

# Integrative Wellness

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*Finding A Better Way Through Nature™*

## **Guacamole Veggie Dip/Dressing:** Store in the refrigerator

A good dip for a crowd. Cut slices of zucchini, cucumber and yam as dippers. If you have a dehydrator, experiment with dehydrating various vegetables to use as dippers. Great on Salad too.

5-6 avocados  
2 cups cut up carrots  
2 cups cut up red onion  
2 cups cut up celery  
1/2 cup chopped parsley  
1/2 cup chopped cilantro or basil  
Juice from 2 lemons  
1/2 teaspoon cumin  
Sea salt, Namu Shoyu or Tamari to taste

Puree avocados in food processor with lemon and garlic. Add cilantro (or basil) and parsley, puree until the parsley is finely minced. Add cup up veggies and seasoning and pulse chop until well mixed in and evenly chopped, but still chunky. Serves 6-10

## **Spicy Tahini Dressing:** Store in the refrigerator

1/2 cup of Raw Tahini  
1/2-cup olive oil  
1/2 cup of clean water  
1 clove of garlic or onion  
1 teaspoon of cumin  
Quarter size of fresh ginger  
Fresh peppers or other seasonings can also be added for taste  
Mix in Vita-mix or blender.

Optional: Add 1/2 cup Cilantro, 1 tangerine for flavor and sweetness



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## **Kale Guacamole:** Store in the refrigerator

3-5 leaves of Lacinato Kale  
1-2 avocado  
1-3 cloves of garlic  
1 lime squeezed

2 teaspoons of Nama Shoyu soy sauce or 2 teaspoons of Braggs Liquid Amino Acids, or Celtic Salt to taste.

Place all ingredients into the food processor and mix until smooth. Serve immediately.

## **Flexible Broccoli-Nut Salad:** Store in the refrigerator

This recipe is a take-off from the popular and much-love broccoli/sunflower seed/bacon salad and is for those who avoid pork and/or who are vegetarians. Raw nuts over roasted are more nutritious. Read the labels on mayonnaise jars at the health food store. I personally find olive oil too strong a flavor to use in this recipe.

- ½ head broccoli, chopped
- ½ cup nuts (a combination of chopped pecans or walnuts and sunflower seeds)
- ¾ cup golden raisins, brown raisins, chopped dried cherries or cranberries or any mixture of these
- ½ small purple onion, chopped (may substitute with sweet Vidalia onion; or yellow or white onion that has been soaked in salt water so that its flavor is not so strong)
- ¼ cup organic high quality mayonnaise + ¼ cup oil (grapeseed, sunflower seed, or walnut oil)
- salt and pepper to taste

