



PEA SHOOTS ALKALI LEMONADE

One great way to start the day! This recipe is a creative way to cleanse and alkalize your body early in the mornings. It also nurtures your body with **essential vitamins, antioxidants, amino acids, electrolytes, and essential minerals!**

PEA SHOOTS provide **7 X more vitamin C** than blueberries, and **8 X more folic acid** than bean sprouts, **PLUS** with the **lemon**, our recipe provides super beneficial **alkalizing effects!** **Pea shoots** are **alkaline rich** foods and the **lemon**, acidic in nature, is **anionic** and therefore produces **alkalizing effects** on the body. Our recipe provides an ideal morning flush to the body systems: **digestive, circulatory, particularly cleansing and purifying blood, liver and kidneys.**

Ingredients:

- 1 bunch fresh cut, washed pea shoots
- 1 fresh lemon (cut in eight pieces, removing lemon rind and pits)
- 1 tbs. agave (optional: locally harvested honey, organic brown sugar to taste)
- 1 ½ cup natural spring water at room temperature.

Directions:

1. Place the fresh cut pea shoots, lemon pieces, and agave in a Vitamix Style blender.
2. Add half cup of water.
3. Hit the pulse bottom at least 7 times, till all ingredients are finely chopped and you see an homogeneous mixture.
4. Add the remaining spring water and hit the frozen drink/blending button option.
5. Blend till you see an homogeneous and uniform mixture.
5. Serve and enjoy!

- Signature Recipe created by Sandra Martinetto – OrganicWorld.US

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IMMUNE BOOSTING VEGAN PROTEIN PEA SHOOTS SALAD

*Microgreens are young seedlings of edible vegetables and herbs that are harvested less than 14 days after germination. They contain up to **40 x higher levels of vital nutrients** than their mature counterparts! **Pea shoots** are **super foods** with **69% of bio available protein** and are good for: • heart health • diabetes • weight loss • blood pressure • cancer • immunity. This recipe includes **SEASONAL FRUITS** which provide natural sweetness and many essential **nutrients** that are often under consumed including **potassium, dietary fiber, vitamin C, and folate**. The dressing includes **EXTRA VERGIN OLIVE OIL**, powerful antioxidant rich in **vitamin E**, and immune boosting **APPLE CIDER VINEGAR** with the **MOTHER**, beneficial probiotic bacteria that have an immune-boosting effect.*

Ingredients:

- 2 cups of fresh, washed, chopped pea shoots
- 1 cup of un-peeled, washed, organic, locally grown seasonal fruit.
- 2 tbs. olive oil
- 1 tbs. of unpasteurized organic apple cider vinegar with the mother
- 1 tbs. locally harvested honey (optional: agave, organic brown sugar to taste)
- Salt to taste
- Edible flowers of choice

Directions:

1. Place all chopped pea shoots and fruit of choice in a medium size bowl.
- 2 On a separate small bowl, add the olive oil, then the apple cider vinegar, honey, and salt. Stir and mix well all ingredients.
3. Drizzle the dressing on top of the salad mix. Mix well all ingredients.
4. Decorate with edible flowers of choice.
5. Serve and Enjoy!

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