

RECIPE

Almond Milk



Created by Leah Grace Barack, M.S.

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Podcast: The Power of Food

Ingredients

- ½ cup raw unsalted almonds, soaked overnight and rinsed
- 2 cups filtered water
- Pinch of salt
- ¼ tsp vanilla extract
- Optional: one date, pitted
- Nut Bag

Preparation

1. Soak almonds overnight or for at least 8 hours. Drain and rinse thoroughly.
2. Add almonds and water to a high-speed blender, and blend on high for at least 1-2 minutes.
3. Pour milk through a nut bag to strain into a large bowl, and squeeze out all the liquid to separate the solid from the liquid.
4. Once strained, add the milk back into the blender after rinsing it out, and add salt, vanilla, and optional date.
5. Blend on high again for at least 1-2 minutes, then transfer to a glass jar or milk bottle and store in the fridge for up to 5 days. Shake thoroughly before using.

RECIPE

Barbecue Sauce



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Ingredients

- 8 Medjool dates, pitted and soaked for for at least 4 hours
- 1 6-oz can tomato paste
- ½ - ¾ cup filtered water (depending on if you want thinner or thicker consistency)
- 2 Tbs coconut aminos
- 1.5 Tbs dijon mustard
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper

Preparation

1. Add all ingredients (starting with only ½ cup water) to a food processor and blend until fully combined. Add additional water if a thinner consistency is desired.
2. Transfer to a saucepan, and heat on medium for 3-5 minutes to allow flavors to meld.
3. Use immediately, or transfer to a glass storage container and store in the refrigerator.

RECIPE

Black Bean Dip



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Ingredients

- 1 15-oz can black beans, rinsed and drained
- 3 Tbs extra virgin olive oil
- Zest of 1 lime
- 1 lime, juiced
- 1.5 tsp cumin
- ½ tsp paprika
- ½ tsp salt

Preparation

1. Combine all ingredients in a food processor, and process until combined. Stop to scrape down sides intermittently.
2. Serve with vegetables, corn chips, plantain chips, or on tacos.

RECIPE

Raspberry Chia Jam



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Ingredients

- 2 cups frozen raspberries
- 2 Tbs chia seeds
- 2 Tbs maple syrup
- 1 Tbs freshly squeezed lemon juice

Preparation

1. Heat 2 cups frozen raspberries in a pot over medium-low heat until the berries are soft.
2. Take off heat, and mash berries down with a fork until soft.
3. Add chia seeds, maple syrup, and lemon juice, and stir.
4. Let cool, and transfer to a glass jar for storing in the refrigerator.

RECIPE

Vegan Cheese



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Ingredients

- 1 cup raw unsalted cashews, soaked for at least 4 hours
- 2 Tbsp nutritional yeast
- 2 Tbs lemon juice (freshly squeezed)
- ½ tsp salt, more to taste
- ½ tsp garlic powder
- Pinch of black pepper
- 2 Tbsp water, more as needed

Preparation

1. Add all ingredients to a food processor except for water, and pulse until it turns into a wet meal.
2. Stop and scrape down sides, then turn the processor on again and slowly add water while continuing to process.
3. Once it is fully processed, taste and add more salt, garlic powder, or lemon as needed. Serve immediately with crackers, vegetables, or on gluten-free toast, or store covered in the fridge for up to 5 days.