

Rejuvenating Toppings (for baked potatoes or steamed veggies)

Green Goddess Topping

Ingredients:

1 cup broccoli, steamed
1/8 cup olive oil
1/8 cup fresh basil
1 clove garlic
1 tsp sweet miso
Sea salt, to taste

Directions:

Combine all ingredients and blend until creamy

Golden Goddess Topping

Good for VPK

Ingredients:

1 small butternut squash
1 carrot
1 clove garlic
1/2 tbsp brown rice miso

Directions:

Cut up squash and put in pot with the carrot and garlic. Cover with purified water and cook until tender. Drain. Place veggies in a blender and puree. Add a little cooking water if needed to create desired consistency.

Split Mung Dal Soup

Ingredients:

1/2 C split mung beans
2 cups water
1/2 tsp salt

Directions:

Wash beans and put into saucepan. Add water and salt, bring to boil. Skim off white foam and discard. Lower heat to simmer and cook until done (10–15 min)