

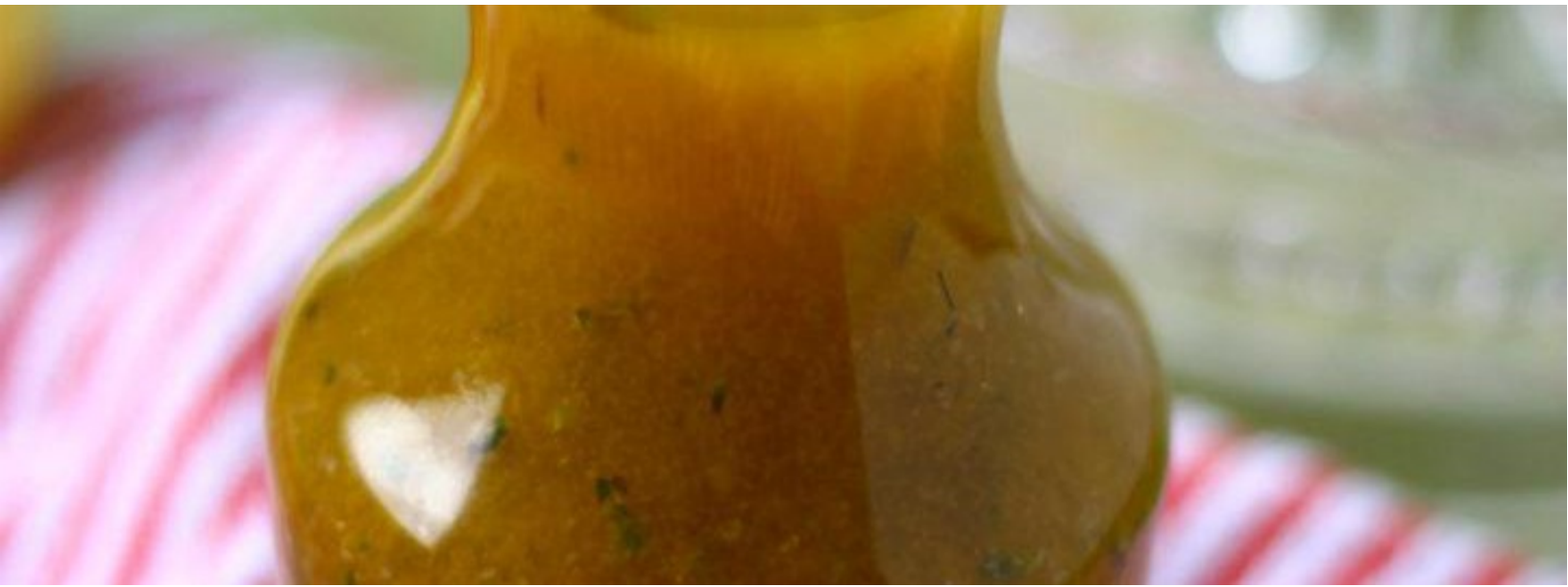
CNF Kick Sugar Program Extras & Condiments

Created by Community Natural Foods 21-Day Kick Sugar Program



Lemon & Olive Oil Dressing (or Marinade)

8 ingredients · 5 minutes · 8 servings



Directions

1. Add the lemon juice, olive oil, and balsamic vinegar to a medium sized bowl. With a fork or whisk, beat the three ingredients together. They won't stay together, but we want them to start becoming friends. Add the rest of the ingredients and whisk them into the lemon-oil mixture until they are evenly combined. Store in a tightly-lidded, airtight container and shake before use. Enjoy as a delicious salad dressing or meat marinade.

Ingredients

- 1/2 cup** Lemon Juice
- 1/2 cup** Extra Virgin Olive Oil
- 2 tsps** Balsamic Vinegar
- 1 tsp** Sea Salt
- 1 tsp** Dried Oregano
- 1 tsp** Garlic Powder
- 1/2 tsp** Ground Ginger
- 1/2 tsp** Turmeric

Heart Of Palm Mayonnaiase

4 ingredients · 10 minutes · 12 servings



Directions

1. Add all ingredients to a high speed blender
2. Blend until smooth and creamy. Add more olive oil if necessary

Ingredients

3 cups Heart Of Palm (2 cans)
3/4 cup Extra Virgin Olive Oil
2 pieces Garlic
Sea Salt & Black Pepper (To taste)

Homemade Mayonnaise (Immersion Blender)

5 ingredients · 10 minutes · 1 serving



Directions

1. Combine all ingredients in a slender tall container.
2. Place the immersion blender at the bottom of the container and ensure the blade reaches the egg. If the container is too wide and the blade doesn't reach the egg, this method will not work.
3. Turn the immersion blender on and hold it still until the mixture at the bottom begins to thicken (emulsify).
4. Once it starts to thicken, very slowly pull the immersion blender up to the top to thicken the rest of the mixture.
5. Season with salt and pepper to taste and refrigerate immediately.

Ingredients

- 1 Egg (room temperature)
- 1 **tbsp** Lemon Juice (or white vinegar)
- 1/2 **tsp** Dijon Mustard
- 1 **tbsp** Avocado Oil (or olive oil)
- Sea Salt & Black Pepper (to taste)

Cilantro Lime Dressing

7 ingredients · 5 minutes · 8 servings



Directions

1. Add all of the ingredients into a blender and blend until completely smooth.
2. Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Ingredients

- 1/2 Avocado (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 tsp Ground Ginger
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 1/2 cup Canned Coconut Milk

Coconut Ranch Dressing

6 ingredients · 5 minutes · 8 servings



Directions

1. Add all ingredients to a jar and shake until well combined. Refrigerate until ready to serve.

Ingredients

- 1 cup** Canned Coconut Milk (full fat, refrigerated overnight)
- 1/4 cup** Avocado Oil
- 2 tbsps** Apple Cider Vinegar
- 1 tbsp** Dried Chives
- 1/2 tsp** Onion Powder
- 1 tsp** Sea Salt

Keto Ranch Dressing

11 ingredients · 5 minutes · 8 servings



Directions

1. Finely chop the herbs and spring onion. Peel and mince the garlic. Place the sour cream, heavy whipping cream and mayonnaise in a bowl.
2. Add the chopped herbs, garlic, spring onion, vinegar, paprika, salt and pepper to the bowl. Mix until well combined.
3. Serve immediately or store in the fridge in an airtight container for up to 5 days.

Ingredients

- 1/4 cup** Sour Cream (or mayonnaise)
- 1/4 cup** Heavy Whipping Cream (or coconut cream)
- 1/2 cup** Avocado Oil Mayonnaise (you can make your own,)
- 2** Medium Spring Onions (30 g/ 1.1 oz)
- 1** Garlic
- 2 tbsps** Parsley
- 1 tbsp** Fresh Dill
- 1 tbsp** Apple Cider Vinegar (or lemon juice)
- 1/4 tsp** Paprika
- Sea Salt And Pepper, (to taste)
- 2 tbsps** Water (if too thick)

Fresh Tomato Salsa

9 ingredients · 20 minutes · 20 servings



Directions

1. Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper (if using), cumin, salt, and pepper in a bowl. Serve.

Ingredients

- 8 Tomato (chopped)
- 1/2 Green Bell Pepper (chopped)
- 1 Yellow Onion (finely diced)
- 1/4 cup Chopped Cilantro
- 2 tbsps Lime Juice (fresh squeezed)
- 1 Jalapeno Pepper (finely chopped (optional))
- 1/2 tsp Cumin
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper (ground)

5-Minute Salsa Verde

10 ingredients · 5 minutes · 8 servings



Directions

1. Roughly tear the leaves off the basil and parsley stems. It doesn't matter if you get a few stems in as well, they will all blend up.
2. Add the herb leaves to a high-powered blender with the remaining ingredients and blend at medium speed until all of the ingredients are combined, about 15 – 20 seconds.
3. Taste, and add salt and pepper if required.
4. Store sealed in the fridge for up to a week.

Ingredients

- 1 cup** Basil Leaves (tightly packed)
- 1 cup** Parsley (Italian, tightly packed)
- 2** Anchovy
- 2 tbsps** Capers
- 1** Garlic (crushed)
- 3 tbsps** Apple Cider Vinegar
- 2 tbsps** Fresh Lemon Juice
- 1 tsp** Grated Lemon Zest
- 1/2 cup** Extra Virgin Olive Oil
- Salt And Pepper, (to taste)

Traditional Guacamole

7 ingredients · 10 minutes · 4 servings



Directions

1. Mash avocados in a bowl until creamy.
2. Mix tomatoes, onion, cilantro, lemon juice, and jalapeno pepper into mashed avocado until well combined; season with salt and black pepper.

Ingredients

- 2 Avocado (peeled and pitted)
- 1 cup Cherry Tomatoes (chopped)
- 1/4 Yellow Onion (finely chopped)
- 1/4 cup Chopped Cilantro
- 2 tbsps Lemon Juice
- 1 Jalapeno Pepper (optional, seeded and minced)
- Sea Salt & Black Pepper (to taste)

Green Tomato Salsa Verde

5 ingredients · 15 minutes · 3 servings



Directions

1. Set your oven to broil and move the rack to the highest position.
2. Place the green tomatoes on a baking sheet. Broil for 2 to 3 minutes each side, or until charred. Let cool.
3. Remove the core and peel. Transfer to a food processor with the remaining ingredients. Pulse until your desired consistency is reached, adding water if it is too thick. Adjust salt as needed and enjoy!

Ingredients

- 2 Green Tomato (large, halved)
- 2 Jalapeno Pepper (roughly chopped)
- 1/2 White Onion (roughly chopped)
- 1/4 tsp Sea Salt
- 1/2 cup Cilantro (roughly chopped)

Kimchi

8 ingredients · 30 minutes · 8 servings



Directions

1. Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
2. Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
3. Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
4. Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
5. Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

Ingredients

- 4 cups** Green Cabbage (tightly packed)
- 6 stalks** Green Onion (diced)
- 1** Carrot (large, grated)
- 1 cup** Radishes (grated)
- 4** Garlic (cloves, minced)
- 3 tbsps** Ginger (peeled and grated)
- 1 tbsp** Sea Salt
- 1 tbsp** Red Pepper Flakes

sauerkraut

2 ingredients · 30 minutes · 16 servings



Directions

1. Sprinkle salt over cabbage, pound and squeeze cabbage until wilted and wet. Pack into a 1 liter size jar, ensuring the cabbage is covered with brine. Cover with lid or fermenting top and leave for 1-6 weeks.

Ingredients

- 8 cups** Green Cabbage (sliced thin)
- 1 tbsp** Sea Salt

Green Gazpacho

7 ingredients · 4 hours 20 minutes · 6 servings



Directions

1. Purée cucumbers, garlic, and 1/2 cup water in a blender until smooth. Add arugula, herbs, vinegar, and a large pinch of salt and purée, stopping to scrape down the sides of the blender as needed, until very smooth.
2. With the motor running, slowly stream in oil; blend until emulsified. (The mixture will turn pale green and look creamy, almost like a salad dressing; add more oil and/or water if needed.)
3. Taste gazpacho and season with more salt and vinegar as desired—you want it to be borderline too salty and acidic at room temperature. Transfer gazpacho to an airtight container; cover and chill until very cold, 4–12 hours.
4. Taste gazpacho and adjust with a little more salt and/or vinegar as needed just before pouring into chilled glasses.

Ingredients

- 3 Cucumber (large, chopped)
- 2 Garlic (smashed)
- 2 cups Arugula (coarsely chopped)
- 2 cups Mixed Herbs (basil, parsley, cilantro, and/or mint)
- 3 tbsps Sherry Vinegar Or Red Wine Vinegar (or more)
- Sea Salt (to taste)
- 3/4 cup Extra Virgin Olive Oil (or more)

Basil Pesto

5 ingredients · 15 minutes · 4 servings



Directions

1. Place the basil in a mini chop or food processor. Blend until chopped throughout. Add remaining ingredients, and blend until smooth.

Ingredients

- 2 cups** Basil Leaves
- 1/4 cup** Walnuts
- 1/2 cup** Extra Virgin Olive Oil
- 1** Garlic
- Sea Salt & Black Pepper (to taste)

Vegetable Broth

13 ingredients · 3 hours 30 minutes · 10 servings



Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Remove leaves and tender inner parts of celery and set aside.
3. Toss onions, carrots, tomatoes, bell peppers and turnips with olive oil. Place vegetables in a roasting pan and place them in the 450 degrees F (230 degrees C) oven. Stir the vegetable every 15 minutes. Cook until all of the vegetables have browned and the onions start to caramelize, this will take over one hour.
4. Put the browned vegetables, celery, garlic, cloves, bay leaf, pepper corns, Italian parsley and water into a large stock pot. Bring to a full boil. Reduce heat to simmer. Cook uncovered until liquid is reduced by half.
5. Pour the broth through a colander, catching the broth in a large bowl or pot. The liquid caught in the bowl or pot is your vegetable broth it can be used immediately or stored for later use. Although the vegetables are no longer necessary for your broth they are delicious to eat hot or cold, don't waste them!

Ingredients

- 1 lb Celery
- 1 1/2 lbs Yellow Onion
- 1 lb Carrot (cut into 1 inch pieces)
- 1 lb Tomato (cored)
- 1 lb Green Bell Pepper (cut into 1 inch pieces)
- 8 ozs Turnip (cubed)
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic
- 1 tsp Whole Cloves
- 1 Bay Leaf
- 1 tsp Black Peppercorns
- 1/2 cup Chopped Fresh Parsley (chopped)
- 16 cups Water

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Sea Salt
- 1 **cup** Parsley (chopped)
- 6 **cups** Water

Spicy Cayenne Seasoning

7 ingredients · 5 minutes · 12 servings



Directions

1. Combine all ingredients together in a small jar. Mix well. Enjoy!

Ingredients

- 2 tbsps** Cayenne Pepper
- 2 tbsps** Paprika
- 2 tbsps** Garlic Powder
- 1 tbsp** Sea Salt (fine)
- 1 tbsp** Oregano (dried)
- 1 tbsp** Dried Rosemary
- 1 tbsp** Onion Powder

Everything Bagel Seasoning

5 ingredients · 5 minutes · 18 servings



Directions

1. Combine all ingredients in a jar and shake to mix well.

Ingredients

- 1/4 cup** Poppy Seeds
- 1/4 cup** Sesame Seeds
- 1/4 cup** Garlic Powder
- 1/4 cup** Dried Onion Flakes
- 3 tbsps** Sea Salt

Taco Seasoning

7 ingredients · 5 minutes · 12 servings



Directions

1. Combine all ingredients in a jar and shake to mix well.

Ingredients

- 1/4 cup** Onion Powder
- 1 tbsp** Garlic Powder
- 2 tbsps** Sea Salt
- 2 tbsps** Chili Powder
- 1 tbsp** Red Pepper Flakes
- 1 tbsp** Cumin
- 2 tsps** Oregano

Detox Charcoal Lemonade

4 ingredients · 10 minutes · 4 servings



Directions

1. In a large pitcher, combine all ingredients and stir to mix well. Add ice if desired.
2. Pour into glasses and enjoy!

Ingredients

- 8 cups** Water (cold)
- 5** Lemon (juiced)
- 1 tbsp** Activated Charcoal Powder
- 1/4 tsp** Sea Salt (optional)

Homemade Chai

6 ingredients · 20 minutes · 4 servings



Directions

1. Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

Ingredients

- 8 cups** Water
- 5 servings** Cinnamon Stick
- 2 tbsps** Cardamom Seeds
- 2 tbsps** Whole Cloves
- 1 1/2 tsps** Black Peppercorns
- 2 tbsps** Ginger (peeled and thinly sliced)

Blueberry Ginger Lime Sparkling Water

5 ingredients · 5 minutes · 2 servings



Directions

1. Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

Ingredients

- 1/2 cup** Blueberries
- 1** Lime (sliced into rounds)
- 1 tbsp** Ginger (peeled and sliced)
- 6** Ice Cubes
- 3 cups** Sparkling Water

Coconut Milk Yogurt

2 ingredients · 24 hours · 6 servings



Directions

1. You will also need 2 dairy-free probiotic pills with bacterial strains *L. bulgaricus*, *S. thermophilus* and *L. casei*
2. Open coconut cream and separate the liquid from the cream.
3. In a food processor or high-speed blender, add the cream with the probiotic pills and lemon juice. Process on high for 3 minutes until pills are broken down. Check the consistency of the yogurt. If it's too thick, add a little of the coconut water and blend. Transfer the yogurt to a glass jar and seal with lid.
4. Preheat the oven to 100°F. Place the glass jar in the oven for 24 hours to ferment. Once fermented, remove from the oven, cool and stir the yogurt. Chill in the refrigerator for at least 2 hours.

Ingredients

- 3 cups** Coconut Cream (2 cans, refrigerated for at least 4 hours)
- 1 tbsp** Fresh Lemon Juice

Coconut Whipped Cream

1 ingredient · 10 minutes · 6 servings



Directions

1. Chill a mixing bowl in the fridge for about 10 minutes before whipping.
2. Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
3. Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
4. Enjoy!

Ingredients

1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

Coconut Matcha Latte

4 ingredients · 10 minutes · 1 serving



Directions

1. In your blender, combine the hot water, coconut milk, matcha and coconut butter. Blend until creamy and frothy. Pour into a mug and enjoy!

Ingredients

- 1 cup Water (hot)
- 1/2 cup Organic Coconut Milk
- 1 tsp Green Tea Powder
- 1 tbsp Coconut Butter