

<http://www.balance-ph-diet.com>

Alkaline Diet Recipes

Alkalize your Body pH to
Restore Good Health



Squeeze your way to health and wellness with lemons

Drinking lemon water is the easiest thing you can do for the health of your body and one of the most important things too. Lemons are readily available year round and if you are committed to a healthy lifestyle, you are already drinking water, so quarter up a lemon and squeeze into each glass of water you drink.

Drinking a glass of water with lemon first thing in the morning, gets your body ready to better digest the food it is going to receive that day.

Lemons are alkaline and help to balance your body's pH level and promote weight loss. They are an excellent source of Vitamins C & B, plus they contain calcium, magnesium and potassium.

Lemons are a diuretic and they help to flush out toxins and infections. They are an excellent liver tonic and blood purifier.
Start squeezing!!



Replace peanut butter with almond butter

Peanuts are acidic and Almonds are alkaline. A simple change you can make in your diet is to replace your acidic peanut butter with alkalizing almond butter. The more alkalizing foods you eat, the better you will feel. Eating too many acidic foods leads to low energy, headaches, joint pain, gastritis, hives, acid indigestion, muscle pain and more. Every acidic food that you can replace with an alkaline food will be very beneficial for your body. It will help you to feel better and lose excess weight.



Try to buy raw almonds and raw almond butter. Make sure your almond butter contains only almonds - no sugar!

The benefits of Almonds:

- . alkalizing
- . heart-healthy
- . high-protein
- . high-fiber
- . great source of vitamins B2 and E, magnesium and potassium

Got watermelon? ...it does a body good

I think everyone loves watermelon. But to be honest, I never ate a lot of it. It was like a forbidden fruit to me. It was so sweet and delicious that I assumed it was about as good for me as a piece of cheesecake. Wow, was I wrong.

First of all, now that I understand the importance of eating foods that are alkaline over acidic, I am over the top excited that watermelon is ALKALIZING! Alkalizing foods balance your body's pH level. A balanced pH level is necessary for optimum health.

Did you know that sweet, juicy watermelon is packed with some of the most important antioxidants in nature? Watermelon is an excellent source of Vitamin C and Vitamin A (notably through its concentration of beta-carotene.) High intakes of Vitamin C and beta-carotene have been shown to reduce the risk of heart disease and colon cancer, as well as alleviate some symptoms of osteoarthritis and rheumatoid arthritis.

Watermelon is rich in the B vitamins necessary for energy production, and a good source of potassium and magnesium which protect our bodies from so many diseases.

Watermelon is also a safe alternative to taking energy drinks. Watermelon has a high water content and lower calorie content than many other fruits. A whole cup contains only 48 calories, so it will hydrate you whereas caffeine-filled energy drinks will dehydrate you.

Watermelon also has a special cooling effect on the body and is exceptionally high in citrulline, an amino acid that our bodies use to make another amino acid, arginine, which is used in the urea cycle to remove ammonia from the body.

Eat watermelon! It's a good for your body treat!



Nutritionists and scientists all over the world state that we should take in at least *five* dishes of vegetables and green foods per day, every day! But where and how in our fast paced lifestyles, eating on

the run, are we going to be able to do this? Our bustling and overloaded ways of life don't allow us to watch out sufficiently enough for a healthy and **balanced nutrition**.

What many people do, especially for breakfast, is to consume foods and drinks like orange juice, toast, honey, sweet rolls, muffins, waffles, pancakes etc., which contain huge amounts of sugar and simple carbohydrates, thus promoting high levels of yeast and fungi to grow inside the body. Traditional high protein breakfast foods like omelette, bacon, sausage, meats etc. also compromise the inner fluids and ultimately lead to **higher acid levels** in our body.

As a result, many people nowadays suffer from the over-acidification of their body, also known as **acidosis**. All food we ingest influences our body **pH level**. By consuming acid-forming or acidic food, like continental breakfast, hot-dogs, muffins or coke, our body is continuously fighting to neutralize the excessive acid and to retain **pH balance**, which is a pH level of 7.356 on the **pH scale**. Symptoms of a pH imbalance can be weight problems such as overweight and underweight, as well as other health conditions such as allergies, arthritis, acne and heart attacks.

To decelerate or, even better, interrupt these critical processes, the over-acidification of the body ought to be reversed by creating a proper nutritional balance of alkaline-forming and acid-forming foods in your diet. As our normal body **pH level** is 7.356 on the pH scale, thus slightly alkaline, you should also add large amounts

of **alkaline water** and **alkaline food** to your daily diet. Only then your body will be able to restore its ideal pH, get rid of acid wastes and create a healthy inner environment.

A proper, slightly alkaline diet, suggests taking in at least 80% of alkalizing foods, like **green vegetables or grasses**, and never more than 20% of neutral and acidifying foods. Acid forming foods are amongst others meat, dairy products, chocolate, bread and all kind of other yeast products, alcohol, carbonated drinks and coffee and tea. Try to avoid those foods, instead consume as much **alkaline forming foods** as possible, like vegetables, greens, sprouts, soy products and most kind of seeds (also have a look at our [acid-alkaline food chart](#)). Eating alkaline foods transforms your body pH from dangerously acidic to slightly above neutral. Above that, **alkaline water** neutralizes harmful acid wastes and gently dismantles them from cells and tissues. Alkaline water has a pH value between 9 and 11 on the pH scale.

An alkaline way of life is the perfect start to restore your overall health. By transforming your nutrition into an **alkalizing pH diet**, which can be by eating vegetables all day long, or taking **green food** nutritional supplements, the body's **pH level** will gradually be balanced. When the nutrients of alkaline foods get into your bloodstream, every cell in your body will be recreated and regenerated. An **alkaline diet** thus helps to boost your energy levels, improve skin, reduce allergies and enhance mental clarity.

Above that, when **pH balance** is achieved, the body instinctively drops to its ideal, healthy weight. As soon as the **acidic environment** is eliminated, there will be no need for new fat cells to form, and the remaining fat in your body is no longer needed to store acid wastes, and therefore simply melts away. An alkaline way of life will restore good health; you will not only see but also feel the difference.

Eat more **green food** and alkalize your body pH! Start Today!

Soups: "Creamy Avocado-Broccoli Soup"

Ingredients for 4 Servings

2-3 flowers broccoli
1 small avocado
1 yellow onion
1 green or red pepper
1 celery stalk
2 cups vegetable broth (yeast-free)
Celtic Sea Salt to taste
Some cumin, basil, fresh cilantro or your favorite spices to taste



Directions

Heat vegetable broth (do not boil). Add chopped onion and broccoli, and warm for several minutes. Then put in blender, add the avocado, pepper and celery and puree until the soup is creamy (add some more water if desired).
Flavor and serve warm. Delicious!!

Soups: "Fresh Garden Vegetable Soup"

Ingredients

2 large carrots
1 small zucchini
1 celery stalk
1 cup of broccoli
3 stalks of asparagus
1 yellow onion
1 quart of (alkaline) water
4-5 tsps of yeast-free vegetable broth
1 tsps fresh basil
2 tsps sea salt to taste



Directions

Put water in pot, add the vegetable broth as well as the onion and bring to boil. Meanwhile, chop the zucchini, the broccoli and the asparagus, and shred the carrots and the celery stalk in a food processor.

Once the water is boiling, please turn off the stove as we do not want to boil the vegetables. Just put them all in the hot water and wait until the vegetables reach desired tenderness. Allow to cool slightly, then put all ingredients into blender and mix until you get a thick, smooth consistency.

Taste with salt, serve warm and ENJOY!

(Of course you can replace one or the other of the vegetables, just try out whatever you have in the house.)

Soups: "Rawsome Gazpacho Soup"

Gazpacho Soup is always served cold. It's a soup which doesn't need any cooking - it is raw and prepared in a blender. Enjoy!

Ingredients for 4 servings

500 tomatoes
1 small cucumber
1 red pepper
1 onion
2 cloves of garlic
1 small chili
1 quart of water (preferably alkaline water)
4 tbsps. cold-pressed olive oil
Juice of one fresh lemon
1 dash of cayenne pepper
Sea salt to taste



Directions

Remove the skin of the cucumber and cut all vegetables in large pieces. Put all ingredients except the olive oil in a blender and mix until smooth. Add the olive oil and mix again until oil is emulsified.

Put the soup in the fridge and chill for at least 2 hours (soup should be served ice cold). Add some salt and pepper to taste, mix, place the soup in bowls, garnish with chopped scallions, cucumbers, tomatoes and/or peppers and enjoy! It's delicious!

"Chilled Avocado Tomato Soup"

Did you know that avocados have several health benefits? Scientists have proved that a certain toxin present in avocados is able to kill cancer cells - it is used both in prevention and treatment of prostate and breast cancers. Furthermore, potassium in avocado can regulate pressure of blood, and oleic acid in avocado can be used to lower cholesterol level in the blood. So enjoy this healthy alkaline Avocado Tomato Soup!

Ingredients for 4 Servings

2 small avocados
2 large tomatoes
1 stalk of celery
1 small onion
1 clove of garlic
Juice of 1 fresh lemon
1 cup of water (best: alkaline water)
A handful of fresh lovage
Parsley and sea salt to taste



Directions

Scoop the avocados and cut all veggies in small pieces.

Place all ingredients in a blender and mix until smooth. Serve chilled and enjoy this nutritious and healthy alkaline soup recipe!

Soups: "Pumpkin and White Bean Soup with Sage"

Pumpkins are not only alkaline, but also very low in calories which make them an ideal vegetable for anybody who watches its weight. Moreover, pumpkins are rich in potassium, magnesium, zinc, fiber, iron as well as beta-carotene (antioxidant), which are really good at neutralizing free radicals.

Ingredients for 4 Servings

1 ½ pound pumpkin
½ pound sweet potatoes
½ pound white beans
1 onion
2 cloves of garlic
1 tbsp. of cold pressed extra virgin olive oil
1 tbsp. of herbs (your favorites)
1 tbsp. of sage
1 ½ quart water (best: alkaline water)
A pinch of sea salt and pepper



Directions

Cut the pumpkin and potatoes in cubes, slice the onion and cut the garlic, the herbs and the sage in very fine pieces.

Stir-fry the onion and garlic in some olive oil for a couple of minutes. Add the potatoes, pumpkin, herbs and sage and fry for another 5 minutes. Then add the water and cook for around 30 minutes (cover the pot with a lid) until vegetables are tender.

Finally add the beans and some salt and pepper. Cook for another 5 minutes and serve immediately.

Soups: "Alkaline Carrot Soup with Millet"

Ingredients for 2 portions

2 lb. carrots (32 oz.)
2 oz. ground millet
4 cups (1 quart) yeast-free veggie broth
2 yellow onions
1 tbsp. cold pressed extra virgin olive oil
1 pinch of sea salt
1 pinch of cayenne pepper
Some fresh parsley, chives and clove



Directions

Chop the onions in small pieces and the carrots in thin slices.

Then heat some oil in a pot, add the onions and stir-fry for a couple of minutes. Then add the carrots as well as the millet and stir-fry for another 10 minutes on low heat.

Next, add the veggie broth, some clove (be careful with the clove, don't add too much), and some salt and pepper. Cook until the carrots are tender (around 20-30 minutes).

Then puree with a hand-held blender, season once more with salt and pepper, pour the soup in a bowl and garnish with chives and parsley. Enjoy this simple but very delicious alkaline carrot soup!

"Alkaline Pumpkin Tomato Soup"



Ingredients for 8 servings

1 quart of water (best: [alkaline water](#))
400g fresh tomatoes, peeled and diced
1 medium-sized sweet pumpkin
5 yellow onions
1 tbsp. Cold pressed extra virgin olive oil
2 tsp. sea salt or organic salt
Pinch of Cayenne pepper
Your favorite herbs (optional)
Handful of fresh parsley

Directions

Cut onions in small pieces and sauté with some oil in a big pot.

Cut the pumpkin in half, then cut off the stem and scoop out the seeds. Finally scoop out the flesh and put it in the pot. Add also the tomatoes and the water and cook for around 20 minutes.

Then pour the soup into a food processor and mix well for a few seconds. Season with salt, pepper and your favorite herbs.

Pour into bowls and garnish with fresh parsley. Enjoy your alkalizing soup!

"Cold Cauliflower-Coconut Soup"



Cauliflower can also help to prevent colon cancer and maintain healthy cholesterol levels.

Fresh coconut milk is full of Lauric Acids which makes it anti-carcinogenic, anti-microbial, anti-bacterial as well as anti-viral. Coconut milk can help to fight off all sorts of viruses and help to lower cholesterol as well as to prevent cancer.

Ingredients for 4 portions

1 pound (450g) fresh cauliflower
1 ¼ cup (300ml) unsweetened coconut milk
1 cup water (best: [alkaline water](#))
2 tbsp. fresh lime juice
1/3 cup cold pressed extra virgin olive oil
½ cup fresh coriander leaves, chopped
Pinch of salt and cayenne pepper
1 handful of unsweetened coconut chips

Directions

Steam cauliflower for around 10 minutes.

Then, put the cauliflower together with coconut milk and water in a food processor and process until very smooth. Add fresh lime juice, salt and pepper, most of the chopped coriander and the oil and mix for another few seconds.

"Raw Avocado-Broccoli Soup with Cashew Nuts"



Did you know that avocados have several health benefits? Scientists have proved that a certain toxin present in avocados is able to kill cancer cells - it is used both in prevention and treatment of prostate and breast cancers.

Furthermore, potassium in avocado can regulate pressure of blood, and oleic acid in avocado can be used to lower cholesterol level in the blood.

Ingredients for 1-2 Servings

½ cup water (best: [alkaline water](#))

½ avocado

1 cup chopped broccoli

½ cup cashew nuts

½ cup alfalfa sprouts

1 clove of garlic

1 tbsp. cold pressed extra virgin olive oil

1 pinch of sea salt and pepper

Some parsley to garnish



Directions

1. Put the cashew nuts in a mixer or food processor, add some water and puree for a few seconds.

2. Add all the other ingredients (except the avocado) one by one and puree each time for a few seconds.

3. Pour the soup in a pot and warm it up to room temperature. Season with salt and pepper. Meanwhile dice the avocado and chop the parsley.

4. Pour the soup in a soup bowl or plate, add the avocado dices and garnish with parsley.

Salads: "Cole Slaw with Avocado Dressing"

If you want to enjoy an **Alkaline Salad**, please consider the following: always use fresh vegetables and fruits, use cold pressed extra virgin olive oil and instead of vinegar you should always use lemon or lime juice. Of course you can choose your favorite fresh herbs and spices for seasoning. Enjoy your salads!

Ingredients

½ cup green or red cabbage
2 carrots
1 tomato
1 small red onion
3 tbsp. chopped parsley
1 avocado
3-4 tbsp. cold pressed extra virgin olive oil
1 fresh lemon, juice
Dash of sea salt and cayenne pepper to taste



Directions

Shred cabbage and carrots, and finely chop the tomato, the onion and the parsley. Put in a big bowl.

For the dressing, blend the avocado, the olive oil and the fresh lemon juice and pour over the salad. Add salt and pepper to taste.

"Fresh Garden Vegetable Salad"



Always consider the following when preparing an

Alkaline Salad:

- Always use fresh vegetables and fruits
- Use cold pressed extra virgin olive oil, and
- lemon or lime juice instead of vinegar.

Choose your favorite fresh herbs and spices for seasoning. Enjoy your salads!

Ingredients

1 head romaine lettuce
2 tomatoes, chopped
2 carrots, shredded
1 red bell pepper, diced
1 green bell pepper, diced
1 small cucumber, diced
1 red onion, thinly sliced

Ingredients for "[Alkalizing Citrus Salad Dressing](#)"



Directions

Put all vegetables in a big bowl and mix together. Pour the "Alkalizing Citrus Salad Dressing" over the salad and add some sea salt if required.

Serve and enjoy!

"Alkaline Broccoli Salad with Tofu"

Ingredients for 2 servings

300g organic tofu
2 flowers of broccoli
5 tbsp. cold pressed olive oil
2 tbsp. soy sauce
1 tbsp. fresh lemon juice
Some sea salt and pepper to taste
1 garlic clove
½ red pepper bell for garnishing



Directions

Put diced tofu with some oil in a pan and fry for around 15 minutes. Turn off the stove, pour the soy sauce over the tofu and set aside.

Now stir-fry the broccoli for 10 minutes. Also set aside to cool off.

For the dressing, put the olive oil, the fresh lime juice, salt, pepper and the garlic in a blender and mix well until smooth. Then, put the tofu and the broccoli in a bowl, pour over the dressing and mix well. Garnish with slices of red pepper bell and finally - Enjoy your delicious alkaline salad!

Salads: "Alkalizing Green Noodle Salad"



Most grains are acidic, except millet and buckwheat. Apart from being alkaline forming, millet also contains the highest calcium content of all grains, has less phytates than other grains, is gluten-free and packed with vitamins and minerals, e.g. Vitamin B3 which can help lower cholesterol.

Ingredients for 2 persons

100 g millet noodles (100 g ~ 3.75 ounces)
100 g fresh spinach
100 g zucchini
100 g broccoli
1 garlic clove
¼ cup yeast-free vegetable stock
2 tbsp. fresh lemon juice
1 cup chopped fresh basil
1 pinch of sea salt
1 pinch of pepper

Directions

Cook noodles according to package directions. Drain the noodles and rinse them off with cold running water. Put aside and let cool off. Chop the broccoli and cut the zucchini in thin slices and steam both very slightly so they remain crunchy and the color pops. Wash and cut the spinach, get rid off the stems. Chop the basil. For the dressing, pour the lemon juice and the vegetable stock in a mixer, add chopped garlic and mix for a few seconds.

Salads: "Chinese-Style Cucumber Salad"

Apart from being alkaline and very low in calories, cucumbers have several other health benefits, e.g. potassium helps with high and low blood pressure and the erepsin content helps to digest protein.

Cucumbers are also said to help in kidney, urinary bladder, liver as well as pancreatic disease.

Ingredients for 4 side dishes)

1 lb. fresh cucumber
4 cloves of garlic
3 tbsp. sesame seed oil
Pinch of salt and pepper

Directions

1. Pour the oil into a bowl and add a pinch of salt and pepper. Mix well.
2. Mince the garlic and add to bowl. Mix again.
3. Wash the cucumbers, cut in halves and then in thin slices. Put the slices into the bowl and mix well together.
4. Leave in fridge for at least 10 minutes before serving.
5. Finish! Enjoy ;-)

Zucchini Salad

Besides being an alkaline food and very low in calories (1 medium-sized zucchini has approx. 25 calories), zucchinis contain Vitamin C and beta-carotene, which are both powerful antioxidants.



Ingredients for 2 persons

1 fresh zucchini
1 red bell pepper
2 tomatoes
1 onion
1 clove of garlic (optional)
1/2 fresh lemon
2 tbsp. cold pressed extra virgin olive oil
Pinch of salt and pepper
1 tsp. of your favorite fresh herbs

Directions

1. Wash zucchini and cut off the top and bottom. Then cut in halves lengthwise and then slice crosswise.
2. Wash and dice tomatoes. Wash bell pepper, cut in halves, then in slices. Cut onion in halves, then into rings.
3. Put all veggies in a medium-sized salad bowl.
4. In another small bowl, mix the lemon juice, minced garlic (optional), olive oil, fresh herbs as well as some salt and pepper. Pour over salad. Mix carefully.

"Quick & Easy Alkaline Salad"



When preparing a salad with ripe avocados, its creamy texture can substitute the salad dressing. Avocados are also great health food: they help to prevent and treat prostate and breast cancers, and can be used to lower the cholesterol level in the blood. So enjoy this healthy alkaline salad!

Ingredients for 2 persons

2 ripe medium-sized avocados
8oz. carrots
8oz. broccoli
1/2 cup scallions
1 pinch of sea salt
Your favorite fresh herbs



Directions

Dice the avocados, chop the broccoli, scallions and herbs and shred the carrots. Put all veggies in a salad bowl, mix well and taste with salt.

(Optional: you can add some flax seeds if you like).

Enjoy this easy, quick & healthy alkaline salad!

Main Dishes : "Soba Noodles with Tofu Stir-Fry"

Soba Noodles are made out of buckwheat and fit very well in an Alkaline Diet Plan. Tofu is made of soy beans and has also an alkaline effect on the body pH-level.

Ingredients for 4 servings

500g Soba Noodles (made of buckwheat)
1 pack of extra firm tofu
1 green or red pepper bell
1 small cup of bean sprouts
1 small cup of pak choi (optional)
1 onion
1 garlic clove
Some vegetable broth (yeast-free)
Sea salt and pepper to taste
Some ginger if you like



Directions

Cook noodles according to directions.

Cut tofu in bite size pieces and sauté in a pan with some vegetable broth for a few minutes, set aside.

Then stir fry the chopped pepper, pak choi, onion, garlic and bean sprouts for around 5 minutes in pan (you can also add some vegetable broth). Add the noodles and tofu, taste with some sea salt, pepper and ginger (if applicable), and mix all. Serve hot and enjoy!

"Wild Rice with Alkalizing Greens"



Wild rice is slightly acidic - yet, eating moderately and in combination with a lot of greens still fits well in an Alkaline Diet Program. Please always use fresh greens and veggies and never use canned or processed food.

Ingredients for 4 servings

1 cup of wild rice
1 cup Pak Choi
1 cup Broccoli
1 cup young beans
2 carrots
1 cup bean sprouts
½ cup vegetable broth (yeast-free)
1 chili
Juice of 1 fresh lime
Cilantro
Some basil and sea salt to taste

Directions

Finely chop all the vegetables (pak choi, broccoli, beans, carrots and bean sprouts) and steam fry them in some vegetable broth in a pan until they are slightly cooked but still crunchy.

Meanwhile, mortar the cilantro and the finely chopped chili. Then, add lime juice until you have a nice dressing.

Place the rice on a plate, add the greens and sprinkle the dressing on top. It's that easy! Serve warm and enjoy!

"Vegetable Pasta with Tomato-Pepper Sauce"

Who doesn't love pasta??! Eating according to an Alkaline Lifestyle doesn't mean you have to give up pasta at all. You can eat it moderately if considering the following: always choose vegetable or spelt pasta

Ingredients for 4 servings

500g vegetable or spelt pasta
300g tomatoes
½ cup sun dried tomatoes
1 small red bell pepper
1 small zucchini
1 onion
2 garlic cloves
1 chili
5 fresh basil leaves
2-3 tbsp. cold-pressed olive oil
Sea salt and pepper to taste



Directions

Cook vegetable or spelt pasta according to directions.

Cut tomatoes, bell pepper and zucchini in cubes and finely chop the onion, the garlic and the chili.

Heat olive oil in pan, adding onion, pepper, chili and garlic, and fry for a couple of minutes. Then add the tomatoes and zucchini and cook for approx. 5-10 minutes. Last but not least, add the basil and taste with pepper and salt.

Put pasta on plate, top with sauce and garnish if desired

"Chili Tofu Burger"



You don't have to go with your regular burger when you start eating alkaline! Try our alkaline burger recipe made out of tofu! Tofu fits very well in an Alkaline Diet Plan - it is made of soy beans and has an alkaline effect on the body pH-level.

Ingredients for 4 servings

500g firm tofu
100g green bell pepper
100g onions
6 tsp. organic chilli sauce
½ tsp. sea salt or organic salt
2 tsp. extra virgin olive oil
Some pepper to taste

Directions

Chop the tofu, the bell pepper and the onions in small pieces.

Pour oil in a pan and stir-fry the onions and the bell pepper for around 5 minutes.

Then add the tofu pieces and stir-fry for another 15 minutes. Add the chilli sauce, the salt and the pepper and mix well. Add some water in case the mixture is still too dry. Ready! Enjoy as burger with alkaline bread or eat as a side dish!

"Vegetables Stir-Fry with Tofu & Coconut Milk"

Ingredients for 3-4 servings

1 pound firm tofu
3 medium-sized zucchinis
3 tomatoes
1 red pepper bell
1 green pepper bell
½ pound green beans
1 to 1 ½ cups fresh coconut milk
2 tbs. cold pressed extra virgin olive oil
Some sea salt and pepper
½ tbs. curry powder
¼ tbs. Ginger
Your favorite fresh herbs

Directions

Dice tofu, and chop the zucchinis, tomatoes, pepper bells as well as the beans in bite-sized pieces.

Put the oil in a pan or wok and fry the tofu for a few minutes. Then add the zucchini, pepper bell and beans and stir fry for another few minutes.

Finally add the tomatoes and the coconut milk, stir well and cook for a couple of minutes.

Last but not least, season with salt, pepper, curry powder, ginger and your favorite herbs.

Serve with soba noodles or wild rice. Enjoy this healthy alkaline Vegetable Stir-Fry!

"Alkaline Ratatouille"

Ratatouille is a traditional French Provençal stewed vegetable dish, with tomatoes, zucchini, pepper bell and eggplant being the key ingredients. Ratatouille is usually served as a side dish, but also may be served as a meal on its own. Because of its many fresh vegetables, Ratatouille makes a perfect dish for an Alkaline Diet.



Ingredients for 4 servings

5 tomatoes
1 large zucchini
1 large eggplant
1 green pepper bell
1 big onion
2 cloves of garlic
2 tsp. herbs de Provence (or thyme, basil, oregano, marjoram, etc.)
3 tbsp. cold pressed extra virgin olive oil
Pinch of sea salt or organic salt
Pinch of pepper
1 cup of water (best: [alkaline water](#))

Directions

Wash and scrub all the vegetables. Dice the tomatoes and pepper bell and slice the zucchinis, the eggplant as well as the onion and the garlic in thin slices.

Heat some olive oil in a pot (or wok) and sauté the onions and the garlic for a couple of minutes.

Then add the eggplant and zucchini slices as well as the pepper bell and stir-fry for around 8 minutes. Then add the cup of water, the tomatoes and the herbs, stir well and let cook for a few more minutes until the vegetables are tender but not too soft.

Taste with salt and pepper and serve immediately. Enjoy this delicious Alkaline Ratatouille!

"Potato Pumpkin Patties"

Pumpkins are not only alkaline, but also very low in calories which make them an ideal vegetable for anybody who watches its weight. Moreover, pumpkins are rich in potassium, magnesium, zinc, fiber, iron as well as beta-carotene (antioxidant), which are really good at neutralizing free radicals.



Ingredients for 2 persons

1 lb pumpkin (450g)
1 lb potatoes (450g)
2.5 oz. soy flour (75g)
4 tbsp. water (best: [alkaline water](#))
3 tbsp. fresh parsley, chopped
Some sea salt or organic salt
Pinch of pepper
Cold pressed extra virgin olive oil

Directions

Peel potatoes and pumpkin. Then grate both so you got quite chunky pieces.

Mix 2 tbsp. of soy flour with 4 tbsp. of water. Then put the grated potatoes and pumpkins as well as the rest of the soy flour in a bowl. Add the flour-water-mix and mix everything well. Then season with salt, pepper and parsley.

Heat some oil in a pan, form patties and fry for a couple of minutes.

"Tofu Steak"



You don't have to go without your regular steak when you start eating alkaline! Try our alkaline steak recipe made out of tofu! Tofu fits very well in an Alkaline Diet Plan - it is made of soy beans and has an alkaline effect on the body pH-level.

Ingredients for 3 steaks

1 pound firm tofu
2 oz. grounded almonds
4 tbsp. cold pressed extra virgin olive oil
Fresh juice of ½ lemon
½ tsp. sea salt or organic salt
½ tsp. pepper
Some nutmeg powder (optional)

Directions

Slice the tofu in 3 steak-like pieces.

Then put the grounded almonds, salt, pepper and nutmeg powder (optional) in a small bowl and mix well.

Take each of the tofu steaks and first soak with lemon juice and then coat with the almond mix. Pour some olive oil in a pan and pan-fry until crispy.

Serve immediately with some fresh alkaline salad and enjoy! ;-)

"Spelt Pasta with Spicy Eggplant Sauce"

Who doesn't love pasta??! Eating according to an Alkaline Lifestyle doesn't mean you have to give up pasta at all. You can eat it moderately if considering the following: always choose vegetable or spelt pasta, leave out all the meat and tuna, and add loads of fresh vegetables. Enjoy :-)

Ingredients for 2 persons

7oz. (200g) spelt pasta
1 fresh eggplant
1 fresh red bell pepper
1 medium-sized onion
1 clove of garlic
1 small chili
1 cup yeast-free vegetable stock
1 handful of fresh basil
1/2 teaspoon organic sea salt
1 pinch of cayenne pepper
Some cold-pressed extra virgin olive oil



Directions

1. Cook the pasta following packet directions.
2. Meanwhile, cut eggplant and bell pepper into cubes, and chop the onion, garlic, chili and basil into small pieces.
3. Heat some olive oil in pan and stir-fry onions and garlic for a couple of minutes. Add eggplant and pepper cubes as well as the chili and stir-fry for another 2-3 minutes.
4. Dissolve yeast-free vegetable stock in 1 cup of water (check directions), then add to pan. Simmer on low heat for around 10 minutes, stir occasionally.
5. Finally, add the basil and season with cayenne pepper and salt. Pour the sauce over the cooked pasta and serve immediately. Enjoy this alkaline dish!

"Alkaline Potato Salad"

Ingredients for 4 servings

600g new or red potatoes
2 cups of broccoli
1 cup of cauliflower
½ small english cucumber
1 small green or red pepper
1 red onion
2 tbsp. dill
Juice of 1 lemon
3 tbsp. cold pressed olive oil
1 tbsp. vegenaise
Sea salt



Directions

Steam potatoes until slightly soft. Meanwhile steam broccoli and cauliflower for a couple of minutes (should be still crunchy, not soft).

After the potatoes cool, slice them (with the skin) and put them in a big bowl. Add the chopped broccoli, cauliflower, cucumber, pepper, the finely chopped onion, the dill and salt, and mix well. Set aside.

Put lemon juice, olive oil and the vegenaise in a small bowl and mix until you have a smooth dressing. Add to potato salad, toss gently, and put aside for a couple of hours. Then the salad will even taste better. Add some more seasoning if desired.

"Alkaline Vegetable Lasagne"

Ingredients for 1 lasagne

2 soft avocados
1 garlic clove
1-2 lemons, juice
1 red bell pepper
½ small radish
1 parsley root
1 small leek
1 corn salad (also known as lamb's lettuce or field salad)
3 big tomatoes
1 Arugula (also known as Garden Rocket)
Some Parsley



Directions

Put the avocados, the garlic clove and the lemon juice in a blender and mix until smooth. Add some water if necessary.

Finely grate the radish and the parsley root, cut the leek into fine rings and the pepper bell in thin strips. Then mix well with the avocado cream.

Now, for the first layer of the lasagne, put the corn salad in a casserole. Then pour over the avocado mix and spread well. For the next layer, add the tomato slices. Finally, the parsley and arugula form the top layer of your lasagne. Enjoy this wonderful alkaline dish!

"Alkaline Pizza Bread / Pizza Crust "

The following alkaline recipe can be either used to form small pizza breads as a side dish for salads; or to form a pizza crust. If used for a pizza crust, toppings could be tomatoes, peppers, onions or any other alkaline veggies.

Ingredients for 1 pizza crust

200g sunflower seeds
100g flax seeds
50g sundried tomatoes
Some fresh wild garlic (ramson)
4 tbsp. cold-pressed extra virgin olive oil
Pinch of sea salt or organic salt
Pinch of pepper
Your favorite alkaline spices

Directions

Soak the sunflower seeds for at least 4 hours.

Put the flax seed in a mixer and grind to a very fine powder (like flour).

After soaking the sunflower seeds, also put them in a mixer and blend for a few seconds.

Then put all ingredients in a bowl and use your fingers to knead the dough, until you have a good consistency. If necessary, add some water or olive oil.

Form several pizza breads or form a pizza crust, and put them/it in a dehydrator for at least 12 hours. (If you do not have a dehydrator, you can also just use your oven.) Enjoy the breads or choose your favorite toppings (alkaline!) for your pizza!

"Alkaline Mashed Sweet Potatoes"

Sweet potatoes are not only alkaline and low in calorie, but also rich in Vitamin A and Vitamin C, acting as a natural antioxidant. Moreover, sweet potatoes can help to reduce blood pressure and stabilize blood sugar levels (good for diabetics).



Fresh coconut milk is full of Lauric Acids which makes it anti-carcinogenic, anti-microbial, anti-bacterial as well as anti-viral. Coconut milk can help to fight off all sorts of viruses and help to lower cholesterol as well as to prevent cancer.

So what are you waiting for? Try out this healthy alkaline recipe!

Ingredients for 1 tray

6 large sweet potatoes
1 ½ to 2 cups fresh coconut milk
1 tbsp. cold pressed extra virgin olive oil
1 tbsp sea salt
1 pinch of pepper
½ tbsp curry powder

Directions

Wash and chop the sweet potatoes and boil them for around 20 minutes.

Then mash the sweet potatoes to desired consistency and add the remaining ingredients. Voilà!!

"Green Beans with Coconut"



Green Beans, or String Beans, are very low in calorie (only 40 calories in 4oz. / 1 cup), but are a great source of Vitamin K, C and A as well as Manganese and Potassium. Moreover they contain a high amount of fiber which helps in lowering high blood pressure.

So what are you waiting for? Try out this healthy alkaline recipe!

Ingredients for 1 tray

- 1 pound green (string) beans, cut in 1 inch pieces
- 3 tbsp. fresh coconut milk
- 1 tbsp. dried flaked coconut
- 1-2 red chilies, chopped
- 2 cloves of garlic, chopped
- ½ tsp. ground cumin
- ½ tsp. fresh ginger, chopped
- 1 tsp. of your favorite fresh herbs
- 3 tbsp. cold pressed extra virgin olive oil
- 1 pinch of sea salt
- 1 pinch of cayenne pepper

Directions

Heat oil in wok and add beans, garlic, cumin, ginger as well as the chilies. Stir-fry for 5-7 minutes.

Add the coconut milk and flakes and stir-fry for another couple of minutes (or until milk is vaporized).

Season with herbs, salt and pepper. Enjoy!!

"Grapefruit-Carrot Shake"

Shakes are an easy and yummy way to consume lots of vitamins. Have them with your salad, or as a snack. Especially great in the summer!

People who are not too keen about pure veggie shakes will definitely love this one as the grapefruit gives it a sour and refreshing taste. And by the way, grapefruits provide lots of vitamins and help to lower cholesterol and prevent diabetes.



Ingredients for 1 shake

- 2 carrots
- 1 Grapefruit
- 3 oz. pure water (best: [alkaline water](#))
- 3 ice cubes (best: also made with alkaline water)
- optional: 2-3 mint leaves

Directions

This is a very simple recipe, which can be prepared in just a few minutes.

First, peel the grapefruit and following instructions for your model, push grapefruit through juicer, catching juice in cup as directed.

Then wash carrots, trim off the ends and also push through juicer.

Pour both juices into a tall glass, add the water and mix well. Finally add the ice cubes and if you like - decorate with mint leaves.

"Alkalizing Citrus Salad Dressing"



This basic alkaline salad dressing can be used with all kinds of salads as well as stir-fry vegetables. We'll use cold pressed extra virgin olive oil and instead of vinegar we'll use lemon and lime juice. Of course you can

choose your favorite fresh herbs and spices for the dressing. Enjoy your salad!

Ingredients for the Dressing

- 1/3 cup fresh lemon and / or lime juice
- 3/4 cup cold pressed olive oil
- 1 tsp garlic powder
- 1/2 tsp ground oregano
- 1/4 tsp dried rosemary
- 1 tsp dried basil
- 1/2 tsp ground cumin
- 1 dash of sea salt and cayenne pepper

Directions

Put all ingredients in a blender and mix until all ingredients are well emulsified. Season again if desired. Tip: If you prefer a thicker dressing, you can also add 1 tbsp. of flaxseeds before blending.

"Alkaline Hummus"

Hummus has its origins in Arabic countries. It is kind of a dip which can be served with all kind of vegetables, e.g. eggplant, zucchini or bell pepper. It is alkaline and very delicious! Try it!

Ingredients

- 300-400g home cooked chick peas
- 1 tbsp. tahini (arabic paste, see below)
- 2 garlic cloves, finely chopped
- 50ml yeast-free vegetable broth
- 1 tbsp. cold pressed olive oil
- 2 tbsp. fresh lemon juice
- Some sea salt and pepper to taste
- 1 Chili (optional - if you like it spicy!)



Directions

Put all ingredients in a blender and mix until smooth and creamy. Add some salt and pepper to taste. It's so easy! Enjoy the dip with your favorite veggie!

"Alkaline Sauce for Veggie Salads "



This basic alkaline sauce is perfect to perk up all kind of veggie salads. Of course we'll use only raw fresh ingredients and cold pressed extra virgin olive oil. You can choose your favorite fresh herbs and spices for the

dressing as you prefer. Enjoy your alkaline veggie salads!

Ingredients for the Dressing

1 clove garlic
1/4 tsp salt
1/2 cup chopped parsley leaves
1/3 cup chopped mint leaves
1 1/2 tsp black pepper
1 lemon, zested and juiced
1/3 cup cld pressed extra virgin olive oil

Directions

Put all ingredients in a food processor and pulse.

Tip: If you prefer a thicker dressing, you can also add 1 tbsp. of flaxseeds before blending.

"Creamy Tofu Salad Dressing"



Tofu is made of soy beans, it's very healthy and has an alkaline effect on the body pH-level.

Ingredients for the Dressing

100g Tofu
3 tbsp. lime juice
5 tbsp. water (best: [alkaline water](#))
1 tsp. stevia powder
1/2 tsp. sea salt
Your favourite herbs and spices

Directions

Put all ingredients in mixer or food processor and mix until smooth. Pour over your salad and enjoy! :-)

"Spinach Avocado Dip"

Did you know that avocados have several health benefits? Scientists have proved that a certain toxin present in avocados is able to kill cancer cells. So it is used both in prevention and treatment of prostate and breast cancers. Furthermore, potassium in avocado can regulate pressure of blood, and oleic acid in avocado can be used to lower cholesterol level in the blood. So enjoy this healthy alkaline Spinach Avocado Dip!

Ingredients

150g fresh spinach
1 Avocado
1 cup parsley
1 cup dil
1 tbsp. Tahini (What is Tahini? Scroll down.)
1 garlic clove
Some sea salt and pepper to taste
1 Chili (optional - if you like it spicy!)



Directions

Put all ingredients in a blender and mix until smooth and creamy. Add some salt and pepper to taste. It's so easy! Enjoy the dip with carrots, cucumber or your favorite veggie

"Alkalizing Caesar Salad Dressing"

For this salad dressing, we'll use cold pressed extra virgin olive oil and instead of vinegar we'll use lemon juice. Of course you can also choose your favorite fresh herbs and spices for the dressing. Enjoy your salad!



Ingredients for the Dressing

1/3 cup cold pressed extra virgin olive oil
1/2 cup of water (best: [alkaline water](#))
1 tbsp. miso
Juice of 1/2 lemon
2 dates
2 cloves of garlic
1 dash of sea salt and cayenne pepper

Directions

Put all ingredients in a blender and mix until all ingredients are well emulsified. Season again if desired.

Tip: If you prefer a thicker dressing, you can also add 1 tbsp. of flaxseeds before blending.

"Alkaline Salsa Mexicana"

Freshly made salsa not only tastes much nicer than the one you buy in the supermarket, but you can also be completely sure that it is 100% alkaline. Enjoy it with any kind of vegetable as a dip or try it with our Alkaline Tofu Burger. Alkalizing Delicious!

Ingredients for 1 bowl

3 big tomatoes
2 green chillies
2 spring onions
2 cloves of garlic
A handful of cilantro
1 pinch of sea salt or organic salt
1 pinch of cayenne pepper
Juice of 1 small lime



Directions

Cut the tomatoes in small cubes, clean the chillies and cut them in very small pieces, cut the spring onions in rings and chop the garlic cloves in also very small pieces.

If you prefer a "chunky" salsa, put all ingredients in a bowl and mix well. Taste with salt and pepper. Ready!

If you prefer a "smooth" salsa, put all ingredients in a bowl and mix well. Then, pour the mix in a food processor and mix for a few seconds (not too long!). Taste with salt and pepper and enjoy your freshly made Salsa!!

"Alkaline Sunflower Pesto"

Aside from being alkaline, sunflower seeds are very rich in antioxidant Vitamin E and also help to keep the bad cholesterol away because of its mono- and poly-unsaturated fats. Moreover, sunflower seeds also help to prevent cellular damage that may lead to cancer, heart disease, and other health problems. So enjoy this healthy alkaline sunflower pesto!

Ingredients for 1 small bowl

200g sunflower seeds
1 red pepper
1 tomato
1 clove of garlic
Some cold pressed extra virgin olive oil
A pinch of sea salt or organic salt
A pinch of pepper
Your favorite herbs



Directions

Soak the sunflower seeds for at least 4 hours.

Then put all ingredients in a blender and mix until you get a smooth cream. Taste with salt, pepper and your favorite herbs.

Enjoy with our pizza bread or with alkaline crackers. Alkaline Delicious!

"Red Bell Pepper-Almond Dip"

Have this alkaline dip with your veggies or with alkaline bread. It's really delicious, without leaving unhealthy acid wastes inside your body. Also a favorite finger food for your next party!

Ingredients for 1 small bowl

- 10oz. (~280g) red bell pepper
- 2 oz. (~60g) almonds
- 2-3 garlic cloves
- 1 tbsp. cold pressed extra virgin olive oil
- 1 pinch of sea salt
- 1 pinch of cayenne pepper

Directions

1. Cook pepper and garlic until tender.
2. Put all ingredients in a blender and mix until the dip becomes smooth and creamy.
3. Season with salt and pepper – Finish!!
4. Enjoy this alkalizing dip ;-)

Alkalizing Millet Spread



Most grains are acidic, except millet and buckwheat. Apart from being alkaline forming, millet also contains the highest calcium content of all grains, has less phytates than other grains, is gluten-free and packed with vitamins and minerals, e.g. Vitamin B3 which can help lower cholesterol.

Ingredients for 1 bowl

- 1 cup millet
- 2 cups water (best: [alkaline water](#))
- 1 big white onion
- 1 tsp. vegetable stock (yeast free!)
- 1 tbsp. cold pressed extra virgin olive oil
- 1 pinch of sea salt or organic salt
- 1 pinch of pepper
- 1 tsp. of your favorite garden herb(s)

Directions

1. Put millet, vegetable stock as well as the water in a small pot and boil for around 10 minutes. Put pot aside to cool down (approx. 5 minutes).
2. Meanwhile chop onion and stir fry together with the oil in a pan.
3. Then, add the onions and the herbs to millet, mix well and season with salt and pepper.
4. Finally, put in a mixer and puree for 30 seconds. Enjoy! ;-)

Avocado-Tofu Dip

Tofu is made of soy beans, it's very healthy and has an alkaline effect on the body pH-level.

Ingredients for 1 small bowl

- 1 ripe avocado
- 3.5 oz. tofu
- 1 medium-sized tomato
- 1 clove of garlic
- 1 small onion
- Some fresh parsley
- 1 pinch of sea salt and pepper to taste

Directions

1. Cut avocado in half and remove seed. Scoop out with spoon.
2. Mash the tofu with fork. Chop the tomatoes, garlic, onion and parsley in small pieces.
3. Then, put all ingredients in a mixer and mix until creamy. If necessary, add some water.
4. Season with salt and pepper.
5. Finally, enjoy with your favorite veggies! ;-)

"Alkaline Green Power Shake"

Shakes are an easy and yummy way to consume lots of vitamins. Have them with your salad, or as a snack. Especially great in the summer!

Ingredients

- 1 avocado
- ½ cucumber (medium)
- 1 cup of cabbage
- 1 cup of fresh spinach leaves
- 1 peeled lime
- 1 tbsp. SuperGreens Powder
- Ice cubes
- Water (best: alkaline water)



Directions

Put all ingredients (except SuperGreens and ice cubes) into blender and mix until smooth. Pour in glass, add ice cubes and water as desired. Drink and enjoy this healthy alkaline drink! :-)

"Fresh Almond Milk "

Shakes are an easy and yummy way to consume lots of vitamins. Have them with your salad, or as a snack. Especially great in the summer!

Ingredients for 1 quart

4 cups of fresh raw Almonds

Pure Water (best: [alkaline water](#))

Nylon Stocking or other device for straining



Directions

Put water in a bowl, add the fresh almonds and soak over night. The next morning, drain the almonds and fill around 2 cups of it into your blender. Then add the pure or better - alkaline water to fill the blender up (1/3 almonds, 2/3 water). Then blend on maximum speed until the milk gets creamy.

Repeat with the rest of the almonds.

Then take a nylon stocking or any other device for straining. Pour in the milk through it over a bowl and let it drain. Use your fingers to push the last of the milk through the nylon.

Finish! You can now use the almond milk to prepare puddings, shakes or soups, or thin with water and enjoy as dessert!

"Super Soy Pudding"

This is a great way to have a delicious snack while staying alkaline. You can enjoy this wonderful pudding for breakfast or as dessert. It is high in good fats, vitamin E, Calcium, and Potassium with the almond milk and avocado, and high in good proteins from the Super Soy Powder. Enjoy!

Ingredients

1 cup fresh almond milk ([alkaline almond milk recipe](#))

2 avocados

Juice of 1 lime

2 scoops of [InnerLight's Super Soy Powder](#)

1 pkg. stevia

6-8 ice cubes



Directions

Put all ingredients in a blender and mix until the pudding is smooth and pudding-like. Enjoy this healthy alkaline dessert! :-)