



12033 Tecumseh Rd. E Unit#1 Windsor, ON N8N 1M1
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SEED RECIPES

Grains chutney

Ingredients (for 1 serving)

1 Portion mango
Fresh ginger
1 Portion sunflower seeds
4 drops of chili sauce
1 knife point of mustard
1 tbsp. cider vinegar
Salt
1 Portion pumpkin seeds or almond chopped
(2 tbsp. Oil from phase 3)
(Grated coconut from phase 3)

Preparation

1. Peel the mango and chop it into small pieces. (or use frozen mango) Peel the ginger and grate it finely.
2. Put the sunflower seeds in a blender and grind it to flour. Fry it in a pan (with the grated coconut from Phase 3).
3. Add the mango cubes to the pan. Season it with ginger, chili sauce, mustard powder, vinegar and salt. If needed add approximately 50 ml of water (or oil from Phase 3.).
4. Place it on a plate and put the pumpkin seeds over it.

Tip: This preparation can be used as a spread and tastes delicious with raw vegetables such as carrot, turnip and celery. Instead of mango, pineapple or apple can also be used.

Spread with seed mix

Ingredients (for 1 serving)

1 Portion vegetable (Onion, avocado)
1 clove of garlic
Salt, pepper
1 Portion seed mix

Preparation

1. Peel the onion and garlic, chop it finely and put it in a bowl. Put the avocado in a bowl.
2. Mix everything with a hand blender. Season it with salt and pepper. Add the seed mixture to it.
3. Use this spread on rye bread.

Tip: The seed mixture is allowed from the second phase in metabolic balance consist of sunflower seeds and pumpkin cores. You can make a spread made from sunflower seeds, pumpkin seeds and enjoy with whole or pureed pumpkin seeds.



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ALMONDS & SEEDS RECIPE

Mandelade

Ingredients for 1 serving

30 g almonds (or your portion)
20 g sunflower seeds (or your portion)
1 apple or other fruit
Cinnamon

Preparation:

1. Soak the almonds and sunflower seeds overnight.
2. In the morning drain the liquid out. Chop up the seeds and almonds.
3. Grate or chop an apple finely and mix with the seeds.
4. Sprinkle with cinnamon.