

# MaxVegan Toppings

Click for [Recipe Basics](#) instructions and the [MV Pantry](#) shopping checklist.

**Abbreviations:** MV = MaxVegan; t / tsp = teaspoon; T = Tablespoon; oz = ounce; C = Cup

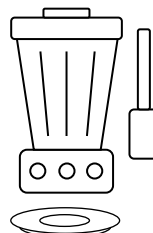
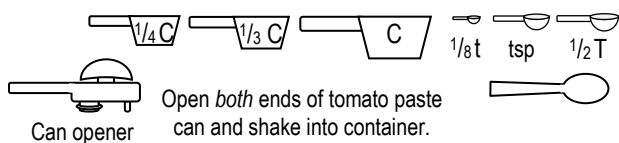
**Recommendations:** Date Lady [date sugar](#); Now Foods [erythritol](#); Bragg Aminos [soy sauce](#); Mori-Nu [silken tofu](#)

\* Recommend high-speed blender: Vitamix, Blendtec, Ninja + earplugs!  
\* If excess garlic causes body odor, replace powder with granules.

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## MaxVegan Ketchup (8/30/16)

5	1 1/4 C filtered water	4	1/4 C non-gmo erythritol	3	1/8 tsp allspice powder	2	1/2 T onion powder	1	1/2 T garlic powder
8	2/3 C tomato paste	7	1 tsp blackstrap molasses	6	1/4 C white vinegar				



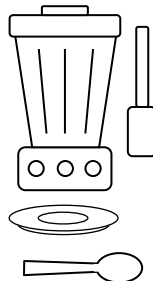
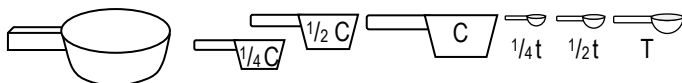
\* Commercial ketchup can be 8:1 sodium (mg) to calories per serving. Tomato paste is 1:1 and typically comes in 6 oz cans (~2/3 cup).

- Add ingredients in order.
  - Blend on medium speed until mixed. If over blend, may gel when cold.
  - Pour into saucepan, partially cover and simmer ~10 minutes over low heat, stirring occasionally.
  - Let cool. Transfer to container.
- Makes ~2 cups. Keep refrigerated.  
- Use in MV BBQ Sauce / 1000 Island Dressing.  
- Use in MV Pepperoni / VegLoaf.



## MaxVegan Mustard (01/21/18)

9	2 T soy sauce	8	2 T maple syrup	7	1/4C +2T mustard powder	6	2 T whole-grain flour		
5	1/4 tsp paprika powder	4	1/4 tsp garlic powder	3	1/2 tsp turmeric powder	2	1/2 C filtered water	1	1 C white vinegar



\* Commercial mustard can be 60:1 sodium (mg) to calories per serving.

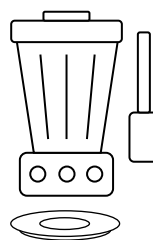
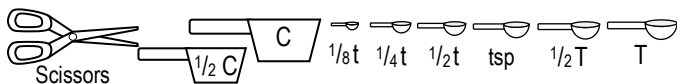
- Add ingredients in order.
  - Blend on medium speed.
  - Pour into saucepan, cook uncovered over medium heat until bubbles. Stir and simmer over low heat for a few minutes until thickens.
  - Let cool. Transfer to container.
- Makes ~1 cup. Keep refrigerated.  
- If thickens in frig, thin with water as desired.  
- Use in MV Tahini-Mustard Dressing / Burgers.



## MaxVegan Mayo (7/23/18)

Pureed Cauliflower  
Microwave ~2C florets + 1/2C water 5 minutes in covered bowl. Cool then blend.

8	1 1/2 C silken tofu or cauliflower	7	1/4 tsp soy sauce	6	3 T lemon juice				
5	1/2 T apple cider vinegar	4	1/8 tsp onion powder	3	1/2 tsp mustard powder	2	1 tsp non-gmo erythritol	1	1/2 C raw cashews



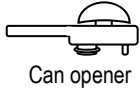
\* Commercial vegan mayonnaise is oil-based. This recipe provides creamy texture with no oil.  
\* Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.  
\* Pureed cauliflower is tangier than tofu.

- Add ingredients in order.
  - Blend thoroughly.
- Makes ~2 cups. Keep refrigerated.  
- Use in MV Tartar Sauce / Ranch Dressing / 1000 Island Dressing / Cottage Cheese.  
- Freeze 1-cup portions for use in other recipes. Thaw & re-blend to restore creaminess.

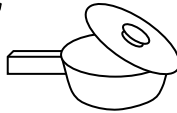
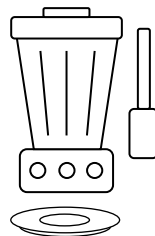
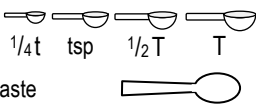


## MaxVegan Tomato Sauce (8/30/16)

			8	3 C filtered water	7	1 1/3 C tomato paste	6	1/4 tsp black pepper	
5	2 tsp oregano flakes	4	2 tsp basil flakes	3	2 T non-gmo erythritol	2	1 T onion powder	1	1/2 T garlic powder



Open both ends of tomato paste cans and shake into container.



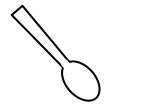
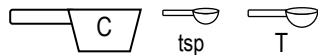
\* Commercial tomato sauce can be 10:1 sodium (mg) to calories per serving. Tomato paste is 1:1. Two 6 oz cans yield ~1 1/3 cups.

- Add ingredients in order.
  - Blend on medium speed until mixed. If overblend, may gel when cold.
  - Use immediately or pour into saucepan, partially cover and simmer ~10 minutes over low heat, stirring occasionally.
  - Let cool. Transfer to container.
- Makes ~4 cups. Keep refrigerated.  
- Use in MV VegMix; MV Pizza, Pasta.



## MaxVegan BBQ Sauce (2/25/17)

5	1 tsp liquid smoke	4	1 tsp blackstrap molasses	3	2 T apple cider vinegar	2	2 T maple syrup	1	1 C MV Ketchup
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\* Commercial BBQ sauce can be 12:1 sodium (mg) to calories per serving.  
\* Premake MV Ketchup (salt-free).  
\* Find liquid smoke in grocery marinade section.

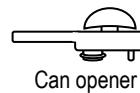
- Add ingredients in order.
  - Mix thoroughly.
  - Transfer to container.
- Makes ~1 1/4 cups. Keep refrigerated.  
- Use to coat sliced tofu, mushrooms, veggie burgers, etc. before barbecuing/roasting. Burns easily, so use lower heat and/or apply near end of cooking cycle. Use on MV Pizza, BBQ Beans.



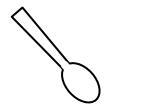
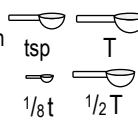
## MaxVegan Salsa (8/30/16)

Veggie Options: corn, beans, carrots, celery, cilantro...

			8	1/4 C diced veggies	7	1/2 C white vinegar	6	2/3 C tomato paste	
5	1/8 tsp cayenne powder	4	1/2 T red pepper flakes	3	1 T onion granules	2	1 tsp garlic granules	1	~1 C diced tomatoes



or ~1 T fresh  
or ~2 T fresh  
or ~2 tsp fresh



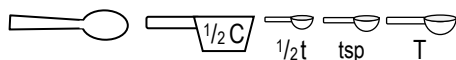
\* Commercial salsa can be 20:1 sodium (mg) to calories. Tomato paste is 1:1. (6 oz = ~2/3 cup.)  
\* Fresh garlic: Microwave clove/s in a covered bowl for ~30 seconds to loosen skin for removal.  
\* Fresh pepper options: jalapeno, bell, chipotle....  
If raw peppers/onions/garlic cause indigestion, dice and dry-pan roast or microwave them first.

- Add ingredients in order & mix gently.
  - Use immediately or pour into saucepan, partially cover and simmer ~10 minutes over low heat, stirring occasionally.
  - Let cool. Transfer to container.
- Makes ~2 cups. Keep refrigerated.



## MaxVegan Marinade (2/26/17)

Sweet		Savory	
9	1 tsp blackstrap molasses	8	3 T maple syrup
7	1/2 C apple cider vinegar	6	1 tsp liquid smoke
5	1 T soy sauce	4	1 T whole-grain flour
3	1 tsp ginger powder	2	1/2 tsp onion powder
1	1/2 tsp garlic powder		



2-4 cup  
lidded  
container



\* Commercial marinades can be 50:1 sodium (mg) to calories. This recipe has no refined salt.  
\* Find liquid smoke in grocery marinade section.

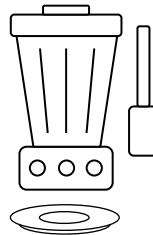
- Mix dry items 1-4 in container.
  - Savory: Stir wet items 5-7 into dry.
  - or -  
Sweet: Stir wet items 5-9 into dry.
- Makes ~2/3 cup. Refrigerate.  
- To Marinate: Place desired items (sliced tofu, veggies...) into container. Add water if needed to cover all pieces. Refrigerate 1+ hours. Flip container (with plate beneath in case of leakage). Re-refrigerate 1+ hours.  
- Use for MV Baked Tofu, MV Roasted Veggies, MV Bacon.

## MaxVegan Milk (12/31/17)

Sweet		Non-sweet							
5	1 tsp vanilla extract	4	1/4 C date sugar or erythritol	3	1/4 C regular oatmeal	2	1/4 C raw cashews	1	4-6 C cold filtered water

Oats with cashews provides creaminess while allowing you to drink the entire recipe without exceeding the recommended 1/4 cup of nuts per day.

**Chocolate Milk:** 1T MV Treats Cacao-Date Sugar mix + 1C MV Sweet Milk.



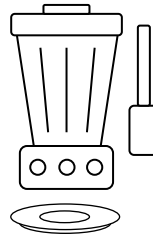
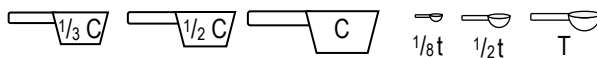
- \* 4C water ~ whole milk; 6C water ~ 2% milk.
- \* For sweet milk, erythritol most closely simulates commercial plant milks. Date sugar is healthier but creates a slightly brown tint.
- \* This recipe is relatively pulp free so doesn't require filtering unless desired.
- If do strain through a nutmilk bag or cheesecloth, use the nutritious residue in soups or stews.
- Use items 1-3 for non-sweet; 1-5 for sweet.
- Blend ~1 minute on high speed.
- Makes ~4-6 cups. Pour into pitcher.
- Keep refrigerated. Shake before serving.



## MaxVegan Cheese Sauce (8/30/16)

Options: For spicier cheese, add crushed red pepper flakes, chipotle, or cayenne pepper to taste.

5	3 T lemon juice	4	1/2 tsp onion powder	3	1/8 tsp garlic powder	2	1/3 C nutritional yeast	1	1 C raw cashews	6	1/2 C filtered water
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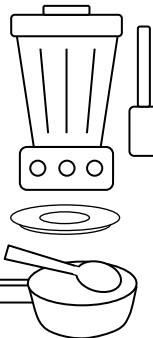


- \* Vegan cheeses can be high in salt and oil.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~1 1/4 cups. Keep refrigerated.
- Will thicken in frig to become dip or spread.
- Use as a tasty, healthy alternative to oil-based vegan butter on bread or toast.
- Use for MV Pizza, Lasagna, Tortilla chips...



## MaxVegan Gravy (6/23/17)

5	1 T soy sauce	4	1/2 tsp onion powder	3	1/8 tsp garlic powder	2	1 T nutritional yeast	1	3 T whole-grain flour	7	1 1/2 C filtered water	6	2 T MV Tahini
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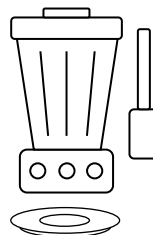
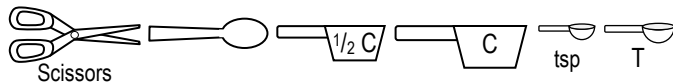


- \* Premake MV Roasted Tahini.
- Add ingredients in order.
- Blend thoroughly.
- Transfer to saucepan.
- Cook uncovered ~10 minutes over medium heat stirring every few minutes until thickens.
- Makes ~1 3/4 cups. Keep refrigerated.
- If thickens in frig, reheat and thin with water.
- Use as topping on MV roasted veggies, stew, mashed potatoes...



## MaxVegan Sour Cream (5/6/17)

5	1 T MV Tahini	4	1 T lemon juice	3	1 T apple cider vinegar	2	1 tsp soy sauce	1	1 1/2 C firm silken tofu
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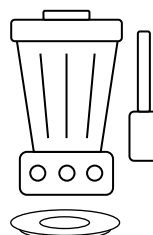
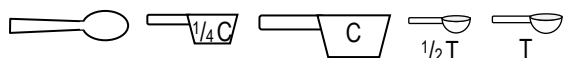
- \* Premake MV Roasted Tahini.
- \* Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~1 1/2 cups. Keep refrigerated.
- Use on MV VegBowl / Pasta / Chili / Stew / Roasted Veggies, mashed potatoes, soups.



## MaxVegan Hummus (5/6/17)

Options: Top with smoked paprika, chipotle, sun-dried tomatoes, roasted sesame seeds, garlic, etc. Drizzle with lemon juice just prior to serving.

5	1/4 C filtered water	4	1 T MV Tahini	3	2 T lemon juice	2	1 T soy sauce	1	1/2 T garlic powder	6	2 C cooked chickpeas
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- \* Premake MV Batch Beans using chickpeas (aka garbanzo beans).
- \* Premake MV Roasted Tahini.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~2 1/4 cups. Keep refrigerated.
- Thin with water if desired.
- Use as a dip for sliced carrots, celery, broccoli, crackers, baked chips or as a sandwich spread.



## MaxVegan Baba Ghanoush (5/6/17)

4	3 T MV Tahini	3	3 T lemon juice	2	1/2 T liquid smoke	1	1 medium eggplant
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Baba Ghanoush is Arabic for  
"pampered papa."  
Sounds funny, tastes great!

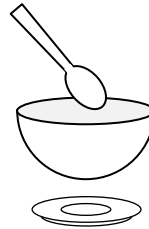


- \* Premake MV Roasted Tahini.
- \* Find liquid smoke in grocery marinade section.
- Poke fork holes in eggplant then microwave until it begins to collapse (~6-8 minutes).
- Cut cooked eggplant in half lengthwise then cut each half in half again lengthwise.
- Hold end of each quartered piece with fork and scrape out pulp with spoon. Compost skin.
- Add & blend all ingredients.
- Makes ~1 1/2 cups. Keep refrigerated.
- Option: Instead of liquid smoke, slice & roast eggplant to obtain a smoky flavor.
- Use as a dip or topping for veggies, pastas....



## MaxVegan Tartar Sauce (8/30/16)

5	1 C MV Mayo	4	2 T lemon juice	3	1 T MV Relish	2	1/8 tsp black pepper	1	1 T onion granules
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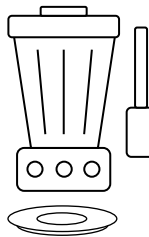
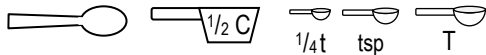


- \* Premake MV Mayo, MV Dill or Sweet Relish.
- Add ingredients in order.
- Mix thoroughly.
- Makes ~1 1/4 cup. Keep refrigerated.
- Use as a dip or topping on veggies, mock chicken nuggets, mock fish...



## MaxVegan Peanut Sauce (5/6/17)

5	1/4 tsp red pepper flakes	4	2 tsp non-gmo erythritol	3	2 T soy sauce	2	2 T lemon juice	1	1/2 C filtered water	6	1/2 C MV Peanut Butter
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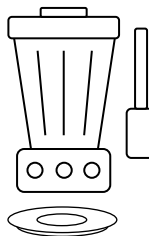
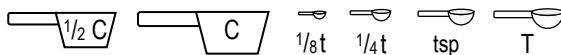


- \* Premake MV Nut/Seed Butter using unsalted, dry-roasted peanuts.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~1 cup. Keep refrigerated.
- To make pourable, thin with water as desired.
- Use as a topping on noodles, veggies or as a dipping sauce.



## MaxVegan Alfredo Sauce (7/27/17)

5	1 tsp basil flakes	4	1/8 tsp garlic powder	3	1 T onion powder	2	2 T nutritional yeast	1	1 C raw cashews	9	1/2 C filtered water	8	1 tsp soy sauce	7	1 T lemon juice	6	1/4 tsp black pepper
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- Add ingredients in order.
- Blend thoroughly.
- Makes ~2 cups. Keep refrigerated.
- If thickens in frig, thin with water as desired.
- Use heated on your choice of pasta.

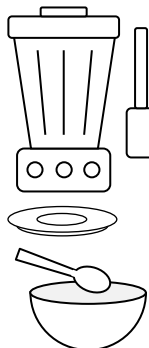
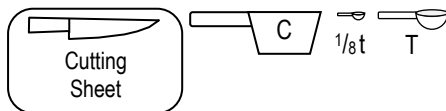


## MaxVegan Guacamole (5/6/17)

5	1/8 tsp cayenne powder	4	1/8 tsp garlic powder	3	1 T onion granules	2	~1 C mashed avocado	1	1 C green peas	8	~1 C diced tomato	7	1 T lemon juice	6	1 T soy sauce
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Options: Add diced  
onions, peppers,  
corn kernels....

Alternative  
2 C avocado  
1 C MV Salsa  
1 T lemon juice



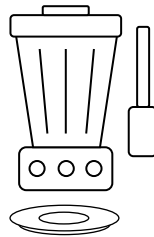
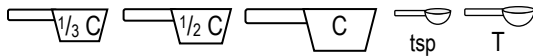
- \* Use no-salt canned or thawed frozen green peas to make this a lower-fat recipe.
- \* Preskin ~2 soft-to-touch avocados and mash into a 1-cup measure.
- Add & blend items 1-7 thoroughly.
- Transfer to bowl and gently stir in tomato.
- Makes ~2 1/2 cups. Keep refrigerated.
- To minimize browning, keep in a sealed container or cover with plastic wrap.
- Use as a dip for MV Tortilla Chips, veggies....



## MV Basil Pesto Dressing (6/23/17)

If don't have fresh basil leaves, use 1/4 C dry basil flakes.

		8	2/3 C filtered water	7	1 1/2 C MV Beans	6	1 C packed basil leaves
5	3 T lemon juice	4	1 T soy sauce	3	1 tsp garlic powder	2	2 T nutritional yeast
1	1/2 C raw cashews						



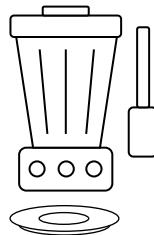
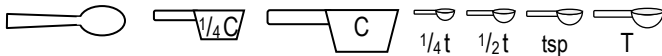
\* Premake MV Batch Beans.

- Add ingredients in order.
  - Blend thoroughly.
- Makes ~2 1/2 cups. Keep refrigerated.  
- Will thicken in frig. Thin with water as needed to desired, pourable consistency.



## MV Ranch Dressing (6/6/17)

		9	1 C MV Mayo	8	1/4 C filtered water	7	1 T apple cider vinegar	6	2 tsp parsley flakes
5	1/4 tsp black pepper	4	1/4 tsp dill weed	3	1/2 tsp onion powder	2	1/2 tsp garlic powder	1	1 T raw cashews



\* Premake MV Mayo.

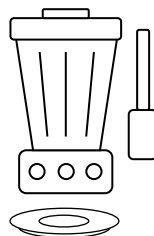
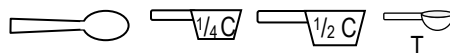
- Add ingredients in order.
  - Blend thoroughly.
- Makes ~1 1/2 cups. Keep refrigerated.  
- Will thicken in frig. Thin with water as needed to desired, pourable consistency.



To use any of these dressings as dips for chips or veggies, use *half* the water.

## MV Tahini-Mustard Dressing (1/6/18)

				7	3 T filtered water	6	1/2 C nutritional yeast
5	1 T soy sauce	4	1 T maple syrup	3	1/4 C MV Tahini	2	1/4 C MV Mustard
1	1/4 C + 2 T lemon juice						



\* Premake MV Mustard / Roasted Tahini.

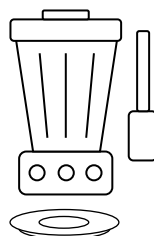
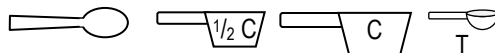
- Add ingredients in order.
  - Blend thoroughly.
- Makes ~1 1/2 cups. Keep refrigerated.  
- Will thicken in frig. Thin with water as needed to desired, pourable consistency.



## MV 1000 Island Dressing (12/31/17)

Can use MV Sweet Pickles directly, as they will be blended into relish.

4	2 T filtered water	3	1/2 C MV sweet relish	2	1/2 C MV Ketchup	1	1 C MV Mayo
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\* Premake MV Mayo / Ketchup / Sweet Relish.

- \* If using commercial relish, which can be high in salt, find brand that does not contain "alum," as aluminum may be linked to Alzheimer's.
  - Add ingredients in order.
  - Blend thoroughly.
- Makes ~2 cups. Keep refrigerated.  
- Will thicken in frig. Thin with water as needed to desired, pourable consistency.



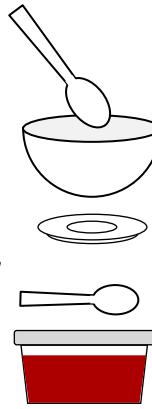


## MaxVegan VegMix (7/23/18)

	9	4 C MV tomato sauce	8	~1 C diced tomatoes	7	~1 C diced olives	6	~1 C diced mushrooms	
5	~1 C diced veggies	4	~1 C diced MV VegMeat	3	1 T garlic granules	2	~1 C diced onion	1	1/2 C filtered water



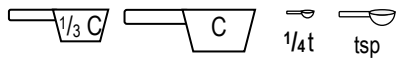
**MV VegMeat** (optional): sausage, pepperoni, chickstrips, beefstrips.  
**Veggie Options:** corn kernels, broccoli, cauliflower, peppers, zucchini....



- \* Buy lower-sodium olives if available, pour off salty liquid, rinse olives in can several times.
- \* Premake MV VegMeat (optional).
- \* Premake MV Tomato Sauce.
- Dice onion.
- Heat water in pan over high heat until bubbles.
- Sauté/stir onion in pan until translucent. Add extra water if onion sticking to pan.
- One at a time, stir in items 3-8 and sauté each until excess moisture cooks off while dicing next item/s.
- Add tomato sauce. Simmer on low heat, stirring occasionally, until thickens.
- Use in other recipes or let cool in large bowl then transfer to storage container/s.
- Makes ~8 cups. Refrigerate or freeze.
- Use in MV Pizza, Pasta, Lasagna.

## MaxVegan Cottage Cheese (8/30/16)

5	1/4 tsp onion powder	4	1/4 tsp garlic powder	3	1 tsp dill weed	2	2/3 C MV Mayo	1	~2 C firm regular tofu
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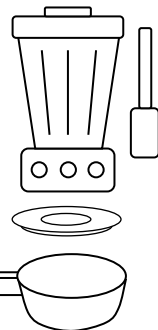
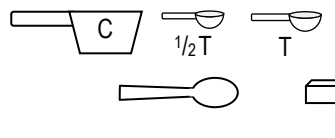


- \* Premake MV Mayo.
- \* Regular (not silken) tofu typically comes in 12-16 oz containers. 14 oz = ~2 cups.
- Crumble/mash tofu in mixing bowl.
- Add mayo to bowl; mix well.
- Sprinkle spices evenly over mixture; mix well.
- Makes ~2 1/2 cups. Refrigerate or freeze.
- Eat as is; use in MV Lasagna.

## MaxVegan Jam (12/31/17)

**Jam:** whole fruit  
**Jelly:** fruit juice  
**Preserve:** jelly + fruit  
**Conserve:** dried fruit + nuts  
**Chutney:** fruit + spices  
**Marmalade:** citrus fruit

3	1/2 T chia seeds	2	2 T non-gmo erythritol	1	~1 C organic fruit/s
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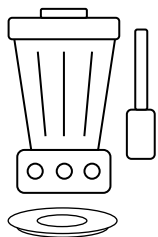
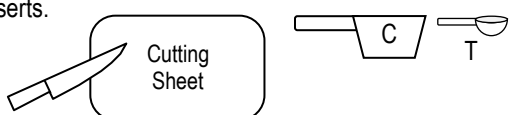


- \* Fruit options: strawberries, raspberries, blueberries, peaches, fig, dates...
- Lightly pulse fruit in blender. Add water if needed to blend, then pour off excess.
- Mix all items in saucepan. Bring to boil on medium heat. Simmer/stir to thicken.
- Makes ~1 cup. Keep refrigerated.
- Use within ~1 week as has no preservatives, or freeze for later use.
- Spread on MV Bread/Buns with nut butter. Use to fill MV Fruit Newtons or as topping on MV Ice Cream.

## MaxVegan Apple Sauce (2/25/17)

Use apple sauce  
**1 : 1**  
 in place of **oil** in  
 baked goods like  
 cakes and desserts.

3	2 T filtered water	2	1 T lemon juice	1	~2 C organic apples
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- Dice apples of your choice (red, green, yellow...) to make ~2 cups of fruit.
- Blend with lemon juice (which retards browning) and water until smooth. Add more water if needed to blend, then pour off excess.
- Keep refrigerated.
- Eat as is. Use in MV Treats recipes.

## MaxVegan Seed Mix (6/6/17)

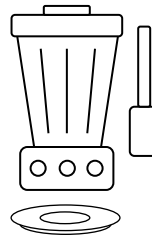
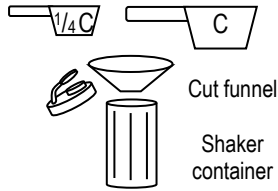
Seeds are good sources of omega-3, which helps fight inflammation, aches, arthritis...

Grind & freeze larger quantities of flax & chia for future use.

If don't have chia or hemp, use just flax.

3	1/4 C hemp seeds	2	1/4 C ground chia seeds	1	~2 C ground flaxseeds
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**Recommend**  
1 - 4 Tbsp daily



- \* Purchase seeds from bulk bins if available.
- Separately, grind flaxseeds and then chia seeds in blender or coffee/spice grinder. Don't overblend or may turn to paste. Hemp seeds have too much oil to blend effectively.
- Pour half of ground flax into shaker container using plastic funnel with spout cut off.
- Add ground chia & hemp seeds. Shake well.
- Add remaining flax. Shake well.
- Keep refrigerated.
- Sprinkle liberally each day on cereal, salad, soups, etc. Use in MV Dough.



## MaxVegan Spice Mix (7/27/17)

Spices pack more phytochemicals & antioxidants per ounce than any other food.

### Anti-inflammatory Spices

Ginger  
Rosemary  
Turmeric  
Clove  
BrainAid: GRTC [grits]

Kelp provides iodine.

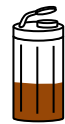
2	1 T kelp granules	1	2 T each 5-10 spices
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### Less-Used Spices

Cumin  
Nutmeg  
Paprika  
Rosemary  
Thyme



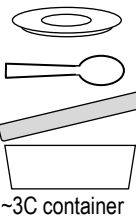
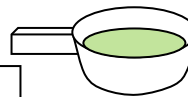
- \* Assemble 5-10 spices, particularly the less-used ones that may sit for years in your pantry.
- Add 2 T of each spice to a shaker container.
- Add 1 T of kelp granules.
- Keep refrigerated.
- Sprinkle lightly (it will probably be bitter) on your daily salad for an antioxidant boost + iodine.



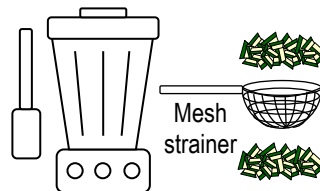
## MV Sweet Pickles/Relish (7/27/17)

This recipe yields somewhat soft pickles. For firmer result, first simmer items 1-5 alone, let cool a bit, then add cucumbers.

5	1 C white vinegar	4	1 C non-gmo erythritol	3	1 tsp red pepper flakes	2	1 tsp mustard powder	1	2 T onion granules
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- \* Commercial sweet pickles/relish can be 5:1 sodium with high-fructose corn syrup, artificial colors, preservatives, and alum(inum).
- Slice ~1 large or ~2 medium cucumbers into spears or chips.
- Mix items 1-5 in saucepan.
- Add cucumbers. Add water to cover if needed.
- Simmer ~10 minutes on low-medium heat.
- Cool mixture and transfer to sealed container.
- Refrigerate ~12 hours. Shake or rotate occasionally to stir up mixture.

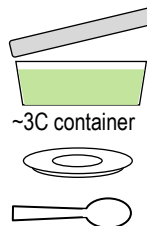
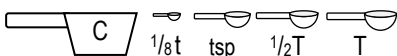


### RELISH

- Pulse sweet or dill pickles in blender with ~1/2 of juice with a few spices until relish size.
- Pour into mesh strainer to drain excess juice.
- Makes ~1 C relish. Keep refrigerated.
- Use for MV Tartar Sauce, MV 1000 Island Dressing, MV Burgers topping.

## MV Dill Pickles/Relish (7/27/17)

10	~2 C sliced cucumbers	9	1 C white vinegar	8	1 T lemon juice	7	1/8 tsp red pepper flakes	6	1 tsp mustard powder
5	1 tsp garlic powder	4	1 tsp black pepper	3	1 T non-gmo erythritol	2	1/2 T dill weed	1	2 T onion powder



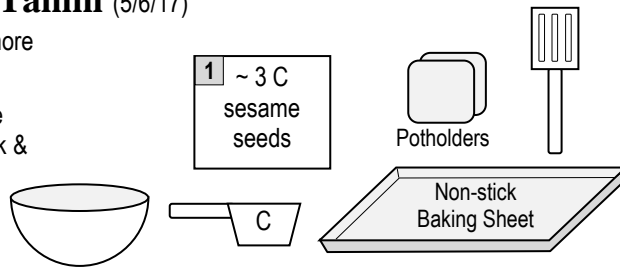
This recipe yields somewhat crisp "cucumber" pickles. For softer result, simmer in saucepan as with sweet pickles.

- \* Commercial dill pickles/relish can be 200:1 sodium and contain artificial colors, preservatives & alum(inum).
- Slice ~1 large or ~2 medium cucumbers into spears or chips.
- Mix items 1-9 in container.
- Add cucumbers. Add water to cover if needed.
- Seal container. Refrigerate ~12 hours. Shake or rotate occasionally to stir up mixture.

## MV Roasted Tahini (5/6/17)

Roasted tahini has more flavor than raw.

If available, purchase sesame seeds in bulk & store in a dry place.



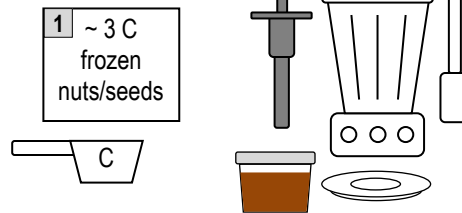
- Spread sesame seeds evenly on baking sheet.
- Broil on low ~2 minutes. Remove & stir seeds.
- Repeat until seeds lightly brown, watching closely. If seeds start to smoke or burn, place under running oven hood vent.
- Let cool. Pour seeds into large bowl then into a freezer bag to freeze before grinding.
- Use MV Nut/Seed Butter steps to make tahini.
- Use in MV Gravy / Sour Cream / Hummus / Baba Ghanoush / Tahini-Mustard Dressing.

## MV Nut/Seed Butter (5/6/17)

Nut/Seed options

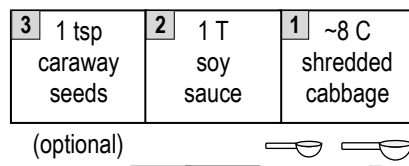
Unsalted, plain or dry-roasted:

- \* Peanuts
- \* Cashews
- \* Almonds
- \* Sesame seeds (raw tahini)
- \* MV Roasted Tahini seeds

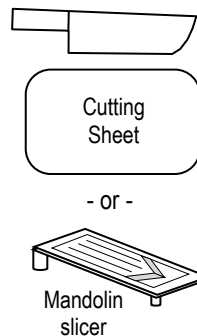
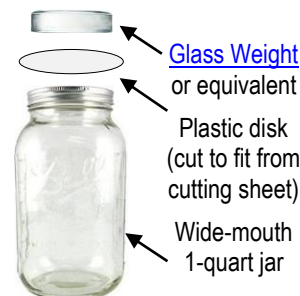


- \* Vitamix or blender with tamper works best.
- \* Prefreeze items to lessen blender heating.
- \* Earplugs recommended for grinding noise.
- Add nuts/seeds to blender.
- Blend on high, tamping down (or stop and press down with spatula) until creamy.
- Yields ~2 cups butter/tahini.
- Store in container. Keep refrigerated.
- Use nut butters on MV Bread with MV Jelly or sprinkle with date sugar.

## MV Sauerkraut (12/31/17)



Easy Fermenter Kit  
or equivalent



- Use cleaver, knife, or mandolin to slice/shred head/s of green and/or red cabbage into ~1/8" strips until have ~8 cups of shreds.
- Place shreds in bowl, sprinkle with soy sauce & (optional) caraway seeds, celery seeds, or other desired spices.
- With gloves, firmly massage and crush cabbage into about 5 cups of liquidy shreds.
- Pack shreds into quart jar. Press down with large spoon. Leave about 1 1/2" space at top of jar for liquid/gas expansion.
- Fold and place plastic disk (cut to fit to inner jar diameter) over shreds to keep them from being exposed to air at top of jar.
- Place glass weight on top of plastic disk and press down so shreds are covered in liquid.
- Follow Ferment Kit instructions regarding liquid level (which may rise/fall), bubbled scum (clean it out), mold (discard bad pieces), etc.
- Try sauerkraut after ~1 week. If not to taste, sample at intervals until ready.
- Transfer to a sealed container. Refrigerate.
- Enjoy by itself, as a side dish, or on a sandwich for a dose of gut-healthy probiotics.

Fermentation: Allows probiotics naturally present on all fruits & vegetables to grow.

Probiotics: Bacteria on food you ingest that reside in your gut and aid digestive health. prO = fOod

Prebiotics: Fiber you ingest that feeds the probiotics in your gut. prE = fEeds