



60 Days to Reclaim YOUR Health

HERBED SPREAD

Ingredients

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| 13 oz. Earth Balance butter replacement spread (room temperature) | 1 tsp thyme |
| 1 tsp basil | 1 tsp rosemary |
| 1/2 tsp salt | 1 tsp oregano |
| 2-1/2 tsp agave nectar or honey | Dash of garlic powder |

Directions

1. Place all the ingredients into a bowl and mix well with a wire whip.
2. Place in a container and keep at room temperature for service.

HALLELUJAH BUTTER

Ingredients

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| 1 cup pine nuts or macadamia nuts, soaked overnight and drained | 2 Tbsp Udo's Oil |
| 2 Tbsp fresh lemon juice | 2 Tbsp extra virgin olive oil |
| 1/2 cup organic coconut oil | 1/2 cup distilled water |
| | 1 tsp unrefined sea salt |

Directions

1. Place all ingredients in a VitaMix or other powerful blender and process until smooth. If too thick, slowly add more water until desired consistency is reached.
2. Pour into a container, cover and refrigerate or freeze.