

WHEY

Amount may varies

Whey is used to make lacto-fermented foods and removes phytic acid from grains.

1 quart of one of the following:
plain organic yogurt (commercial or homemade)

Line a large strainer with a clean dish towel or several layers of cheesecloth and set over a bowl. Strainer should fit into the bowl. Pour in the yogurt or kefir into the strainer, cover, and let stand at room temperature for several hours. The whey will filter into the bowl and the milk solids will remain in the strainer. When the whey stops filtering down into the bowl, the cheese is ready. Store the whey in a mason jar and the cream cheese (the milk solids) in a covered glass container. Refrigerated, the cream cheese lasts about 1 month, and the whey will keep about 6 months.

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KETCHUP

Makes about 1 quart

2 6-oz cans organic tomato paste
¼ cup whey
½ cup maple syrup or rapandura (minimally processed organic dried cane sugar)
2 tbsp fish sauce (optional: get from oriental section at grocery store or oriental market)
3 Tbsp raw apple cider
1 tbsp sea salt
¼ tsp cayenne pepper
½ tsp celery salt
½ tsp garlic salt
1 tsp cloves
1 cup filtered water

Mix all ingredients except filtered water, until well blended. Add enough filtered water until ketchup is thin enough to pour. Place in quart-sized, wide-mouthed mason jar. The top of the ketchup should be at least 1 inch below the top of the jar. Leave at room temperature for about 2 days before transferring to refrigerator. Use an empty ketchup bottle to serve.

MUSTARD

Makes 2 cups

1 ½ cup (4 oz) ground mustard) 2 tsp sea salt
½ cup raw apple cider vinegar (Braggs) 2 tbsp whey
3 tbsp turmeric

Mix all ingredients together until well blended, adding more water if necessary to obtain desired consistency. Place in a pint-sized jar or two 8-oz jars. The top of the mustard should be at least 1 inch from below the top of the jar. Cover tightly and keep at room temperature until the right spiciness, at least 3 days. (It may need to aged 6-10 weeks to achieve the same “heat” or spiciness as yellow mustard from the grocery store. After 3 days it was so hot it practically peeled the skin off the roof of my mouth but it was wonderful after about a month and a half.)

MAYONNAISE

Makes 1 ½ cups

2 whole organic, free-range egg, at room temp
1 tsp mustard (yellow or Dijon or homemade)
1 ½ Tbsp raw apple cider vinegar
1 Tbsp whey (optional but highly recommended)
¾-1 c organic, expeller pressed sunflower seed oil (can use extra-virgin olive oil can be used but may have a stronger taste)
-generous pinch of celtic sea salt
-dash of onion powder
-dash of garlic powder
-dash of dill (optional)
-dash of horseradish (optional)

In blender or food processor, place egg, egg yolk, mustard, salt, vinegar, whey, onion and garlic powder. Process/blend until well blended, about 30 seconds. Add oil in a tiny, steady stream until mix begins to thicken. If you have used whey, let the mayonnaise sit covered at room temperature, for 7 hours before refrigerating. With whey added, mayonnaise will keep several months. Without whey, mayonnaise will keep about 2 weeks.

BASIC DRESSING

Makes 3/4 cup

1 tsp Dijon-type mustard
2 tbsp plus 1 tsp raw apple cider vinegar
Optional flavoring: Garlic, herbs, blue cheese, raw ream, cilantro, lemon

1/2 c extra virgin olive oil
1 tbsp expeller pressed flax oil

Place a teaspoon to a small bowl . Add vinegar and mix well. Add olive oil in a thin stream, stirring continuously with the fork, until oil is well mixed in. Add flax oil and optional flavoring. Use immediately.

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CRISPY NUTS

4 cups raw nuts, preferably raw
Filtered water

1 tbsp celtic sea salt

Soak nuts in water and salt over night (expect seeds and cashews which should soak only 7 hours) Drain, rinse and place in warm oven or dehydrator until crispy. Usually 12 -14 hours.

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NUT BUTTER

2 cups crispy nuts
2 tbsp raw honey

3/4 c coconut oil
1 tsp celtic sea salt

Place nuts and salt in food process and grind until fine. Add honey and coconut oil and process until smooth. It will be a little runny but will harden when refrigerated. Store in an airtight container in fridge. Warm to room temp to use.

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ARMADILLOS TREATS

30-40 balls

1 c chopped dried fruit
1/4 c coconut oil
3 tbsp organic cocoa powder
3 tbsp agave syrup or honey

1/2 c nut butter
1/4 c shredded coconut
3 tbsp nutritional yeast
Golden flax seeds or sesame seeds

Mix together and form into small balls and roll in seeds. Place on cookie sheets lined with wax paper and chill until solid. Store in airtight container in refrigerator.

OATMEAL

2 cups

2 cups organic thick rolled or steel cut oats

water to cover

¼ cup whey

Mix all ingredients together until moist and allow to stand at room temperature overnight. Store in refrigerator until ready to use. To prepare add one cup of soaked oatmeal and ½-¾ cup of water or milk (amount may vary depending on desired consistency) and heat gently on stove. Oatmeal will cook almost instantly.

GRANOLA

5 cups

3 c thick rolled oats

1/2 tsp sea salt

1/2 tsp cinnamon

Mix will add

1 tsp vanilla

1/4 c whey

Filtered water (enough to cover oats)

Let stand at room temperature for 12 hours.

Add and mix well

1 c dried fruit/ dried coconut

1 c chopped crispy nuts (see recipe)

Spread on solid dehydrator trays and dehydrate for 24—48 hours. Or place on a cookie and bake on lowest temperature until crispy. Break into bite size pieces and store in an air tight container.