

**Harness the Power of Probiotics.
Grow Your Own!
Recipes**

- 1 Food Combining – Seed Cheese is easy to digest – but is basically acidic and protein in nature. So when you mix it with sweets, fruits, it is less than ideal but works for most people anyway.

Key Lime Pie

- 2 Cups Cashew Cream Cheese – strained in sprout bag to be firmer
Juice of 2 – 3 limes = ½ cup or to taste
Sweeten with Stevia, Yacon, Agave, Soaked Dates = to taste
Color green with SimplyBGSA – 1 tbs
Dash of salt

Combine ingredients well – place into pie shell and chill.
Garnish as desired.

Pie shell for 8” dish

- 1 cup ground up nuts like hazelnuts
1 cup ground up flax seeds
Mix in food processor
With big dash of salt
and 6 – 10 soaked pitted dates until it forms a ball
Press into pie shell

Cashew Pie Crust

- 2 cups Grind raw cashews or cashew pieces in food processor until they form a ball
Press into pie shell

Sunflower Seed Cheese Crackers.

Make Sunflower Cheese with Onion before fermenting.

- 2 cups sunflower onion seed cheese
1 heaping tbs miso
2 tsp curry powder
1 tsp dill
1 tsp cumin powder
1 cup of carrots – grated
1 – 2 large cloves of garlic chopped finely or grated finely
Salt to taste
Cayenne to taste

Combine Ingredients well – garnish top with Paprika

TO make the crackers

ADD 1 cup hulled white sesame seeds

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Press onto nori
Garnish with paprika

Dehydrate until dry and crunchy.
Store in airtight container.

Serve topped with slice of tomato and /or sprouts like alfalfa, clover, and broccoli or as desired.
Can also serve topped with cucumber slices and seed cheese.

Its always good to ad moisture back to the dehydrated food as you eat it.