

60 Days to Reclaim YOUR Health



HOMEMADE BAKED POTATO CHIPS

Ingredients

3 pounds of white or sweet potatoes
Oil
Unrefined sea salt
Garlic powder

Directions

1. Cut potatoes in paper-thin slices (a mandolin works best)
2. Lay slices on a cookie sheet. Spray or brush with oil. Dust with salt, garlic powder or any other dried herbs you choose.
3. Cook in oven on lowest temperate setting until crispy.

For quicker chips, cook at 350 degrees for approximately 30 minutes or until crispy (the potatoes will not retain their living enzymes if cooked at this temperature, however).

DEHYDRATED POTATO CHIPS

From *The Hallelujah Food Show Recipes for Life*

Ingredients

3 pounds of potatoes	1/2 onion
2/3 cup extra virgin olive oil	2/3 cup fresh lemon juice
2 tsp unrefined salt	2 tsp cumin powder
1/4 tsp garlic powder	1/4 tsp cayenne powder

Directions

1. Slice potatoes very thin. Soak in distilled water for 3-4 hours and drain.
2. Slice the onion and place with potatoes in a bowl.
3. Add other ingredients and toss well to make sure all ingredients are well mixed.
4. Spread on trays of dehydrator. These do not have to be separated; some can be on top of others. Dehydrate at 105 degrees for 12 -16 hours.



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MOCK TUNA SALAD

By Jackie Graff of Sprout Raw Food

Ingredients

- 2 cups almonds, soaked 24 hours and drained
- 2 cups sunflower seeds, soaked 4-6 hours drained
- 2 cloves garlic
- 1/4 cup lemon juice
- 1 tsp unrefined salt
- 1 Tbsp dulse
- 2 Tbsp kelp powder
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 red pepper, chopped
- 1 golden delicious apple, peeled, cored and chopped

Directions

1. Place garlic, lemon juice, salt, dulse, kelp, and almonds in a food processor and process well.
2. Add sunflower seeds to food processor and process well until it looks like a pate. Place in a bowl.
3. Add chopped onion, celery, peppers and apple to nut pate, stirring well.

Serving suggestions: Place on a romaine lettuce leaf, or on a piece of sprouted wheat bread or cracker with lettuce and tomato.