

Table of Contents

Introduction	5
Salads, Not Sandwiches - Our Story	6
A Home Based Family	8
Gluten Intolerances	9
Making a Meal Sized Salad	11
Greens	12
Vegetable & Fruit "Toppings"	12
Seed & Nut "Toppings"	14
Beans	15
Cooking Beans From Scratch	16
Digesting Beans	17
Extended Soaking and Sprouting Beans	18
Dressing	22
Dressing Notes	25
Glossary of Ingredients	28
Recipes	31
Challenges	41
Resources	46
Acknowledgements	47
About Renee	48

Glossary of Ingredients



The dressing recipe ingredients are fairly straightforward but there are a few things I want to explain.

You should be able to find all of these ingredients in the most basic of health food stores (i.e., you don't need a Whole Foods Market™ in your

neighborhood to make these dressings). In addition, most of these ingredients are also available in regular grocery stores.

Nutritional yeast – Read all about it here at [What The Heck is Nutritional Yeast](#) by the amazing blogger and food photographer Susan Voisin from *Fat Free Vegan Kitchen* blog. While you're there, check out her great recipes. Your best bet for finding nutritional yeast is a health food store.

Bragg® “Soy Seasoning” (Braggs) – Most of the dressing recipes include Braggs. Braggs is a soy product, similar to soy sauce though unfermented and gluten-free. The complete, proper name for “Braggs” is different depending on where you live, which is why I've shortened it to Braggs.

In Canada, it's called Bragg All Purpose Liquid Soy Seasoning. In the United States it is Bragg Liquid Aminos. I'm not sure what name it goes by in other countries.

Every health food store I've ever been in sells "Braggs". I think this might be one of the first health food store products; it's been around for a long time.

- If you live in the Canadian boonies and can't find it locally you can buy it at Well.ca.
- If you live in the American boonies and can't find it locally you can order it from Amazon.com.

You can substitute soy sauce for Braggs, but the result will taste slightly different.

The Bragg brand also includes raw apple cider vinegar and other foods.

Rice Vinegar – Look for this in the ethnic or Asian section of the grocery store. The most basic rice vinegar, and the kind I use for these recipes, has only two ingredients - rice and water. Check ingredients when you're shopping, lots of brands have other unnecessary and doubtful additives.

Tahini – Tahini is simply sesame seed butter. Most brands you can buy are made with roasted sesame seeds. That's the kind I use in these recipes. If you can't find it, you can make your own by toasting and then pureeing sesame seeds. Tahini is a staple in my kitchen for making sauces and dressings. I have seen many brands. The one pictured above is simply what's available to me where I live.

Herbamare® – Herbamare® is "natural fine sea salt infused with organic fresh herbs and vegetables". In my own words, a salted herb mix. You should be able to find it in many grocery stores and health food stores. If you can't find it you can substitute with a bit of vegetable broth powder and salt. A recipe for vegetable broth powder is included in this e-book.

Miso – Miso is magic, at least to me. Its taste, its health benefits and how it's made. We love miso around here, which is why I've included our favorite miso soup recipe.



Miso is a fermented food made from soybeans and grain. The kind I use is made with soybeans and rice and is also called “sweet miso”. It is light in color and not as strong as the dark red miso. Feel free to substitute dark miso but you'll probably need less and get a slightly stronger, saltier taste.

The lighter miso is most readily available to North American shoppers. You'll find it in the refrigerated section of the grocery store or health food store. There are many different brands.