Green tea and blueberries are particularly effective. The same is true of curcumin, but its bioavailability is very low as curcumin is rapidly broken down by the liver.

Brain protection is not the only health benefit of getting abundant polyphenols from your diet. Polyphenols can chelate metal ions, supporting your body in ridding itself of lead and mercury. Green tea polyphenols known as catechins bind to heavy metals as well as to iron and copper, allowing you to eliminate them when you have them in excess.

Other sources of polyphenols, beyond the ones already mentioned, are cocoa powder, chili peppers, nuts, flaxseed, and vegetables.

The intestinal absorption of polyphenols is high, but here is where the magic happens. Our gut microbiome produces metabolites; that is, it transforms polyphenols into phenolic compounds with powerful antioxidant and signaling capabilities. If your gut flora is imbalanced from antibiotic use or excessive red meat in your diet, you will not produce the metabolites that foster brain health. That will be the case no matter how many pounds of olives you eat!

When I was in Sicily a few years ago, I had the opportunity to lunch with a 90-something-year-old who, although missing two of his front teeth, was heartily biting into a plate of fresh garden vegetables. On the table before Lucca were different kinds of olives. I understand Italian and can speak the language somewhat, and delighted by what I saw on his plate, I shouted, “You like polyphenols and antioxidants!" He looked around the table to see if anyone had comprehended what I was talking about. No one had the slightest idea. “Bring the man a glass of the Vermentino wine,” Lucca said, convinced I needed a drink.

That day I learned the rules of the Mediterranean Diet: eat for color, eat fresh, local foods, don’t eat too much, and laugh heartily.

The recipes in this book will help you optimize your body and brain’s health and wellness. Now that you know about the power plants that are the central part of the Grow a New Body way of eating, and which foods to avoid as well as which foods you can eat, it’s time to go into the kitchen and start preparing some delicious meals.

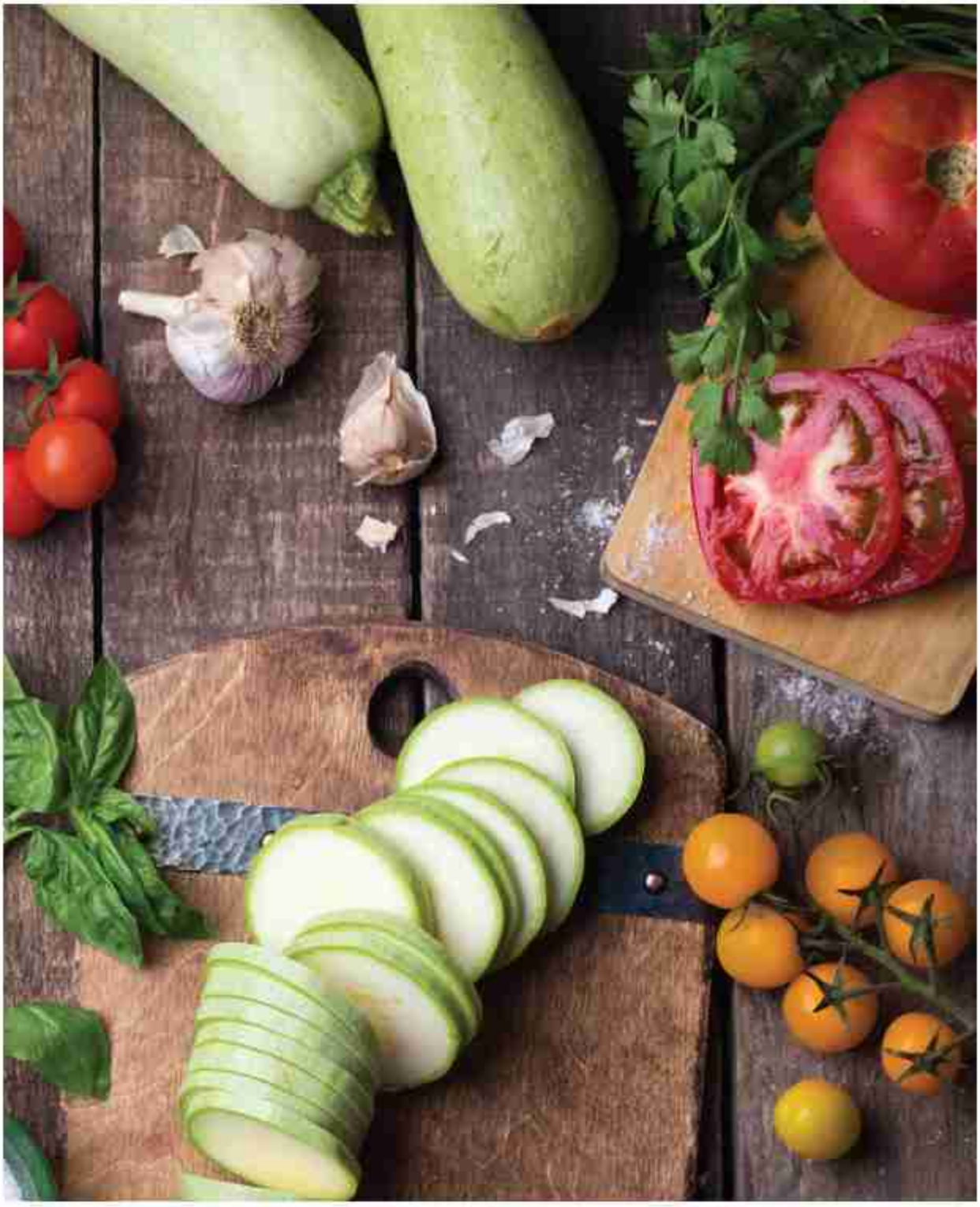
The Mighty Blueberry



Blueberries are true phytonutrient rock stars. They are rich in pterostilbene, iron, selenium, and zinc and have plenty of fiber. They have polyphenols that cross the blood-brain barrier to protect your brain. They boost levels of SOD and BDNF. Remember, BDNF contributes to the production of stem cells in the brain that allow for the repair of the hippocampus, or learning center.

I favor frozen blueberries that are picked at the height of ripeness, and I enjoy them in smoothies.

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PART II

The GNB Kitchen

"As the Lakota Sioux phrase mitakuye oyasin—'All my relations'—implies, we're all connected, all in this together. Recovery is reciprocal: Heal yourself, heal the world; heal the world, heal yourself."

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CHAPTER 4

Your Kitchen Lab

Even if you aren't a master chef, you can have your kitchen become your laboratory for trying out new recipes and making your own superfoods. You will not need any special equipment other than a mason jar or two; some rubber bands; clean cloths such as muslin, cheesecloth, or tea towels; and some dirt and containers for growing plants.

Always start with fresh, organic ingredients. You are what you eat—and what your food had for dinner! You want your power plants to grow in soil that's free from toxins such as pesticides, herbicides, and heavy metals, and in earth that has not been overfarmed and stripped of important minerals. You can buy organic produce at the grocery store, but you might also want to grow some of your power plants on your own using soil you know is healthy.

Even if you don't have access to a plot of land on which to grow a garden, you can grow them in containers or indoors under a grow light to allow for photosynthesis. Some vegetables require more space than others do to thrive, so consider this when buying seeds. At Dr. Alberto's home, he grows herbs indoors and tomatoes, kale, and squash outdoors.

He also composts. The composting process is simple: You take nonmeat, nondairy food scraps and toss them into a compost pile or container. Add dried leaves and yard waste to prevent mold growth, and move the compost often, either turning it with a pitchfork or rolling the container it is in. You can also purchase a small compost container for your kitchen that consists of a bucket with a charcoal filter in the lid. Use this to carry compost to your

main pile. When your compost is a rich black or brown, even if it still has some identifiable plants, leaves, and sticks in it, you can fold it into dirt in your garden, replenishing the soil's nutrients so your garden can thrive.

Storing Fresh Foods

To best way to store the fresh plant foods you buy from the store or farmers market or pick fresh from your garden is to keep them in the refrigerator and unwashed—because once you wash them with chlorinated water from the tap, you invite mold spores to grow. Root vegetables such as carrots, onions, garlic, radishes, beets, turnips, red or purple fingerling potatoes, and sweet potatoes, and winter squashes like pumpkin, butternut squash, and acorn squash are exceptions to the refrigeration rule: they can be stored in a cool, dry place (but keep potatoes and onions separate). You can store eggplants and cucumbers the same way (or in the refrigerator).

Scallions (otherwise known as green onions) and leeks, along with summer squashes (zucchini, pattypan, and yellow) and cruciferous vegetables such as cauliflower, broccoli, and Brussels sprouts can be stored in an unsealed silicone or cloth bag. Keep the bag in your refrigerator produce drawer. Store bell peppers or hot peppers the same way, or hang them to dry in your kitchen. Parsley, cilantro, and asparagus can be propped up in a jar of water on a refrigerator shelf.

Store tomatoes in a cool spot rather than the refrigerator for optimum flavor. At the end of the growing season, you might cut down cherry or grape tomato plants and hang them upside down in your basement or garage. The green tomatoes will ripen on the vine.

Leave avocados in a bowl in your kitchen, and store apples inside the refrigerator in paper bags or in a bowl. Place fresh berries on an absorbent piece of paper towel or cloth in an open container. Be sure to rinse them before eating them, and freeze them if you're not going to eat them within three days.

If you can, keep herbs growing until you are ready to use them. To store them in the refrigerator, loosely arrange them on a damp cloth and roll it up before placing the bundle in a produce drawer.

Herbs can also be dried and stored in the fridge or freezer. If you want to make pesto, chop up basil along with nuts, add a healthy oil, and then store the pesto in the refrigerator. Or freeze your pesto in ice cube trays so that you can easily remove a small amount.

Preparing Dried Legumes (Beans and Peas)

Not everyone is used to cooking dry legumes in a way that maximizes their nutrition and minimizes the gas that people often experience as a result of eating these plant proteins, so let me offer you some guidance.

Legumes, also known as beans or peas, include pinto, garbanzo (chickpeas), soy (edamame), black, lima, azuki, fava, northern, kidney, cranberry, cannellini/white, red, pink, and Anasazi beans as well as lentils and black-eyed, split, and pigeon peas. You will commonly find frozen lima and edamame beans at grocery stores, but most legumes are sold in cans or dried. Skip the canned forms, as they are loaded with chemicals, such as BPA, from the canning process. Knowing how to prepare them when in a dried form will benefit your health as you grow a new body. Here's the formula: for every pound of dried legumes, you add ten cups of water (a ratio of five cups of water to two cups of beans) and soak the beans overnight at room temperature. Each cup of dried legumes will yield about two cups of soaked, softened beans.

You don't necessarily have to soak lentils, pinto beans, or black beans before cooking because they have thinner skins than other beans such as chickpeas and navy beans. However, soaking them even just for an hour can soften them and activate compounds like phytic acid, which is considered an antinutrient because it prevents the absorption of minerals. Yet phytic acid is also a powerful antioxidant, a great example of a substance that has both good and bad effects.

To prepare dried legumes for soaking, pour them into a colander and rinse off any dirt or dust. Run your hands through them to be sure there are no foreign objects like stones. Look to see if any beans are discolored. If you find any, remove them.

Put the beans in a bowl and cover them with water. Let them soak overnight. Then drain and rinse the beans.

Place the beans in a pot and add the same amount of water you used to soak them. Bring the beans to a simmer on the stovetop. Cover and cook for 30 to 90 minutes, checking their tenderness 30 minutes in. Add sea salt or herbs for flavoring and let the beans sit for 20 minutes before serving. Remember that the secret with beans is to check them regularly, as you never know exactly how long they will take to cook (timing can vary by crop, age of the beans, and altitude).

Once you have mastered cooking dried beans and peas, you can try recipes that are a little more complicated but will produce tasty foods that are loaded with probiotics. Kimchi and sauerkraut will support your gut, brain, and body, and broccoli sprouts provide plenty of sulforaphane, a vital power plant nutrient you read about earlier. You can also grow a batch of a powerful probiotic that is a beneficial yeast: *S. boulardii*.



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MAKE YOUR OWN KIMCHI

Makes one 2-quart jar

Kimchi is a spicy fermented cabbage dish that originated in Korea and is popular in Japan. You can adjust how spicy it is by using more or fewer red pepper flakes.

---

1 large napa cabbage (about 2½ pounds)

Sea salt

1 large Asian pear, chopped into small cubes

1¾-inch piece fresh ginger, peeled and minced

6 garlic cloves

¼ cup miso paste

¼ cup red pepper flakes

2 medium carrots, cut into short, thin strips

6 scallions, thinly sliced

1 daikon radish, peeled and cut into short, thin strips

1. Prepare the vegetable base: Cut the cabbage into quarters lengthwise. Cut each quarter into 6 pieces, each about a ½ inch wide, and place them in a large bowl. Salt heavily. Knead, squeeze, and toss the cabbage, mixing in the salt. Set aside for 2 hours.
2. Meanwhile, place the pear, ginger, garlic, and miso paste in a food processor. Pulse until a smooth paste forms. Transfer the paste to a medium bowl and mix in the pepper flakes. (Use fewer flakes if you prefer a less spicy kimchi.)

3. When the cabbage is ready, rinse off the salt. Knead and squeeze out the salt and excess water. Rinse and drain well in a colander or salad spinner. Transfer the cabbage to a large bowl and add the carrots, scallions, and radish. Stir in the pear-ginger paste with a large spoon, and toss to coat the vegetables evenly.

4. Transfer the mixture to a 2-quart mason jar. Press the mixture down with a spoon or pestle to remove any air bubbles. The brine should rise high enough to cover the vegetables. Make sure there is ½ inch of headspace above the vegetables.

5. Wipe the inside and outside of the jar lip. Attach the lid and give it a couple of turns. Do not fully tighten the lid.

6. After 5 days, tighten the cap and store your kimchi in the refrigerator. Your kimchi will stay fresh for up to 3 months.

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MAKE YOUR OWN SAUERKRAUT

Makes 1 quart

Sauerkraut is a traditional German side dish made by fermenting cabbage. Sweet and packed full of healthy probiotics, sauerkraut is easy to make at home. Start with fresh, organic cabbage, and allow one to four weeks for your batch to ferment. When it's ready, keep it stored in an airtight jar in the refrigerator for up to four or five months. However, you are likely to find your sauerkraut so delicious that you will eat it up long before then.

---

1 large head organic cabbage (about
2 ½ pounds)
2 to 3 teaspoons sea salt

Variation: Add caraway seeds and dill to the salt water before fermenting your sauerkraut.



1. Remove and discard the outermost cabbage leaves. Remove and discard the core. Rinse the remaining leaves well to get rid of any dirt. Shake out any water, and drain the leaves using a colander or salad spinner. Set one of the outer leaves aside.
2. Using a food processor, grater, or knife, thinly shred the remaining cabbage leaves. Place the shreds in a large bowl and sprinkle them with the salt. Toss well.
3. Let the cabbage sit for 15 to 20 minutes and then knead or squeeze it over a second bowl. Do this for a few minutes to release and collect any remaining liquid.
4. Fill a 1-quart mason jar with the cabbage, packing it tightly and tamping it down.
5. Pour the liquid collected in the second bowl onto the cabbage. Take the reserved cabbage leaf and, with scissors, cut from it a circle about the diameter of your jar. Insert the circle in the jar, then top it with a clean stone or a small ziplock bag filled with water. This weight will keep the cabbage from being exposed to air, which can cause mold to grow. If the cabbage leaf isn't completely submerged, mix up some salted water, using 1 teaspoon of salt per 8 ounces of water, and add it to cover.
6. Carefully cover the full jar with its lid. Wipe off any salt water that escaped. Allow the sauerkraut to ferment at room temperature until the taste is satisfactory to you. If during the fermentation process any film forms on top of the sauerkraut, skim it off and reseal the jar. If the liquid evaporates slightly, top it off again with fresh brine before resealing.
7. Remove the weight when you decide your sauerkraut is ready.

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MAKE YOUR OWN BROCCOLI SPROUTS

Broccoli has many micronutrients and is packed with sulforaphane (which is the product of glucoraphanin and an enzyme called myrosinase and is found only in five-day-old sprouts—and in healthy gut flora). Sulforaphane is one of the best and most bioavailable Nrf2 activators. When you chew broccoli sprouts, you activate Nrf2 and set off a positive chain reaction that turns off genes for disease and turns on genes for health and longevity. So while you should go ahead and enjoy broccoli florets, we strongly encourage you to turn your kitchen into a laboratory and grow your own sprouts.

Purchase organic broccoli sprouting seeds, which are available through online vendors.

You can also purchase a sprouting jar or you can simply use a mason jar that you will cover with muslin or cheesecloth fastened with a rubber band. Be sure you have washed the mason jar thoroughly and sterilized it. You can use

the following method to sprout other seeds, including legumes such as lentils and kidney beans, but make sure they have been rinsed thoroughly.

1. Fill the sterilized glass jar with water and add 4 to 10 tablespoons of seeds in a ratio of about 1 part seeds to 3 parts water. Stir thoroughly. Cover the jar with the lid or with cloth and a rubber band. Let the water and seeds sit overnight at room temperature away from direct sunlight to start the germination process.

2. The next morning, drain the water. Then rest the jar in a large bowl, angling it at 45 degrees, to drain any remaining water. Place the sprouting jar inside a dark pantry (because the seeds sprout best in the dark). For the next 3 to 4 days, repeat the rinsing and draining process twice a day. After day 4 you can put the jar in the window in the sunlight and the seeds will begin to photosynthesize! After 5 days, you will have a sprout garden growing! Use the sprouts sparingly in your salad and as garnish in your soups, remembering to cycle this excellent source of sulforaphane.

3. If you do not eat all the sprouts immediately, rinse them, pat them dry with a towel or run them through a salad spinner, and store them in a container in the refrigerator. They will last for 4 or 5 days.

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GROW *S. BOULARDII* AS A PROBIOTIC

Earlier we explained that it is very difficult to clear the yeast *Candida albicans* from your gut after it makes itself at home there. This evening take a look at your tongue in the mirror and notice if there is a whitish film coating it. This is candida. The best way to get rid of it is by eliminating sugars, which the candida feed on, and bringing in *S. boulardii*, a beneficial yeast that will drive out the candida.

---

4 cups ripe, organic fruit, pitted but not peeled

1 cup spring water

2 gelatin capsules *S. boulardii* probiotic powder

1. Place the fruit pieces in a blender, add the spring water, and blend thoroughly. Pour the fruit-water mixture into a saucepan and cook over low heat until it reaches a boil. Continue to boil for 20 minutes.
2. Let the mixture cool to body temperature. Open and empty the probiotic capsules of *S. boulardii* into the pan and stir.
3. Pour the mixture into a large bowl, filling it halfway. The batch will expand as it ferments, so you want to be sure it has plenty of room to grow.
4. Place the bowl in the oven with the oven light on (but don't turn on the oven heat). The warmth from the oven light will keep the mixture at body temperature for the next 2 or 3 days.
5. After 2 to 3 days, the *S. boulardii* will have fermented all the sugars in the fruit. You might want to taste it on day 2. When there is no residue of sweet taste, you know it is ready.
6. Place the mixture in the refrigerator and take 1 tablespoon daily before breakfast for 2 weeks. Your *S. boulardii* will last for 2 weeks in the

refrigerator, as the minute amounts of alcohol in the batch will preserve it. Once you prepare a batch, you can use a spoonful of your *S. boulardii* as a starter for the next batch, or you can work with the gelatin capsules again.

Caution: You must cut out sugar before taking *S. boulardii* or you will experience bad gas and cramps. And do not use this particular probiotic if you are immunocompromised or have Crohn's disease. Instead, take a gentler approach to eliminating candida by eating fermented foods as well as taking sugar out of your diet, and check with your doctor about how best to support your health.

You can take *S. boulardii* in supplement form—the organisms in the capsules are dehydrated, and excellent for treating travelers' diarrhea. I like to "wake" them from their hibernation by growing their population in my kitchen lab using overripe fruit or frozen, wild blueberries. Check out any organic fruit your supermarket has put on deep discount because it is about to go bad. I love using blueberries or raspberries, but they must be very ripe. Pears, mangoes, and frozen berries work well too.

Use the best-quality *S. boulardii* you can And. And use spring water to prepare your batch of probiotics to ensure your *S. boulardii* are not contaminated by chlorine and other chemicals in water from the faucet. Because *S. boulardii* are living organisms, they will respond to your thoughts and feelings. I like to say a blessing over them when I check on their growth in the same way that I say a prayer over my food before a meal.

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GROWING A WINTER GARDEN IN YOUR KITCHEN

Sprouts can grow in your kitchen all year long. Sprouts germinate from seeds and are packed with protein, fiber, vitamins, minerals, amino acids, and plant enzymes. Some, like broccoli sprouts, are excellent Nrf2 regulators that switch on the genes for health and longevity. They are superplants! Sprouts can be eaten cooked, or raw to protect their nutrients.

Alfalfa sprouts have a mild taste and are great to add to any dish. They are an excellent source of minerals, including calcium, magnesium, and potassium—all crucial for muscle and bone growth.



Broccoli sprouts add a nutty flavor to any dish, including salads and soups. They are loaded with Nrf2 activators! Your sprouts will be ready to eat after 5 days.

Beet sprouts take longer to be edible—11 to 21 days. They taste much like full-size beets, but without the sugar. Their pink stems bring beauty to any dish.

Beans, including chickpeas, are protein rich, need to be soaked for 24 hours, and require more frequent rinsing. Chickpeas will sprout in 2 to 3 days. Enjoy them raw in salads or in soups and hummus.

Green peas and mung beans sprout more slowly. You can harvest them in 5 to 9 days. They need to soak longer and require more frequent rinsing. Mung beans go great in a stir-fry or can be enjoyed raw in salads.

Kale sprouts have violet veins. They are excellent Nrf2 activators with a sweet and nutty taste. Try sauteing them lightly or eating them raw.

Lentils contain the most protein among sprouts and will add a nutty flavor to a soup or salad. They are rich in copper, manganese, iron, and vitamin C. Lentil sprouts can be enjoyed 3 to 4 days after sprouting.

Sunflower sprouts are loaded with calcium and iron and high in unsaturated fat.

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2 tablespoons of your chosen sprouting seeds

1-quart wide-mouthed mason jar and sprouting lid or cheesecloth held in place by a rubber band

1. Soak the seeds in filtered water in the mason jar overnight.
2. Rinse the seeds with fresh water and drain until all the water is poured out.
3. Keep the seeds in the dark. Repeat the rinsing and draining once or twice per day for 3 to 4 days, until the sprouts are showing green. Then place them on the windowsill in direct sunlight so they begin the magic of photosynthesis. (Sprouts left in the dark will not be as nourishing or potent as ones grown in sunlight.)
4. If you wish, rinse the sprouts in a bowl first to remove the seed hulls that rise to the top, or eat them with hulls for excellent roughage for

your digestive tract.

5. Store the sprouts in the fridge in a container lined with a paper towel.

Caution: Sprouts are perishable and can breed bacteria due to their warm and humid growing conditions. Remember these key tips:

- Buy seeds specifically labeled for sprouting, as these are free of harmful bacteria. Grocery store seeds and legumes can be contaminated because manufacturers assume you will cook them.
- Use only filtered water to soak the seeds and rinse the sprouts. The PFAS and toxins in tap water will be concentrated inside your sprouts, so use filtered water.
- Drain the water after soaking and rinsing.
- Use sterile jars, lids, spoons, and cloths. (See for more about sterilizing.)
- If beans and seeds have a strange smell, toss them.
- Eat the sprouts within 1 week.

As you begin working with the recipes that follow this chapter, I want to remind you of a bonus to eating the Grow a New Body way: because you will be burning fat for fuel, you will likely lose some unnecessary weight, particularly around your midsection. You don't have to deprive yourself of delicious, satisfying meals if you hope to lose some weight when eating more healthfully, so let's get cooking!

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CHAPTER 5

Milks, Tonics, and Smoothies

The beverages in this chapter were developed in collaboration with Hyacinth Nadine, a functional nutritionist and member of Dr. Alberto's Grow a New Body team. They can serve as midday energy boosters and are excellent for breaking your fast in the morning. (Remember, too, to eat a spoonful of *S. boulardii*, the probiotic yeast you learned how to grow in your kitchen lab, each morning; see Grow S. Boulardii As A Probiotic.) These recipes for delicious drinks range from nut milks and juices to longevity tonics to lattes and thick, hearty smoothies and feature adaptogens —ingredients that support brain and gut health. (See the box about adaptogens, and read each beverage's description to learn more about how you can use nature's pharmacy to support your healthy lifestyle.)

A blender will suffice for making all of these except the Green Juice, for which you should use a juicer. Purchasing a nut milk bag, available at major online retailers, will make the preparation of the nut milks quick, easy, and fun!

Most of these beverages should be enjoyed immediately. The exceptions are the nut milks, which are made in larger batches and can last, refrigerated, for three days.

Note that the use of raw honey in some recipes is optional. Although raw honey is antibacterial and antifungal and contains antioxidants, amino acids, and enzymes, it still registers in the body as sugar. Use in moderation, and omit it while on the Grow a New Body detox program, which avoids all sugars.

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Almond Milk

Coconut Milk

Brazil Nut Milk

Cashew Milk

Cacao-Mushroom Milk

Green Milk

Brain Awake

BDNF Booster

Matcha Energy Tonic

Express Yourself

Green Juice

Golden Milk Latte

Activated Charcoal Latte

Stress Les

Antioxidant Youthing

One Spirit Medicine Elixir

Blue Magic Protein Smoothie

Heart Beet

Probiotic Blueberry-Hemp Seed Smoothie

Green Smoothie

Blueberry-Almond Detox Smoothie

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ALMOND MILK

Makes 1 quart

Almonds are a great source of protein, containing healthy fats, fiber, magnesium, calcium, and vitamin E, a powerful antioxidant. Used as a base in both hot beverages and smoothies, almond milk is a delicious and healthy alternative to cow's milk. You can buy it at the store, of course, but it's easy to make at home. Just be sure to allow for soaking time.

---

1 cup raw, unroasted, unsalted almonds

1 teaspoon vanilla extract (optional) Pinch of sea salt

1. Soak the almonds overnight in enough water to cover them by 1 inch. The next day, drain the nuts and rinse them thoroughly under running water.
2. Place the almonds, 4 cups of water, vanilla (if using), and salt in a blender and blend on high speed until smooth, about 20 seconds.
3. Strain out the pulp by pouring the milk through a double layer of cheesecloth (or a nut milk bag) placed over a large bowl. Keep refrigerated.

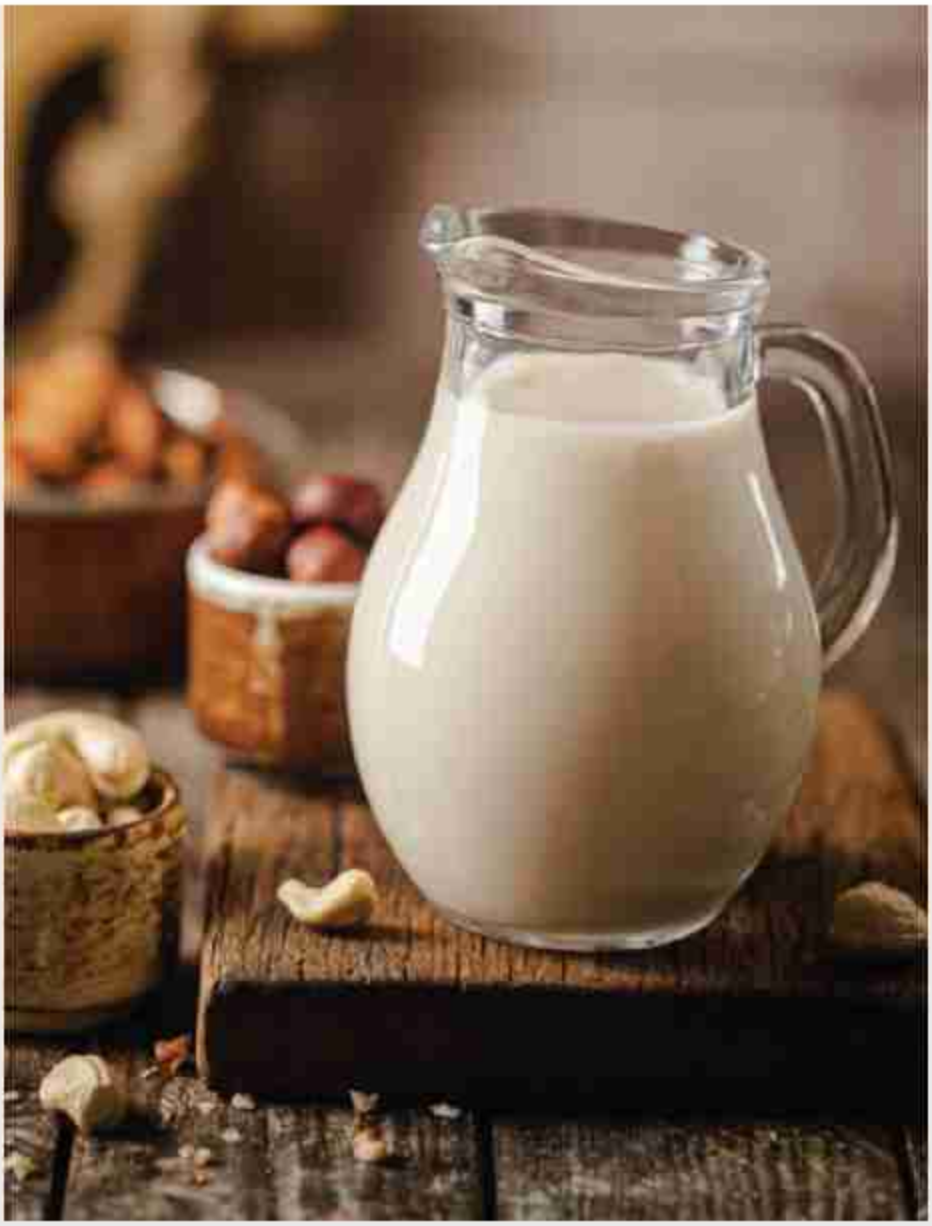
Making and Using Nut Milks

Nut milks are creamy and delicious alternatives to full-fat dairy milk. They can serve as a creamer in tea or coffee—or in any of the lattes and tonics in this recipe section. In most cases, you'll need to soak the nuts overnight before creating the milk, so plan ahead.

When you strain your nut milk, says Chef Conny, give the cheesecloth or nut milk bag a good, long squeeze (or two!) to release every drop of nutty goodness. In fact, he recommends reusing the same nut pulp to make a second batch, incorporating less water the second time around.

Homemade nut milks tend to separate as they sit because there are no additives in this fresh-made milk to keep the fat and water emulsified. Simply remember to shake or stir a nut milk well before using.

And use up any nut milk in three days. There are no preservatives, after all—and that's a good thing!



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COCONUT MILK

Makes 1 quart

Coconut milk is rich in MCTs, healthy fats that are beneficial for heart health and provide jet fuel for the body and brain. In addition to being a healthy, delicious, and satisfying alternative to dairy milk, coconut milk is thick enough to substitute for heavy cream in sauces, soups, and stews.

---

4 cups hot water

2 cups dried, unsweetened coconut flakes

Pinch of sea salt

1. Pour the water into a blender, add the coconut and salt, and blend on high speed until completely smooth, about 2 minutes.
2. Strain out the pulp by pouring the milk through a double layer of cheesecloth (or a nut milk bag) placed over a large bowl. Keep it refrigerated.

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BRAZIL NUT MILK

Makes 1 quart

Brazil nuts are nutritional powerhouses loaded with healthy fats, antioxidants, vitamins, and minerals like zinc, magnesium, and high levels of selenium. A little goes a long way: just two Brazil nuts contain enough selenium to meet your daily requirements. Brazil nut milk is delicious when you add cacao powder for a nutrient-rich chocolate milkshake. Remember to soak the nuts overnight before preparing the milk.

---

1 cup raw, unroasted, unsalted Brazil nuts soaked overnight

1 tablespoon extra virgin coconut oil or MCT oil (optional)

3 pitted Medjool dates (optional) Pinch of sea salt

1. Soak the Brazil nuts overnight in enough water to cover them by 1 inch. The next day, drain the nuts and rinse them thoroughly under running water.
2. Place the nuts in a blender. Add 4 cups of water, the oil and dates (if using), and salt. Blend on high speed until smooth, about 20 seconds.
3. Strain out the pulp by pouring the milk through a double layer of cheesecloth (or a nut milk bag) placed over a large bowl. Keep it refrigerated.

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CASHEW MILK

Makes 1 quart

Cashew nuts are rich in heart-healthy unsaturated fats, antioxidants, and minerals that support heart, brain, and immune health.

---

1 cup raw, unroasted, unsalted cashews

1 teaspoon vanilla extract (optional) Pinch of sea salt

1. Soak the cashew nuts overnight in enough water to cover them by 1 inch. The next day, drain the nuts and rinse them thoroughly under running water.
2. Place the cashews, 4 cups of water, vanilla (if using), and salt in a blender and blend on high speed until smooth, about 20 seconds.
3. You don’t have to strain cashew milk! Keep it refrigerated.



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CACAO-MUSHROOM MILK

Serves 1

This cold, mushroom-infused chocolate milk is a delicious anti-stress, mood-elevating, and immune-strengthening elixir. Cacao and bacopa (an aquatic herb used in Ayurvedic medicine) are rich in antioxidants that protect the brain. They may also increase the feel-good neurotransmitters dopamine and serotonin, known as the happy hormones. The mushroom trio (reishi, chaga, and lion's mane) offer immune and digestive support and can provide an overall sense of calm and mental clarity.

---

10 ounces Almond Milk

3 ice cubes

1 teaspoon honey (optional)

1 to 2 tablespoons cacao powder

1 teaspoon bacopa powder

½ teaspoon reishi mushroom powder

½ teaspoon chaga mushroom powder

½ teaspoon lion's mane mushroom powder

Combine the almond milk, ice cubes, honey (if using), and powders in a blender and blend on high speed until smooth, about 30 seconds. Pour the milk into your favorite mug or cup and enjoy.

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GREEN MILK

Serves 1

This hair- and skin-nourishing milk is rich in antioxidants, protein, chlorophyll, and omega-3 fatty acids from the spirulina. Cinnamon gives it a kick and helps balance blood sugar while promoting healthy gut flora. And the vitamin E—rich almond milk protects your cells from oxidative damage and helps improve skin health.

---

10 ounces Almond Milk

2 teaspoons spirulina powder

1 teaspoon vanilla extract

¼ teaspoon ground cinnamon

2 ice cubes

Combine the almond milk, spirulina, vanilla, cinnamon, and ice cubes in a blender and blend on high speed until smooth, about 15 seconds.

Adaptogens: The Smart Plants

Adaptogens are a unique class of herbs, mushrooms, and roots that we like to call smart plants. The same plant can either calm or strengthen our internal systems, meaning they can adapt their function to our own body's needs. They can be used as a part of a phytotherapy approach to healing (that is, using plant molecules as therapy) to

restore balance (homeostasis), normal metabolic processes, and detoxification.

The modern use of the word *adaptogens* was first recorded in 1947 by N. V. Lazarev, a Russian pharmacologist who, through clinical trials and subsequent work with Russian athletes, found that certain plants had a beneficial yet nonspecific effect on the body. These plants did not treat medical conditions but rather increased the body's resistance to stress. They also enhanced mental alertness, overall endurance, stamina, athletic performance, and led to shorter recovery times.

Adaptogens have been used for thousands of years in traditional folk medicine. The well-known ginseng root is a keystone remedy in traditional Chinese medicine. The reishi mushroom, known as the spirit mushroom of immortality, was revered by Chinese royalty for its life-extension benefits.

Adaptogens appear in many other cultures. Ashwagandha (known as Indian ginseng) and turmeric root have been an integral part of Ayurvedic healing remedies for centuries. In the highlands of Siberia, the herb *Rhodiola rosea* was taken to improve tolerance of high altitudes, treat fatigue, and increase performance.

Today these same plants buffer the effects of our modern-day stressors and are popular longevity tonics that balance our bodies and create homeostasis so we can live each day—and do all we do—at our best. They combat stress-induced mitochondrial dysfunction; promote neurogenesis (the growth of new neurons in the brain); support the immune system due to powerful immune-modulating properties; and support the production of brain-derived neurotrophic factors (BDNF), aka healthy brain cells!

A plant must have three qualities to be considered an adaptogen:

- It is nontoxic when taken in normal doses, even with long-term use.
- It helps the body cope with stress and regulates the stress response.
- It allows the body to recover a state of balance (homeostasis).

Including adaptogens in your diet can help improve both short- and long-term health. The recipes in this chapter are examples of how you can incorporate them into your wellness and longevity strategies as you grow a new body and brain.



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BRAIN AWAKE

Serves 1

Neurons that fire together, wire together! This brain tonic contains ingredients that wake up your brain and get those neurons firing on all cylinders. It can provide sustained energy without a caffeine spike and crash, increase mental focus and lengthen concentration span, and help spark creativity and productivity.

---

4 ounces Almond Milk

4 ounces hot water

2 tablespoons cacao powder

½ teaspoon lion's mane mushroom powder

½ teaspoon reishi mushroom powder

¼ teaspoon rhodiola powder

¼ teaspoon bacopa powder

¼ teaspoon chaga mushroom powder

¼ teaspoon gotu kola powder

¼ teaspoon ground cinnamon

Warm the almond milk and transfer it to a blender. Add the hot water and powders and blend on high speed for 15 seconds. Pour the tonic into your favorite mug or cup and enjoy.

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BDNF BOOSTER

Serves 1

This tonic's ingredients boost your BDNFs, or brain-derived neurotrophic factors, supporting the birth of neurons and creating new brain cells in the hippocampus. Improve your cognitive function, memory, mood, and overall brain resilience while enjoying this tasty tonic.

---

8 ounces Almond Milk

2 teaspoons coconut oil

¼ teaspoon ashwagandha powder

¼ teaspoon curcumin powder

¼ teaspoon ginkgo powder

¼ teaspoon rhodiola powder

1 to 2 teaspoons honey (optional)

Warm the almond milk and transfer it to a blender. Add the oil, powders, and honey (if using) and mix on high speed for 20 seconds. Serve in your favorite mug or cup and enjoy.

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MATCHA ENERGY TONIC

Serves 1

Thanks to the MCT oil and the high levels of the amino acid L-theanine in matcha (a finely ground green tea), this antioxidant- and chlorophyll-rich tonic provides sustained energy while boosting attention and memory. The green Matcha Energy Tonic is a nourishing and energizing start to your day, but you can also drink it for an afternoon energy boost!

---

1 teaspoon organic matcha powder

¼ teaspoon moringa powder

10 ounces Almond Milk

1 to 2 teaspoons honey

1 teaspoon MCT oil

¼ teaspoon vanilla extract

¼ teaspoon ground cinnamon

1. Using a matcha brush or a whisk, whisk the matcha and moringa powders with 2 tablespoons of water in a bowl until smooth.
2. Transfer the whisked matcha mixture to a blender and add the almond milk, honey, MCT oil, vanilla, and cinnamon. Blend on high speed for 20 seconds.
3. Serve in your favorite mug or cup and enjoy.

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EXPRESS YOURSELF

Serves 1

While reishi and lion's mane mushrooms are known as the "brain shrooms" that support brain health, cordyceps are the ones that will help you go the distance when you're under pressure. Drink this when deadlines are looming, your energy is waning, and you have to put your head down and get stuff done! Express Yourself helps you focus and think clearly, and it also supports your immune system, energy, endurance, and libido.

---

8 ounces Almond Milk or

2 ounces Almond Milk if using coffee instead of espresso

1 ounce freshly prepared espresso or 8 ounces brewed coffee

¼ teaspoon reishi mushroom powder

¼ teaspoon lion's mane mushroom powder

¼ teaspoon cordyceps mushroom powder

¼ teaspoon chaga mushroom powder

Warm or froth the almond milk and transfer it to a blender. Add the espresso and mushroom powders and blend for about 15 seconds. Pour into your favorite mug or cup and enjoy.

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GREEN JUICE

Serves 1

A green juice a day is the ultimate life-force energy generator for the mind and body; it contributes to having your health span equal your life span. This green juice is rich in cell-detoxifying chlorophyll. It's also packed with plant nutrients that hydrate your body and aid in switching on the genes that create health. You'll need to prepare this beverage in a juicer, not a blender.

---

2 kale stalks

6 celery stalks

1 cucumber

½ green apple (optional)

Juice of ½ lemon

Handful of parsley

Handful of spinach

Run all the ingredients through a juicer and serve immediately.



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GOLDEN MILK LATTE

Serves 1

This soothing and relaxing beverage is perfect before bed as it calms the mind and prepares you for dream time. The warming spices aid in digestion, and turmeric is a powerful antioxidant that reduces inflammation and promotes brain health. Ashwagandha, an adaptogenic root used in Ayurvedic medicine, is calming, relieves stress, and promotes better mood and sleep.

---

10 ounces Almond Milk

1 to 2 teaspoons honey

½ teaspoon vanilla extract

1½ teaspoons turmeric powder

½ teaspoon ashwagandha powder

Pinch of ground cardamom

¼ teaspoon ground cloves

¼ teaspoon ground ginger

¼ teaspoon ground cinnamon

Dash of cracked black pepper

Warm or froth the almond milk and transfer it to a blender. Add the honey, vanilla, and powders and spices. Blend on high speed for about 15 seconds. Pour the latte into your favorite mug or cup and enjoy.

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ACTIVATED CHARCOAL LATTE

Serves 1

Activated charcoal binds to toxins and helps your body eliminate them. It's also a natural anti-inflammatory that may provide digestive and gastrointestinal support. The nut milk makes this latte rich, creamy, and delicious.

---

8 ounces Coconut Milk or Almond Milk

1 to 2 teaspoons honey

1 teaspoon activated charcoal

¼ teaspoon ground cinnamon

Warm the coconut or almond milk in a saucepan until small bubbles form at the edge of the pan. Transfer it to a blender. Add 1 teaspoon honey (or more to taste) and the charcoal and cinnamon. Blend on high speed until smooth, about 15 seconds. Pour into your favorite mug or cup and enjoy.

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STRESS LESS

Serves 1

Stress Less offers a powerful combination of adaptogens and medicinal mushrooms to buffer and repair the harmful effects of stress on the body and mind. Rhodiola reduces stress and anxiety, while the ashwagandha and reishi mushrooms are calming and strengthen the immune system. Cacao provides antioxidants and supports your body in creating the feel-good hormones serotonin and dopamine. Coconut oil and cordyceps, chaga, and lion's mane promote resilience, support the internal negative effects of stress on the body, and support brain function to keep you focused. This immune-boosting tonic acts as a grounding and protective shield that buffers the intensity of life to keep you moving through your day with ease and grace.

¼ cup Coconut Milk or Almond Milk

8 ounces hot, freshly brewed dandelion tea

2 tablespoons cacao powder

1 to 2 teaspoons honey

1 teaspoon coconut oil

¼ teaspoon rhodiola powder

¼ teaspoon ashwagandha powder

¼ teaspoon reishi mushroom powder

¼ teaspoon lion's mane mushroom powder

¼ teaspoon cordyceps mushroom powder

¼ teaspoon chaga mushroom powder

¼ teaspoon turkey tail mushroom powder

Heat or froth the coconut or almond milk and transfer it to a blender. Add the hot tea, cacao powder, honey, oil, and remaining powders. Blend on high speed for about 15 seconds. Pour into your favorite mug or cup and enjoy.



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ANTIOXIDANT YOUTHING

Serves 1

An antioxidant-rich beverage with potent plant polyphenols including schisandra and quercetin from fruit, Antioxidant Youthing boosts heart health and promotes cellular renewal, which can help your skin glow with health. The pomegranate powder and cranberry give this beverage its pink hue.

---

8 ounces Almond Milk

2 teaspoons honey

½ teaspoon vanilla extract

1 teaspoon pomegranate powder

½ teaspoon schisandra powder

½ teaspoon quercetin powder (optional)

Warm the almond milk in a saucepan until almost hot and transfer it to a blender. Add the honey, vanilla, and powders (including quercetin, if using), and blend on high speed until smooth, about 15 seconds. Pour into your favorite mug or cup and enjoy.

Variation: For an iced version of this beverage, pour the unheated almond milk into the blender, add the honey, vanilla, and powders, and blend on high speed for about 10 seconds. Pour into an ice-filled glass.

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ONE SPIRIT MEDICINE ELIXIR

Serves 1

The neocortex in our brain allows us to have an experience of Oneness: a feeling of being at one with all, a sense of connectedness, of no separation between ourselves, nature, and spirit. This elixir may enhance your ability to enter into this state, as it contains neuronutrients that support brain health, calm the stress response, and activate feel-good hormones. High in protein, the mucuna powder comes from the “velvet bean" plant found in Asia and South America and offers caramel flavors as well as adaptogens that support the nervous system.

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4 ounces Coconut Milk

1 to 2 teaspoons honey (optional)

1 teaspoon MCT oil

1½ tablespoons cacao powder

½ teaspoon reishi mushroom powder

½ teaspoon mucuna powder

¼ teaspoon ashwagandha powder

¼ teaspoon bacopa powder

1. Warm the coconut milk and 4 ounces of water in a saucepan until almost hot.
2. Transfer the mixture to a blender. Add the honey (if using), oil, and powders. Blend on high speed until smooth, about 15 seconds. Pour into your favorite mug or cup and enjoy.

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BLUE MAGIC PROTEIN SMOOTHIE

Serves 1

Freshwater blue-green spirulina algae are rich in phycocyanin, a water-soluble pigment protein that gives this detoxifying smoothie its vibrant blue color. Spirulina is a good source of vitamin B_1 2, supporting the detoxification pathways in the liver. Almonds provide healthy fats, protein, and vitamin E, while maca—a nutrient-dense superfood—provides energy, endurance, and faster recovery after exercise and supports hormone balance. Phycocyanin supports the removal and recycling of cellular waste, which is key to being able to upgrade the brain. This is a rich and savory drink from the deep blue!

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8 ounces Coconut Milk

⅓ frozen banana, cut into chunks

8 raw almonds

1 teaspoon blue spirulina powder

1 teaspoon maca powder

½ teaspoon vanilla extract

¼ teaspoon ground cinnamon

Place the coconut milk, banana, almonds, spirulina, maca, vanilla, and cinnamon in a blender and blend on high speed until smooth, about 30 seconds. Pour into a glass and enjoy.

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HEART BEET

Serves 1

Beets contain nutrients that help nourish the blood, improve circulation, and support heart health. Nitrates contained in beets cause your blood vessels to expand, which aids in blood flow and reduces stress on the heart. As a result, more oxygen is delivered to your brain, liver, and muscles, giving you more energy and better overall health.

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8 ounces Almond Milk

4 ounces hot water

1 teaspoon vanilla extract

1 teaspoon beetroot powder

½ teaspoon ground cinnamon

Heat or froth the almond milk and water and pour them into a blender. Add the vanilla, beetroot powder, and cinnamon and blend on high speed for about 15 seconds. Serve in your favorite mug or cup and enjoy.

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PROBIOTIC BLUEBERRY-HEMP SEED SMOOTHIE

Serves 1

The key ingredients in this superfood smoothie are probiotics, blueberries, and hemp seeds, essential for nourishing our brains. Blueberries provide fiber for healthy gut flora, and they help reduce inflammation and improve digestion. They are full of heart-healthy anthocyanins, compounds that lower the risk of cardiovascular disease, lower cholesterol, and protect against stiffening of the arteries. Blueberries are high in DHA that repairs the hippocampus and turn on the production of stem cells in the brain. Probiotics promote healthy gut flora, essential for digestion and assimilation of all the vitamins and minerals in our food. Hemp seeds provide fiber, minerals, protein, and omega-3 fatty acids for healthy heart, brain, and gut function. They contain all essential amino acids, making them a complete protein.

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2 servings probiotics (see Note)

12 ounces Almond Milk

2 cups fresh or frozen organic blueberries

1 banana

1 tablespoon hemp seeds

1. Pour 2 tablespoons of water into a small bowl. Empty the probiotics into the water and stir. Let them rehydrate for 5 minutes.
2. Transfer the rehydrated probiotics to a blender, add the almond milk, berries, banana, and hemp seeds, and blend on high speed until smooth, about 30 seconds.

Note: We love the European probiotics from Omni-Biotic, as well as the specialty probiotics from ascendedhealth.com.



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GREEN SMOOTHIE

Serves 1

This fiber-rich version of our Green Juice provides the benefit of prebiotics from fiber-rich vegetables, while the avocado adds healthy fats and makes the beverage hearty. A high-powered blender, such as a Vitamix or Nutribullet, can process the fruit and vegetables with ease.

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1 cucumber, peeled, seeded, and cut into chunks

2 celery stalks, cut into chunks

2 cups spinach

1 green apple

½ avocado

Juice from ½ lemon

Place all the ingredients in a blender along with 10 ounces of water and blend on high speed until smooth, about 1 minute.

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BLUEBERRY-ALMOND DETOX SMOOTHIE

Serves 1

Packed with vitamins and minerals, antioxidants, chlorophyll, and protein, this is the ultimate smoothie that will support your body in detox and regeneration. If you like, you can replace the protein powder with nuts and seeds such as Brazil nuts, pumpkin seeds, and sunflower seeds. Pour it over ice for a refreshing cold beverage.

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1 cup blueberries

8 raw, unsalted, unroasted almonds

1 scoop high-quality, plant-based protein powder

1 tablespoon chlorella powder

1 tablespoon kale powder

½ teaspoon curcumin powder

½ teaspoon turmeric powder

Place 2 cups of water, and the berries, nuts, and powders in a blender and blend on high speed until smooth, 30 to 60 seconds. Add more water if needed to reach the desired consistency. Pour into your favorite mug or cup and enjoy.

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CHAPTER 6

Mealtime Mainstays

The following are Grow a New Body basics found in many recipes in this book. You'll use them to dress up salads, make soups, complete a dish, or keep on hand as part of a condiment tray to accompany any meal.

Coconut-Cilantro Chutney

Coconut Yogurt

Pineapple Raita

Pan Granola

Cashew Nut Mayo

Creamy Avocado Tahini

Avocado-Coconut Aioli

White Vegetable Stock

Brown Vegetable Stock

Preserved Lemon

Dukkah Spice

Ginger and Garlic Chili Paste

Acuka Paste

Vindaloo Curry Paste

Tomato Chutney (Kasundi)

Fermented Brown Rice

Pickled Tomatoes and Red Onion

Sichuan Vegetable and Pineapple Ferment

Persian Cucumber Dill Pickles

Brisbane’s St. Kitts and Nevis Pepper Sauce

Basil Oil

Crispy Garlic



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COCONUT-CILANTRO CHUTNEY

Makes 2 cups

Inspired by Indian recipes, this condiment includes two types of dal (dried legumes): chana dal (split chickpeas) and urad dal (split and husked black lentils). The curry leaves and asafetida powder add fragrance and authentic flavors as well as antioxidant health benefits.

For the Cilantro Mixture

¾ cup tightly packed fresh cilantro leaves

¾ cup fresh or frozen grated coconut

3 green chilies, seeded

½-inch piece fresh ginger, finely chopped

2 tablespoons roasted chana dal (see roasting details)

1 teaspoon monk fruit syrup

½ teaspoon lemon juice

Sea salt

For the Curry Mixture

1 tablespoon coconut oil

½ teaspoon mustard seeds

¾ teaspoon urad dal

8 to 10 fresh or dried curry leaves

Pinch of asafetida powder

1. Prepare the cilantro mixture: Using a mortar and pestle or food processor, combine the cilantro, coconut, chilies, ginger, chana dal, monk fruit syrup, and lemon juice with V2 cup of water and process until the mixture is smooth. Taste the mixture and season to taste with salt. Transfer to a bowl.
2. Prepare the curry mixture: Heat the coconut oil in a small skillet over medium heat for 30 seconds. Add the mustard seeds and urad dal and cook until the mustard seeds pop and the dal is lightly browned, 2 to 3 minutes. Add the curry leaves and asafetida and cook for a few seconds.
3. Pour the curry mixture over the cilantro mixture, stir, and serve.

Health Is in the Heat

Both Dr. Alberto and Chef Conny believe in kicking up the heat in the kitchen—that is, incorporating chili peppers, cracked black pepper, and zesty ginger in many recipes. These foods are part of the Grow a New Body way because they improve digestive health and metabolism, among other benefits. Studies have shown that the capsaicin in hot peppers, for instance, can reduce inflammation, and they are loaded with iron, vitamin A, and dietary fiber.

Many types of chilies are available, but if you're looking to keep things simple, Chef Conny recommends his favorite five: aji amarillo (aka Peruvian yellow chili), bird's eye (aka Thai chili), jalapeno, Scotch bonnet, and serrano. These peppers are also extraordinary Nrf2 activators, promoting health and longevity!

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COCONUT YOGURT

Serves 4 to 6

Coconut yogurt is a tasty way to get the probiotics you need for gut health, and it can be made at home with just two ingredients. Note that the probiotics must be in powdered form (from capsules or sachets) and not tablets. Dr. Alberto recommends Omni-Biotic 5, a fabulous European brand. Be sure to stir the mixture with a wooden or plastic spoon, as some metals react with the probiotics and thus impart an off flavor. Store the yogurt covered in the refrigerator for up to seven days.

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1 14-ounce can full-fat coconut milk (organic if possible)

2 capsules or sachets probiotics

1. Shake the can of coconut milk well. Open and pour the milk into a clean, dry, sterilized glass jar. Empty the probiotic powder into the milk, and then use a wooden or plastic spoon to stir until the mixture is creamy and smooth.
2. Cover the jar with a piece of cheesecloth secured with a rubber band. (The cheesecloth will allow air in but keep bugs out.)
3. Let the yogurt activate in a warm place (100° to 110°F) for at least 24 hours and up to 48 hours (48 hours is the sweet spot for thickness and tang). In cooler climates or seasons, place the yogurt in an oven with the light on (do not turn on the oven), where the yogurt culture should have the right amount of heat to activate.
4. Sample the yogurt with a spoon. Once the yogurt has achieved your preferred tanginess and thickness, cover it securely with a lid and refrigerate until cold.

5. For a thicker yogurt, line a fine-mesh strainer with two layers of cheesecloth and set it over a mixing bowl. Pour in the yogurt, loosely cover with a lid or plastic wrap, and let drain in the refrigerator for 12 hours or up to overnight. It should thicken quite a bit more.



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PINEAPPLE RAITA

Makes 1 cup

This condiment demonstrates the power of simple, wholesome ingredients. Serve it as part of a meal, such as Caribbean Black Bean Fritters, or use it as a granola topping at breakfast.

½ cup finely diced or grated pineapple

½ cup Coconut Yogurt

Juice of 1 lime

1 tablespoon mint, chopped

Combine the pineapple, yogurt, lime juice, and mint in a small bowl. Refrigerate until ready to use.

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PAN GRANOLA

Makes 1 ½ cups

Sorghum is a sustainable, earth-friendly, gluten-free grain. This granola works as a salad topping for Kale, Fennel, and Grilled Avocado Salad or as a breakfast stir-in for Coconut Yogurt.

⅓ cup sorghum, rinsed

3 tablespoons crushed hazelnuts

3 tablespoons old-fashioned or quickcooking oats

3 tablespoons dried blueberries

3 tablespoons finely diced apple

2 tablespoons unsweetened shredded coconut

3 tablespoons coconut oil

Juice of 1 orange

2 tablespoons agave syrup

Pinch of sea salt

1. Pour 1 quart of water into a saucepan and bring it to a boil. Stir in the sorghum and simmer until soft and al dente, about 20 minutes. Drain and let it cool.
2. Place the cooled sorghum in a large bowl. Add the nuts, oats, blueberries, apple, and coconut and toss. Stir in the coconut oil, orange juice, agave syrup, and salt until the dry ingredients are coated.
3. Preheat a nonstick skillet over low heat for 30 seconds. Pour the granola mixture into the skillet and toast, stirring constantly, until the mixture is dry and evenly golden and toasted, 3 to 5 minutes.

4. Transfer to a sheet pan to cool completely, and then store in an airtight container until ready to use.

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CASHEW NUT MAYO

Makes 1 cup

A thick and creamy dip or salad dressing, Cashew Nut Mayo can be stored in the refrigerator for up to three days. Note that you'll need to soak the nuts in advance.

⅓ cup cashews or macadamia nuts

2 tablespoons lemon juice, or more as needed

½ teaspoon Dijon mustard, or more as needed

Pinch of sea salt

1. Soak the nuts overnight in enough water to cover them by 1 inch. The next day, rinse and drain them.
2. Place the nuts, lemon juice, mustard, and salt in a blender with ¼ cup of water and pulse until beautifully smooth and creamy, about 15 seconds in a high-powered blender or 4 to 5 minutes in a food processor.
3. Taste the mayo and add a little more lemon juice or mustard, if desired.

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CREAMY AVOCADO TAHINI

Makes 1 cup

Use this sauce on the Smashed Falafels, or as an alternative topping for Kale Chips or Aubergine Schnitzel (178), on any fritter, or as a side sauce for any vegetable.

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1 teaspoon cumin seeds, lightly toasted

2 avocados

¼ cup lemon juice

3 tablespoons tahini

2 tablespoons extra virgin olive oil

2 garlic cloves

2 ice cubes

Sea salt

1. Using a mortar and pestle or a spice grinder, grind the cumin seeds for 30 seconds.
2. Place the cumin, avocados, lemon juice, tahini, olive oil, garlic, and ice cubes in a food processor or blender. Pulse until smooth, 1 minute.
3. Season to taste with salt and refrigerate until ready to serve. The sauce lasts 2 to 3 days in the fridge.

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AVOCADO-COCONUT AIOLI

Makes 1 cup

Use this as a condiment for any dish, hot or cold—and especially with our Root Vegetable Hash. The wasabi makes the aioli super pungent, and it goes well with roasted vegetables of any kind. Store, refrigerated, for two or three days.

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1 avocado

1 bunch basil, leaves only

¼ cup coconut milk

2 tablespoons wasabi paste

Juice of 1 lime

Sea salt

Place the avocado, basil, coconut milk, wasabi, and lime juice in a blender. Blend until just smooth, 15 seconds. Be careful not to overblend. Season to taste with salt and serve.

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WHITE VEGETABLE STOCK

Makes 2 to 2 ½ quarts

This vegetable stock can be enjoyed on its own or used as a base for soup. If you desire a stronger flavor, cook it for more than an hour. Kombu (dried seaweed) may be new to you, but it is a flavor enhancer that provides iodine, iron, calcium, and vitamins A and C, and it's known for reducing blood cholesterol and high blood pressure. This stock can be refrigerated for one week or frozen for three months.

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2 tablespoons olive oil

2 medium yellow onions, finely sliced

2 celery stalks, finely sliced

1 8-ounce package mushrooms, finely sliced

6 garlic cloves

1 medium carrot, finely sliced

1 3-inch strip kombu

1 cup dry white wine

2 bay leaves

4 sprigs fresh thyme or 1 teaspoon dried

1 tablespoon sea salt

1 teaspoon cracked black pepper

1. Warm the olive oil in a stockpot over medium heat for 30 seconds. Add the vegetables and kombu and cook until the onions and celery are softened and translucent and the mixture is fragrant, about 2 minutes.

2. Add the wine and stir to scrape up any golden bits stuck to the bottom of the pan. Cook until the pan liquid is reduced by half, about 30 minutes. Add 3 quarts of water and bring to a simmer.
3. Stir in the bay leaves, thyme, salt, and pepper and simmer for 45 to 60 minutes.
4. Working in batches, ladle the mixture into a fine-mesh strainer set over a large bowl. Gently press on the vegetables with the ladle or a silicone spatula to extract as much liquid as possible. Discard the solids.
5. When the stock has cooled, transfer it to storage containers and use as needed.

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BROWN VEGETABLE STOCK

Makes 2 to 2 ½ quarts

Grab a large pot and your largest roasting pan for this recipe! This stock adds flavor and nutrients to soups and sauces. If you like, use an arrowroot slurry to thicken it and reduce the cooking time. Feel free to omit eggplant if you're sensitive to vegetables in the nightshade family. The stock can be refrigerated for one week or frozen for three months.

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2 medium eggplants, cut into chunks

1 cup cauliflower florets

1 cup chopped carrots

2 medium yellow onions, roughly chopped

½ cup chopped celery

½ cup broccoli florets

½ cup chopped beets

½ cup shiitake mushrooms

1 head garlic (12 to 16 cloves)

2 tablespoons tomato paste

½ cup olive oil

1 2-by-2-inch strip kombu

1 tablespoon sea salt

½ cup arrowroot powder, for thickening (optional)

1. Preheat the oven to 350°F.

2. Spread the vegetables and garlic in a large roasting pan.
3. In a small bowl, combine the tomato paste and olive oil. Pour the mixture over the vegetables and toss to coat.
4. Bake the vegetables for 45 minutes, stirring and rotating every 15 to 20 minutes to prevent the edges from burning. Transfer the vegetables to a saucepan, add the kombu along with 3 quarts of water, stir, and simmer for 30 to 45 minutes.
5. Working in batches, ladle the mixture into a fine-mesh strainer set over a large pot. Gently press on the vegetables with the ladle or a silicone spatula to extract as much liquid as possible. Discard the solids.
6. Cook the stock over medium heat until it reduces by half, 1 ½ to 2 hours. Stir in the salt.
7. If you would like a thicker stock with a jam-like consistency, whisk together the optional arrowroot with ½ cup water in a small bowl. Slowly whisk this slurry into the stock and heat it until the stock coats the back of a spoon.
8. When the stock has cooled, transfer it to storage containers and use as needed.

How to Sterilize Jars and Utensils

Wash your hands thoroughly.

Place the empty jars and utensils right side up on a rack in a boiling-water canner or a large pot. Fill the pot and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil for 1 additional minute for each additional 1,000 feet. Carefully remove and drain the hot jars one at a time, place them on a rack, and let them dry naturally.

Alternatively, run clean jars through your dishwasher's rinse cycle.

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PRESERVED LEMON

Makes 2 quarts

This preserved lemon will simply get better with time and keep, when refrigerated, for months. You'll find this condiment used in many recipes, including White Bean Hummus with Tomato-Bean Salad, Sweet Potatoes with Lemon and Dukkah Spice, Brussels Sprouts with Lemon and Cashew Sauce, and Grilled or Roasted Eggplant with Red Lentil Dressing and Preserved Lemon. It also works well on the mealtime condiment tray.

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1 cup kosher salt

⅛ cup sugar (optional)

5 whole yellow lemons, cut into ⅛-inch-thick slices, seeds removed

Leaves from 2 sprigs fresh thyme, lightly chopped

2 shallots, finely chopped

2 cups extra virgin olive oil

1. In a small bowl, combine the salt and sugar, if using. Spread a thin layer of the salt mixture onto a small square or rectangular baking dish.
2. Place 6 or 7 lemon slices on the dish, top each slice with a sprinkling of the salt mixture, and then add a thin layer of thyme and shallots. Place another lemon slice on top of each first slice, and sprinkle each with more salt, thyme, and shallots. Continue the process until you have built stacks that are 6 to 8 slices tall. Finish with a good sprinkle of the salt mixture over the top.
3. Cover the tray with plastic wrap and leave it on the counter at room temperature for 3 to 4 hours. Then place in the fridge.

4. As the lemon sits in the salt and sugar, it will release juices into the bottom of the dish. Every morning for 5 days, flip the stacks over and baste them with the liquid.

5. On the sixth day, discard the accumulated liquid. Transfer the lemon bundles to two 1-quart mason jars and pour in enough olive oil so the lemon slices are submerged.



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DUKKAH SPICE

Makes ½ cup

Dukkah spice can be enjoyed with many foods, such as Chickpea Hummus with Dukkah-Spiced Roasted Beets and Sweet Potatoes with Lemon and Dukkah Spice, and even on bread with some ghee (clarified butter). When making dukkah spices, opt for using whole seeds instead of a ground version so the dukkah retains a coarse texture. Store in an airtight container in a cool, dry spot for four to six weeks.

¼ cup walnuts

¼ cup sesame seeds

2 tablespoons coriander seeds

1 ½ teaspoons cumin seeds

1 teaspoon black peppercorns

½ teaspoon white peppercorns

1 tablespoon ground cinnamon

1 ½ teaspoons sea salt

1. In a nonstick skillet over low heat, toast all the nuts, seeds, and peppercorns until smoky, 1 to 2 minutes, being careful not to burn them.
2. Let the spice mixture cool to room temperature, add the cinnamon and salt, and then slowly and carefully process it in an electric coffee grinder. Do not overprocess; you want to maintain a chunky texture.
3. Transfer the mixture to a jar with a screw-top lid (mason jar preferred), store in the pantry, and use as desired.

Toasting Seeds and Nuts

Toasting seeds and nuts intensifies their flavors and adds crunch, which is why we often call for toasted seeds and nuts in our recipes. The process is simple:

Heat a dry, heavy skillet (cast iron is ideal) over medium heat for 30 seconds. Add the nuts or seeds in a thin layer and cook, tossing or stirring occasionally, until they are fragrant and turn a shade or two darker, 1 to 2 minutes.



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GINGER AND GARLIC CHILI PASTE

Makes 1 cup

This paste is a key player in our Balinese Green Bean Salad, but you can stir it into a spicy vegetable soup for added flavor and kick, or serve it as a condiment on the rice table. Stored in an airtight container in the fridge, this paste will last for months.

¼ cup coconut oil

4 shallots, chopped

4 tablespoons finely chopped garlic

1 tablespoon finely chopped fresh ginger

10 hot chili peppers, such as serrano, chopped

1 tablespoon finely chopped fresh turmeric or 1 teaspoon ground turmeric

1 tablespoon cracked black pepper

1. Heat the coconut oil in a skillet over medium heat for 30 seconds. Add the ginger, shallots, garlic, chilies, turmeric, and black pepper and cook, stirring, until fragrant and softened but not browned, 2 to 3 minutes.
2. Transfer the mixture to a food processor and pulse until it becomes a paste, about 1 minute.
3. Return the mixture to the pan and cook over low to medium heat, stirring constantly with a wooden spoon or silicone spatula, until all liquid has evaporated, it develops a paste-like consistency, and the oil comes to the surface and the mixture glistens, 5 to 10 minutes. Let it cool before using.

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ACUKA PASTE

Makes i cups

Acuka is a pesto-type condiment with roots in Syria. It's used as a mezze (appetizer) condiment, as a spread for bread, or as a marinade (as we use it in our Syrian Roasted Pumpkin recipe).

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1 cup walnuts

½ cup mild paprika paste or roasted red bell pepper puree

¼ cup tomato puree

½ cup olive oil

4 garlic cloves

2 teaspoons ground cumin

2 teaspoons dried oregano

2 teaspoons red pepper flakes

½ teaspoon cracked black pepper

1 teaspoon sea salt

Place all the ingredients in a food processor and pulse until coarse, 30 to 40 seconds. Store in an airtight container until ready to use.

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VINDALOO CURRY PASTE

Serves 10

This vibrant red condiment features Kashmiri chilies from India, which are milder than cayenne. Store the paste in the refrigerator—it will keep a long time, says Chef Conny. Serve this paste with any vegetables or with seafood or chicken vindaloo.

¼ cup whole dried Kashmiri chilies

4 tablespoons coconut oil

1 onion, chopped

2 teaspoons black peppercorns

3 teaspoons whole cloves

2 teaspoons cumin seeds

3-inch piece of cinnamon stick or 1 teaspoon ground cinnamon

2 tablespoons finely chopped fresh ginger

2 tablespoons finely chopped garlic

2 tablespoons tamarind paste

1 tablespoon palm sugar or brown sugar (optional)

4 tablespoons coconut vinegar or white wine vinegar

1. Soak the chilies in enough water to cover them by 1 inch for 4 or 5 hours and then drain them.
2. Heat the coconut oil in a skillet over medium heat for 30 seconds. Add the onion and cook until soft, translucent, and starting to caramelize, 30 seconds. Add the peppercorns, cloves, cumin seeds, cinnamon stick,

ginger, garlic, tamarind paste, and sugar (if using) and cook for 5 minutes longer.

3. Grind everything together in a food processor with the vinegar, 30 seconds. Transfer the curry paste to an airtight glass container until ready to use.



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TOMATO CHUTNEY (KASUNDI)

Makes 2 to 2 ½ quarts

Kasundi has been variously described as a relish or an Indian-spiced ketchup. We think it's a perfect addition to the mealtime condiment tray. Be sure to serve it with our Panfried Lentil Patties. It keeps in the fridge for six to eight weeks.

¼ cup finely chopped garlic

¼ cup peeled and finely chopped fresh ginger

2 tablespoons seeded and finely chopped fresh green chilies

2 cups malt vinegar or apple cider vinegar, divided

1 cup olive oil

2 tablespoons black mustard seeds or regular mustard seeds

2 tablespoons cumin seeds

1 tablespoon ground turmeric

1 tablespoon chili powder

5 pounds firm ripe tomatoes, chopped, skins on

1 cup monk fruit syrup

2 tablespoons kosher salt

1. In a food processor, combine the garlic, ginger, chilies, and ¼ cup of the vinegar and process for about 30 seconds.
2. In a large pot, warm the olive oil over medium heat until hot but not smoking, about 30 seconds. To the hot oil, add the mustard, cumin, turmeric, and chili powder. Cook for 2 minutes, stirring continually to prevent spice mix from sticking, smoking, or burning. Add the garlic

mixture and cook for 5 minutes. Then stir in the tomatoes, syrup, salt, and the remaining ¾ cups vinegar and simmer, stirring occasionally, for 60 to 90 minutes.

3. When the oil rises to the top and the mixture is thickened like a loose jam, the kasundi is done.
4. Let it cool and store it, refrigerated, in airtight containers such as mason jars.



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FERMENTED BROWN RICE

Makes 1 cup

Fermenting rice gives it a huge probiotic boost. It also gives it the property of protecting you against cardiovascular disease. You'll need to start the fermentation a day in advance, but then you continue with normal cooking—or use the fermented rice as directed in a recipe such as Indian Porridge with Broccoli Florets.

½ cup brown rice, rinsed

2 capsules *S. boulardii* probiotic powder

1. Rinse the rice in a fine-mesh strainer under running water until the water runs clear, and then transfer the rice to a bowl. Empty the probiotic capsules into the bowl, stir, and add water to cover the rice by 2 inches. Leave at room temperature overnight to ferment.
2. The next day, drain the rice and cook for 45 to 50 minutes (or use it in another recipe as directed).

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PICKLED TOMATOES AND RED ONION

Makes 3 cups

This topping is a star player in our Smashed Falafels, but it can also be served as a condiment for any meal on the table. Store it in the refrigerator for up to three weeks.

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2 cups cherry tomatoes, rinsed and punctured with a skewer

1 red onion, sliced

2 garlic cloves, crushed

½ teaspoon black peppercorns

1 cup apple cider vinegar

1 tablespoon kosher salt

1 tablespoon monk fruit syrup (optional)

1. Place the tomatoes, onion, garlic, and peppercorns in a glass mason jar.
2. Stir together the vinegar, salt, monk fruit syrup (if using), and 1 cup of water in a saucepan over high heat and bring to a boil.
3. Pour the hot liquid over the tomato mixture and attach the jar lid. Let the mixture cool and then store overnight in the fridge before using.

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SICHUAN VEGETABLE AND PINEAPPLE FERMENT

Makes 2 quarts

This fermented mixture features flavors and hot spices associated with foods from the Sichuan province in China contrasted with the sweet tang of pineapple. You can use it as a condiment or side dish. We recommend preparing all ferments in a fermentation jar because it releases fermentation gases naturally, but you can use mason jars if you are diligent about burping the jars every day to release those gases. Store the finished ferment in the refrigerator for four to five weeks.

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1 pound white cabbage, diced

1 cup cauliflower florets

1 ½ tablespoons sea salt

1 medium carrot, peeled and thinly sliced

½ cup cubed pineapple

12 dried red chilies

8 garlic cloves, bruised

6 star anise or 1 tablespoon anise seed

3 cinnamon sticks

12 black peppercorns

1 tablespoon Sichuan peppercorn (optional)

2 cups non-chlorinated water

1. Place the cabbage and cauliflower in a large bowl and sprinkle them with the salt. Using your hands, massage the salt into the cabbage so it starts to bruise and soften. Let the mixture rest for 1 hour; the salt will cause the cabbage to sweat and release some of its raw juices.
2. Stir in the carrot, pineapple, chilies, garlic, star anise, cinnamon, and peppercorns (if using).
3. Transfer the mixture to an airtight container, such as a lactofermentation pickle jar or two 1-quart mason jars, pressing down on the vegetables to pack them in tightly. Pour in enough of the water to cover the vegetables. Then use a weight (such as a clean stone) to keep the veggie mix submerged in the brine. Screw on the lid.
4. Set the jar in a dark, slightly warm space, such as a kitchen cupboard. If you use a fermentation jar, it will release gas naturally. If you use mason jars, make sure you burp the jars daily; otherwise too much pressure will build up.
5. Check on the jars daily, watching for cloudiness, which indicates that the fermentation is working. After 4 or 5 days, taste the mixture. If you want more tang, close the lid and let the vegetables ferment for a few more days, continuing to check them daily.
6. When the mixture has reached your preferred tanginess, store it in the fridge.

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PERSIAN CUCUMBER DILL PICKLES

Makes 2 quarts

Why settle for bland store-brand pickles when you can make your own tasty and crunchy ones? We recommend starting with Persian cucumbers, which are small and have thin skins and few seeds, but you can use any small cucumber to make these delicious pickles. We recommend preparing these in a fermentation jar because it releases fermentation gases naturally, but you can use mason jars if you are diligent about burping the jars each day to release those gases. Store the finished pickles in the fridge.

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1 pound Persian cucumbers

5 garlic cloves, bruised

1 cup dill, including stems

1 tablespoon coriander seeds

1 tablespoon dill seeds

3 bay leaves

12 black peppercorns

1 ½ tablespoons sea salt

Non-chlorinated water

1. Place the whole cucumbers, garlic, herbs, and spices in airtight containers, such as a fermentation jar or two 1-quart mason jars, pressing down to pack the cucumbers in tightly. Add the salt and pour in enough water to completely cover the ingredients. Use a weight (such as a clean stone) if necessary to keep the cucumbers submerged in the brine. Screw on the lid.

2. Set the jar in a dark, slightly warm space, such as a kitchen cupboard. If you use a fermentation jar, it will release gas naturally. If you use mason jars, make sure you burp the jars daily; otherwise too much pressure will build up.
3. Check on the jars daily, watching for cloudiness, which indicates that the fermentation is working. After 4 or 5 days, taste the mixture. If you want more tang, close the lid and let the vegetables ferment for a few more days, continuing to check the jar daily.
4. When the mixture has reached your preferred tanginess, store it in the fridge.

How to Make Your Own Vegetable Ferments

Our Sichuan Vegetable and Pineapple Ferment and Persian Cucumber Dill Pickles recipes introduce you to the vegetable fermentation process. But feel free to spread your wings - lots of vegetables can be used in ferments besides the ones in our recipes: think celery, beets, green beans, kohlrabi, onions, peppers, radishes, snap beans, tomatoes, turnips, and more.

Chop your vegetables so they are roughly the same size, stir them together with your chosen spices, and then weigh the mixture. For every 1 pound of veggies and spices, stir in 1 heaping tablespoon of kosher salt. Then follow the Sichuan Vegetable and Pineapple Ferment recipe from step 3 onward. Voila—your own custom fermentation mix, full of probiotics and fiber.

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BRISBANE'S ST. KITTS AND NEVIS PEPPER SAUCE

Makes 1 ½ cups

This excellent condiment and flavor enhancer adds a little spice to food at any meal and goes well with many recipes in this book, such as Buckwheat Noodles and Smoked Tofu or Rice Noodles and Vegetables in Spicy Tamarind Broth. For the best result, Chef Conny recommends Colman's dry mustard over a generic mustard powder.

---

12 habanero or Scotch bonnet peppers

5 garlic cloves

½ cup peeled and diced green papaya (optional)

½ cup white wine vinegar

2 tablespoons lime juice

2 to 3 teaspoons sea salt

2 teaspoons Colman's dry mustard

Place all the ingredients in a blender and pulse at medium speed until the sauce becomes coarse and not too smooth, 30 to 60 seconds. Transfer the sauce to a glass jar and refrigerate.

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BASIL OIL

Makes about 1 quart

This flavored olive oil is a delicious addition to salads. Use a blender for this recipe; Chef Conny warns that a food processor won't break down the ingredients enough. Pro tip: pulse the blender in 1-minute increments so the motor doesn't overheat!

---

4 cups loosely packed fresh basil leaves

1 quart ice water

1 quart extra virgin olive oil

1. Bring 1 quart of water to a boil in a saucepan. Blanch the basil in the boiling water for 5 seconds, and then quickly remove it with a slotted spoon and transfer it to the ice water to cool down.
2. Drain the basil and then squeeze it to remove as much water as possible.
3. Place the basil in a blender. Pour in the olive oil, pulse several times, and then blend in 1-minute increments until smooth.
4. Line a fine-mesh strainer with cheesecloth or a coffee filter and set it over a quart storage container. Pour in the oil and let it slowly filter and drip into the container. Discard the solids and then cap or cover the container. Store the oil in a cool, dry place.

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CRISPY GARLIC

Makes 2 tablespoons

You'll find this topping on many Grow a New Body recipes—including Green Peas and Avocado Hummus, Rice Noodles and Vegetables in Spicy Tamarind Broth, and Buckwheat Noodles and Smoked Tofu. It provides a satisfying crunch with the heart-healthy and immune-boosting properties of garlic.

---

10 to 12 garlic cloves

½ cup extra virgin olive oil

Sea salt (optional)

Slice the garlic cloves into thin slivers. Heat the olive oil in a skillet over medium heat. Add the garlic slivers and cook until golden brown, 3 to 4 minutes. Drain on a paper towel. Sprinkle with salt, if desired.



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CHAPTER 7

Broths and Soups

Broths and soups can be snacks, starters, or meals in themselves. You'll find a full range of flavors here, some bright, some rich, and some unexpected (white pine needles, anyone?). A number of the recipes call for long cooking times to reduce the liquid, a step that's key to shedding some water content, concentrating the flavor, and boosting nutritional benefits. For the best and most savory results, don't rush. Embrace the process!

Broths

Mushroom-Kombu Broth with Ginger and Scallions

Hibiscus-Hemp Bouillon with Caribbean Spices

Tomato-Basil Broth

Get-Your-Greens Broth

Fragrant TurmericLemongrass Broth

Sichuan Spicy Broth with Goji Berries

Soups

Pumpkin Coconut Curry Soup with Lemongrass

Apple and Celery Root Soup with Salted and Roasted Hazelnuts
Silky White Bean Soup with Tomato-Basil Relish
Tofu and Vegetable Soup with Fermented Garlic
Iced Cucumber Cacik with Chilies
Green Gazpacho with Avocado and Watercress
Moorish Almond Gazpacho with Stone Fruit Salsa

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Broths

These broths can be sipped like tea, especially in the late morning. Making a broth requires slow cooking—which in some cases can take as long as overnight to extract all the flavor and goodness—and then straining the liquid through a fine-mesh strainer or cheesecloth. Trust us; it will be worth the wait.



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MUSHROOM-KOM BUBROTH

Ginger and Scallions

Makes 4 cups

The ginger and scallions provide a little heat in this tasty broth that is good for digestion. It's an energy booster too.

---

3 2-by-2-inch strips kombu

1 cup boiling water

10 medium dried shiitake mushrooms

2 tablespoons finely chopped fresh ginger

4 scallions, thinly sliced

1. Combine 5 cups of water with the kombu in a large saucepan, bring it to a boil, and simmer for 1 hour. Strain the mixture through a fine-mesh strainer or cheesecloth into a bowl. Discard the kombu pieces, but reserve the liquid.
2. Meanwhile, in a heatproof bowl, pour the 1 cup of boiling water over the mushrooms. Let them sit for 1 hour and then strain the liquid into a large saucepan, reserving the mushrooms.
3. Pour the kombu liquid into the pan with the mushroom liquid. Add the ginger and simmer for 10 minutes.
4. Stir in the reserved mushrooms and scallions. Serve the broth in cups and enjoy.



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HIBISCUS-HEMP BOUILLON

Caribbean Spices

Makes 4 cups

This bouillon is a wonderfully fragrant broth, thanks to the antioxidant-rich hibiscus flowers (an ingredient in many herbal teas) and the spices. The ginger supports digestion, and the hemp seeds provide healthy omega-3 fatty acids that reduce inflammation.

½ cup dried hibiscus flowers

2 tablespoons monk fruit syrup

1-inch piece fresh ginger, peeled and grated

6 whole cloves

2 cinnamon sticks

6 allspice berries or 1 teaspoon ground allspice

Pinch of grated nutmeg

Finely grated zest of V2 orange

1 teaspoon sea salt

2 tablespoons hemp seeds

2 tablespoons ghee (clarified butter)

1. Combine 5 cups of water with the hibiscus, syrup, ginger, cloves, cinnamon, allspice, nutmeg, orange zest, and salt in a large bowl. Cover and refrigerate overnight.
2. The next day, when you're ready to finish the broth, transfer the chilled ingredients to a large saucepan. Bring them to a simmer and then cook

for 5 minutes.

3. Using a mortar and pestle, crush the hemp seeds in the ghee. (The butter fat releases the hemp's CBD oil.) Stir the hemp seed mixture into the bouillon.

4. Strain the broth through a fine-mesh strainer or cheesecloth into a bowl. Ladle the liquid into individual bowls or cups, serve, and enjoy.

Dr. Alberto's Recipe for Inner Healing

"When you see beauty all around you, beauty will seek and find you, even in the most unexpected places."



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TOMATO-BASIL BROTH

Makes 4 cups

Tomatoes have been shown to reduce the risk of heart disease and cancer. Serve this tomatobasil broth hot, as described here, or chill it in the refrigerator and serve it cold. Tomato is one of the mildest members of the nightshade family and is an important part of the Mediterranean Diet.

---

10 vine-ripened beefsteak tomatoes

1 tablespoon sea salt, plus more as needed

1 cup loosely packed basil leaves

1 tablespoon black peppercorns

8 garlic cloves, finely sliced

1. Chop the tomatoes with the salt, basil, peppercorns, and garlic in a food processor until a rough texture is achieved, 1 to 2 minutes. Scrape the tomato mixture into a fine-mesh strainer or cheesecloth set over a bowl. Let it strain overnight in the fridge.
2. The next day, discard the solids, pour the liquid into a stockpot, and bring it to a simmer. Season with salt to taste. Ladle into bowls and enjoy.



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GET-YOUR-GREENS BROTH

Makes 4 cups

The chlorophyll-rich green veggies along with the moringa powder make this an energizing, anti-inflammatory broth. Moringa powder, from the leaves of the moringa tree, has a spinach-like taste and is loaded with vitamins, minerals, and antioxidants. What better way to fuel your day?

---

5 cups White Vegetable Stock

4 cups fresh spinach leaves

1 cup fresh watercress

½ cup loosely packed fresh basil leaves

½ cup fresh flat-leaf parsley

1 quart ice water (optional)

½ cup avocado oil

2 tablespoons moringa powder

Sea salt and cracked black pepper

1. Bring the vegetable stock to a boil in a large saucepan.
2. Place the fresh greens in a large colander, submerge them in the broth, and blanch them for 30 seconds.
3. If you like, quickly cool the greens in the optional ice water to help preserve their bright color.
4. Drain the greens and then transfer them to a blender. Add the avocado oil. Blend on high speed until the mixture has a very smooth consistency, about 1 minute.

5. Line a fine-mesh strainer with cheesecloth and set it over a large bowl. Transfer the greens mixture to the strainer and let it slowly drain on its own—don't push on the greens or apply pressure. This can take 20 to 30 minutes.
6. Transfer the broth to the blender, add the moringa powder, and pulse until the oil and powder are blended. Season the broth to taste with salt and pepper and serve.



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FRAGRANT TURMERIC-LEMONGRASS BROTH

Makes 4 cups

The inspiration for this broth comes from one of Chef Conny's favorite Balinese soups, called soto yam. It uses fresh turmeric, a super root with too many anti-inflammatory benefits to mention here, plus ginger and lemongrass, both known to soothe digestive issues and help regulate blood sugar. And they taste fabulous! For a little table drama, save the tops of the lemongrass stalks to use as garnish, as Chef Conny did.

---

4 tablespoons coconut oil

6 garlic cloves, finely chopped

2 tablespoons finely chopped fresh ginger

4 shallots, finely chopped

10 macadamia nuts, crushed

5 cups White Vegetable Stock

3 serrano chilies, finely chopped

6 lemongrass stalks, tender part finely sliced

4 kaffir lime leaves or 1 tablespoon lime zest

2 tablespoons finely chopped fresh turmeric

Sea salt and cracked black pepper

2 tablespoons roughly chopped cilantro leaves, for garnish

2 scallions, thinly sliced, for garnish

2 limes, cut into wedges, for serving

1. Heat the coconut oil in a saucepan over medium heat for 30 seconds. Add the garlic, ginger, and shallots and cook until fragrant and softened, 2 to 3 minutes.
2. Add the crushed macadamia nuts and toast them for 1 minute.
3. Stir in the stock, chilies, lemongrass, lime leaves, and turmeric, bring to a simmer, and cook until the flavors blend, about 20 minutes.
4. Set a fine-mesh strainer or cheesecloth over a large bowl and strain the broth. Discard the solids. Season the broth to taste with salt and pepper.
5. Serve in bowls or mugs garnished with the cilantro and scallions and with lime wedges alongside.



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SICHUAN SPICY BROTH

Goji Berries

Makes 4 cups

This broth includes an unexpected ingredient—needles from the white pine tree, known for their high levels of vitamin C. While this broth is tasty at any time of year, you might want to make it as an immune booster when flu and cold symptoms strike.

---

5 cups White Vegetable Stock

1 cup white pine needles

1 tablespoon Sichuan peppercorns, crushed

1 tablespoon crushed fresh ginseng root

½ teaspoon ground turmeric

Sea salt and cracked black pepper

2 tablespoons goji berries, for serving

4 tablespoons cilantro, for garnish

1. Pour the stock into a large saucepan and add the pine needles, peppercorns, ginseng, and turmeric. Bring to a boil, remove from the heat, and let steep for 15 minutes.
2. Set a fine-mesh strainer or cheesecloth over a large bowl and strain the broth; discard the solids.
3. Season to taste with salt and cracked black pepper, and serve with the goji berries and cilantro sprinkled on top.

Dr. Alberto’s Recipe for Inner Healing

"We can change the world with every thought we have and every word we speak.



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Soups

Who doesn't love a good soup? In winter, a rich, spicy soup warms body and soul. In summer, a chilled or fruity soup strikes the right note.

Relishes, salsas, toppings, and garnishes add more flavor and nutrition and take our soups to another level.

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PUMPKIN COCONUT CURRY SOUP

Lemongrass

Serves 4 to 6

This soup has roots in Thailand's spicy cuisine. If you don't use fish sauce in preparing it, you can season it with salt to taste.

---

1 tablespoon sesame oil

4 tablespoons coconut oil

2 tablespoons finely chopped fresh ginger

6 garlic cloves, sliced

4 shallots, chopped

4 bird's eye chilies

1 pound peeled and diced pumpkin

5 cups White Vegetable Stock

6 lemongrass stalks, bruised

1 cup full-fat coconut milk

Sea salt and cracked black pepper

6 kaffir lime leaves, thinly sliced

1 bunch fresh cilantro leaves, roughly chopped

1 bunch Thai basil leaves, finely sliced

1 tablespoon coconut cream, for garnish

1. Heat a saucepan over medium heat for 30 seconds and then add the sesame and coconut oils. Stir in the ginger, garlic, shallots, and chilies and cook until fragrant, 2 to 3 minutes. Add the pumpkin cubes, stock, and lemongrass and cook until the pumpkin is tender and soft, about 15 minutes.
2. Set a fine-mesh strainer or cheesecloth over a large bowl and strain the broth. Reserve the vegetables but discard the lemongrass.
3. Set aside a few pieces of the pumpkin and then transfer the reserved vegetables to a blender along with three-quarters of the strained broth. Blend on high speed, adding coconut milk and more strained broth until the soup reaches the desired consistency, 1 to 2 minutes. Season to taste with salt and cracked pepper.
4. Strain the blended mixture through the fine-mesh strainer or cheesecloth into the saucepan and then spoon it into bowls or mugs. Serve garnished with some of the lime leaves, cilantro, and basil and topped with a dollop of coconut cream and a few reserved pumpkin pieces.



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APPLE AND CELERY ROOT SOUP

Salted and Roasted Hazelnuts

Serves 4 to 6

Here's a soup you can enjoy heated or chilled. It uses the much-neglected and nutritious celery root (also known as celeriac). This soup tastes best with walnut milk, but if that's not available you can substitute coconut milk or any other nut milk. To make your own walnut milk, follow the Almond Milk recipe in the "Milks, Tonics, and Smoothies" chapter. Step up the looks and the nutritional benefits of this dish by finishing it with toasted and chopped hazelnuts, a few apple matchsticks, finely sliced basil, and a tablespoon or two of walnut milk.

¼ cup extra virgin olive oil, plus more for drizzling

1 pound peeled and diced celery root

1 cup peeled, seeded, and diced Granny Smith or other tart apples

4 shallots, finely chopped

4 tablespoons apple cider vinegar

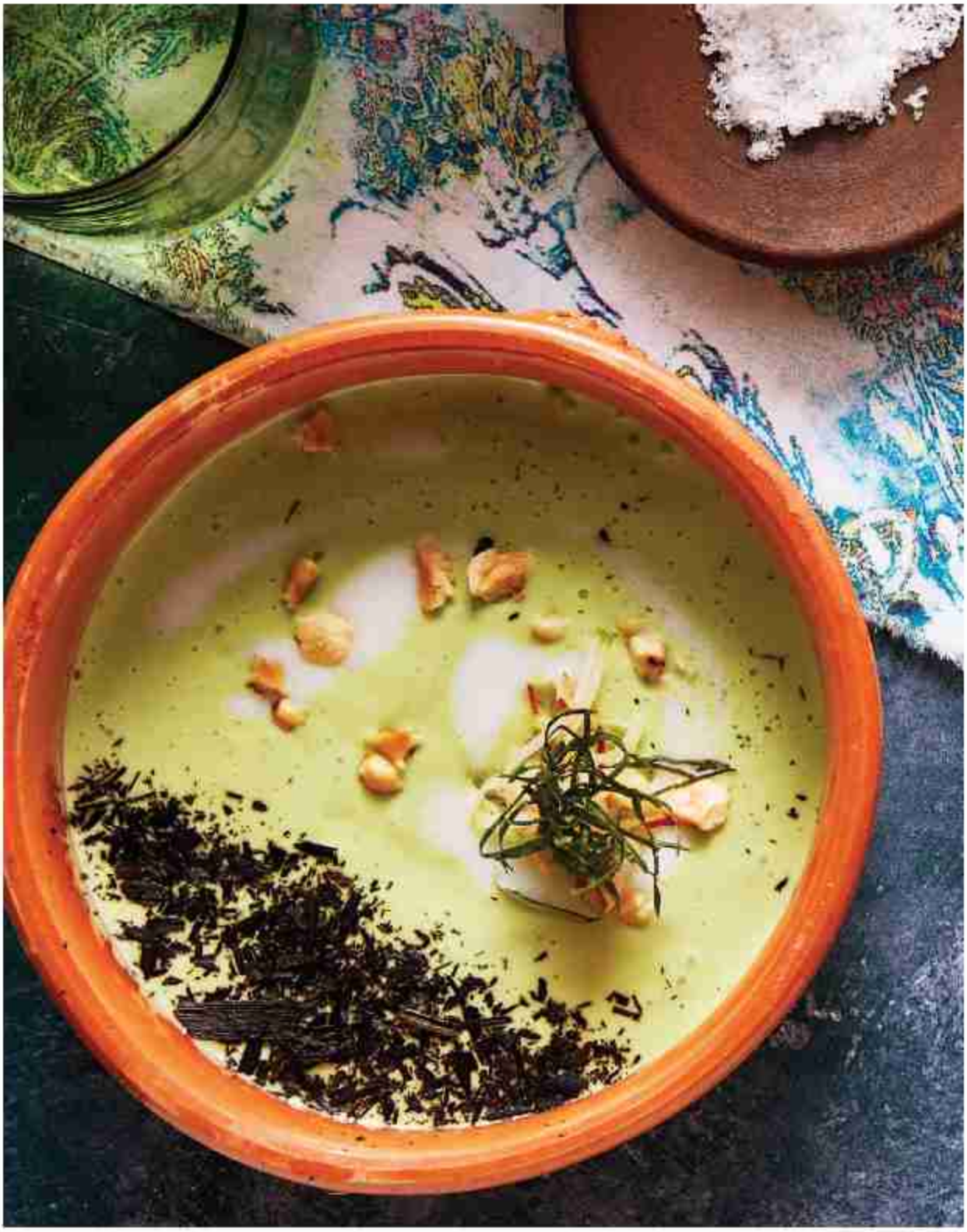
4 cups White Vegetable Stock

¼ cup loosely packed fresh basil leaves

½ cup walnut milk

Sea salt and cracked black pepper

8 fresh basil leaves, finely sliced, for garnish



1. Heat the olive oil in a saucepan over medium heat and then add the celery root, apple, and shallots. Cook slowly until fragrant and slightly

translucent, 1 to 2 minutes.

2. Stir in the vinegar and stock, scraping up any vegetable bits that are stuck to the bottom of the pan. Simmer until the vegetables are soft and falling apart, about 10 to 15 minutes.
3. Transfer the mixture to a blender and blend on high speed until super smooth, about 2 minutes. Add the ¼ cup basil and blend for another minute.
4. Strain the soup through a fine-mesh strainer or cheesecloth and return it to the saucepan. Add the nut milk and bring the mixture to a gentle simmer. Season it with salt and pepper to taste.
5. Finish the dish: Garnish each serving with basil, a drizzle of extra virgin olive oil, and 1 tablespoon walnut milk, then serve.



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SILKY WHITE BEAN SOUP

Tomato-Basil Relish

Serves 4 to 6

This heartwarming and hearty soup lends itself to a colder day. Note that you will need to presoak the beans overnight before you can prepare the soup, so plan ahead. Chef Conny recommends using white balsamic vinegar instead of the traditional red to keep the soup's color muted.

For the Soup

1 ½ cups navy beans

4 bay leaves

12 black peppercorns

6 sprigs fresh thyme

¼ cup extra virgin olive oil

2 celery stalks, chopped

4 shallots, chopped

6 garlic finely cloves, chopped

6 cups White Vegetable Stock

1 cup Almond Milk

Sea salt and cracked black pepper

For the Relish

¼ cup fresh basil leaves

2 Roma tomatoes, peeled, seeded, and diced

2 garlic cloves, finely chopped

2 tablespoons white balsamic vinegar

Cracked black pepper

1 tablespoon extra virgin olive oil

1. Make the soup: Rinse the navy beans and soak overnight in enough water to cover them by 2 inches.
2. The next day, drain the beans. Wrap the bay leaves, peppercorns, and thyme in a piece of cheesecloth and tie the packet with twine. Set it aside.
3. Warm a stockpot over medium heat and then add the olive oil, celery, shallots, and garlic and cook until fragrant and softened, 2 to 3 minutes.
4. Stir in the stock, beans, and the reserved spice packet. Cook until the beans are soft, about 1 hour. Remove and discard the spice packet.
5. Reserve 1 cup of the soup. Pour the remaining soup into a blender, working in batches if necessary, and blend on high speed until very smooth, about 1 minute. Adjust the thickness with some of the reserved broth and the almond milk. Season to taste with salt and pepper.
6. Make the relish: Stack the basil leaves, roll them into a tube, and slice them on an angle to create thin ribbons. Place them in a small bowl. Add the tomatoes, garlic, and vinegar and then season to taste with black pepper. Stir and drizzle with the olive oil.
7. To serve the soup, ladle it into bowls and top with some of the relish.



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TOFU AND VEGETABLE SOUP

Fermented Garlic

Serves 4 to 6

Inspired by a classic European-style vegetable soup, Chef Conny has added to the ingredients miso paste, which provides umami—one of the five simple flavors we taste in Japanese cuisine. The black garlic, which turns black during fermentation, can be found in specialty stores; it infuses the soup with extra probiotics. And, of course, the miso is fermented too. You can enjoy your soup with or without the parsley, garlic, lemon zest, and olive oil gremolata (similar to a pesto only without aged hard cheese).

For the Soup

4 tablespoons extra virgin olive oil

6 vine-ripened tomatoes, peeled, seeded, and diced

1 zucchini, diced

½ cup peeled edamame beans, blanched

¼ cup peeled and diced carrots

¼ cup peeled and diced pumpkin

½ cup diced portobello mushrooms

1 white onion, chopped

4 garlic cloves, chopped

6 cups White Vegetable Stock

8 ounces firm tofu (smoked, if available)

2 tablespoons miso paste

¼ cup basil leaves, torn

2 tablespoons chopped fresh thyme

3 bay leaves

4 fermented black garlic cloves

Sea salt and cracked black pepper

For the Gremolata

2 tablespoons pine nuts, toasted

2 tablespoons fresh basil leaves

2 tablespoons fresh parsley

5 black (fermented) garlic cloves

2 tablespoons extra virgin olive oil

Grated zest of 1 lemon

1. Make the soup: Warm the olive oil in a saucepan over medium heat. Add the tomatoes, zucchini, edamame, carrots, pumpkin, mushrooms, onion, and garlic cloves and cook until fragrant and the onion and garlic are transparent. Add the stock and cook until the vegetables are tender, about 10 minutes.
2. Stir in the tofu, miso, herbs, and black garlic, and season to taste with salt and pepper.
3. Make the gremolata: Chop the pine nuts, basil, parsley, and fermented garlic and combine in a small bowl. Add the olive oil and lemon zest and mix well. Alternatively, chop and mix the ingredients in a food processor.
4. To serve, ladle the soup into bowls, top with a spoonful of gremolata, and enjoy.



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ICED CUCUMBER CACIK

Chilies

Serves 4 to 6

This cool and super-refreshing yogurt-based dish makes for a wonderful lunch or dinner entree on a hot day. The recipe was inspired by Chef Conny's years spent at Kaplankaya on the Aegean shores of southern Turkey, where cacik is a popular side dish made with yogurt, cucumbers, garlic, and mint. If the shallots, black pepper, and mint give this dish enough flavor kick for you, feel free to skip the chilies. Chef Conny prefers English cukes because they are denser and contain less water, which makes the finished soup thicker and creamier, but you can use regular cukes if that's all you have.

For the Red Chili Oil

1 tablespoon red chili flakes

¼ cup extra virgin olive oil

For the Cacik

3 English cucumbers, peeled and seeded

2 cups natural goat's milk yogurt

2 shallots, finely chopped

Zest and juice of 2 lemons

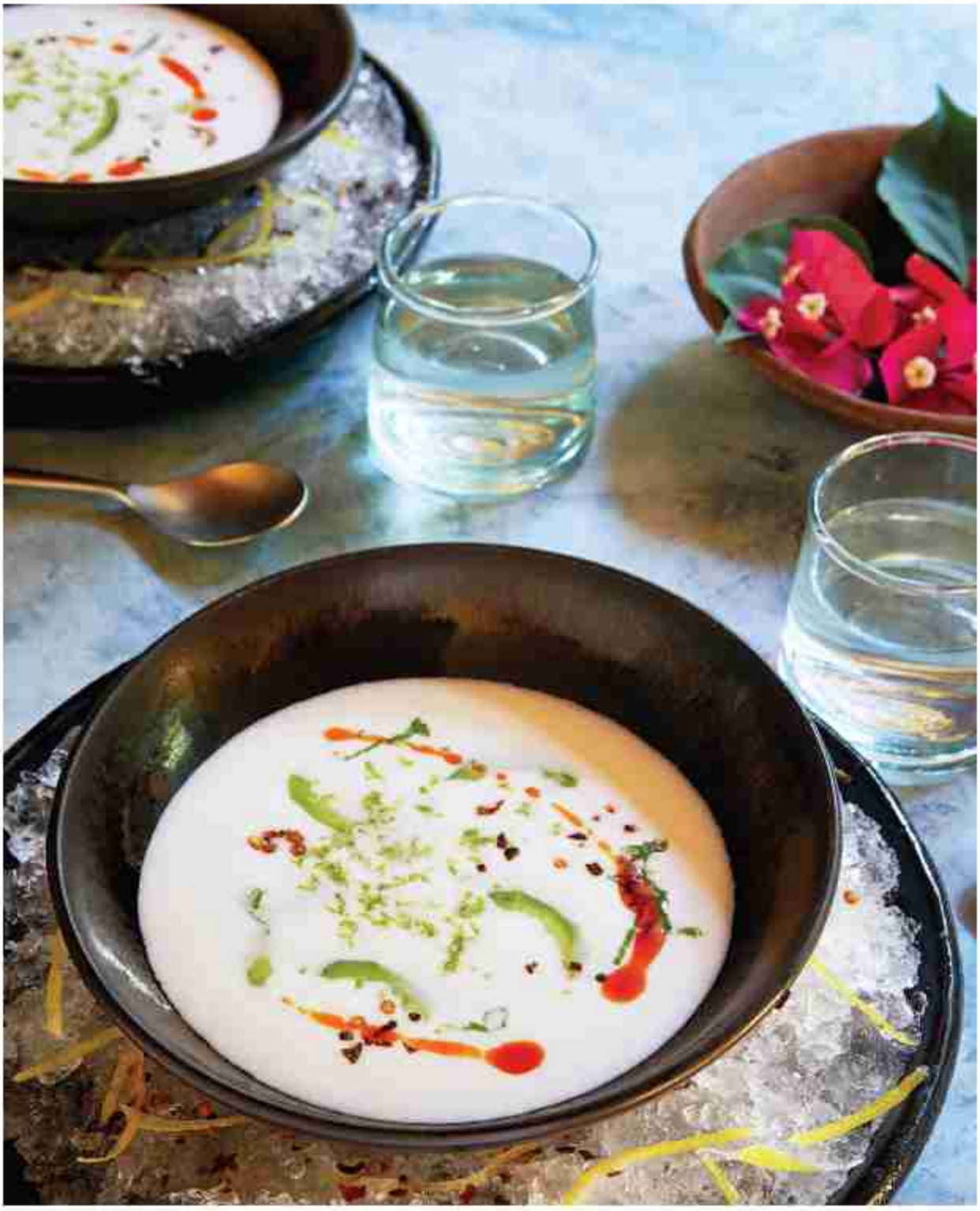
½ cup ice cubes

¼ cup extra virgin olive oil

Sea salt and cracked black pepper

1 tablespoon chopped mint

1. Make the red chili oil: In a small skillet over low heat, warm the olive oil until it shimmers, about 30 seconds, and then add the chili flakes and roast for 30 seconds. Watch carefully and remove the pan from the heat before the flakes turn dark.
2. Strain the oil through a coffee filter or a piece of cheesecloth into a small bowl and set aside.
3. Make the cacik: Place the cucumbers, yogurt, shallots, and lemon juice in a blender and blend at high speed until the mixture reaches a smooth consistency, about 30 seconds. Add the ice cubes and olive oil, and continue to blend until the ice has dissolved. Season to taste with salt and black pepper.
4. Drizzle the red chili oil on the soup and top with a sprinkle of the mint and lemon zest. Serve and enjoy.



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GREEN GAZPACHO

Avocado and Watercress

Serves 4 to 6

A beautiful twist on a tomato gazpacho, this green gazpacho features avocado, which makes the gazpacho a bit richer, plus apples for freshness and added fruitiness and watercress for vitamins and minerals. It's perfect for a warm summer day soup that's packed with nutrients. Chef Conny prefers this dish prepared with English cucumbers and French breakfast radishes, but regular cukes and radishes will work if that's what you have.

---

4 green tomatoes, cut in half

1 cucumber, peeled, seeded, and diced

1 green bell pepper, seeded and diced

½ jalapeno, seeded and roughly chopped

2 garlic cloves

Juice of V2 lemon

2 tablespoons aged sherry vinegar or red wine vinegar

4 tablespoons extra virgin olive oil

1 medium avocado

2 spring onions or scallions, sliced

1 cup ice cubes

Sea salt

4 radishes, sliced, for garnish

1 apple, cut into short, thin strips, for garnish

1 cup watercress, for garnish

1 tablespoon Basil Oil

1. In a large pot, combine the tomatoes, cucumber, bell pepper, jalapeno, garlic, lemon juice, vinegar, and olive oil. Let the mixture marinate refrigerated overnight.
2. The next day, pour the mixture into a blender, add the avocado, onions, and ice cubes, and blend on high speed until smooth, 2 to 3 minutes. Season to taste with salt.
3. Strain the mixture through a medium-mesh strainer (you want a bit of texture); discard the solids. Pour the gazpacho into bowls, and garnish each serving with some radish, apple, and watercress, drizzling basil oil on top.



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MOORISH ALMOND GAZPACHO

Stone Fruit Salsa

Serves 4 to 6

The Moors who came to Spain from Africa in the 8th century brought with them their own cuisine, including a type of gazpacho served with peeled and seeded grapes. This is Chef Conny's riff on that Moorish version. He uses seasonal stone fruit—that is, any fruit with a pit, such as plums and peaches. He recommends using Marcona almonds because they are creamier, but you can use any raw, skinned almond. Be sure to start this soup a day in advance so the almonds have enough soaking time. The jalapenos boost metabolism; offer vitamins A, B_6, C, and K; and give this soup an extra pop of heat and flavor.

For the Soup

10 ounces almonds

8 garlic cloves

½ cup gluten-free bread crumbs

4 tablespoons aged sherry vinegar or red wine vinegar

½ cup extra virgin olive oil

Sea salt and cracked black pepper

For the Stone Fruit Salsa

1 each peach, nectarine, and plum (or a mix of any stone fruits), pits removed

¼ cup basil leaves

1 tablespoon extra virgin olive oil

Juice of 1 lemon

1 teaspoon monk fruit syrup

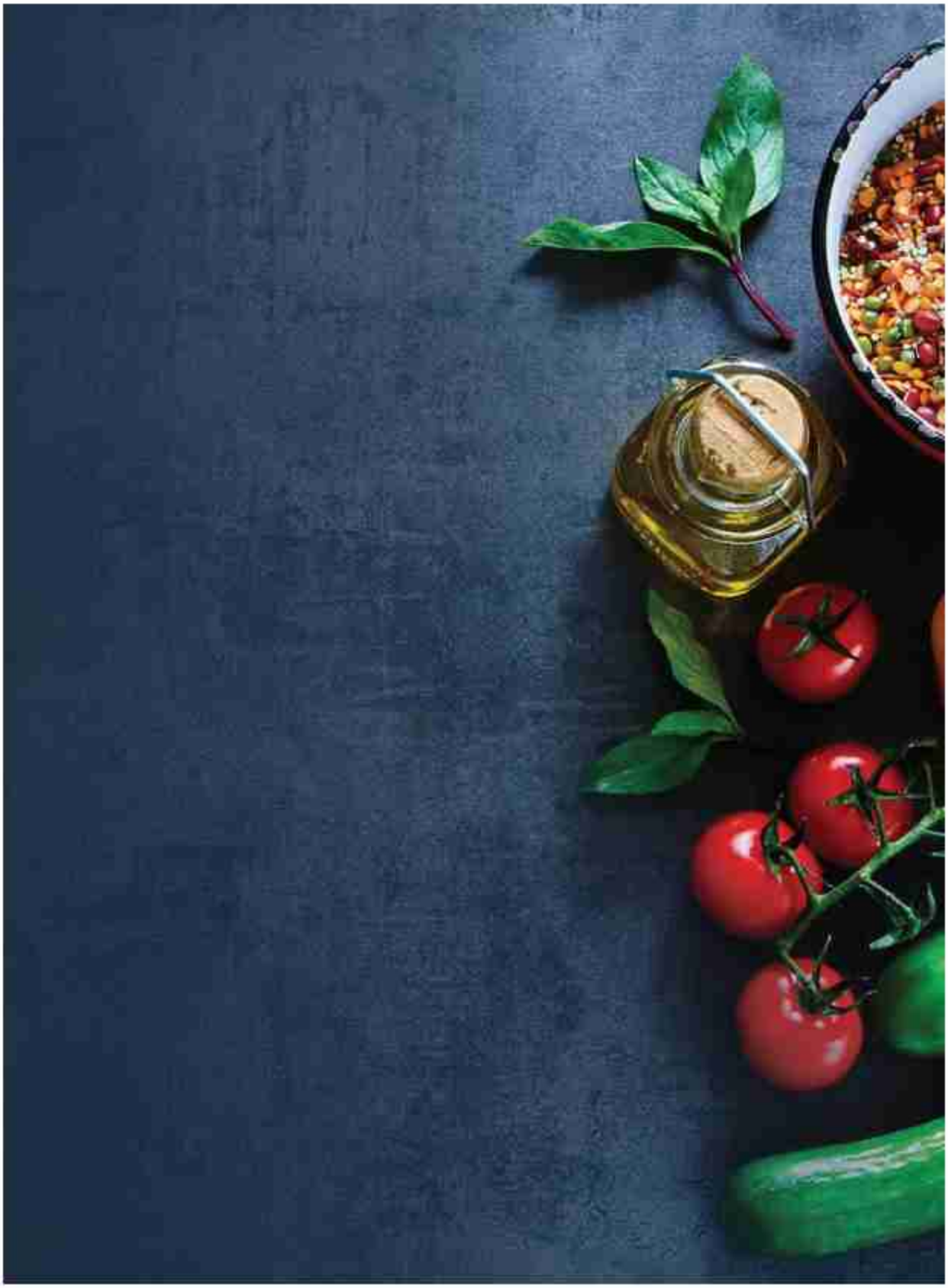
1 jalapeno, seeded and finely diced

2 tablespoons toasted almond flakes, for garnish

1. Make the soup: Soak the almonds overnight in the refrigerator in water to cover by 1 inch.
2. The next day, drain the almonds and place them in a blender. Add 3 cups of water and the garlic, bread crumbs, vinegar, and olive oil. Blend on high speed until smooth, 2 to 3 minutes.
3. Strain the mixture through a fine-mesh strainer or cheesecloth and season to taste with salt and pepper. Refrigerate the soup until ready to serve.
4. Make the salsa: Dice the stone fruits and place them in a bowl. Stack the basil leaves, roll them into a tube, and slice them on an angle to create thin ribbons. Add them to the bowl. Stir in the olive oil, lemon juice, monk fruit syrup, and jalapeno and mix gently. Let the salsa rest in the refrigerator for 10 minutes before using.
5. To serve: Ladle the soup into bowls and top with salsa and almond flakes.



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CHAPTER 8

Appetizers and Small Plates

From simple appetizers like kale chips and hummus to easy side dishes that can also serve as small plates, these recipes can be combined in a multitude of ways or served as mezze, a style of Mediterranean dining that features small plates and finger foods meant to stimulate the senses—and sometimes serve as a complete meal!

Kale Chips with Nutritional Yeast and Lemon-Tahini Dressing

Chickpea Hummus with Dukkah-Spiced Roasted Beets

White Bean Hummus with Tomato-Bean Salad

Green Peas and Avocado Hummus with Crispy Garlic Slivers

Curried Cauliflower Rice with Almonds, Raisins, and Scallions

Sauteed 'Shrooms

Sweet Potatoes with Lemon and Dukkah Spice

Spicy Coconut Cabbage

Brussels Sprouts with Lemon and Cashew Sauce

Ocean Vegetable Salad with Sesame-Miso Dressing

Spoon Salad with Pomegranate, Walnuts, and Parsley

Fava Bean Pâté with Citrus Fennel Slaw

Ancient Grains Tabbouleh

Simply Greens

Tomato-Arugula Salad

Simple Shredded Cabbage Salad

Sichuan Garlic Cucumber Salad

Radish and Green Bean Salad

Balinese Green Bean Salad

Poached Eggs over Spinach with Leek and Roasted Garlic Chili Yogurt

Syrian Roasted Pumpkin with Walnuts and Spicy Pumpkin Seeds

Grilled or Roasted Eggplant with Red Lentil Dressing and Preserved Lemon

Red Lentil Kofta with Quinoa and Romaine Hearts

Smashed Falafels with Creamy Avocado Tahini

Caribbean Black Bean Fritters with Pineapple Raita

Chickpea Crepes (Socca) with Tomato Chutney (Kasundi) and Coconut Yogurt

Indian Porridge with Broccoli Florets

Hearts of Palm Ceviche with Sweet Potato and Nut Milk

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KALE CHIPS WITH NUTRITIONAL YEAST

Lemon-Tahini Dressing

Serves 4 to 6

With or without the dressing, these kale chips provide a healthy, crispy little snack packed with phytonutrients and probiotics from nutritional yeast.

For the Chips

2 pounds kale leaves, torn into 2- to 3-inch pieces

2 tablespoons extra virgin olive oil

2 tablespoons nutritional yeast

1 teaspoon ground cumin

Sea salt

For the Lemon-Tahini Dressing

4 tablespoons tahini

4 tablespoons extra virgin olive oil

3 garlic cloves, chopped

Juice of 2 lemons

½ cup ice water (optional)

Sea salt

1. Preheat the oven to 300°F.

2. Make the kale chips: Place the kale on a baking sheet. Toss it with the olive oil and then sprinkle on the nutritional yeast, cumin, and salt to taste. Bake until crisp, 25 to 30 minutes. Let the chips cool.

3. Meanwhile, make the dressing: In a small bowl, whisk together the tahini, olive oil, garlic, and lemon juice. Whisk in the ice water, if using, to reach the desired consistency and then season to taste with salt.

4. Serve the dressing on the side with the cooled kale chips.



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CHICKPEA HUMMUS

Dukkah-Spiced Roasted Beets

Serves 4 to 6

If hummus and beets are your things, you've come to the right place. This hummus is great on its own, served as a vegetable dip, or paired with these roasted baby beets seasoned with a basic spice-and-seed blend from Egypt and Turkey (Dukkah Spice) along with other spices from northern Africa and western Asia. You'll need to soak the chickpeas a day ahead, so plan your time accordingly. To shorten the chickpea cooking time, you can use a pressure cooker.

For the Hummus

1 ¼ cups dried chickpeas

2 teaspoons baking soda, divided

2 tablespoons kosher salt, divided, plus more to taste

1 onion, halved

1 celery stalk

1 carrot

6 garlic cloves, 2 whole and 4 finely chopped

2 bay leaves

1 cup tahini

2 tablespoons chickpea miso (optional)

Juice of 1 lemon

2 tablespoons extra virgin olive oil

1 tablespoon finely chopped parsley, for serving

1 tablespoon microgreens, for serving

For the Beets

1 dozen baby beets (reserve the greens)

2 cinnamon sticks

12 black peppercorns, cracked

Peel of ½ orange

1 teaspoon whole cloves

1 tablespoon sea salt

1 tablespoon extra virgin olive oil

4 tablespoons Dukkah Spice, for serving

1. Make the hummus: Combine the chickpeas, 1 teaspoon of the baking soda, and 1 tablespoon of the salt in a large bowl. Add enough water to cover the chickpeas by 2 inches and let them sit overnight.
2. The next day, drain the chickpeas. Rinse them until the water runs clear and then drain them well again.
3. Transfer the chickpeas to a large stockpot and add the onion, celery, carrot, whole garlic cloves, bay leaves, the remaining 1 teaspoon of baking soda, and the remaining 1 tablespoon of salt. Add 6 cups of water and bring the mixture to a boil over high heat. Reduce the heat to a simmer, set the lid on slightly ajar, and cook until the chickpeas are completely tender and nearly falling apart, about 1 hour 30 minutes. Check on the chickpeas occasionally and add more water to the pot if necessary to ensure the chickpeas remain submerged. (Alternatively, cook the chickpea mixture in a pressure cooker for 30 to 40 minutes.)
4. When the chickpeas are done, let them cool slightly. Remove and discard the onion, celery, carrot, whole garlic cloves, and bay leaves.

5. Drain the chickpeas, reserving all the cooking water. (This cooking water is called aquafaba and can be used in other recipes as a thickener.) Set aside ¼ cup of the chickpeas to use as garnish.
6. In a food processor, combine the tahini, chickpea miso (if using), lemon juice, and chopped garlic with the remaining cooked chickpeas. Process until very smooth, 1 or 2 minutes.
7. Thin the hummus with a little of the reserved cooking liquid if necessary, being careful not to thin too much. Season with salt to taste.
8. You can refrigerate the hummus at this point to thicken it or simply serve it warm.
9. Meanwhile, prepare the beets: Preheat the oven to 275°F.
10. Place the beets, cinnamon sticks, peppercorns, orange peel, and cloves on a piece of aluminum foil. Sprinkle the mixture with the salt. Fold and seal the foil packet and then place it on a baking sheet.
11. Bake for 1 hour. Let the beets cool on a wire rack.
12. Open the foil wrap. Remove the beets and peel them carefully, leaving the stems intact. Discard the peels, cinnamon sticks, and spices.
13. Blend one-quarter of the beets in a blender with 3 to 4 tablespoons of water until they have a smooth consistency, 1 to 2 minutes. Set them aside.
14. Toss the remaining beets with the olive oil and dust them with the dukkah spice.
15. To serve: Spread the hummus on a serving dish. Make a well in the center and add the beet puree. Top with the roasted beets and the reserved ¼ cup chickpeas. Drizzle with the olive oil and garnish with the parsley and microgreens.



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WHITE BEAN HUMMUS

Tomato-Bean Salad

Serves 4 to 6

This loaded white bean hummus is complemented by a healthy and flavorful Mediterranean vegetable bean relish. Allow time to soak the beans overnight before making the hummus. Plate with cucumber slices, celery "spoons," or your favorite gluten-free crackers.

For the Hummus

½ pound navy beans

3 bay leaves

12 black peppercorns

1 bunch fresh thyme

1 onion, roughly chopped

2 celery stalks, cut into 1 ½- to 2-inch pieces

5 garlic cloves, crushed

3 tablespoons tahini

Juice of 1 lemon

½ cup ice cubes

Sea salt and cracked black pepper

½ cup extra virgin olive oil, divided

For the Salad

12 green olives, sliced (large, mild olives)

6 slices Preserved Lemon, roughly chopped

2 tablespoons lemon juice

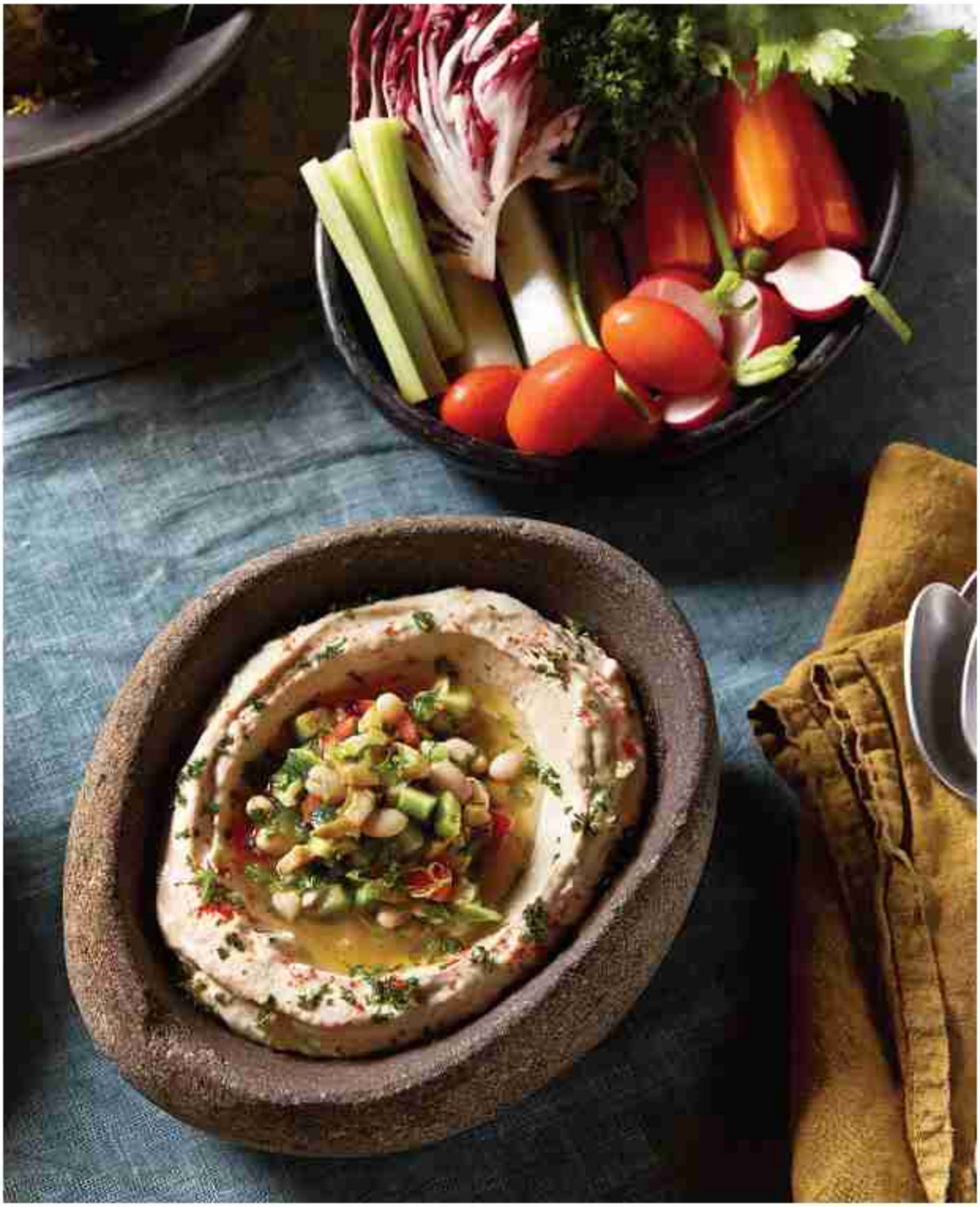
¼ cup teardrop or cherry tomatoes

¼ cup peeled and diced cucumber

Sea salt and cracked black pepper

¼ cup flat-leaf parsley, chopped

1. Make the hummus: Rinse the beans, place them in a large saucepan with water to cover by 1 inch, and let them soak overnight.
2. The next day, drain and rinse the soaked beans and return them to the pan. Place the bay leaves, peppercorns, and thyme in a piece of cheesecloth, tie it closed, and drop it into the saucepan. Add 8 cups of water and the onion, celery, and garlic and bring the mixture to a boil.
3. Simmer until the vegetables are very soft, 45 to 60 minutes. Drain the beans and discard the cheesecloth packet.
4. Let the beans cool. Set aside cup of the beans for the salad and place the rest of the beans in a food processor. Blend the beans until smooth, 1 to 2 minutes. Add the tahini, lemon juice to taste, a few ice cubes, and ¼ cup of the olive oil and continue to blend until a very smooth consistency is achieved. Season to taste with salt and cracked pepper and then store in the fridge until ready to use.
5. Make the salad: Mix the olives, lemon, lemon juice, tomatoes, cucumbers, and the reserved beans in a large bowl. Season to taste with salt and pepper and let the salad macerate in the refrigerator for at least 30 minutes before serving.
6. To serve, spread the hummus onto a serving dish. Make a well in the hummus and add the bean salad. Sprinkle with the parsley and drizzle with the remaining cup of olive oil.



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GREEN PEAS AND AVOCADO HUMMUS

Crispy Garlic Slivers

Serves 4 to 6

Enjoy this pea-based hummus with scoop-friendly raw vegetables like broccoli, bell peppers, and celery. Fresh peas are ideal, but you can substitute frozen. For more flavor and visual pizzazz, Chef Conny suggests garnishing the dish with toasted sesame seeds, sliced radishes, micro herbs like fresh dill, and edible flowers, as seen in the photo.

---

1 tablespoon sea salt, plus more to taste

1 cup fresh green peas or

8 ounces frozen

4 garlic cloves

1 quart ice water

1 avocado

4 tablespoons tahini

2 tablespoons plus 2 teaspoons lemon juice

½ cup extra virgin olive oil

Sea salt and cracked black pepper

2 tablespoons Crispy Garlic

1. Bring 4 cups of water and 1 tablespoon of sea salt to a boil. Add the peas and garlic and boil until soft, 10 to 12 minutes for fresh peas and 2 minutes for frozen. Drain the pea mixture and transfer it to the ice water to cool. Then drain again.

2. Reserve 2 tablespoons of the peas. In a food processor, pulse the remaining cooked peas and garlic until mushy, about 30 seconds. Add the avocado, tahini, and the 2 tablespoons of lemon juice and then pulse a few more times.
3. Toss the reserved peas with the olive oil and the remaining 2 teaspoons of lemon juice and then season to taste with salt and pepper.
4. To serve, spread the hummus onto a serving dish. Top with the reserved seasoned peas. Garnish with the crispy garlic and any other toppings, as desired.

Dr. Alberto's Recipe for Inner Healing

"You were never cast out of the Garden—witness the beauty all around you!"



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CURRIED CAULIFLOWER RICE

Almonds, Raisins, and Scallions

Serves 4 to 6

A great alternative to traditional rice or couscous, this delicious side dish can also be made plain or with just one or two of the flavorful additions such as curry powder, an Indian spice blend (we suggest you use the Madras type for a more authentic flavor).

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2 cups cauliflower florets

4 tablespoons ghee (clarified butter)

1 teaspoon finely chopped garlic

¼ cup sliced almonds, toasted

¼ cup currants, raisins, or dried cranberries

1 tablespoon ground turmeric

1 tablespoon curry powder (optional)

¼ cup parsley, chopped

2 scallions, thinly sliced, for garnish

1. Place the florets in a food processor and pulse until they become the size of a grain of rice, 5 to 10 seconds. (Be careful not to pulse them finer than this.) Transfer the cauliflower rice to a piece of paper towel or a clean cloth.
2. Heat a nonstick skillet until it is very hot. Stir in the ghee and garlic. Fry the garlic for a few seconds. Add the cauliflower and cook it until it is slightly translucent, about 1 minute.

3. Set aside a few almond slices for garnish. Add the remaining almonds, currants, and turmeric and toss together for a minute. Season with the curry powder, if using. Stir in the parsley.
4. Garnish each serving with scallions and a few reserved almond slices.



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SAUTÉED ’SHROOMS

Serves 4 to 6

Mushrooms are a good source of vitamin D and make a great appetizer or side dish during fall and winter when you’re missing the vitamin D benefits from sunlight. Any edible mushroom will do, but seasonal, fresh ones are best. Hurrah for garlic ’shrooms!

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1 teaspoon fenugreek seeds, soaked overnight (optional)

4 tablespoons ghee (clarified butter)

1 pound (about 2 cups) mushrooms, washed, dried, and cut into ½-inch pieces

1 tablespoon chopped garlic

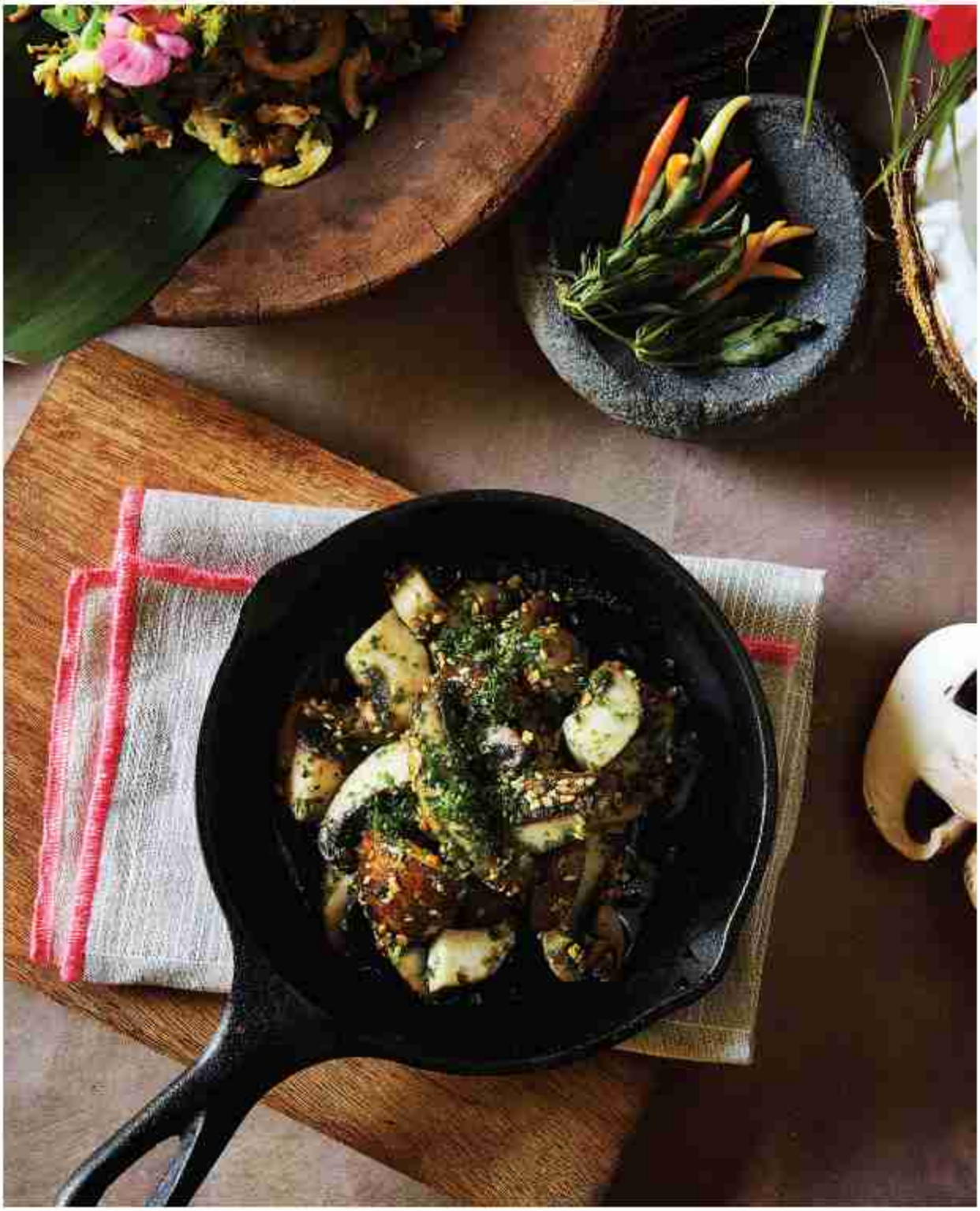
¼ cup parsley, chopped

Sea salt and cracked black pepper

1. If you are using the fenugreek, soak the seeds overnight in water to cover.
2. The next day, drain the fenugreek. Heat a nonstick skillet until it is very hot. Add the ghee and the fenugreek, and fry the seeds for 10 to 15 seconds.
3. Add mushrooms and garlic and cook for 7 to 10 minutes. Add the parsley, season to taste with salt and pepper, and serve.

Dr. Alberto’s Recipe for Inner Healing

“The Earth is our home; we have no choice but to become caretakers of the Earth.”



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SWEET POTATOES

Lemon and Dukkah Spice

Serves 4 to 6

This dish elevates the sweet potato in its simplicity. Chef Conny suggests using brown butter ghee in this recipe because it adds a nutty flavor, but standard ghee works fine if that's what you have.

---

4 medium sweet potatoes

4 tablespoons ghee (clarified butter), divided

4 tablespoons Dukkah Spice

¼ cup parsley, chopped, for garnish

2 slices Preserved Lemon, for garnish

1. Preheat the oven to 375°F. Bake the sweet potatoes until they are soft, 40 to 45 minutes. Let them cool.
2. Peel and cut the cooled potatoes into ¼-inch slices and then brush with 2 tablespoons of the ghee.
3. On a grill or in a cast iron skillet heated over medium-high heat, grill the potatoes until grill marks form or they are lightly browned. Transfer them to a serving dish, drizzle with the remaining 2 tablespoons ghee, and sprinkle with the dukkah.
4. Garnish with the parsley and lemon slices.

Dr. Alberto's Recipe for Inner Healing

“In the timeless instant when we stop moving and simply witness the moment, the dust settles and the big picture emerges.”



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SPICY COCONUT CABBAGE

Serves 4 to 6

This warm and scrumptious South Indian cabbage dish is easy to make, and it happens to be one of Chef Conny's favorites. The secret is cooking the cabbage over high heat so it becomes lightly browned and slightly crunchy—not soggy, like many cooked cabbage dishes. Note that the curry leaves, aromatic herbs used in Indian cooking, are not the same as curry powder and really have no substitute. They contain protective phenolic compounds and antioxidants that can scavenge harmful free radicals and reduce oxidative stress.

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4 tablespoons coconut oil

1 tablespoon lentils (white preferred)

½ teaspoon mustard seed

10 curry leaves

1 onion, thinly sliced

1 teaspoon turmeric powder

2 tablespoons finely sliced and seeded serrano chilies

½ medium head cabbage, shredded

4 tablespoons grated coconut

Sea salt and cracked black pepper

1. Heat the coconut oil in a large nonstick skillet or wok over high heat. Add the lentils and mustard seeds and panfry until they pop, 10 to 15 seconds.

2. Stir in the curry leaves, onion, turmeric, and chilies and cook for a few seconds.
3. Maintaining the high heat, add the cabbage and cook until it takes on a slight color and shrinks in volume, 2 to 3 minutes.
4. Stir in the coconut. Season to taste with salt and black pepper and serve.

Dr. Alberto's Recipe for Inner Healing

"Patience is about understanding the right moment for action and the right moment for stillness."



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BRUSSELS SPROUTS

Lemon and Cashew Sauce

Serves 4 to 6

This dish shines with healthful spices. For the best results, use seeds instead of ground spices. The Kashmiri chili powder adds color and gentle heat, but you can substitute red pepper flakes if that's all you have. The optional chaat masala is a tangy blend of spices that provides additional flavor and nutrients and is generally used as a finishing salt.

For the Sauce

½ cup Cashew Nut Mayo

6 slices Preserved Lemon, chopped

1 tablespoon vegetable ferments, roughly chopped

1 tablespoon parsley, chopped

1 teaspoon ground turmeric

1 pickle, chopped

Sea salt and cracked black pepper

For the Brussels Sprouts

32 Brussels sprouts, cleaned, stems scored

2 tablespoons sea salt, plus more to taste

1 quart ice water

¼ cup ghee (clarified butter)

1 teaspoon cumin seeds

1 tablespoon fenugreek seeds (optional)

1 tablespoon finely chopped fresh ginger

5 garlic cloves, finely chopped

2 shallots, finely chopped

1 teaspoon Kashmiri chili powder or red pepper flakes

12 cherry tomatoes

Cracked black pepper

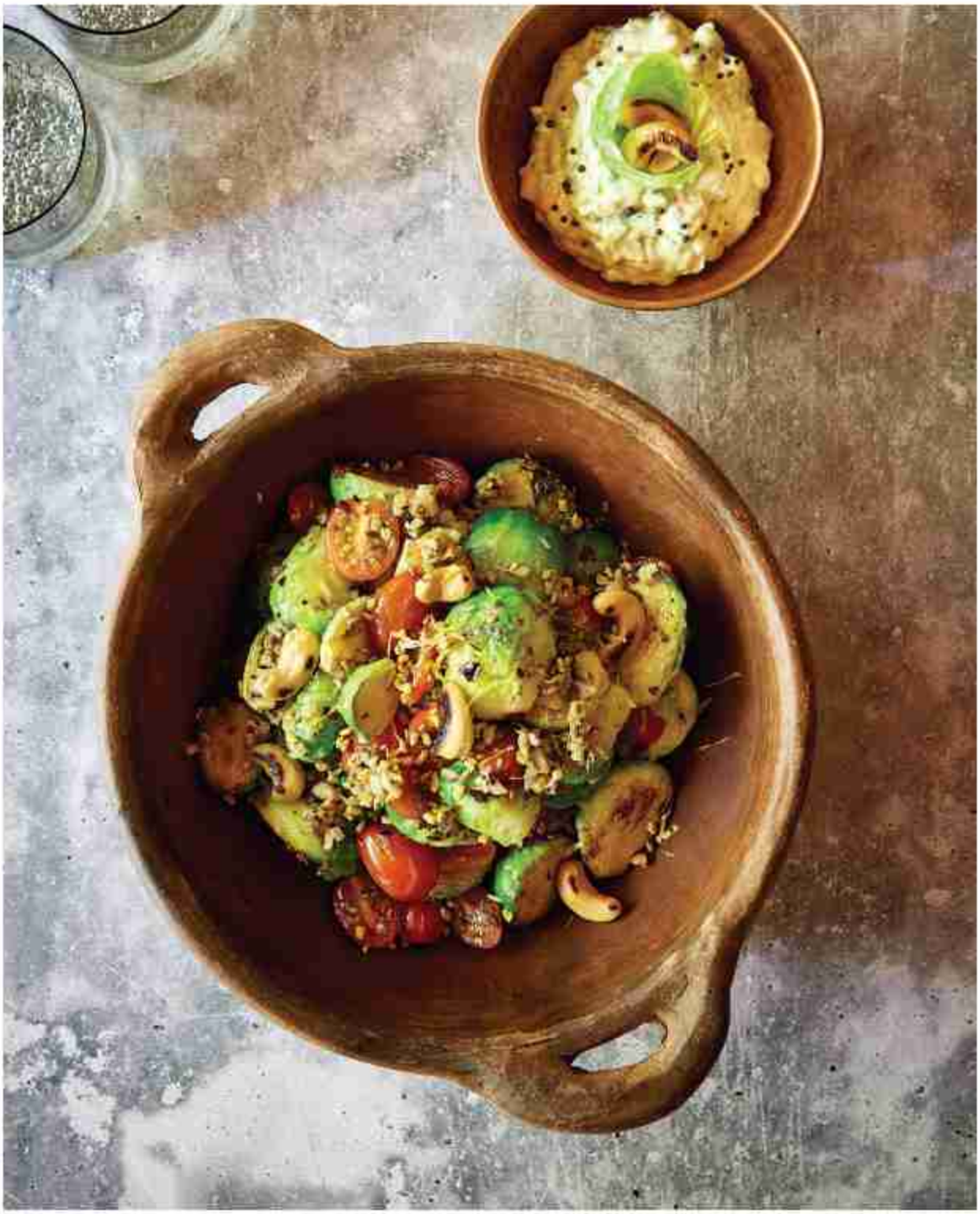
1 tablespoon black mustard seeds

1 teaspoon chaat masala (optional)

¼ cup cilantro leaves, for garnish (optional)

1. Make the sauce: In a mixing bowl, stir together the mayo, lemon slices, chopped fermented vegetables, parsley, turmeric, and pickle. Season to taste with salt and pepper and set the mixture aside.
2. Prepare the Brussels sprouts: Score the ends of the Brussels sprouts to ensure the stems cook at the same speed as the leaves. Place 2 quarts of water and the 2 tablespoons of salt into a large saucepan and bring to a boil. Add the sprouts and simmer for 4 to 5 minutes. Drain the sprouts, transfer them to the ice water for a quick cooldown, drain again, and set aside.
3. Heat the ghee in a skillet or wok over medium heat for about 30 seconds. Add the cumin and fenugreek (if using) and cook until the seeds start to pop, 10 to 15 seconds. Stir in the ginger and garlic, then the shallots and chili powder, and cook until the vegetables are softened and translucent, about 1 minute.
4. Toss in the Brussels sprouts and increase the heat to high. Let the sprouts caramelize, stirring occasionally, for 3 to 5 minutes. Stir in the tomatoes and season to taste with salt and pepper.

5. Transfer the Brussels sprouts to a serving dish. Sprinkle with the chaat masala and cilantro, if using. Serve the sauce on the side.



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OCEAN VEGETABLE SALAD

Sesame-Miso Dressing

Serves 4 to 6

Wakame seaweed and “sea lettuce" (a mix of ocean seaweeds) turn this green salad into an “ocean salad,” one rich in magnesium and calcium along with other nutrients. If you like, you can use ordinary cucumbers instead of smaller ones with few or no seeds, but if so, we suggest you seed them and slice them into quarters rather than circles.

For the Salad

½ cup dried wakame

½ cup dried mixed sea lettuce

1 quart ice water

1 cup Little Gem or Bibb lettuce leaves

Sea salt and cracked black pepper

4 small seedless cucumbers, slightly peeled, cut into Mi-inch slices

4 scallions, thinly sliced, for garnish

1 tablespoon sesame seeds, toasted, for garnish

1 teaspoon red pepper flakes, for garnish

For the Dressing

1 tablespoon grated fresh ginger

2 tablespoons yellow miso paste

1 tablespoon rice vinegar

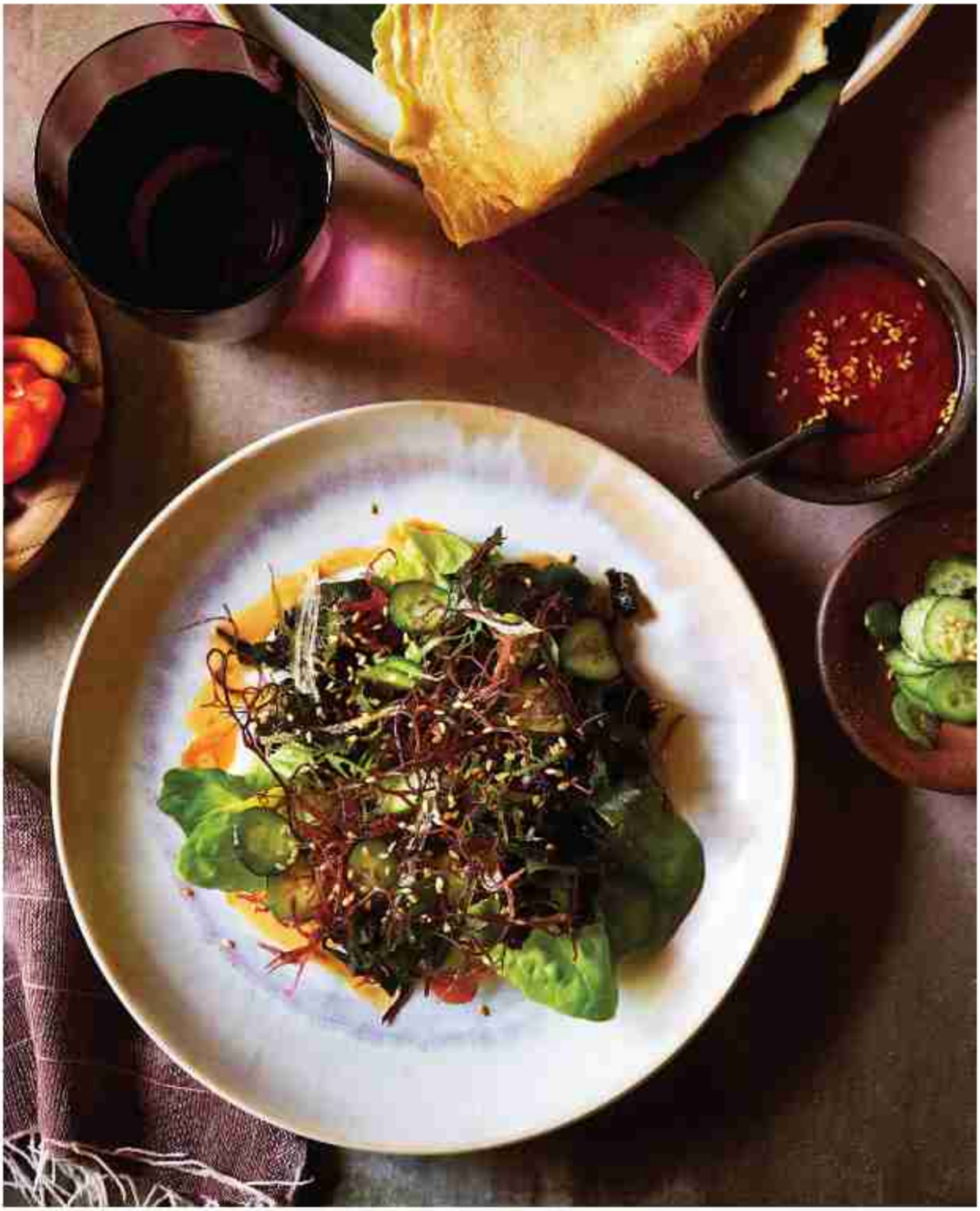
Juice of 1 lime

2 tablespoons gluten-free soy sauce or tamari

2 tablespoons sesame oil

½ cup avocado oil

1. Make the salad: Soak the seaweed and sea lettuce in the ice water until soft. Drain them and transfer them to a salad bowl. Add the Little Gem lettuce.
2. Make the dressing: In a glass, ceramic, or stainless steel bowl, combine the ginger, miso, vinegar, lime juice, soy sauce, and sesame oil. Gradually whisk in the avocado oil, making sure the ingredients blend thoroughly.
3. To serve, toss the salad with the dressing and season to taste with salt and black pepper. Transfer the salad to a serving plate, add the cucumbers, and garnish with the scallions, sesame seeds, and red pepper flakes.



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SPOON SALAD

Pomegranate, Walnuts, and Parsley

Serves 4 to 6

This is a typical Turkish street food salad and a tasty accompaniment to any meal. Easy to make and nutritious, this salad can be eaten with a spoon! Sumac, a deep red spice used in Mediterranean cooking, adds a sweet and tart flavor, as does the pomegranate molasses.

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4 tomatoes, peeled and finely diced

1 cucumber, peeled and finely diced

½ onion, finely chopped

1 green bell pepper, finely diced

¼ cup parsley, chopped

5 sprigs mint, chopped

4 tablespoons walnuts, toasted and chopped

1 pomegranate, seeds only

Juice of 1 lemon

4 tablespoons pomegranate molasses

1 tablespoon ground sumac

½ cup extra virgin olive oil

Sea salt

1. Place the tomatoes, cucumber, onion, pepper, and most of the parsley in a large bowl, reserving the rest for garnish. Gently mix the vegetables

without bruising them. Marinate the mixture at room temperature or refrigerated for 30 minutes.

2. Using a colander, drain the tomato mixture over a large bowl. Measure ¼ cup of the liquid.
3. In another bowl, combine most of the mint, most of the walnuts, and most of the pomegranate seeds, reserving the rest for garnish. Add the lemon juice and pomegranate molasses and the reserved ¼ cup liquid to make a dressing.
4. Transfer the tomato mixture to a salad bowl and mix in the dressing and sumac. Sprinkle with the reserved parsley, mint, walnuts, and pomegranate seeds. Drizzle with olive oil. Season to taste with salt. Serve and enjoy.

Dr. Alberto's Recipe for Inner Healing

"To become completely healed is to become the healer—bringing the beauty and meaning you found into the world.



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FAVA BEAN PÂTÉ

Citrus Fennel Slaw

Serves 4 to 6

This recipe features an amazing pâté spread—one made without liver. Fava beans have been consumed for more than 10,000 years in the Mediterranean region. They are an excellent source of fiber, protein, vitamins, and minerals: one ii-cup serving can provide 26 grams of protein, 25 grams of dietary fiber, a third of the daily value of iron! Fava beans are rich in L-dopa, which your body converts to the neurotransmitter dopamine. The slaw adds a fresh, tangy note to the dish.

For the Pâté

2½ cups dried fava beans

1 teaspoon sea salt

3 tablespoons extra virgin olive oil

½ teaspoon freshly ground white pepper

2 tablespoons monk fruit syrup

2 tablespoons chopped dill

For the Slaw

1 orange (or other citrus fruit), separated into segments and juice retained

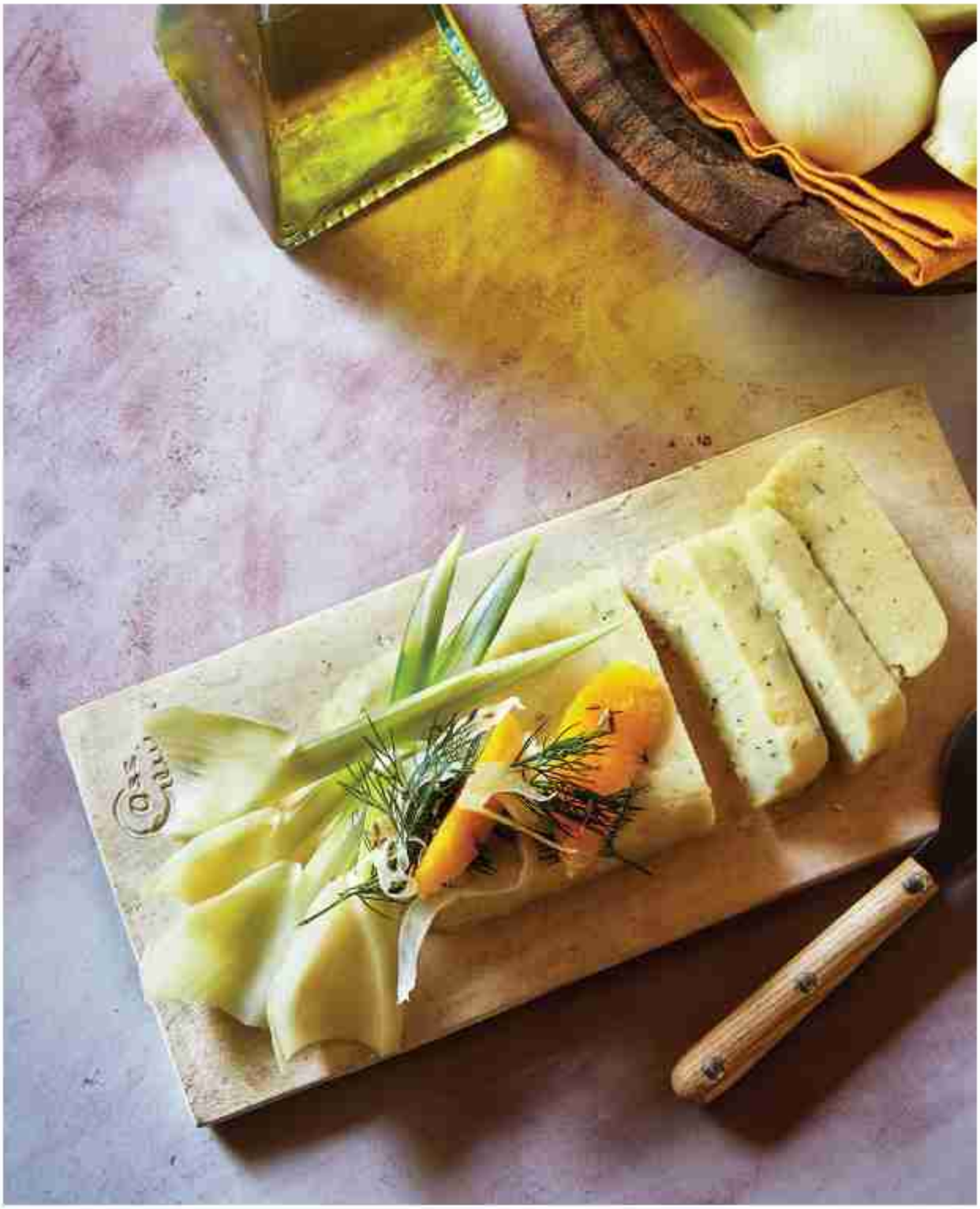
1 fennel bulb, finely shaved (fronds reserved)

1 bunch fresh dill, chopped

3 tablespoons extra virgin olive oil

Sea salt and cracked black pepper

1. Make the pâté: Bring 8 cups of water to a boil in a large saucepan. Add the beans and salt. Cook until very soft, 20 to 25 minutes. Drain the beans and transfer them to a bowl. Stir in the olive oil, white pepper, and monk fruit syrup.
2. Let the bean mixture cool slightly. Transfer it to a blender and process on high speed until very smooth, 2 to 3 minutes. Stir in the chopped dill.
3. Press the mixture into a pâté terrine mold or another suitable dish, such as a small bowl. Chill in the fridge until it sets, for a few hours.
4. Meanwhile, make the slaw: Set aside a few orange segments and then toss together the remaining segments with the shaved fennel, dill, retained orange juice, and olive oil until well combined. Season to taste with salt and black pepper.
5. To complete the dish, release the pâté from the mold. Cube or slice the pâté and place the pieces on a serving dish. Toss the slaw once again and arrange it on the pâté.
6. Top with the reserved citrus segments. Garnish with the fennel fronds and serve.



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ANCIENT GRAINS TABBOULEH

Serves 4 to 6

This Lebanese superfood salad uses ancient grains, including beluga lentils (which are considered a grain). All three grains (sorghum, quinoa, and beluga lentils) are gluten free. They have different cooking times, so plan to cook each grain in its own pot. And yes, you could make this tabbouleh with just one grain, but the result won't be as flavorful.

Sea salt

1 cup sorghum, rinsed

½ cup beluga lentils

½ cup white quinoa, rinsed well

3 tomatoes, peeled, seeded, and finely diced

1 medium cucumber, peeled and finely diced

3 lemons, zested and juiced

2 serrano or jalapeno chilies, seeded and chopped

½ cup extra virgin olive oil

¼ cup mint, chopped

½ cup parsley, chopped

Cracked black pepper

1 tablespoon ground sumac, for garnish (optional)

1. Bring 1 quart of water and 1 tablespoon of salt to a boil. Add the sorghum and simmer until it is soft and slightly chewy, 50 to 55 minutes. Drain the sorghum and set it aside until cool.

2. Bring another quart of water and a tablespoon of salt to a boil. Simmer the lentils until just soft, 40 minutes. Drain the lentils and set them aside until cool.
3. Bring another 1 quart water and 1 tablespoon salt to a boil. Simmer the quinoa for 10 minutes. Drain the quinoa and set it aside until cool.
4. Transfer the cooled grains to a large bowl. Add the tomatoes, cucumber, lemon zest and juice, chilies, olive oil, mint, and all but 2 tablespoons of the parsley. Season to taste with salt and black pepper, and transfer to a serving dish. Garnish with a sprinkling of sumac, if using, and the remaining parsley. Serve immediately.

Dr. Alberto's Recipe for Inner Healing

"You would be surprised at the healing power of a simple 'I love you.'"



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SIMPLY GREENS

Serves 4 to 6

The name says it all. This salad is simply greens with a bright citrus dressing, and it includes Dr. Alberto's favorite brain food: broccoli sprouts, a superfood/Nrf2 activator that you should eat frequently, but by cycling it —that is, eating it no more than three or four days a week (see for more on cycling). Whenever you have a greens craving, this dish hits the mark.

---

1 pound mixed greens of your choice, such as radicchio, arugula, baby romaine, and endive

½ cup fresh basil leaves, roughly torn

1 orange

¼ cup extra virgin olive oil

Juice of 1 lime

Sea salt and cracked black pepper

½ cup broccoli sprouts

1 avocado, diced

1. Wash and dry the greens. Place them and the basil in a wooden, glass, or stainless steel bowl.
2. Working over a small bowl, peel the orange and separate it into segments, catching the juices and setting the segments on a plate.
3. Add the olive oil and lime juice to the orange juice, whisk, and season the dressing to taste with salt and pepper.
4. Dress the salad and serve it, individually or family style, topped with some broccoli sprouts, avocado, and a few orange segments.

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TOMATO-ARUGULA SALAD

Serves 4 to 6

So simple, yet so memorable: this salad is perfect served with Aubergine Schnitzel with Mushroom Polenta or as a side salad with any meal.

---

4 tablespoons extra virgin olive oil

5 garlic cloves, finely chopped

1 cup cherry tomatoes, halved

¼ cup white wine

Juice of 1 lemon

¼ cup loosely packed basil leaves, torn

Sea salt and cracked black pepper

4 cups arugula

1. Heat the olive oil in a skillet over medium heat for 30 seconds. Add the garlic and cook until fragrant, 30 seconds. Add the tomatoes.
2. Stir in the wine and lemon juice to deglaze the pan, scraping up any golden bits that are stuck to the bottom. Add the basil leaves and season to taste with salt and pepper.
3. Stir in the arugula and serve.

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SIMPLE SHREDDED CABBAGE SALAD

Serves 4 to 6

This quick-to-make, Scandinavian-inspired salad tastes even better the next day.

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1 small, firm cabbage

1 pimento (roasted and pickled red pepper) (optional)

⅓ cup apple cider vinegar

1 tablespoon maple syrup

1 tablespoon cracked black pepper

1 teaspoon dried oregano

1 teaspoon sea salt

4 tablespoons feta cheese crumbles, for garnish (optional)

1. Slice and shred the cabbage. Place it in a bowl and add the pimento (if using), vinegar, maple syrup, pepper, oregano, and salt. Beat the cabbage with a wooden pestle or massage it with your hands until it is thoroughly mixed with the spices and vinegar and is soft and shiny, 2 to 3 minutes.

2. Top with the feta cheese crumbles, if you like, and serve.



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SICHUAN GARLIC CUCUMBER SALAD

Serves 4 to 6

Serve this must-try Sichuan salad ice cold to ensure the cucumbers have maximum crunch, says Chef Conny.

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2 English cucumbers, slightly peeled

1 tablespoon kosher salt

5 garlic cloves, finely chopped

2 tablespoons rice vinegar or Chinese red vinegar

2 tablespoons gluten-free tamari soy sauce

2 tablespoons sesame oil

1 teaspoon red pepper flakes

1 tablespoon sesame seeds, toasted, for garnish

1. Wrap each cucumber in plastic wrap. Pound them lightly with a meat tenderizer until they are lightly crushed. Unwrap and cut them into 1½ - to 2-inch pieces and then dress them with the salt, tossing to evenly distribute.
2. Place the cucumbers in a colander over a bowl. Let them drain in the refrigerator for at least 1 hour. Discard the liquid and transfer the cucumbers to a serving bowl.
3. Combine the garlic, rice vinegar, soy sauce, sesame oil, and red pepper flakes in a small bowl. Pour this dressing over the cucumbers and toss. Garnish with the sesame seeds and serve.

Dr. Alberto’s Recipe for Inner Healing

"Before you can move in new directions, you must first let go of what’s not working for you.



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RADISH AND GREEN BEAN SALAD

Serves 4

Radishes are rich in calcium and potassium, nutrients that can improve blood flow and help increase oxygen supply to the blood. Daikon radishes are longer and milder than regular radishes; when daikon are not in season, you can substitute with a few regular radishes. The aged sherry vinegar and extra virgin olive oil set up the dish to be as tasty as it is healthful.

---

1 cup green beans

1 quart ice water

¼ cup extra virgin olive oil

½ large daikon radish, peeled and thinly sliced

4 large French breakfast radishes, thinly sliced

4 shallots, finely chopped

4 tablespoons aged sherry vinegar or red wine vinegar

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 teaspoon monk fruit syrup

2 tablespoons capers

Salt and cracked black pepper

½ cup mixed micro herbs

1. Bring 1 quart of water to a boil. Add the green beans and blanch for 2 to 3 minutes. Drain the beans and transfer them to the ice water for a quick cooldown, 30 seconds. Drain the beans again and then split them lengthwise.

2. Brush some of the extra virgin olive oil onto four plates. Place both types of thinly sliced radishes in a circle on top of the oil.
3. Combine the shallots and vinegar in a bowl and let them marinate for 5 minutes. Then stir in the mustard, lemon juice, and monk fruit syrup. Gently whisk in the remaining olive oil in a thin, steady stream. Stir in the capers, and season to taste with salt and pepper.
4. Apply some of the dressing to the radishes and some to the green beans separately. Then place the green beans on top of the radishes, followed by the micro herbs. Serve and enjoy.



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BALINESE GREEN BEAN SALAD

Serves 4 to 6

Super tasty, comforting, and complex in its very special flavors, this refreshing salad from Bali features coconut. You might want to try a Bali or kaffir lime for greater authenticity and reduce the ginger, garlic, chilies, and chili paste a bit if you're sensitive to hot spices. For the best texture and color, blanch the green beans and dunk them in an ice water bath; but you can skip this step when you're on a tight schedule. Traditionally, this salad, known in Bali as lawar, is served on a banana leaf, but a large lettuce leaf works as well.

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4 tablespoons coconut oil

5 bird's eye or jalapeno chilies, thinly sliced

4 shallots, thinly sliced

2 tablespoons Ginger and Garlic Chili Paste

¼ cup coconut milk

1 cup green beans

1 quart ice water

4 tablespoons grated and roasted coconut

1 tablespoon roasted and ground shrimp paste (optional)

1 tablespoon palm sugar or monk fruit syrup

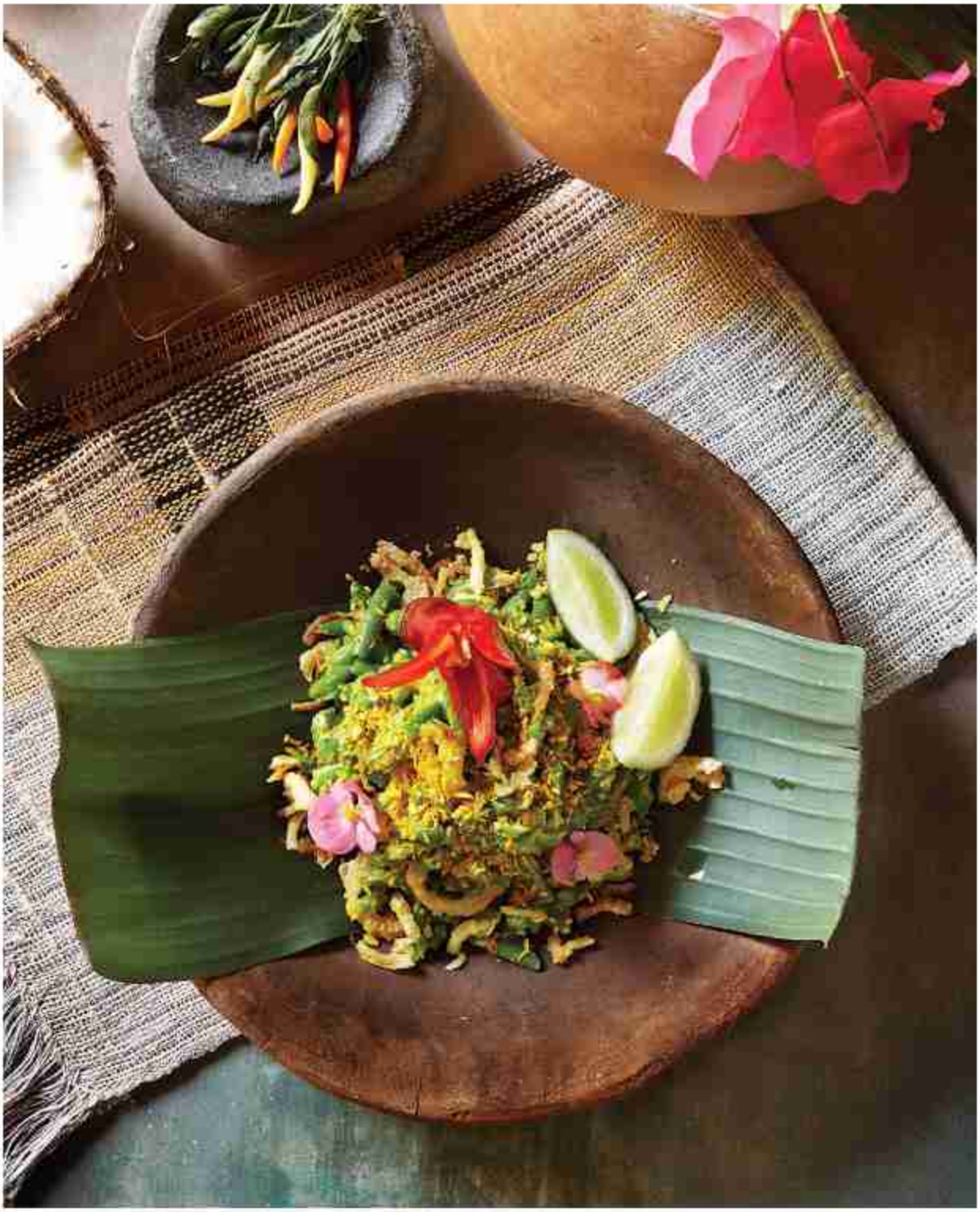
Sea salt and cracked black pepper

2 limes, one juiced, one cut into wedges, for garnish

1. Warm the coconut oil in a skillet over medium heat for 30 seconds. Add the chili slices and cook for 30 seconds. Transfer the chilies to a dish.

Add the shallots to the skillet and cook until crispy, 1 minute. Transfer to a paper towel-lined dish and set aside, reserving half the shallots to be used as garnish.

2. Combine the chili paste and coconut milk in a saucepan. Bring to a boil and then remove the mixture from the heat and let it cool.
3. In another saucepan, bring 1 quart of water to a boil. Add the green beans and blanch them for 2 to 3 minutes. Then drain the beans and transfer them to the ice water for a quick cooldown, 30 seconds. Drain the beans and then split them lengthwise.
4. In a large bowl, combine the coconut, shrimp paste (if using), palm sugar, chilies, shallots, and chili paste mixture. Add the green beans. Season to taste with salt and pepper, and stir in the lime juice. Mix well.
5. Serve on a large plate or in a wooden bowl. Garnish with the crispy shallots and lime wedges.



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POACHED EGGS OVER SPINACH

Leek and Roasted Garlic Chili Yogurt

Serves 4

This poached egg dish features tastes of southeastern Turkey. Isot chili powder is Chef Conny's go-to spice. Also sold as urfa biber, isot is a dark, sun-dried chili with a smoky, raisin-like flavor; when ground, it looks like rough black peppercorns. This dish is for those rare occasions when you will enjoy an egg.

For the Yogurt

½ cup extra virgin olive oil

10 garlic cloves, roughly chopped

1 tablespoon red pepper flakes

1 cup full-fat goat's milk yogurt or Coconut Yogurt

For the Egg Dish

½ cup extra virgin olive oil

½ onion, finely chopped

1 leek, rinsed and thinly sliced

4 cups baby spinach

1 cup White Vegetable Stock

Sea salt

Juice of 1 lemon

4 organic eggs

1 teaspoon isot chili powder or dark chili powder, for garnish

Paprika, for garnish

1. Make the garlic yogurt: Heat the oil in a small saucepan over very low heat for 30 seconds. Add the garlic and cook, stirring occasionally, until golden brown, about 1 minute. Stir in the pepper flakes and cook for another minute. Strain the garlic and pepper oil into separate bowls and let them cool completely, about 5 minutes. Stir the cooled garlic into the yogurt, and set the yogurt and the pepper oil aside.
2. Prepare the egg dish: Heat a skillet over medium heat for 30 seconds. Add the olive oil and onion and cook until the onion is translucent, about 1 minute. Stir in the leek, spinach, and vegetable stock and then simmer until tender, 2 to 3 minutes. Season to taste with salt and drizzle with the lemon juice.
3. Meanwhile, bring a pan of water to a boil and poach the eggs for 2 ½ to 3 minutes.
4. To serve the dish, scoop most of the yogurt onto a serving platter. Spoon the spinach and leek mixture onto the yogurt. Place the poached eggs on top.
5. Garnish the eggs with a sprinkling of chili powder, paprika, and salt and then drizzle with the reserved garlic-red pepper oil.



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SYRIAN ROASTED PUMPKIN

Walnuts and Spicy Pumpkin Seeds

Serves 4 to 6

This recipe uses acuka paste, a pesto-type condiment that features walnuts, as the marinade for the pumpkin. If you watch your timing, you can roast the pumpkin seeds at the same time as the pumpkin.

For the Pumpkin

1 pound peeled pumpkin, cut into

2- to 3-inch cubes (about 2 cups)

½ cup Acuka Paste

½ cup extra virgin olive oil, plus more for drizzling

1 cup White Vegetable Stock

½ cup fresh flat-leaf parsley, roughly chopped, stems removed

1 teaspoon sea salt

2 teaspoons cracked black pepper

2 scallions, thinly sliced, for garnish

For the Pumpkin Seeds

1 cup pumpkin seeds

1 teaspoon red pepper flakes

1 teaspoon chopped rosemary

1 teaspoon sea salt

1 tablespoon aquafaba (the liquid from cooked or canned chickpeas) or water

1 tablespoon honey (optional)

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and set out a roasting pan.
2. Prepare the pumpkin: Mix the pumpkin cubes with the acuka paste and olive oil. Transfer the mixture to the roasting pan. Add the stock and parsley. Season with the salt and black pepper and roast until browned, 30 to 40 minutes. Leave the oven on.
3. Meanwhile, make the spicy pumpkin seeds: Combine the pumpkin seeds, pepper flakes, rosemary, and salt in a bowl.
4. If using aquafaba, whisk it in a bowl until light and fluffy, stir in the honey (if using), and then add the mixture to the pumpkin seed mixture. If using water, simply add it to the pumpkin seed mixture.
5. Spread the seeds on the prepared baking sheet. Bake until golden brown, 10 to 15 minutes. Let them cool.
6. When the pumpkin has finished roasting, transfer it to a bowl or spread the mixture on a platter. Top with the spicy pumpkin seeds, sliced scallions, and a drizzle of olive oil.



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GRILLED OR ROASTED EGGPLANT

Red Lentil Dressing and Preserved Lemon

Serves 4

This eggplant dish brings to mind the Mediterranean mezze culture of a relaxed meal with family and friends. You can grill the eggplants over an open flame until they are charred or even place them directly on the hot coals to cook for an hour or so. The thin baby or “Japanese" eggplants are tender and tasty when combined with the rich array of flavors in the dressing and preserved lemon.

For the Eggplant

2 slender Japanese eggplants

½ cup fresh flat-leaf parsley, roughly chopped, stems removed

½ cup cherry tomatoes quartered

Juice of ½ lemon

1 teaspoon isot chili powder or dark chili powder

Sea salt

For the Dressing

½ cup extra virgin olive oil, divided

4 garlic cloves, chopped

1 teaspoon cumin seeds, toasted, or 1 teaspoon ground cumin

1 tablespoon red pepper flakes

1 ½ cups White Vegetable Stock

½ cup red lentils

1 cup Coconut Yogurt

Juice of 1 lemon

1 tablespoon chopped fresh flat-leaf parsley

Sea salt

For the Garnish

½ red onion, thinly sliced

8 slices Preserved Lemon plus 1 tablespoon lemon oil from the jar

¼ cup cherry tomatoes, quartered

3 or 4 parsley sprigs

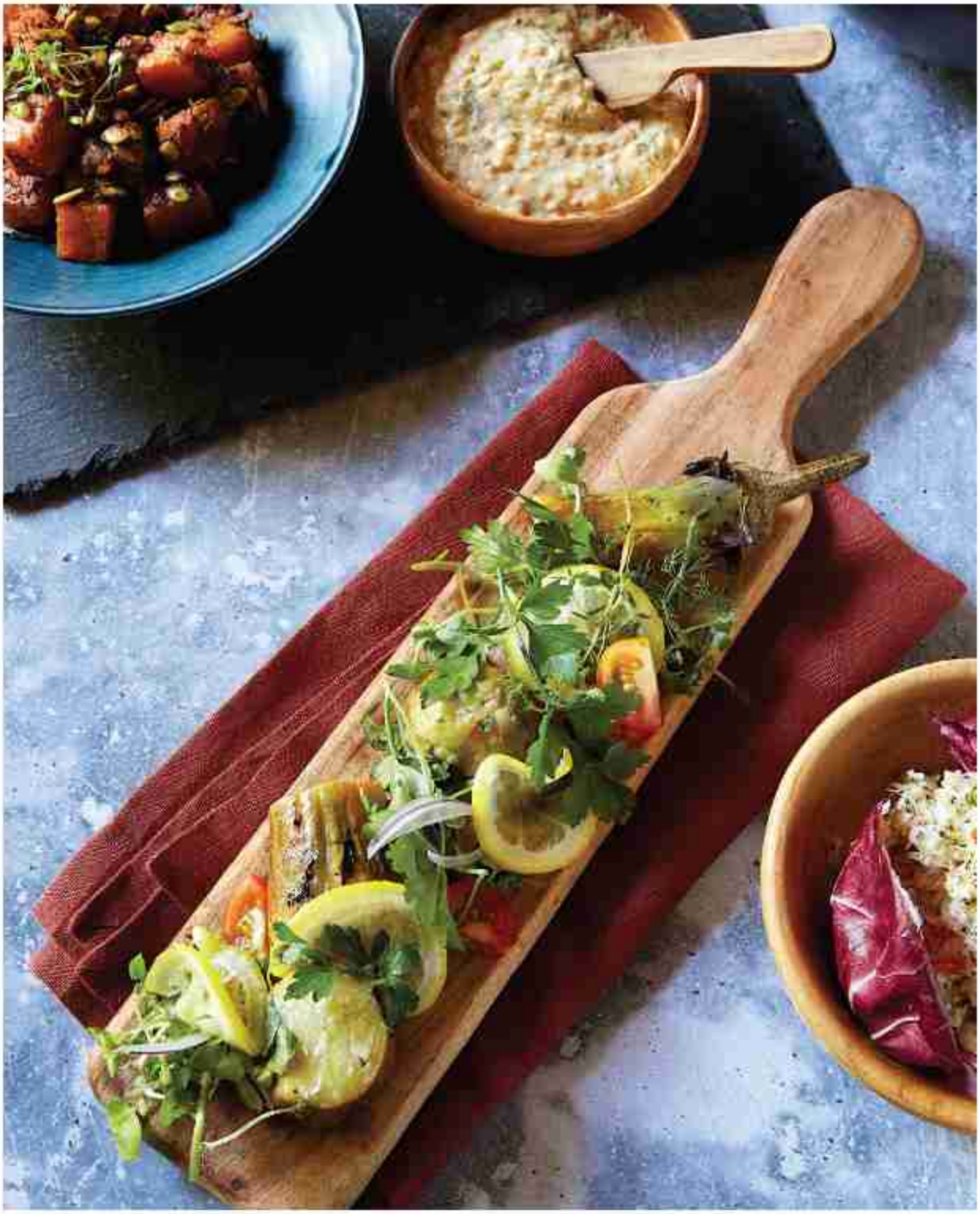
2 tablespoons extra virgin olive oil

1. Make the eggplant: Preheat a grill or prepare a bed of hot coals. Grill the eggplants, turning frequently with long-handled tongs, over an open flame for 5 to 6 minutes. Alternatively, roast directly on the grill's coals, turning the eggplant frequently with long-handled tongs, for about 1 hour. When charred and fully cooked, remove the eggplant from the grill or coals and set it aside to cool. When it is cooled, gently remove the skins and then cut the eggplants into 4 horizontal pieces. Arrange them on a serving dish.

2. Meanwhile, make the lentil dressing: Heat ¼ cup of the olive oil in a small saucepan over low to medium-low heat for 30 seconds. Add the garlic, cumin seeds, and pepper flakes and cook for 30 seconds.

3. Add the stock and lentils. Cover and cook until the lentils are soft, about 5 minutes. Let the mixture cool and then stir in the yogurt, the remaining ¼ cup olive oil, lemon juice, and parsley. Season to taste with salt. Place in a bowl to be served alongside the eggplant.

4. To serve, garnish the eggplants with the onion slices, lemon slices, lemon oil, and cherry tomato quarters. Top with parsley sprigs and a drizzle of olive oil.



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RED LENTIL KOFTA

Quinoa and Romaine Hearts

Serves 8

This recipe is a unique twist on a traditional meatball patty known as kofta. Prepared using lentils and quinoa, this dish is the ultimate vegan answer to ground beef. It works great as an appetizer, side dish, or snack and features a traditional Turkish blend of spices. Serve this dish with a side of your favorite fermented vegetables.

For the Dressing

3 tablespoons extra virgin olive oil

1 medium yellow onion, finely chopped

2 tablespoons tomato paste

1 tablespoon cracked black pepper

1 teaspoon red pepper flakes

6 scallions, thinly sliced

½ cup fresh flat-leaf parsley, chopped

Sea salt

For the Kofta

1 cup red lentils, rinsed

1 cup quinoa, rinsed well

8 romaine lettuce leaves (from the lettuce hearts)

2 tablespoons extra virgin olive oil

Juice of ½ lemon

Pinch of isot chili powder or dark chili powder

8 flat-leaf parsley sprigs

2 lemon wedges

1. Make the dressing: Heat the olive oil in a saucepan over medium heat for 30 seconds. Add the onion and cook until translucent, 1 minute. Stir in the tomato paste, black pepper, and pepper flakes until well combined. Add 1 cup of water and bring to a simmer, then cook for 2 to 3 minutes.
2. Let the mixture cool until it is room temperature, 10 to 15 minutes, and then add the scallions and parsley. Season to taste with salt.
3. Make the kofta: Place the lentils and 3 cups of water in a stockpot and boil until mushy, 10 to 15 minutes. Add the quinoa and stir thoroughly. Turn off the heat, cover the pan, and let the mixture sit for 20 minutes. Stir in the dressing, cover, and refrigerate for 2 to 3 hours. The mixture should resemble ground beef.
4. When ready to serve, use a tablespoon to nestle some of the lentil mixture in each lettuce heart.
5. In a small bowl, mix the olive oil with the lemon juice and drizzle sparingly over the kofta. Top with the isot powder and parsley. Serve with lemon wedges alongside.



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SMASHED FALAFELS

Creamy Avocado Tahini

Serves 4 to 6

Chef Conny remembers walking the streets of Cairo looking for the ultimate falafel. When he spotted a long line of people waiting for their turn at a stall in a market, he realized his quest was over. This is his take on that delicious falafel, jazzed up with our Creamy Avocado Tahini and our Pickled Tomatoes and Red Onion.

---

1 cup dried chickpeas

1 red onion, roughly chopped

½ cup fresh flat-leaf parsley

½ cup fresh mint

6 tablespoons gluten-free flour or chickpea flour

6 garlic cloves

2 red chilies, roughly chopped

2 teaspoons baking powder

2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon sea salt

2 cups extra virgin olive oil, for frying

3 cups Pickled Tomatoes and Red Onion

1 cup Creamy Avocado Tahini

Romaine lettuce leaves

1 lemon, cut into wedges

1. Soak the chickpeas overnight in enough water to cover them by 2 inches.
2. The next day, drain the chickpeas, place them in a food processor, and pulse them until roughly chopped, 1 minute. Add the onion, parsley, mint, flour, garlic, chilies, baking powder, cumin, coriander, and salt and pulse until the mixture resembles pesto in consistency, about 30 seconds. Take care not to overmix; you want the falafel mixture to have a grainy, coarse texture, not something like a paste.
3. Using wet hands, shape the falafel mixture into patties 1 72 inch wide and 1 inch thick.
4. Pour the olive oil into a small cast iron skillet and heat until it reaches 340°F. Working in batches so that you don't crowd the skillet, panfry the falafels until they float and are golden brown, 3 to 5 minutes, turning halfway through.
5. Drain the falafels on paper towels and then smash them gently. Arrange them on a platter with the tomato and onion topping, and with the tahini, romaine hearts, and lemon wedges on the side.



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CARIB BEAN BLACK BEAN FRITTERS

Pineapple Raita

Serves 6

Fritters are a beautiful concept. When these fritters are prepared with protein-packed and fiber-rich black beans and chickpea flour and panfried in healthy coconut oil, then accompanied by Pineapple Raita (a mixture of yogurt and fruit), you have a complete meal in a small dish. Add a little Brisbane's St. Kitts and Nevis Pepper Sauce for an added kick.

For the Bean Base

4 tablespoons coconut oil

1 onion, finely chopped

1 celery stalk, finely chopped

4 garlic cloves, bruised

1 ½ cups dried black beans

4 bay leaves

1 sprig fresh thyme

For the Fritters

2 cups coconut oil, divided

1 bell pepper, finely chopped

½ onion, chopped

2 garlic cloves, finely chopped

1 Scotch bonnet pepper or jalapeno or any of Chef Conny's favorite chilies, finely chopped (wear gloves when handling)

1 teaspoon ground cumin

1 ¼ cups chickpea flour

1 teaspoon baking powder

2 eggs

1 tablespoon chopped fresh ginger

1 tomato, seeded and diced

4 scallions, thinly sliced

3 tablespoons cilantro, chopped

Sea salt and cracked black pepper

1 cup Pineapple Raita

1. Cook the bean base: Heat the coconut oil in a stockpot over medium heat for 30 seconds. Add the onion, celery, and garlic and cook until softened and translucent, 1 minute. Stir in 6 cups of water and add the beans, bay leaves, and thyme. Simmer until the beans are soft, about 1 ½ hours. Reserve ½ cup of the bean liquid and then drain the bean mixture and let it cool.

2. Prepare the fritters: Heat 4 tablespoons of the coconut oil in a saucepan. Add the bell pepper, onion, garlic, chili, and cumin and cook until fragrant and softened, 1 minute. Set the mixture aside to cool.

3. In a small bowl, beat together the flour, baking powder, eggs, and ginger until the mixture has the consistency of a thick pancake batter, about 1 minute.

4. Measure 3 cups of the cooled beans and place them in a large bowl. (Refrigerate the remaining cooked beans for another use.) Lightly crush the beans. Add the tomato, scallions, cilantro, and the reserved bell pepper mixture and mix well. Slowly stir the bean mixture into the batter until the consistency is firm and thick.

5. Heat the remaining coconut oil in a small cast-iron skillet. Scoop out heaping tablespoon portions of the fritter mixture and fry the fritters in small batches until they develop a thin crust and float on the oil.

6. Drain well on paper towels. Season to taste with salt and pepper. Serve on top of a layer of raita and enjoy.



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CHICKPEA CREPES (SOCCA)

Tomato Chutney (Kasundi) and Coconut Yogurt

Serves 4

Traditionally, socca crepe ingredients are gluten and egg free: the ingredients are simply water or stock and chickpea flour. We include aquafaba (the liquid from cooked or canned chickpeas) to lighten the texture without incorporating eggs. Using aquafaba is a great way to repurpose the by-product from cooking beans. It can be omitted, but the crepes will be denser. Consider fermenting the crepe batter overnight with *S. boulardii* so the crepes become lighter and more pliable, have more flavor zing, and offer beneficial probiotics. We serve the crepes with a tomato chutney and coconut yogurt, although you can use just one of these if you prefer.

---

1 cup chickpea flour

1 teaspoon toasted cumin seeds, ground, or 1 teaspoon ground cumin

½ cup White Vegetable Stock, plus more as needed

½ cup aquafaba (optional)

2 capsules S. boulardii probiotic powder (optional)

Sea salt and cracked black pepper

1 teaspoon olive oil

4 tablespoons Tomato Chutney (Kasundi)

4 tablespoons Coconut Yogurt

4 or 5 mint sprigs, for garnish (optional)

1. Stir together the flour and cumin in a large bowl.

2. In a separate bowl, whisk together the stock and aquafaba, if using, until well combined. Slowly whisk the liquid into the flour mixture. Let the batter sit for 10 to 15 minutes so the flour absorbs the liquid. If the batter becomes too thick, thin it with a tablespoon or two of stock or water, until it resembles pancake batter. To ferment the batter, if desired, whisk in the contents of the probiotic capsules and let the batter sit, covered, at room temperature for 8 to 10 hours.

3. When you are ready to cook the crepes, season the batter with salt and pepper to taste. Heat the olive oil in a nonstick pan over medium heat for 30 seconds. Pour a ladleful of batter into the skillet and gently swirl the pan to evenly distribute the batter along the bottom. Cook until bubbles form uniformly throughout the crepe, 30 to 40 seconds, and then flip the crepe and cook it until it is evenly golden brown on both sides, another 30 seconds. If a crepe browns too quickly, reduce the heat so the crepes don't burn. Transfer the crepe to a platter and repeat the process with the remaining batter.

4. Plate the crepes and serve the chutney and yogurt on the side, garnishing with mint, if desired.



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INDIAN PORRIDGE

Broccoli Florets

Serves 4 to 6

Kitchari (pronounced kitch-a-ree) is a nourishing, easy-to-digest lentil-and-rice porridge that has been a part of Indian Ayurvedic kitchens for thousands of years. The dish offers a highprotein, nutrient-dense meal that can be eaten at any time of day and any time of year. This recipe calls for split yellow mung beans (moong dal), but you can substitute red lentils (masoor dal). Using fermented rice adds a probiotic boost to the porridge.

---

3 tablespoons ghee (clarified butter) or coconut oil

1 teaspoon cumin seeds, crushed

1 teaspoon fennel seeds

1 teaspoon mustard seeds

1 teaspoon ground coriander

1 teaspoon Kashmiri chili powder or red pepper flakes

½ teaspoon ground turmeric

1 medium carrot, finely diced

2 shallots, finely chopped

1 tablespoon finely chopped garlic

1 tablespoon finely chopped fresh ginger

1 cup Fermented Brown Rice

1 cup yellow split mung beans or red lentils

5 cups White Vegetable Stock

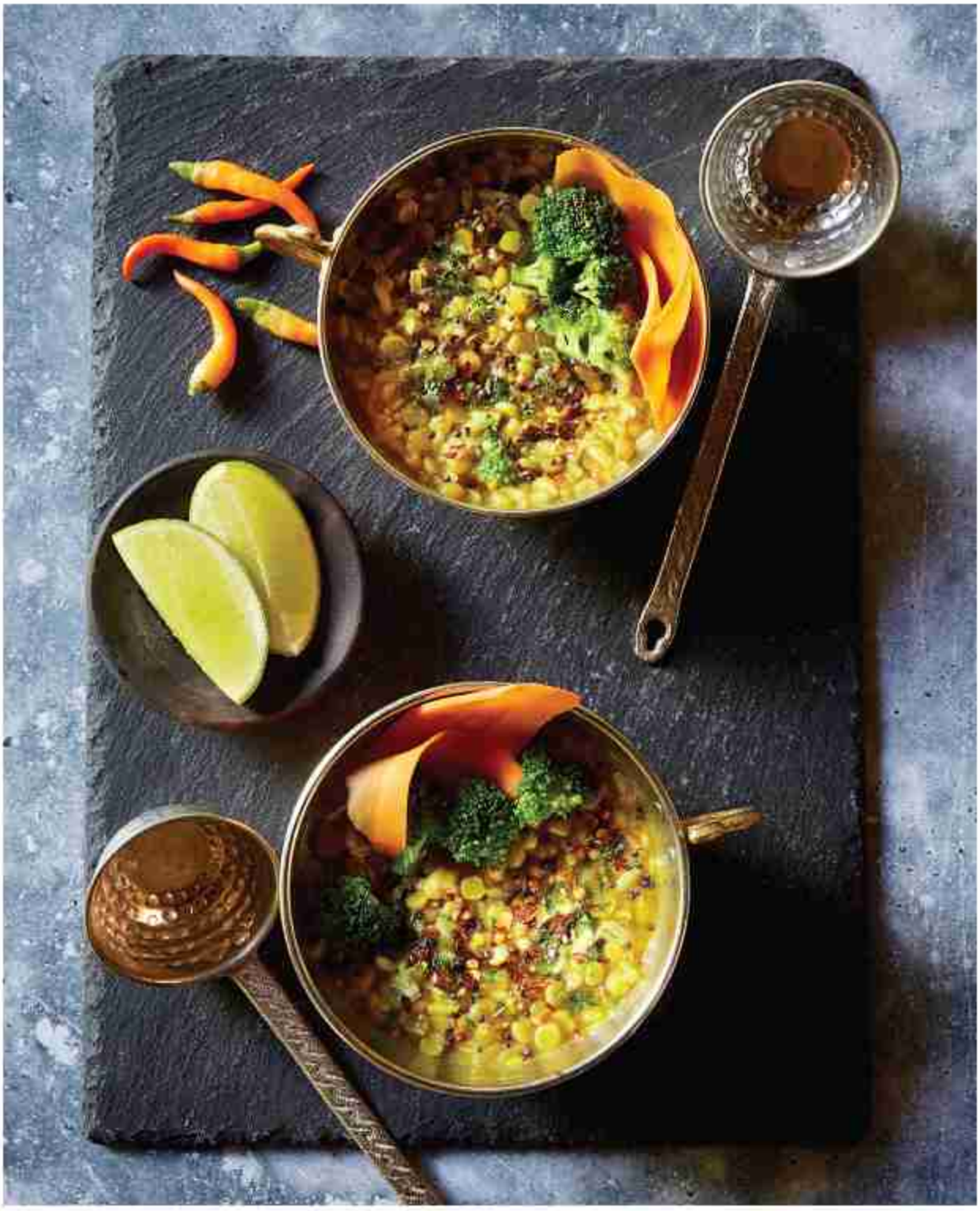
1 ½ cups broccoli florets

1 quart ice water

½ medium carrot, shaved lengthwise, for garnish (optional)

Sea salt

1. Heat a saucepan over medium heat for 30 seconds. Add the ghee and then the cumin seeds, fennel seeds, mustard seeds, coriander, chili powder, and turmeric. Cook until fragrant, 30 seconds. Stir in the carrot, shallots, garlic, and ginger, and cook for 30 seconds. Add the fermented rice and mung beans; stir.
2. Add half the stock and stir until mixed. Continue to add the remaining stock for the next 45 minutes until the mixture attains a very soft risotto-type consistency. Season to taste with salt.
3. Meanwhile, bring 1 quart of water to a boil. Add the broccoli and blanch it for 30 seconds. Then drain it and transfer it to the ice water for a quick cooldown, 30 seconds. Drain again. (Alternatively, steam the broccoli over boiling water for 30 seconds.) Add half the broccoli to the rice and beans, reserving the rest for garnish.
4. Serve the kitchari with the shaved carrot, if desired, and the broccoli garnish.



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HEARTS OF PALM CEVICHE

Sweet Potato and Nut Milk

Serves 4 to 6

Traditionally ceviche is a cold dish of mixed marinated seafood. This vegan interpretation features hearts of palm, which can be purchased fresh, vacuum packed, or canned. We prefer the fresh variety, but canned hearts of palm will still be delicious, just less crunchy. Tiger's milk, a nut milk mixture that includes spices and celery, is the traditional Peruvian ceviche base. Coconut provides creaminess; the chilies give the milk heat and an appealing light yellow color and suggest the energy of the tiger. In a pinch, you can substitute any coconut milk or any nut milk.

For the Tiger's Milk

Juice of 5 limes

½ cup ice cubes

¼ cup fresh cilantro

4 garlic cloves

1 tablespoon chopped fresh ginger

2 shallots

2 chilies (preferably aji amarillo) or 1 yellow habanero chili

1 celery stalk, roughly chopped

1 cup coconut milk

Sea salt

For the Ceviche

¾ cup diced sweet potatoes

1 cup hearts of palm (ideally fresh), chopped or roughly diced

½ avocado, diced

½ red onion, sliced

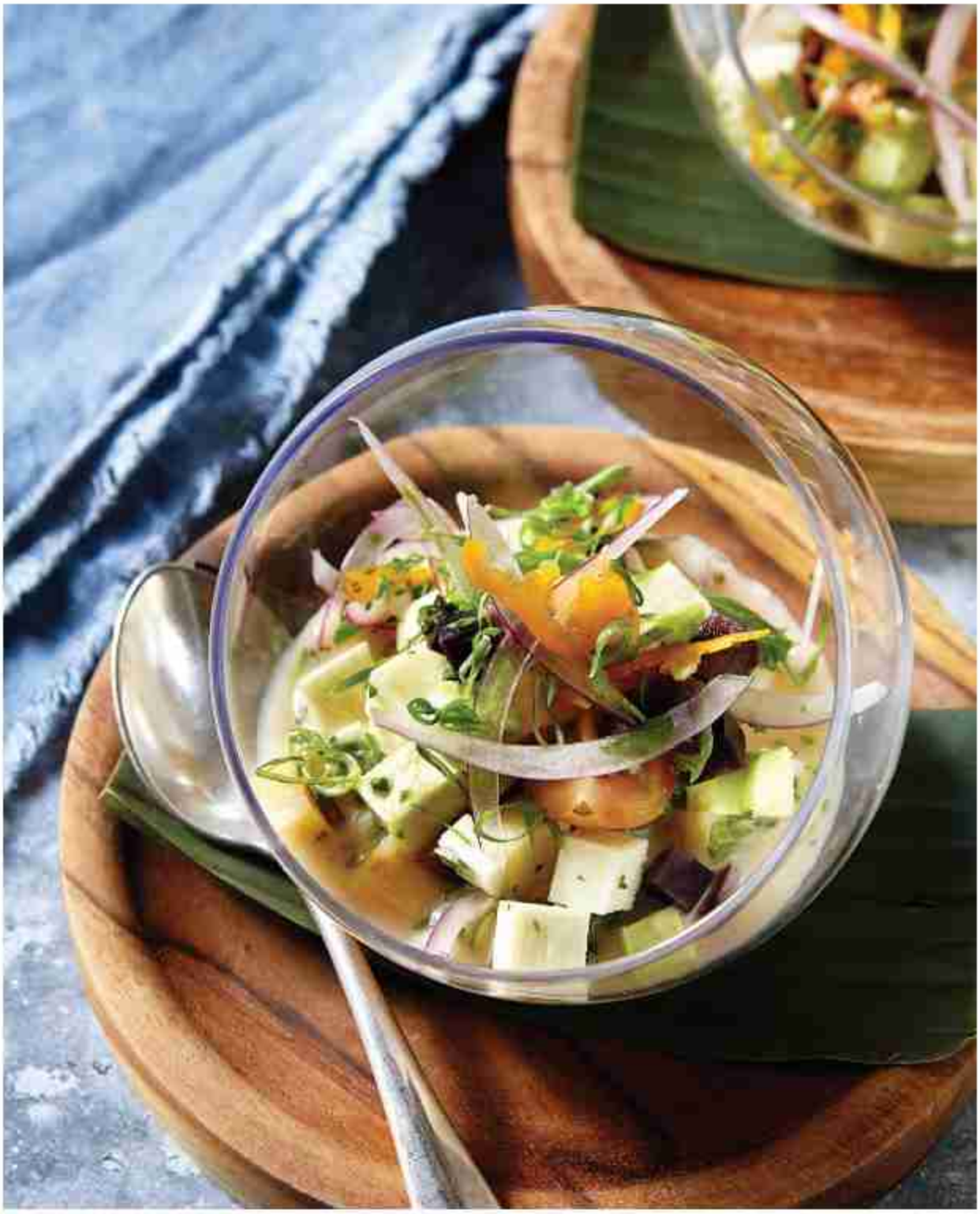
¼ cup cherry tomatoes, halved

¼ cup fresh cilantro, roughly chopped

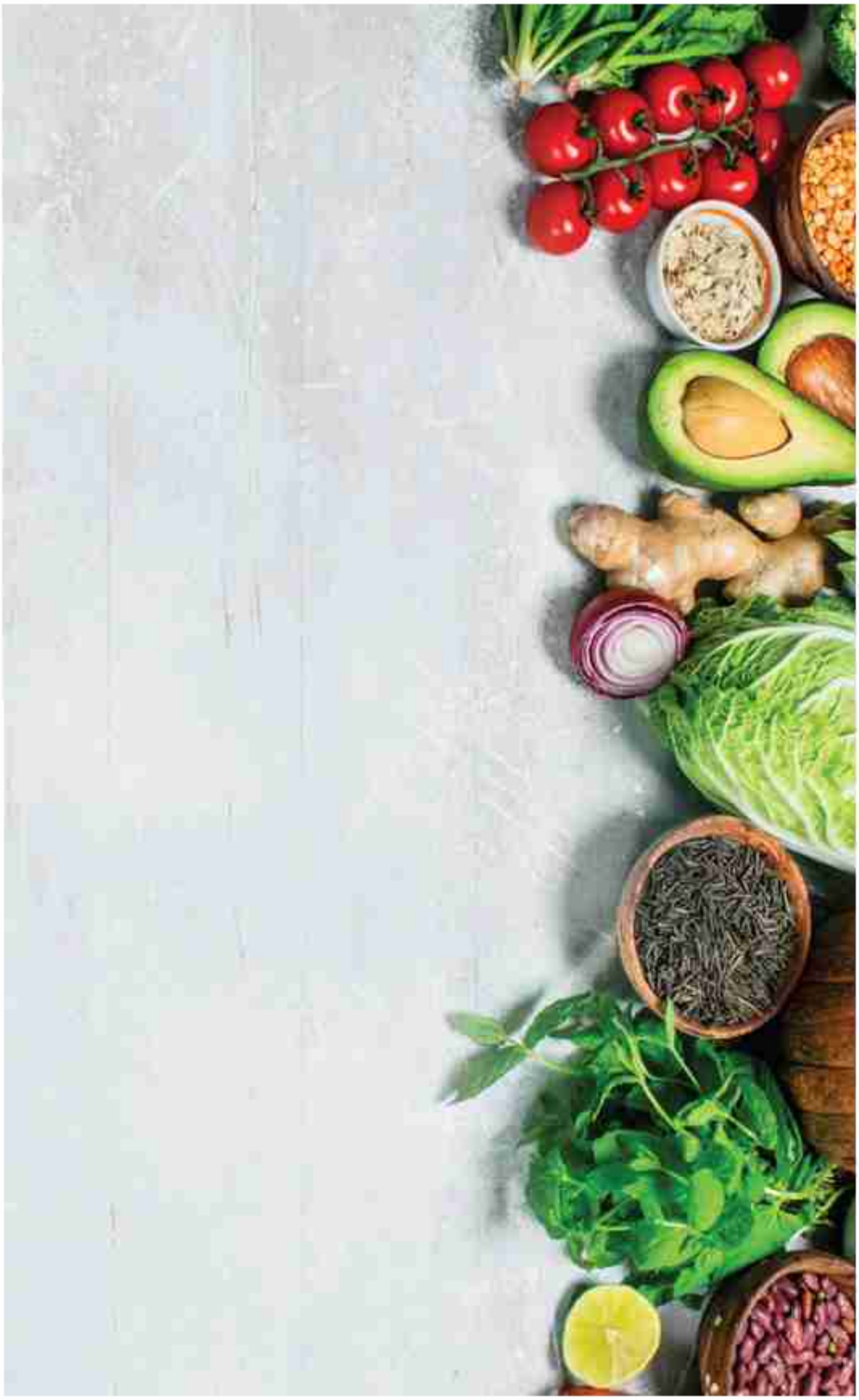
3 scallions, thinly sliced

Sea salt and cracked black pepper

1. Make the tiger's milk: Place the lime juice, ice cubes, cilantro, garlic, ginger, shallots, chilies, and celery in a blender. Blend thoroughly for 30 seconds. Pour in the coconut milk and then blend again for 30 seconds.
2. Strain the mixture through a fine-mesh strainer or cheesecloth. Season to taste with salt. Measure 1 cup of the tiger's milk and set it aside. Refrigerate the rest in an airtight container for another use.
3. Prepare the ceviche: Boil the sweet potatoes until they are tender but not mushy, 1 to 2 minutes. Drain and let them cool.
4. Place the sweet potatoes, hearts of palm, avocado, onion, tomatoes, cilantro, and scallions in a large bowl. Add the reserved 1 cup of tiger's milk. Fold the ingredients together and then season to taste with salt and pepper.
5. Refrigerate until ready to serve so the dish is icy cold. Serve and enjoy!



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CHAPTER 9

Salads and Mains

In the previous chapter, we focused on smaller dishes you can share mezze style. Here we prepare more substantial, sometimes heartier fare that serves as the main event. Plated on a serving platter or individually, these main courses feature inventive, satisfying, and health-enhancing flavor combinations with a bit more wow factor.

Chopped Vegetables, Nuts, and Seeds Salad

Kale, Fennel, and Grilled Avocado Salad

Aromatic Red Lentil Casserole

Whole Roasted Cauliflower with Skordalia

Zucchini Aglio Olio

Aubergine Schnitzel with Mushroom Polenta

Black Bean Chili with Fermented Vegetables and Avocado

Panfried Lentil Patties

Buckwheat Noodles and Smoked Tofu

Socca Pancakes and Trini Masala Chickpeas

Hilals Zucchini Dolmas

Cauliflower Fritters with Warm Sweet Potato-Chickpea Salad
Root Vegetable Hash with Avocado-Coconut Aioli
Steamed Broccoli with Garlic Streusel
Toasted Sorghum Risotto with Garlic Tomatoes
Zucchini and Mushroom Vindaloo with Indian Mixed-Vegetable Salad
Rice Noodles and Vegetables in Spicy Tamarind Broth

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CHOPPED VEGETABLES, NUTS, AND SEEDS SALAD

Serves 4 to 6

A superfood salad loaded with fiber and protein—including the dressing made with lacto-fermented pickle juice from the Persian Cucumber Dill Pickles —and topped with Dr. Alberto's favorite broccoli sprouts. (For notes on toasting seeds and nuts)

For the Dressing

¼ cup juice from Persian Cucumber Dill Pickles

¼ cup orange juice

1 tablespoon monk fruit syrup

Juice of 1 lime

½ cup avocado oil

1 teaspoon poppy seeds

Sea salt and cracked black pepper

For the Salad

½ cup finely diced carrots

½ cup broccoli florets

1 quart ice water

½ cup cherry tomatoes, halved

½ cucumber, peeled and diced

½ avocado, diced

½ bell pepper, diced

1 scallion, finely sliced

½ green apple, diced

½ cup shaved savoy or regular cabbage

¼ cup loosely packed basil leaves, torn

3 tablespoons sunflower seeds, toasted

3 tablespoons pumpkin seeds

2 tablespoons sesame seeds, toasted

3 tablespoons cashews, toasted and crushed

Sea salt and cracked black pepper

¼ cup broccoli sprouts, for garnish

1 orange, segmented, for garnish

1. Make the dressing: Combine the pickle juice, orange juice, monk fruit syrup, and lime juice in a blender. Blend on low speed for 15 seconds. Gradually add the avocado oil and blend until completely emulsified, 30 seconds.
2. Fold in the poppy seeds, season to taste with salt and pepper, and allow the dressing to marinate, refrigerated, for 30 minutes.
3. Prepare the salad: Bring 1 quart of water to a boil in a saucepan. Blanch the carrots and broccoli florets in the water for 30 seconds and then transfer them to the ice water for a 30-second cooldown. Drain through a colander.
4. In a glass, ceramic, or stainless steel bowl, combine the carrots, florets, tomatoes, cucumber, avocado, bell pepper, scallion, apple, cabbage, basil, seeds, and cashews.

5. Add the dressing and season to taste with salt and pepper. Transfer to a bowl or platter. Garnish with the broccoli sprouts and orange segments.



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KALE, FENNEL, AND GRILLED AVOCADO SALAD

Serves 4

Grilling the avocado adds warmth, texture, and visual appeal to this dish. It's a different way to enjoy this heart-healthy fruit. Add to it the Nrf2-activating properties of kale and the fiber- and vitamin-rich crispy fennel, and you have a super salad designed to give you a boost of energy even as it makes your taste buds sing.

---

2 avocados

Sea salt and cracked black pepper

3 cups kale, roughly chopped

1 tablespoon agave syrup

4 tablespoon extra virgin olive oil

Juice of 2 limes

1 medium fennel bulb, shaved

½ cup basil leaves

¼ dragon fruit, peeled and cut into thin slices

8 orange segments, plus any juice

1 recipe Pan Granola

1. Cut the avocados into quarters. Brush each piece with olive oil and season with salt and pepper. On a grill pan heated over medium-high heat, grill the avocados until grill marks form, 15 to 20 seconds.
2. Bring 1 quart of water to a boil in a saucepan. Blanch the kale in the boiling water for 30 seconds. Drain it and then transfer it with a slotted

spoon to ice water to cool it down. Drain it again.

3. In a small bowl, whisk together the agave syrup, olive oil, and lime juice to make a dressing.
4. Toss together the kale, three-quarters of the fennel, and the basil in a mixing bowl. Pour on the dressing, toss again, and season to taste with salt and pepper.
5. Divide the salad among four plates. Top each serving with 2 grilled avocado quarters, dragon fruit slices, and 2 orange segments and their juice. Toss again. Sprinkle the pan granola on the salads and garnish with the remaining fennel.



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AROMATIC RED LENTIL CASSEROLE

Serves 4 to 6

This heartwarming, Indian-spiced lentil stew with root vegetables is hearty and delicious on its own, but you might serve it with Fermented Brown Rice on the side for an additional nutritional boost.

½ cup ghee (clarified butter)

1 teaspoon cumin seeds

1 teaspoon mustard seeds

1 teaspoon hot chili powder

1 teaspoon ground turmeric

1 tablespoon fenugreek leaves

1 tablespoon grated fresh ginger

1 tablespoon finely chopped garlic

1 tablespoon chopped and seeded serrano chili

Vi cup chopped onions

1 cup cubed sweet potatoes

1 cup chopped white cabbage

½ cup red lentils

½ cup diced carrots

½ cup sliced leeks

6 cups White Vegetable Stock

1 cup broccoli florets

Sea salt and cracked black pepper

½ cup cilantro leaves, torn, for garnish (optional)

1 tablespoon thinly sliced fresh ginger, for garnish (optional)

1. Heat the ghee in a stockpot over medium heat for 30 seconds. Add the cumin seeds, mustard seeds, chili powder, turmeric, and fenugreek and cook until the seeds pop, 10 to 15 seconds. Stir in the ginger, garlic, chili, and onion and cook until fragrant and softened, about 1 minute.
2. Add the sweet potatoes, cabbage, lentils, carrots, and leeks, followed by the stock. Simmer until the vegetables and lentils are soft, about 20 minutes. Stir in the broccoli and simmer for 5 to 7 minutes longer. Season to taste with salt and pepper.
3. Transfer to a serving dish and garnish with the cilantro and ginger, if using.



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WHOLE ROASTED CAULIFLOWER

Skordalia

Serves 4 to 6

This beautiful combination of cauliflower and skordalia (a Greek sauce or dip) is not only healthy but also results in a visually pleasing dish that is great to serve at the family table. You'll use two types of almonds in this dish: whole and slivered.

For the Cauliflower

Sea salt

2 medium heads cauliflower, with the greens

½ teaspoon ground turmeric

¼ cup extra virgin olive oil

For the Gremolata

¼ cup almond slivers

½ cup parsley, chopped

6 slices Preserved Lemon, chopped

1 teaspoon red pepper flakes

¼ cup extra virgin olive oil

Sea salt

For the Skordalia

Sea salt

1 sweet potato, diced

12 garlic cloves

¾ cup almond slivers

½ cup extra virgin olive oil

¼ cup whole almonds, toasted, for garnish

1. Prepare the cauliflower: Bring 2 quarts of water and 2 tablespoons of salt to a boil in a stockpot. Add the whole cauliflowers with their greens and simmer for 3 to 4 minutes. Drain the cauliflowers and let them cool a bit.
2. Preheat the oven to 475°F.
3. Rub the cauliflowers with the turmeric and olive oil and place them on a baking sheet. Roast until golden brown, about 15 minutes.
4. Make the gremolata: In a dry, nonstick skillet over medium heat, pan roast the almond slivers until golden brown, 30 to 45 seconds.
5. Combine the parsley, lemon, pepper flakes, and olive oil in a small bowl. Add the toasted almond slivers. Season to taste with salt and set aside.
6. Make the skordalia: Bring 1 quart of water and 1 heaping tablespoon of salt to a boil in a saucepan. Add the sweet potato and garlic, and boil until soft, 3 to 5 minutes. Strain the mixture through a colander into a bowl, reserving ½ cup of the cooking liquid.
7. Transfer the sweet potato mixture and the ¾ cup almond slivers to a food processor and blend until smooth, 30 to 45 seconds. Add the ½ cup olive oil, along with the reserved cooking liquid, if needed, to achieve a consistency similar to a hollandaise sauce.
8. To serve the dish, spread the skordalia on the bottom of a platter or wide bowl. Top with the roasted cauliflower, sprinkle on the gremolata, and garnish with the toasted almonds.



An Inspirational Guideline for How to Salt Cooking Water

Taste the cooking water before you add vegetables (such as the cauliflower in the recipe above); it should taste like seawater. Then once the vegetable has cooked, taste it: Should the cooking water have been more or less salty? Was the vegetable freshly picked and extra moist, or was it older and from the supermarket, and how did that affect the result? What can you learn to do differently—or the same—next time? This is how you develop a “taste memory" so you know what needs to be added as you build a dish. Repetition perfects skills. But fine cooking is not just practice, practice, practice; you must pay attention and learn from what you've done, and then remember what you've learned.

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ZUCCHINI AGLIO OLIO

Serves 4

This lovely, healthful dish is full of Italian flavors, yet it is low in calories and gluten free. Thanks to the zucchini "noodles," you still get a complete pasta-like experience.

For the Zucchini

6 medium zucchini

Sea salt

1 quart ice water

¼ cup extra virgin olive oil

12 garlic cloves, cut into slivers

1 tablespoon red pepper flakes

½ cup parsley, chopped

Cracked black pepper

For the Ragout

¼ cup extra virgin olive oil, plus more for drizzling

2 shallots, finely chopped

5 garlic cloves, finely chopped

1 cup mushrooms of your liking, rinsed and quartered

1 cup cherry tomatoes, halved

2 tablespoons tomato puree

¼ cup white wine

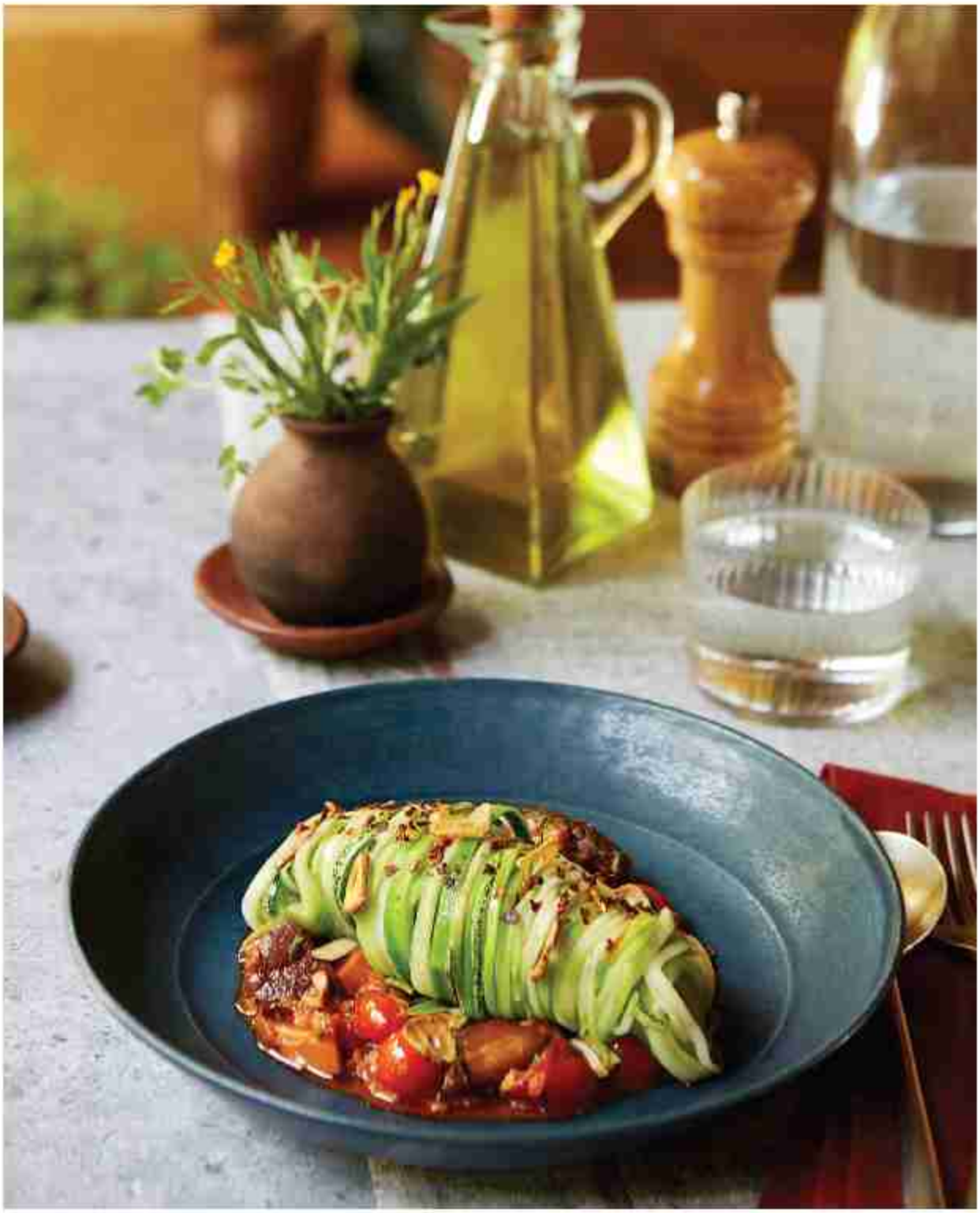
½ cup White Vegetable Stock

Sea salt and cracked black pepper

½ cup basil leaves

1. Prepare the zucchini: Using a mandoline or a julienne slicer, create Vs-inch-thick strips from the outer part of the zucchini. Chop the zucchini flesh into cubes and set aside for the ragout.
2. Bring 1 quart of water and 1 heaping tablespoon of salt to a boil in a large saucepan. Add the zucchini strips and blanch for 30 seconds. Drain the zucchini and transfer it to the ice water to chill until cool. Drain again and then spread on clean dish towels to absorb any excess moisture.
3. Preheat a large nonstick pan over medium heat for 30 seconds. Add the olive oil and garlic and cook until golden brown, 1 to 2 minutes. Stir in the pepper flakes and toast for a few seconds. Stir in the zucchini strips and cook until al dente and slightly translucent, 30 to 45 seconds. Add the parsley and season to taste with salt and pepper. Set aside.
4. Make the ragout: Heat the olive oil in a saucepan over medium heat for 1 minute. Add the shallots and garlic and cook until fragrant.
5. Add the mushrooms and the reserved zucchini flesh and cook until their juices have evaporated, 2 or 3 minutes.
6. Stir in the tomatoes and tomato puree. Add the wine, stirring the pan well to scrape up any flavorful browned bits from the bottom. Add the stock. Season to taste with salt and pepper, and fold in the basil.
7. To assemble the dish, place the ragout on the bottom of a serving dish. Using a meat fork, swirl one-quarter of the zucchini noodles as if you were twirling a large forkful of spaghetti. Repeat with the rest of the zucchini noodles until you have four bundles. Arrange the zucchini bundles on top of the ragout.

8. Drizzle with some olive oil and top with the garlic slivers and pepper flakes from the zucchini pan.



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AUBERGINE SCHNITZEL

Mushroom Polenta

Serves 4 to 6

A great dish to cook when eggplants are in season, aubergine schnitzel is a perfect meat substitute. Cooking the eggplant with good oil and patting the pieces with paper towels to remove excess oil before serving are essential. Serve this topped with Tomato-Arugula Salad, drizzled with Basil Oil, and with grilled lemon halves on the side.

For the Polenta

½ cup extra virgin olive oil, divided

2 shallots, chopped

5 garlic cloves, finely chopped

2 cups rinsed and sliced mushrooms of your choice

1 cup organic stone-ground cornmeal (Anson Mills is a good brand)

6 cups White Vegetable Stock, plus more as needed

4 tablespoons nutritional yeast

1 teaspoon dried oregano

Zest of ½ lemon

Sea salt and cracked black pepper

For the Schnitzel

2 medium eggplants

Sea salt

1 cup gluten-free panko breadcrumbs

2 tablespoons nutritional yeast

1 tablespoon finely chopped garlic

1 teaspoon chopped thyme

1 teaspoon chopped parsley

1 teaspoon chopped rosemary

2 eggs or 2 cups flegg (see Note)

1 cup extra virgin olive oil

Sea salt and cracked black pepper

Tomato-Arugula Salad

Note: You can substitute flegg (flaxseed egg) for the egg: Combine 1 part warm water with 3 parts whole flaxseeds in a bowl. Let the mixture rest for 2 or 3 minutes so the flaxseed absorbs some of the liquid and then blend in a blender for 15 to 20 seconds. One cup of flegg is equivalent to 1 egg.

1. Make the polenta: Set aside 2 tablespoons of the olive oil and then heat the remainder in a saucepan over medium heat for 30 seconds. Add the shallots and then the garlic, and cook until fragrant, 30 seconds. Add the mushrooms and cook until the liquid they release has evaporated, 2 to 3 minutes.
2. Stir in the cornmeal and half the vegetable stock. Simmer, stirring occasionally and adding more stock as needed, until soft, creamy grits develop, 10 to 15 minutes.
3. Mix in the nutritional yeast, oregano, lemon zest, and the remaining olive oil. Season to taste with salt and pepper,
4. Prepare the eggplants: Slice them lengthwise into ½-inch slices and sprinkle with some salt. Set aside for 30 to 40 minutes. (This is to

bring out some of their bitterness.) Pat them dry with paper towels and set them aside.

5. In a shallow bowl, mix the panko, nutritional yeast, garlic, thyme, parsley, and rosemary. In another shallow bowl, whisk the egg or flegg.
6. Dip eggplants in the egg or flegg and then coat them on both sides with the panko mixture.
7. Heat the olive oil in a large skillet over medium heat. Working in batches as needed, cook the eggplant slices until golden brown on both sides, 2 or 3 minutes on each side.
8. Place the eggplant slices on a paper towellined plate to absorb any excess oil. Keep them warm, covered, on top of the stove until ready to serve. Serve with the tomatoarugula salad.



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BLACK BEAN CHILI

Fermented Vegetables and Avocado

Serves 4 to 6

Black bean soup, black bean fritters, black bean anything—give us the beans! This nutritional powerhouse of a bean is the star of this dish, which fulfills the craving for a hearty meal. A topping starring avocado and tomato complements the chili's hearty richness; serve some Sichuan Vegetable and Pineapple Ferment and Coconut Yogurt alongside to expand the flavor profile. Just be sure to start this chili a day in advance so the beans can soak overnight.

For the Chili

2 cups dried black beans

Sea salt

½ cup avocado oil

2 teaspoons cumin seeds

2 teaspoons coriander seeds, cracked

2 tablespoons chili powder

6 garlic cloves, finely chopped

2 Scotch bonnet peppers, finely chopped (wear gloves when handling)

2 onions, chopped

1 carrot, finely diced

1 bell pepper, chopped

5 cups Brown Vegetable Stock

4 bay leaves

4 sprigs fresh thyme

For the Topping

1 avocado, diced

½ cup cherry tomatoes

4 scallions, thinly sliced

1 tablespoon extra virgin olive oil

Sea salt and cracked black pepper

½ cup Coconut Yogurt, for serving

½ cup fermented vegetables, for serving

1. Make the chili: Place the beans and a pinch of salt in a large bowl with enough water to cover them by 4 inches. Let the beans soak in the fridge overnight.
2. The next day, heat the avocado oil in a stockpot over medium heat for 30 seconds. Add the cumin seeds, coriander seeds, and chili powder and cook until the seeds pop, 15 seconds. Watch carefully to ensure the spices do not burn.
3. Add the garlic, Scotch bonnet peppers, onions, carrot, and bell pepper and cook until fragrant and translucent, 2 to 3 minutes.
4. Rinse and drain the soaked black beans. Add them to the stockpot and then stir in 2 ½ cups of the vegetable stock and the bay leaves and thyme. Simmer until the beans are soft, about 1 hour, adding more of the stock as needed to keep the beans covered with liquid at all times. Discard the thyme sprig.
5. Remove 1 cup of the beans and blend them in a food processor for 30 seconds. Fold them back into the chili to thicken the dish. Keep the chili warm over low heat until ready to serve.

6. Make the topping: Toss together the avocado, tomatoes, scallions, and olive oil in a small bowl. Season to taste with salt and black pepper.
7. To serve, spoon out the chili and place some topping on each serving. Then dollop with the yogurt and set the fermented vegetables on the side.



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PANFRIED LENTIL PATTIES

Serves 4

Lentil patties are the ultimate meat substitute—and better for you. Lentils are an ancient supergrain full of protein and the nutrients that are a cornerstone of the GNB eating plan. Low in saturated fat yet satiating, they make a complete meal when combined with nuts and seeds. The Tomato Chutney (Kasundi) rounds out the flavor profile. If you're feeling inspired, add half a grilled lemon to each plate, as we did. Be sure to garnish each serving with a microgreen salad—microgreens are herbs grown from seed and harvested when they are 2 inches tall.

½ cup dried chickpeas

Sea salt

¾ cup green lentils

¼ cup quinoa, rinsed well

2 cups green beans

1 quart ice water

¼ cup macadamia nuts or cashews

¼ cup sunflower seeds

½ roasted beet (Dukkah-Spiced Roasted Beets, grated and squeezed dry

3 tablespoons chickpea flour

¼ cup plus 4 tablespoons extra virgin olive oil, divided

3 shallots, finely chopped

1 tablespoon miso paste

4 tablespoons tamari

Sea salt and cracked black pepper

Juice of 1 lemon

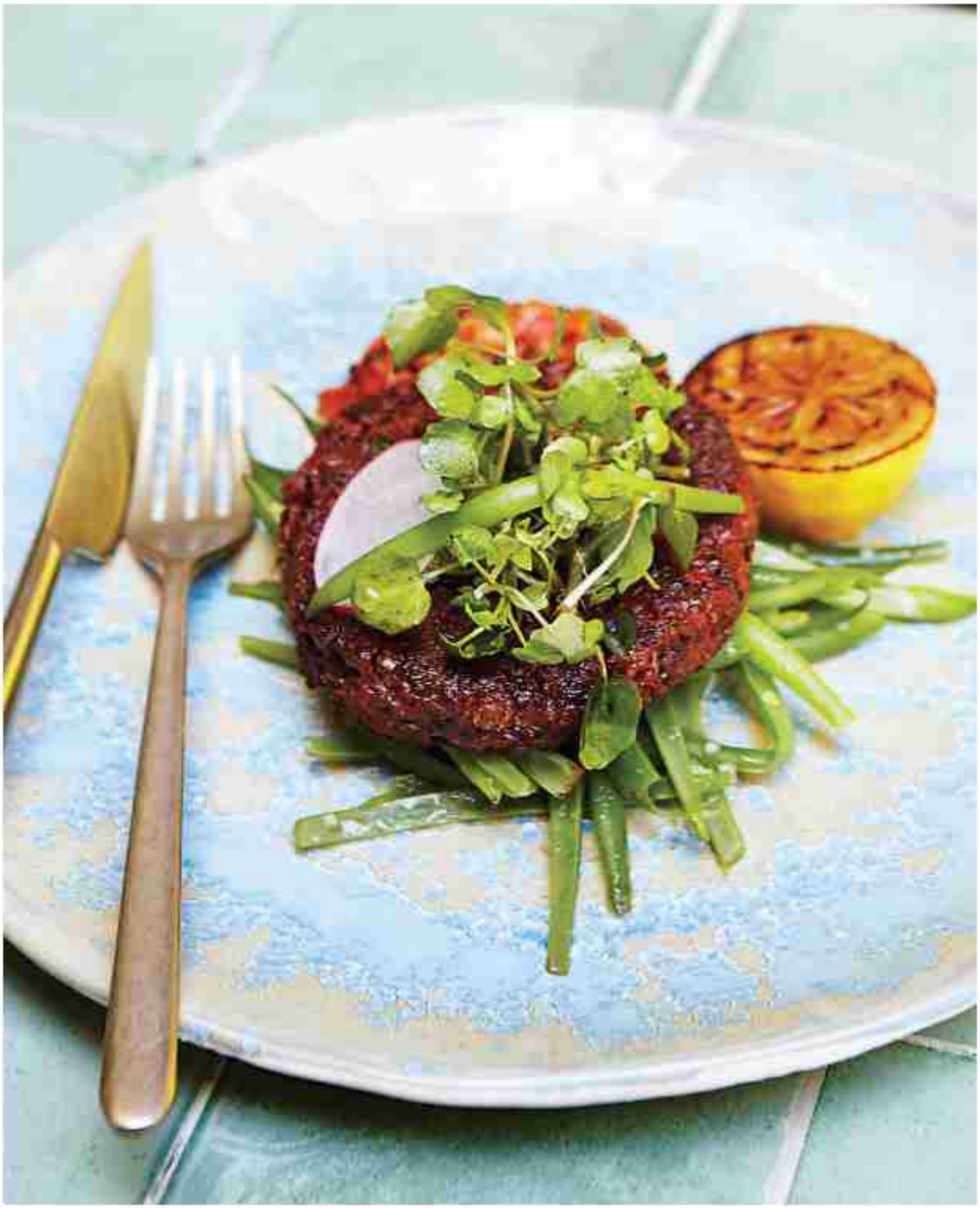
¼ cup olive oil

½ cup microgreen herb salad (optional)

½ cup Tomato Chutney (Kasundi)

1. Place the chickpeas in a bowl with enough water to cover them by 4 inches. Let them soak, refrigerated, overnight. The next day, drain and set aside.
2. Bring 2 quarts of water and 1 heaping tablespoon of salt to boil in a stockpot. Add the lentils and quinoa and simmer for 15 minutes. Drain and set them aside so excess moisture evaporates as the lentils and quinoa cool.
3. Bring 1 quart of water to a boil, add the green beans, and blanch them for 30 seconds. Drain and transfer them to the ice water for 30 seconds for a quick cooldown, and then drain them again. Slice the cooled green beans lengthwise and place them in a bowl.
4. Place the chickpeas, nuts, and sunflower seeds in a food processor. Pulse until chopped medium to fine, 30 to 45 seconds. Add the lentils and quinoa, grated beet, and flour and pulse 4 or 5 times. Transfer the mixture to a bowl.
5. Heat 2 tablespoons of the olive oil in a skillet over medium heat for 30 seconds. Add the shallots and cook until translucent, about 30 seconds. Add them to the lentil mixture. Stir in the miso and tamari. Season to taste with salt and pepper.
6. Form the patties into the desired size. In another nonstick skillet, heat 2 tablespoons of the olive oil for 30 seconds and then panfry the patties until golden brown, 2 to 3 minutes on each side.
7. Whisk together the lemon juice and the remaining ¼ cup olive oil, season to taste with salt and pepper, and pour this dressing over the green beans.

8. Place ¼ cup of the dressed beans on each serving plate and top with a lentil patty. Garnish with microgreens salad, if using. Spoon some tomato chutney on the side.



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BUCKWHEAT NOODLES AND SMOKED TOFU

Serves 4 to 6

Buckwheat is a great source of nutrients and is low in calories and fat free. When you add vegetables, miso paste, and Asian flavors, plain buckwheat noodles become simply magnificent. For extra flavor and heat, serve Brisbane's St. Kitts and Nevis Pepper Sauce on the side as a condiment.

Sea salt

1 pound buckwheat noodles

1 quart ice water

4 baby bok choy, cut in quarters lengthwise

3 tablespoons avocado oil, plus more for brushing

1 tablespoon toasted sesame oil

1 tablespoon finely chopped fresh ginger

1 tablespoon finely chopped garlic

2 shallots, sliced

¾ cup thinly sliced shiitake mushrooms

1 cup kale

4 ounces smoked, firm tofu, cut into cubes

4 scallions, thinly sliced

4 tablespoons tamari

3 tablespoons yellow miso paste

2 cups Mushroom-Kombu Broth with Ginger and Scallions

Sea salt and cracked black pepper

¼ cup fresh cilantro leaves, stems removed

1 ½ tablespoons sesame seeds, toasted

2 tablespoons Crispy Garlic

1. Bring 2 quarts of water and 1 tablespoon of salt to a boil in a large saucepan. Cook the noodles for 2 to 3 minutes, drain them, and transfer them to the ice water for a quick cooldown. Drain them again and set them aside.
2. Heat a grill pan over medium heat. Lightly brush the bok choy quarters with avocado oil and grill them until grill marks form, 30 to 45 seconds. Set them aside.
3. Heat the 3 tablespoons of avocado oil and the sesame oil in a wok or a large skillet or nonstick pan over medium heat for 30 seconds. Add the ginger, garlic, and shallots, followed by the mushrooms. Cook until fragrant, 1 minute. Add the kale and cook until wilted, 30 to 45 seconds.
4. Stir in the tofu, scallions, tamari, and miso. Add the mushroom broth, and season to taste with salt and pepper. Bring the broth to a simmer.
5. Stir in the noodles and cook just until reheated, 30 to 45 seconds. Serve immediately so the noodles do not overcook and become mushy.
6. Garnish individual servings with the bok choy. Sprinkle cilantro leaves, sesame seeds, and crispy garlic on top.



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SOCCA PANCAKES AND TRINI MASALA CHICKPEAS

Serves 4 to 6

For a healthier version of the typical Trinidad street food, we replace the traditional fry bread with chickpea flour pancakes that up the nutritional value while reducing the dish's fat content. For authentic Trini flavor, we prefer the chickpea filling made with Madras curry powder, and when possible we substitute saw leaf herb (aka culantro, chardon benit, or shado beni) for the cilantro. Serve the chickpeas in the pancakes with Coconut-Cilantro Chutney and Brisbane's St. Kitts and Nevis Pepper Sauce on the side, or serve with tamarind chutney or Tomato Chutney (Kasundi).

For the Pancakes

1 cup chickpea flour

1 teaspoon ground cumin

½ teaspoon baking powder

½ teaspoon sea salt

Freshly ground black pepper

½ cup White Vegetable Stock, plus more as needed

¼ cup aquafaba (the liquid from cooked or canned chickpeas)

4 tablespoons extra virgin olive oil

For the Chickpea Filling

2 tablespoons ghee (clarified butter)

½ teaspoon cumin seeds

1 tablespoon curry powder (Madras preferred)

1 onion, chopped

3 garlic cloves, chopped

2 serrano chilies, chopped

2 cups cooked chickpeas

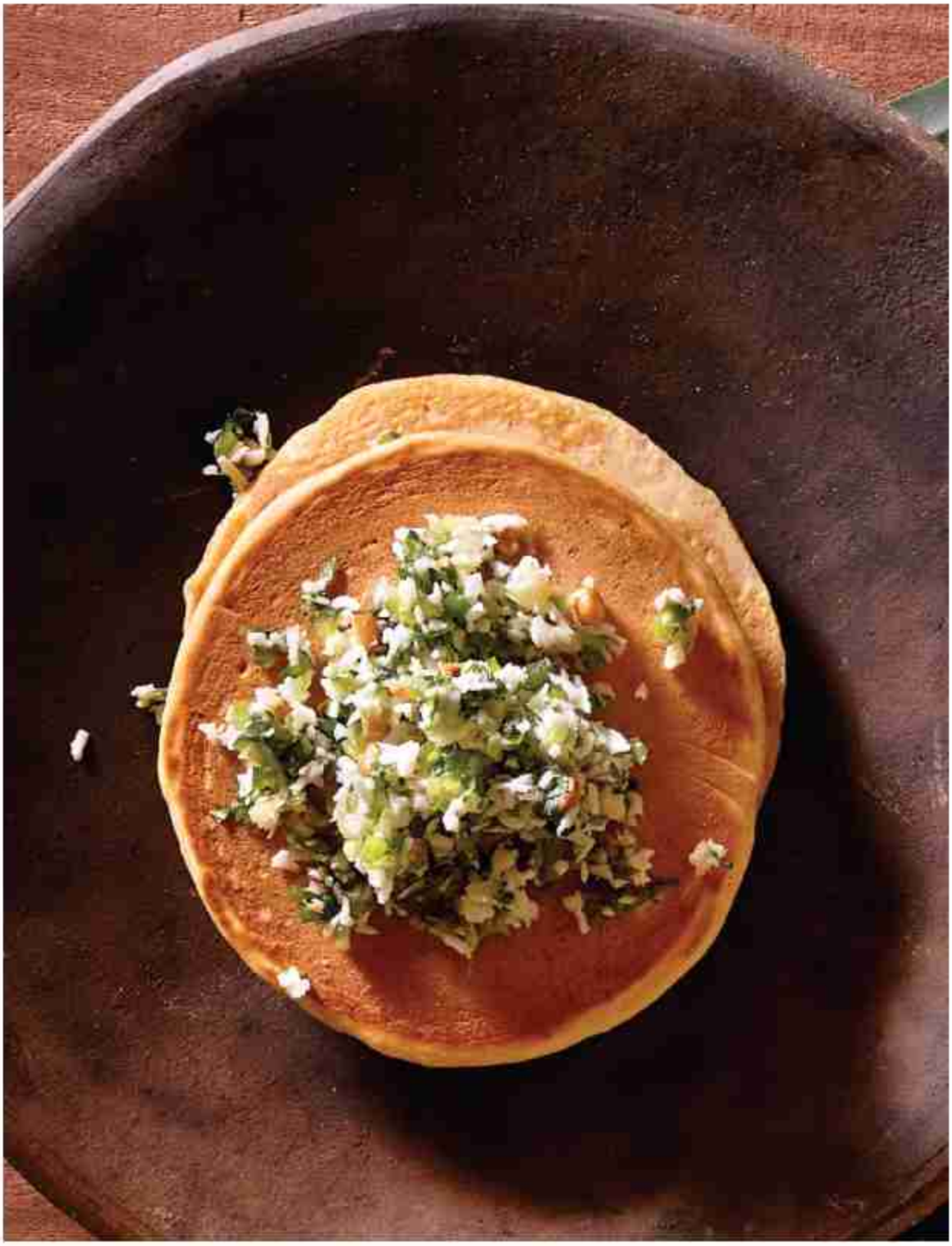
1 ¼ cups White Vegetable Stock

1 teaspoon fenugreek leaves

1 teaspoon ground turmeric

Sea salt and cracked black pepper

2 tablespoons chopped cilantro or saw leaf herb



1. Make the pancakes: Combine the flour, cumin, baking powder, salt, and pepper in a large bowl. In a small bowl, whisk together the stock and aquafaba.
2. Slowly whisk the liquid into the flour mixture. The consistency should be between a pancake and a crepe batter. Let the batter sit for 10 to 15 minutes or longer so the flour absorbs the liquid. If the batter becomes too thick, add a little stock or water as needed to thin it.
3. Ferment the batter: Cover the bowl and leave it at room temperature for 8 to 10 hours, or up to overnight.
4. Make the chickpea filling: Heat the ghee in a saucepan over medium heat for 30 seconds. Add the cumin seeds and curry powder and cook until the cumin seeds pop, 30 to 45 seconds.
5. Stir in the onion, garlic, and chilies and cook until fragrant, 30 to 45 seconds.
6. Add the chickpeas, stock, fenugreek, and turmeric. Simmer for 10 minutes and then season to taste with salt and black pepper.
7. When you are ready to cook the pancakes, heat the olive oil in a medium nonstick pan over medium heat for 30 seconds. Pour a ladleful of batter into the skillet and gently swirl the pan to evenly distribute the batter along the bottom. Cook until bubbles start to form uniformly throughout the pancake, 20 to 30 seconds, and then flip the pancake, cook it evenly on the second side, and transfer it to a plate. Repeat the process with the remaining batter.
8. To serve, top each pancake with some chickpea filling and serve immediately with the cilantro.



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HILALS ZUCCHINI DOLMAS

Serves 4

This is a great way to combine grains, vegetables, and ancient cooking cultures. The dolma is a timeless combination that can be made with many different vegetables. Chef Conny prepared this particular dish with round zucchini, but feel free to prepare it with cylindrical zucchini or with hollowed-out tomatoes, eggplant, or colorful bell peppers, depending on what's in season.

For the Broth

4 tablespoons extra virgin olive oil

1 onion, chopped

6 garlic cloves

4 dried red chilies

2 tablespoons tomato puree

1 teaspoon ground cumin

2 cups chopped tomatoes

2 cups White Vegetable Stock

Sea salt and cracked black pepper

For the Dolmas

½ cup brown rice, rinsed

½ cup sorghum, rinsed

½ cup red quinoa, rinsed well

4 medium-size zucchini

¼ cup extra virgin olive oil, plus more for the pan and for drizzling

4 garlic cloves, finely chopped

1 onion, finely chopped

¼ cup almond slivers

¼ cup currants or raisins

2 tablespoons tomato puree

2 tablespoons dried mint

1 teaspoon chili powder

1 cup White Vegetable Stock

Sea salt and cracked black pepper

Microgreens such as watercress, mint, or parsley, for garnish

1. Make the broth: Heat the olive oil in a stockpot over medium heat for 30 seconds. Add the onion, garlic, chilies, tomato puree, and cumin and cook until fragrant but not browned, 30 seconds. Add the tomatoes and stock and cook until the tomatoes break apart, 10 to 12 minutes.

2. Set a fine-mesh strainer over a saucepan and strain the tomato mixture, pressing on the tomatoes with a silicone spatula to extract all the juices. Season to taste with salt and black pepper. Place the pan over medium heat and cook until the broth has reduced to a tomato soup consistency, 15 to 20 minutes.

3. Meanwhile, make the dolmas: Bring 1 quart of water to boil in a saucepan, add the brown rice and sorghum, and parboil for 15 minutes. Stir in the quinoa and cook the grains for 5 minutes longer and then drain and set aside.

4. Preheat the oven to 375°F.

5. Slice the top off each zucchini, but keep the top to serve as a cap. Using a teaspoon, hollow out each zucchini, leaving the skin intact and

placing the zucchini flesh in a bowl.

6. Heat the ¼ cup of olive oil in a skillet over medium heat for 30 seconds. Add the garlic and cook until fragrant, 15 seconds. Stir in the zucchini flesh, reserved grains, onion, almonds, currants, tomato puree, dried mint, chili powder, and stock. Season to taste with salt and pepper.
7. Fill each hollowed-out zucchini with the vegetable mixture. Set them in a Dutch oven brushed with olive oil. Pour the tomato broth over the zucchini dolmas, cover the pan, and bake for 45 minutes.
8. Transfer the dolmas to individual serving bowls and add a ladleful of broth. Garnish with fresh microgreens and drizzle with some olive oil.



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CAULIFLOWER FRITTERS

Sweet Potato-Chickpea Salad

Serves 4 to 6

This Middle Eastern—Indian twist on fritters is full of flavor on its own, but when complemented with grilled sweet potatoes and chickpeas and Lemon-Tahini Dressing, the dish becomes simply amazing. The protein- and fiber-rich chickpea flour, also known as gram flour or besan, is key to the dish. If you're inclined, garnish the fritter with a sprinkling of chili powder and sea salt flakes, as shown in the photo.

For the Warm Salad

2 sweet potatoes

2 tablespoons extra virgin olive oil, plus more for brushing

1 tablespoon finely chopped garlic

1 cup cooked chickpeas

4 cups fresh spinach

Sea salt and cracked black pepper

For the Fritters

Sea salt

1 cauliflower head, broken into florets

1 quart ice water

½ teaspoon red chili powder

2 teaspoon ground turmeric

4 garlic cloves, finely chopped

¼ teaspoon ground cumin

2 cups chickpea flour

½ teaspoon baking powder

1 quart coconut oil or rapeseed oil

½ cup Lemon-Tahini Dressing

2 tablespoons chopped fresh cilantro leaves, for garnish

1. Make the salad: Preheat the oven to 350°F. Bake the sweet potatoes until they are still somewhat firm, 40 to 50 minutes. Let them cool, cut them into ½-inch-thick slices, and brush them with olive oil.
2. Heat a grill pan over high heat for 30 seconds. Place the sweet potato slices on the pan and cook until grill marks form, 45 seconds.
3. Heat a nonstick skillet over medium heat for 30 seconds. Add the 2 tablespoons olive oil and the garlic and cook until fragrant, 30 seconds. Toss in the sweet potatoes and chickpeas and cook for 45 to 60 seconds. Stir in the spinach and cook until slightly wilted, 1 minute. Season to taste with salt and pepper.
4. Make the fritters: Bring 2 quarts of water and 1 heaping tablespoon of sea salt to a boil. Add the cauliflower florets and boil them for 2 to 3 minutes. Drain the florets and transfer them to a bowl of ice water to cool. Drain them again, pat them dry with a kitchen towel, and place them in a bowl.
5. Sprinkle the florets with the red chili powder, turmeric, garlic, and cumin and toss them until they are well coated. Set aside to marinate for 8 to 10 minutes.
6. In another bowl, combine the flour, baking powder, 1 teaspoon of salt, and ¼ cup of water to make a smooth batter, adding more water if needed.

7. Heat the coconut oil in a deep saucepan or deepfat fryer until it reaches 350° to 375°F. Dip each marinated cauliflower floret into the batter. Coat it evenly and carefully lower it into the oil. Cook several florets at a time. When the florets become slightly crisp on one side and the batter firms up, turn them over with a slotted spoon and continue to fry the other side until crisp and golden, 2 to 3 minutes. Use a slotted spoon to remove the fritters and drain as much oil as possible. Place them on a paper towel-lined plate to remove any excess oil. Repeat the process with the remaining florets, working in batches.

8. To serve, spread some sweet potato-chickpea salad on each plate. Top with the fritters. Drizzle a bit of the lemon-tahini dressing over the salad (serve the rest on the side) and garnish with the cilantro.



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ROOT VEGETABLE HASH

Avocado-Coconut Aioli

Serves 4

This dish features a colorful medley of greens and “ground provisions"—a local name for root vegetables in the Caribbean. Sweet potatoes are bursting with fiber, beta-carotene, vitamin C, minerals, and flavor. Roasting them with the kale and other root veggies caramelizes the natural sugars for a meal that’s as pretty as it is tasty. Stack the hash on a skirt of aioli; for extra fun, garnish with edible flowers and fennel sprigs, as Chef Conny did for this photo.

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1 cup peeled and diced sweet potatoes

1 cup peeled and diced celeriac (celery root)

2 cups kale leaves, tender part only, stems removed

1 cup medium-size shiitake mushrooms

1 carrot, peeled and diced

4 shallots, halved

1 tablespoon chopped garlic

¼ cup plus 1 tablespoon extra virgin olive oil

1 sprig fresh rosemary

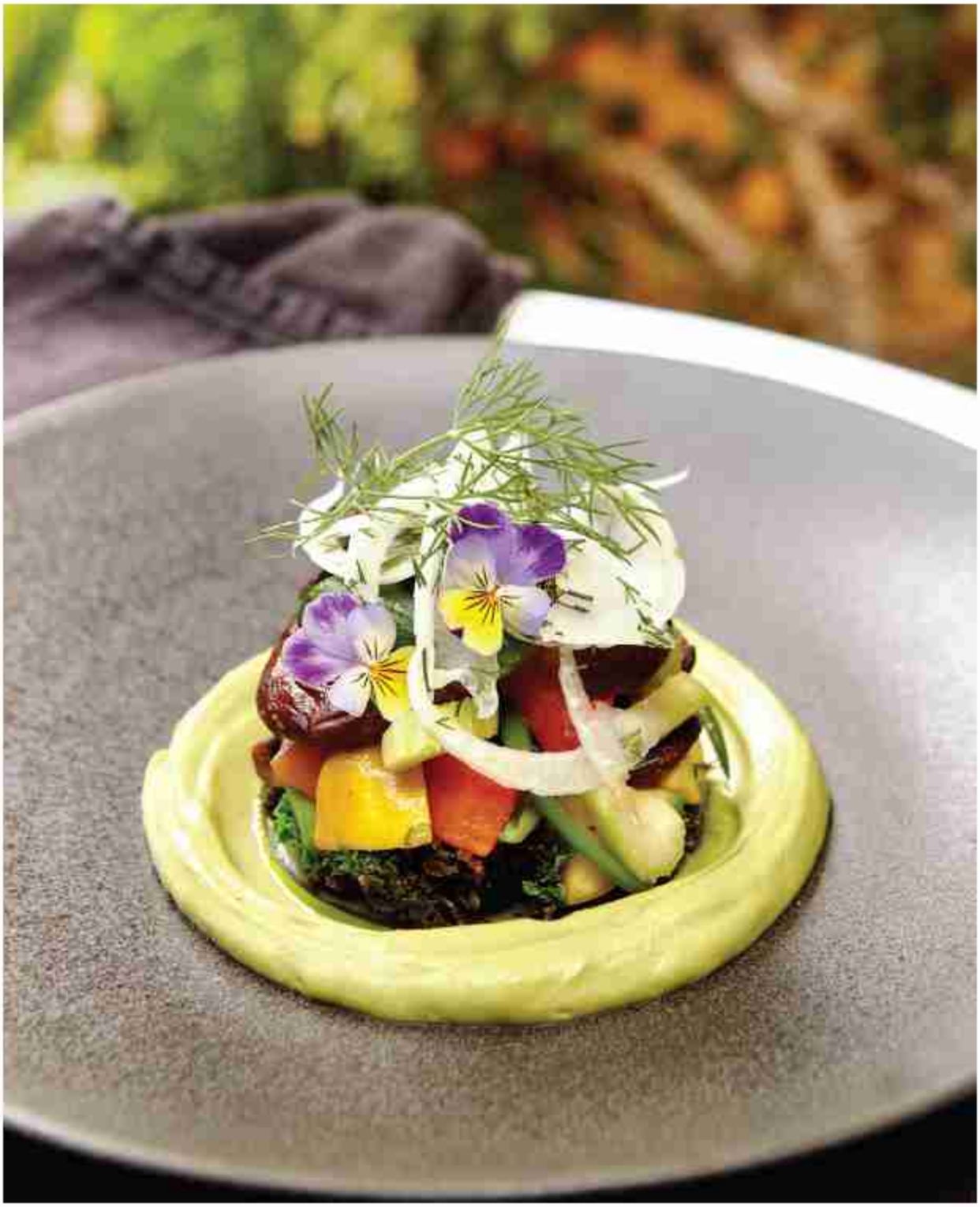
Sea salt and cracked black pepper

¼ cup finely sliced scallions

1 cup Avocado-Coconut Aioli

1 fennel bulb, shaved thin and kept in ice water until serving

1. Preheat the oven to 375°F.
2. Toss together the sweet potatoes, celeriac, kale, mushrooms, carrot, shallots, and garlic in a large glass, ceramic, or stainless steel bowl. Add the 14 cup of olive oil and rosemary, stir to coat the vegetables well, and then spread the mixture on a baking sheet or roasting pan.
3. Roast until golden brown and caramelized, about 45 minutes. Transfer the pan to a wire rack and let cool to room temperature, about 10 minutes.
4. To complete the hash, heat a nonstick skillet, add the remaining 1 tablespoon of olive oil, and saute the hash until it is crisp and hot, 30 to 45 seconds. Season to taste with salt and pepper and sprinkle with scallions.
5. Spread ¼ cup aioli on each plate as a base. Build a stack of vegetables on top and then finish with a layer of shaved fennel.



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STEAMED BROCCOLI

Garlic Streusel

Serves 4 to 6

Word on the street is that you could eat your body weight in broccoli and it would still be great for you. Here is a new way to serve broccoli—not because this super vegetable needs amendment but simply out of respect for it.

For the Dressing

4 roasted shallots, peeled

1 tablespoon monk fruit syrup (optional)

1 tablespoon Dijon mustard

1 tablespoon Pommery (whole grain) mustard

¼ cup aged sherry vinegar or red wine vinegar

½ cup avocado oil

¼ cup extra virgin olive oil

Sea salt and cracked black pepper

For the Streusel

4 portobello mushrooms, cut into thin matchsticks

1 cup extra virgin olive oil, divided

4 tablespoons balsamic vinegar, divided

Sea salt and cracked black pepper

8 whole shallots

½ cup old-fashioned or quickcooking oats

¼ cup gluten-free panko breadcrumbs

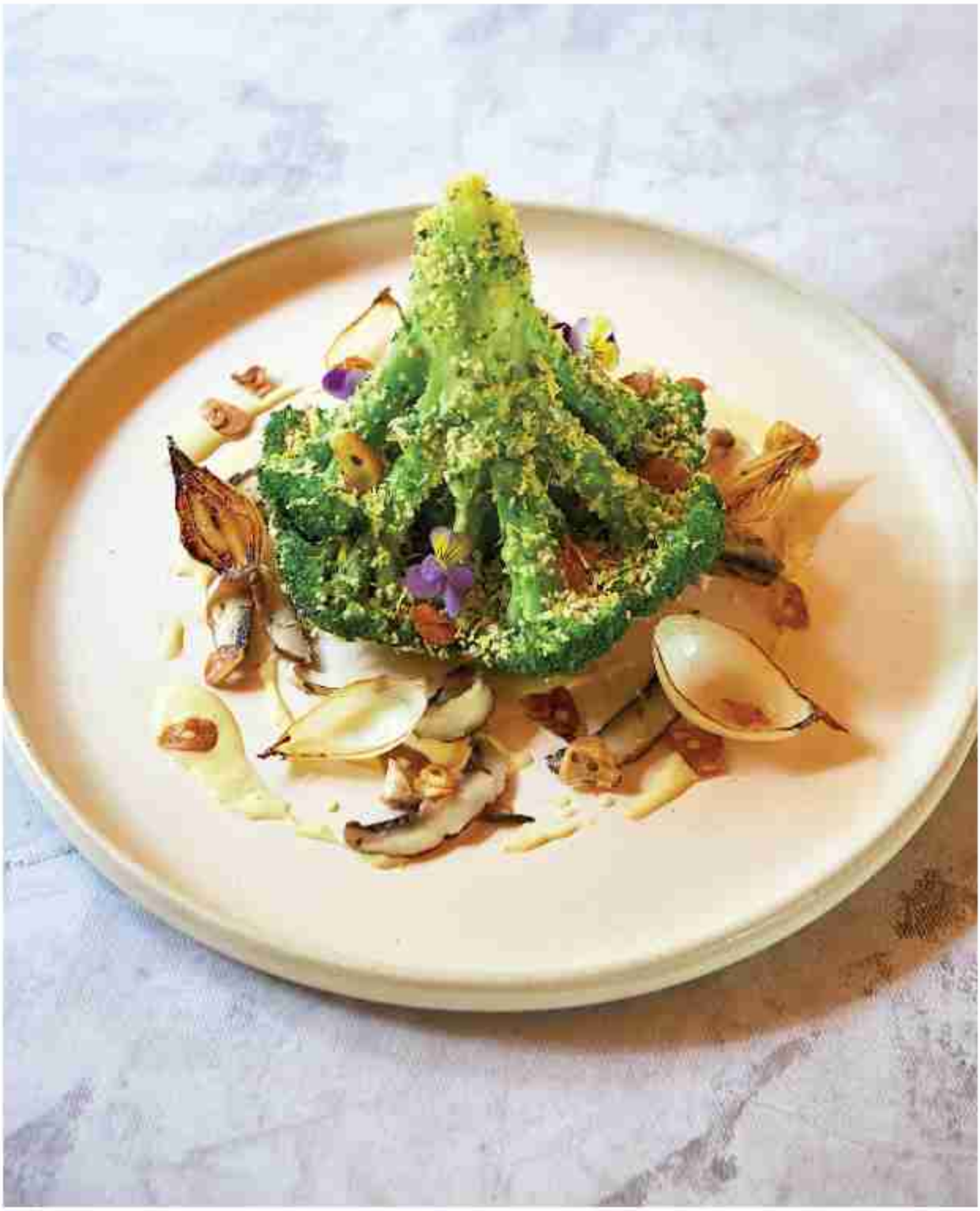
¼ cup flat-leaf parsley, chopped

2 broccoli heads, cut into large sections

Crispy Garlic

1. Make the dressing: Place the shallots, monk fruit syrup (if using), mustards, and vinegar in a blender and blend until smooth, 30 to 40 seconds. With the machine running, slowly pour in the oils and blend until a creamy consistency forms, 1 minute. Season to taste with salt and pepper and set aside until ready to serve.
2. Make the streusel: Preheat the oven to 350°F.
3. Spread the mushrooms on a baking sheet. Dash on 2 tablespoons of the olive oil, 1 tablespoon of the balsamic vinegar, 72 teaspoon salt, and 72 teaspoon pepper.
4. Roast the mushrooms for 10 minutes. Pull the pan from the oven and then transfer the mushrooms to a bowl and set them aside. Add the shallots to the baking sheet. Bake until the shallots are golden and soft, 30 to 40 minutes. Set aside 4 shallots for garnish.
5. Meanwhile, toast the oats and panko in a dry nonstick skillet over medium heat until golden brown, 30 to 45 seconds. Stir in the parsley, the remaining 4 shallots, and the remaining olive oil. Transfer the mixture to a food processor and pulse for 10 to 15 seconds, keeping the texture coarse. Season to taste with salt and pepper.
6. Bring 1 gallon of water and 2 heaping tablespoons of salt to a boil in a stockpot. Add the broccoli and simmer until just tender, keeping it on the al dente side, 2 to 3 minutes. Drain the broccoli and blot dry. Transfer it to a bowl, brush it with olive oil, and toss on a generous handful of crispy garlic.

7. Serve promptly, while the broccoli is still hot. Spread some dressing on each plate and then add a layer of roasted mushrooms. Place the garlic broccoli on top and garnish with the reserved shallots, broken into petals.



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TOASTED SORGHUM RISOTTO

Garlic Tomatoes

Serves 4 to 6

Sorghum is a sustainable, earth-friendly, gluten-free grain rich in protein, antioxidants, vitamin B, and essential minerals, and it turns this dish into a supergrain risotto. Tomato adds a complementary layer of acidity and freshness.

For the Risotto

¼ cup ghee (clarified butter)

1 cup whole sorghum, rinsed

6 garlic cloves, finely chopped

1 onion, chopped

1 cup ¼-inch pieces mixed mushrooms

¾ cup diced butternut squash

3 cups Brown Vegetable Stock, divided

2 tablespoons apple cider vinegar Sea salt and cracked black pepper

2 tablespoons chopped parsley, for garnish

For the Garlic Tomatoes

2 tablespoons extra virgin olive oil

6 garlic cloves, sliced thin

¼ cup teardrop or cherry tomatoes, split in half

¼ cup dry white wine

1 teaspoon rosemary, chopped

Sea salt and cracked black pepper

1. Make the risotto: Heat the ghee in a saucepan over medium heat for 30 seconds. Add the sorghum and toast it until it is fragrant and gains a slightly golden color, 30 to 45 seconds. Add the garlic, then the onion, and cook until translucent, 30 to 45 seconds.
2. Stir in the mushrooms and squash and cook until all the liquid they release has evaporated, 1 minute. Set aside V2 cup of this vegetable mixture for garnish and then pour in 2 cups of the stock and the vinegar. Continue cooking the vegetables over very low heat, adding as much of the remaining 1 cup of stock as needed to cook the vegetables, until all the liquid is absorbed, 40 to 50 minutes. Season to taste with salt and pepper.
3. Meanwhile, make the garlic tomatoes: Heat the olive oil in a skillet over medium heat for 30 seconds. Add the garlic and cook until slightly brown, 30 to 45 seconds. Stir in the tomatoes and cook until they blister, about 30 seconds.
4. Add the wine to deglaze the pan, scraping up any golden bits that are stuck to the bottom of the pan. Add the rosemary and season to taste with salt and pepper.
5. To serve, plate servings of risotto and top with the garlic tomatoes and reserved vegetables. Garnish with the parsley.



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ZUCCHINI AND MUSHROOM VINDALOO

Indian Mixed-Vegetable Salad

Serves 4

Vindaloo is a classic of Goan cuisine from the west coast of India, featuring aromatic cloves and chilies. In our version we supplement the tomato curry base with zucchini and mushroom rolls that give the dish pop. You might also garnish it with a sprinkle of coriander and some lemon slices.

For the Salad

1 vine-ripened tomato, peeled and seeded

1 cucumber, peeled and seeded

½ red onion, cut into strips

4 tablespoons ground coriander

½ teaspoon ground cumin

1 teaspoon ground cayenne pepper

Juice of 1 lemon

Sea salt

For the Vindaloo

4 tablespoons avocado oil, divided

2 medium-size zucchini, cut lengthwise into ¼-inch slices

Sea salt and cracked black pepper

2 onions, chopped

1 cup chopped mushrooms

4 tablespoons Vindaloo Curry Paste, divided

8-ounce block firm tofu, cut into rectangular sticks

4 tomatoes, roughly chopped

8 green chilies, seeded and cut lengthwise

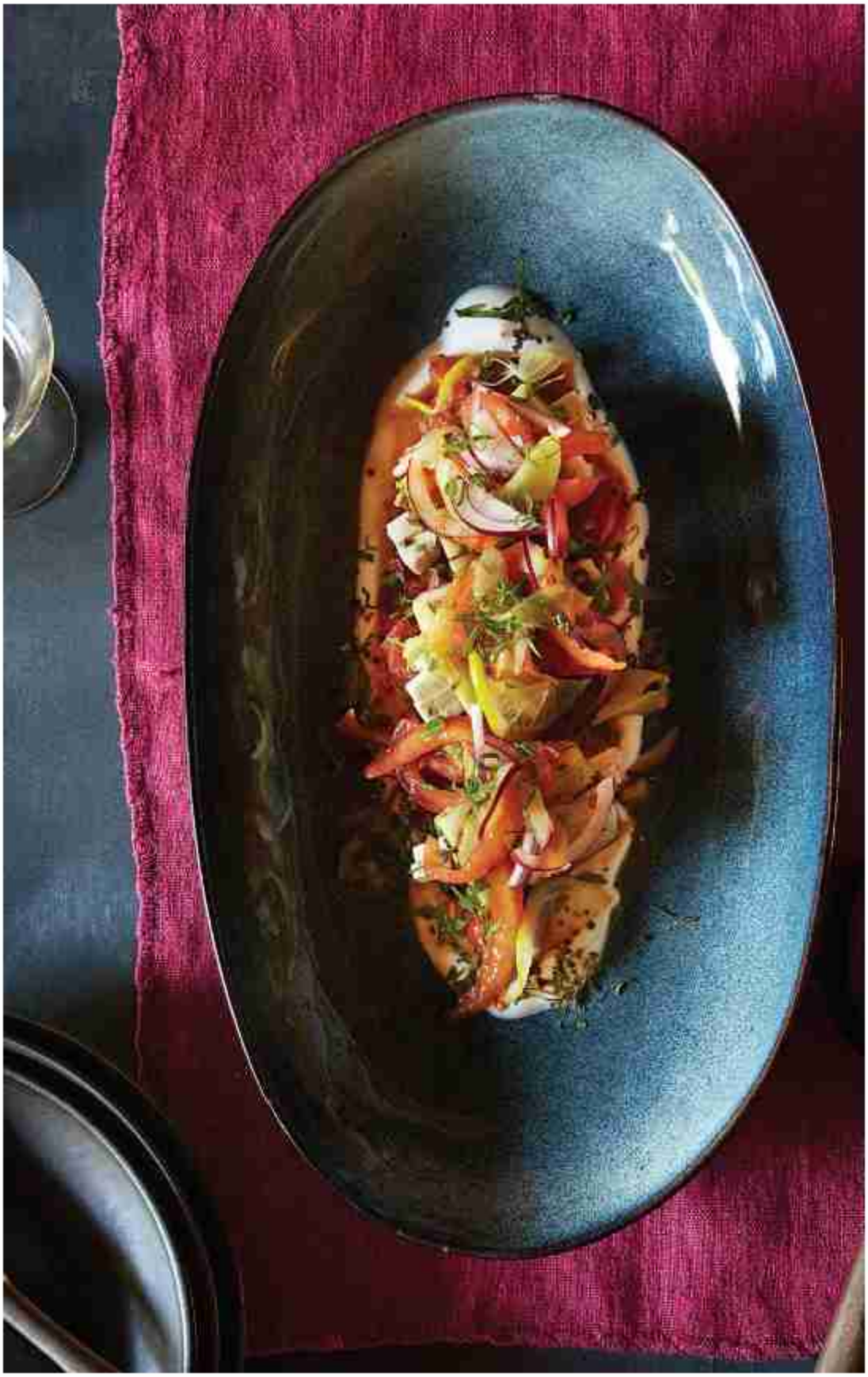
Coconut vinegar or white wine vinegar 4 tablespoons Coconut Yogurt

½ cup cherry tomatoes, halved, for garnish

1. Prepare the salad: Cut the tomato and cucumber into thin strips and place them in a bowl. Add the onion, coriander, cumin, and cayenne and toss. Stir in the lemon juice and season to taste with salt. Refrigerate for 5 to 10 minutes before serving.
2. Make the vindaloo: Preheat the oven to 375°F.
3. Heat 2 tablespoons of the avocado oil in a cast iron grill pan until very hot, about 1 minute. Season the zucchini slices with salt and pepper and grill them for 2 to 3 minutes on each side. Set them aside on a wire rack to stop their cooking.
4. Heat the remaining 2 tablespoons of avocado oil in a nonstick skillet. Set aside 4 tablespoons of the chopped onions and then add the remaining onions and the chopped mushrooms to the skillet. Cook them until the liquid they release has evaporated, 1 minute. Stir in 2 tablespoons of the vindaloo paste.
5. Place the mushroom mixture and tofu sticks lengthwise on 2 zucchini slices and then roll them up like a pinwheel. Insert a toothpick to keep the wheel intact. Repeat to make 4 rolls. Place the zucchini rolls on a baking sheet. Bake until tender, 6 to 8 minutes.
6. Meanwhile, heat a saucepan over medium heat, add the remaining onions and tomatoes and cook until the onions are translucent, 30 seconds. Stir in the remaining 2 tablespoons of vindaloo paste and

enough of the water to achieve a gravy-like consistency, about 10 ounces. Add the green chilies, vinegar, and salt to taste.

7. To serve, spread the coconut yogurt on a dish and add some of the vindaloo-chili “gravy.” Set the zucchini rolls on the yogurt, top with the salad, and garnish with cherry tomatoes.



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RICE NOODLES AND VEGETABLES IN SPICY TAMARIND BROTH

Serves 4 to 6

This play on pho keeps it within the framework of growing a new body, without losing the integrity of a classic dish. Our version includes lots of suggested toppings. Don't be put off by the extra chopping required—these toppings are what make our pho sing.

---

6 cups White Vegetable Stock

2 tablespoons tamarind pulp

½ cup pineapple pieces

4 lemongrass stalks (tender white parts only, thinly sliced)

4 red chilies, seeded and sliced

2 tablespoons palm sugar or brown sugar (optional)

8 star anise

1 tablespoon finely chopped fresh ginger

2 cinnamon sticks

¼ cup shiitake mushrooms, chopped into ¼-inch pieces

2 Roma tomatoes, cut into wedges

8 baby corn, cut in half

2 baby bok choy, cut in half lengthwise

1 cup bean sprouts

1 pound rice noodles

For Serving

½ cup thinly sliced scallions

½ cup fresh cilantro

¼ cup Brisbane's St. Kitts and Nevis Pepper Sauce

2 tablespoons Crispy Garlic

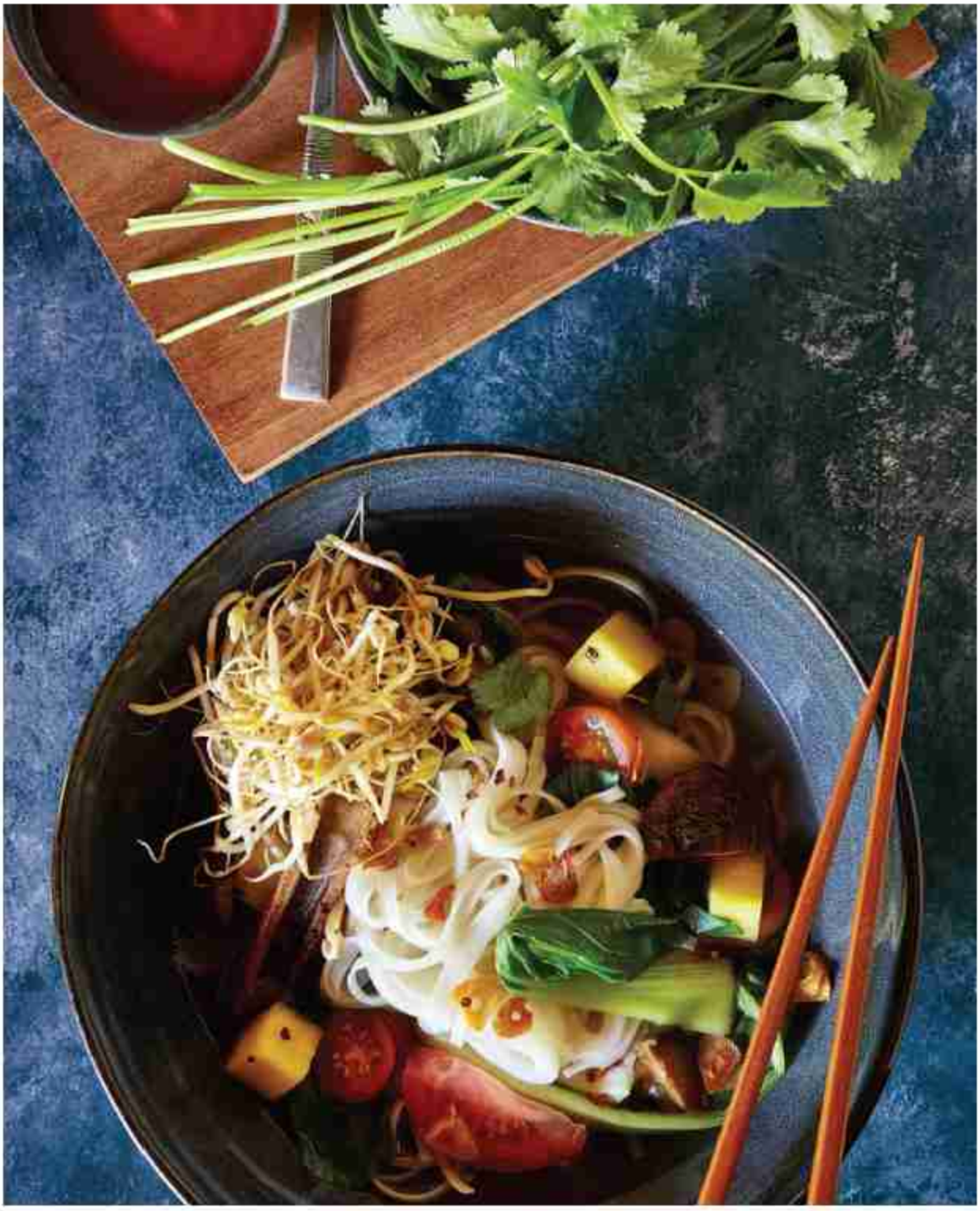
2 tablespoons garlic oil (left over from frying garlic)

1 tablespoon chopped mint

1 tablespoon chopped Vietnamese basil, Thai basil, or lemon basil

2 or 3 limes, halved

1. Heat the stock and tamarind pulp in a saucepan over medium heat until the pulp dissolves, about 2 minutes. Strain through a fine-mesh strainer or cheesecloth into a stockpot. Add the pineapple, lemongrass, chilies, palm sugar (if using), star anise, ginger, and cinnamon sticks to the pot and bring it to a simmer. Cook for 30 minutes.
2. Stir in the mushrooms, tomatoes, corn, bok choy, and bean sprouts and simmer for 5 to 6 minutes longer.
3. Meanwhile, place the noodles in enough lukewarm water to cover them by 2 inches until they have softened, 10 to 15 minutes. Drain the noodles and then stir them into the vegetable broth for a minute or two until al dente. Ladle the noodles and broth into individual bowls, top with your favorite toppings, and serve each bowl with a lime half, for squeezing.



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Appendix 1

Your Fridge and Go-To Pantry Items

The following foods appear frequently in our recipes, and we take a moment here to highlight their nutritional values and health-affirming qualities. Some of these foodstuffs you may always have on hand; others you may wish to add to your Grow a New Body kitchen over time. Each has been vouched for by Dr. Alberto and Chef Conny. And remember to select organic foods whenever possible.

And at the end of this section, we provide a list of the basic kitchen tools and equipment you'll find indispensable as you cook and eat the Grow a New Body way.

Fresh and Frozen Foods

Broccoli: High in vitamins C and K, fiber, iron, potassium, and protein.

Broccoli sprouts: One of nature's top cancerfighting foods. Grow your own!

Cabbage: Fights inflammation to keep you strong, improves digestion, and lowers blood pressure.

Cauliflower: Rich in nutrients, including dietary fiber, vitamins C, K, and B_6, and folate.

Chilies: Excellent source of polyphenols: chemicals that protect the brain and that are transformed by a healthy gut microbiome into powerful antioxidants.

Coconut yogurt or coconut milk: Provides a dairy-like texture and tang as well as good fats that reduce hunger.

Dark berries, fresh or frozen: Feature antioxidant benefits; promote gut and heart health; offer vitamin K for bone health and blood clotting prevention, plus plenty of vitamin C.

Ferments: Promote gut and digestive system health, offer probiotic support, can improve mood and behavior.

Garlic: Boosts the immune system, fights bacteria, and aids in fighting high blood pressure, among many other benefits.

Green peas, fresh or frozen: Plenty of healthy minerals: magnesium, potassium, and calcium.

Leafy greens: Rich in vitamins A, C, and K.

Micro herbs and microgreens: Leaves of small, young leafy greens and herbs (a week or two older than sprouts) are full of plant phytochemicals; serve as salad or use as garnish for an additional nutrient boost.

Pumpkin: Rich in vitamins, minerals, and antioxidants.

Sprouts: Great for an energy boost; these very young greens and herbs are packed with protein, fiber, vitamins, minerals, amino acids, and plant enzymes. (See grow your own.)

Sweet potatoes: Offer fiber, beta-carotene, vitamin C, and minerals.

Pantry Staples

Acai berry: Excellent antioxidant; protects heart health and fights cancer.

Avocado oil: Rich in oleic acids and antioxidants, it reduces cholesterol and supports artery function.

Buckwheat: Known to reduce blood sugar, this grain offers plenty of dietary fiber and antioxidants, acts against cancer, and helps prevent digestive disorders.

Chickpea: Type of legume that provides choline, which helps the brain and nervous system run smoothly, as well as folate, magnesium, potassium, and iron.

Chickpea flour: Made from ground chickpeas, it provides protein and lots of fiber, along with good complex carbohydrates. Also known as gram flour or besam.

Chili pastes, chili powder, and red pepper flakes (such as Kashmiri chili powder, isot chili powder): All the benefits of fresh chilies but in easy-to-use forms.

Coconut oil: Energy source that encourages fat burning, reduces hunger, and has antibacterial effects.

Dal: Type of dried legume that comes in many forms, including split yellow mung beans (moong dal), red lentils (masoor dal), split chickpeas (chana dal), and split and husked black lentils (urad dal).

Dried beans and legumes: Great sources of protein, fiber, magnesium, iron, and zinc, they help lower blood cholesterol, a leading cause of heart disease.

Extra virgin olive oil: Anti-inflammatory, antidiabetic oil that boosts hair and skin health, protects against insulin resistance, and reduces blood pressure.

Kombu: Provides iodine, iron, calcium, trace minerals, and vitamins A and C; improves digestion and thyroid function; known to reduce blood cholesterol and high blood pressure. Also sold as dried kelp or seaweed.

Miso paste: Fermented food that promotes gut health; contains vitamin K, manganese, copper, and zinc; and provides umami—one of the five simple taste sensations.

Nuts and seeds: Essential sources of plant protein, healthy oils, vitamins, and minerals.

Oats: Naturally gluten free, old-fashioned rolled or steel-cut oats provide fiber and have long been considered important to a hearthealthy diet.

Probiotic powder: Use to make yogurt and to ferment rice to improve gut health.

Quinoa: Source of protein, plus fiber that helps prevent constipation and lowers the risk of intestinal cancers.

Sea salt: Keeps you hydrated, reduces fluid retention, and prevents muscle cramps. Avoid iodized salt.

Sorghum: Offers 22 grams of protein in one cup; is rich in antioxidants, vitamin B, magnesium, and potassium; and is packed with essential minerals.

Sweeteners: Although the Grow a New Body way avoids sugars, monk fruit syrup is occasionally used in recipes.

Vinegar (such as apple cider vinegar, coconut vinegar, and sherry vinegar): Use in homemade salad dressings and in dishes to add brightness, tang, and flavor.

Tonic Ingredients

Activated charcoal: Helps eliminate toxins and improve kidney function, supports mold detoxification, reduces gas and flatulence, and lowers cholesterol levels. Can help filter water, whiten teeth, and even relieve hangovers.

Almond milk: Provides vitamin E and minerals.

Asafetida: Type of fennel used as aromatic seasoning and as a digestive, healing, and metabolism aid. Also known as hing.

Ashwagandha: Medicinal herb that boosts brain-derived neurotrophic factor (BDNF) to assist with stress adaptation and restore neural networks affected by neurodegenerative diseases and cognitive decline.

Bacopa: Promotes neurogenesis by elevating levels of BDNF; protects against oxidative stress; repairs the hippocampus; and boosts learning,

memory, focus, and attention. From the Bacopa monnieri plant.

Blue spirulina: Derived from blue-green algae and rich in chlorophyll, B_1 2, and antioxidants, blue spirulina has anti-inflammatory properties that support healthy joints, increase energy levels, and aid immune health. Blue Majik is a brand we like.

Cacao: Elevates mood, heart opening, and cardiovascular health and boosts serotonin and dopamine levels.

Chaga mushroom: Contains antioxidants and plant compounds that improve immunity, fight inflammation, and sustain energy.

Chlorella: Derived from green algae and rich in chlorophyll, proteins, vitamins, minerals, and antioxidants; can bind with heavy metals, lower blood sugar levels, increase insulin sensitivity, and support immune, eye, and liver health.

Cinnamon: Lowers blood sugar.

Cordyceps mushroom: Improves athletic performance and accelerates recovery; supports adrenal glands; increases cellular oxygenation, sustained energy, and stamina.

Cranberry: Antioxidant and antibacterial properties promote gut and cardiovascular health, reduce intestinal inflammation, and combat urinary tract infection.

Dandelion tea: Anti-inflammatory that nourishes the blood, liver, and kidneys; detoxifies; and improves skin health. It can also lower blood sugar.

Gotu kola: Promotes production of BDNF, thus enhancing mood, cognition, memory, and learning as well as combatting degenerative brain diseases like Alzheimer's.

Lion's mane mushroom: Works to optimize cognitive performance, memory, and work/study focus and assists with regeneration of neurons in the brain.

Maca: Antioxidant properties boost energy, endurance, fertility, and mood, and can support symptoms of menopause.

Matcha: Contains phytochemicals associated with improved heart health, skin health, and brain function and with maintaining a healthy weight.

Monk fruit syrup: Natural no-calorie sweetener, derived from monk fruit, that doesn't affect blood sugar levels.

Moringa: Antioxidant-rich detoxifier that supports brain function; liver, skin, hair, bone, and tooth health and respiratory issues.

Mucuna: Improves mood, memory, and cognition and reduces depression. Contains L-dopa, the precursor to dopamine.

Pomegranate: Rich in antioxidants and flavonoids known to prevent free radicals from damaging cells. Antiviral and antifungal, it also promotes cardiovascular, gut, and brain health.

Reishi mushroom: Relieves stress and anxiety, encourages deeper sleep and relaxation, and boosts immunity.

Resveratrol: Polyphenol antioxidant that boosts BDNF, increases cerebral circulation, improves memory and energy, and promotes longevity.

Rhodiola: Increases BDNF in the hippocampus to boost alertness, cognition, energy, and mood and address anxiety, depression, and fatigue.

Turkey tail mushroom: Supports immune system, prebiotic gut health and digestion. It is also an antiviral.

Turmeric: Contains the bioactive compound curcumin that produces neuroprotective effects in the brain by increasing BDNF.

Kitchen Equipment

- Bar blender, blender, handheld blender
- Barbecue brush
- Bowls: small, medium, large; some in glass, ceramic, or stainless steel
- Cheesecloth or coffee filters
- Chef's knives (large and small)
- Citrus juicer

- Coffee grinder (electric) or spice grinder
- Colander
- Cutting board
- Fermentation jar
- Fine-mesh and mediummesh strainers
- Food processor
- Grill pan (cast iron ideal)
- Juicer
- Kitchen scale
- Mason jars: 1 quart and 2 quart
- Matcha brush or whisk
- Mortar and pestle
- Nonstick skillet, such as cast iron
- Pans: saucepans, stockpots, roasting pans
- Pressure cooker (optional)
- Salad spinner (optional)
- Vegetable peeler, julienne slicer, or mandoline

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Appendix 2

The One-Week GNB Meal Plan

	DAY 1	DAY 2	DAY 3
MORNING DRINK	Probiotic Blueberry-Hemp Seed Smoothie, page 66	Matcha Energy Tonic, page 60	Tomato-Basil Broth, page 92
LUNCH	Ancient Grains Tabbouleh, page 139	Spoon Salad with Pomegranate, Walnuts, and Parsley, page 135	Radish and Green Bean Salad, page 144
	White Bean Hummus with Tomato-Bean Salad, page 119	Grilled or Roasted Eggplant with Red Lentil Dressing and Preserved Lemon, page 152	Poached Eggs over Spinach with Leek and Roasted Garlic Chili Yogurt, page 148
	Aubergine Schnitzel with Mushroom Polenta, page 178	Hilals Zucchini Dolmas, page 188	Root Vegetable Hash with Avocado-Coconut Aioli, page 193
DINNER	Tofu and Vegetable Soup with Fermented Garlic, page 104	Green Gazpacho with Avocado and Watercress, page 108	Silky White Bean Soup with Tomato-Basil Relish, page 103
	Green Peas and Avocado Hummus with Crispy Garlic Slivers, page 120	Syrian Roasted Pumpkin with Walnuts and Spicy Pumpkin Seeds, page 151	Chickpea Hummus with Dukkah-Spiced Roasted Beets, page 116
	Kale Chips with Nutritional Yeast and Lemon-Tahini Dressing, page 114	Fava Bean Pâté with Citrus Fennel Slaw, page 136	Simple Shredded Cabbage Salad, page 141
	Steamed Broccoli with Garlic Streusel, page 194	Zucchini Aglio Olio, page 177	Panfried Lentil Patties, page 182

DAY 4	DAY 5	DAY 6	DAY 7
Hibiscus-Hemp Bouillon with Caribbean Spices, page 90	Fragrant Turmeric-Lemongrass Broth, page 94	Mushroom-Kombu Broth with Ginger and Scallions, page 89	Sichuan Spicy Broth with Goji Berries, page 97
Green Peas and Avocado Hummus with Crispy Garlic Slivers, page 120	Caribbean Black Bean Fritters with Pineapple Raita, page 159	Sichuan Garlic Cucumber Salad, page 143	Red Lentil Kofta with Quinoa and Romaine Hearts, page 155
Sweet Potatoes with Lemon and Dukkah Spice, page 127	Ocean Vegetable Salad with Sesame-Miso Dressing, page 132	Brussels Sprouts with Lemon and Cashew Sauce, page 131	Kale Chips with Nutritional Yeast and Lemon-Tahini Dressing, page 114
Rice Noodles and Vegetables in Spicy Tamarind Broth, page 201	Buckwheat Noodles and Smoked Tofu, page 185	Chopped Vegetables, Nuts, and Seeds Salad, page 168	Zucchini and Mushroom Vindaloo with Indian Mixed-Vegetable Salad, page 198
Iced Cucumber Cacik with Chilies, page 107	Apple and Celery Root Soup with Salted and Roasted Hazelnuts, page 100	Moorish Almond Gazpacho with Stone Fruit Salsa, page 111	Pumpkin Coconut Curry Soup with Lemongrass, page 99
Sichuan Vegetable and Pineapple Ferment, page 82	Hearts of Palm Ceviche with Sweet Potato and Nut Milk, page 164	Balinese Green Bean Salad, page 147	Spicy Coconut Cabbage, page 128
Chickpea Crepes (Socca) with Tomato Chutney (Kasundi) and Coconut Yogurt, page 160	Sautéed 'Shrooms, page 124	Indian Porridge with Broccoli Florets, page 163	Curried Cauliflower Rice with Almonds, Raisins, and Scallions, page 123
Smashed Falafels with Creamy Avocado Tahini, page 156, and Pickled Tomatoes and Red Onion, page 81	Whole Roasted Cauliflower with Skordalia, page 174	Socca Pancakes and Trini Masala Chickpeas, page 186	Aromatic Red Lentil Casserole, page 173

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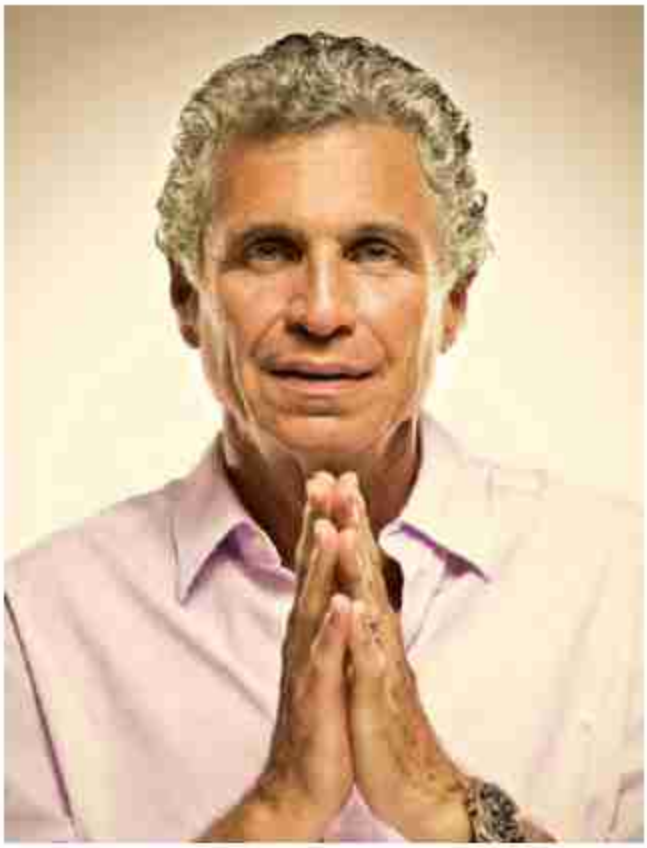
And to all the great chefs and locations I have been fortunate to meet and be a part of.

Chef Conny Andersson

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