

Base and Creamy Recipes

Base

Select a portion from each assortment to fill a Vitamix or something similar. Add water and blend.

Frozen Vegetable Assortment: carrots, butternut squash, cauliflower, and green beans

Frozen Vegetable Assortment: corn, peas, mushrooms, avocado, and broccoli

Fresh Vegetable Assortment Chopped and Frozen: zucchini, yellow squash, asparagus, and brussel sprouts

Fresh Vegetable Assortment Chopped and Frozen (Root): Rutabaga, turnips, parsnips, sweet potato, and yams

Dried and Cooked Legume Assortment: chickpeas, black beans, kidney beans, great northern beans, cannellini beans, adzuki beans, navy beans, soybeans, mung beans, fava beans, black-eyed peas, and pinto beans, along with green, red, brown, and black lentils.

Note: These combinations were chosen to be incorporated into the Base and other meals.



The sauce takes on different colors depending on the variety of vegetables, such as beets, which create a red hue.



Creamy

Begin with a cream or base, then create cheese, sour cream, soup, mayonnaise, etc., by adding a few ingredients.

Creamy

- 4 cups of Base
- ½ cup of hemp seeds
- ½ cup of rolled oats

Blend all recipe ingredients until smooth with a Vitamix (or another blender device). Add water as needed for the desired consistency.

Creamy (fridge)/**Ice Cream** (freezer)

Add a cup of dried fruit, carob, or other flavors to create variations.

Sour Cream

- Creamy
- 1 tablespoon of apple cider

Cream of Soup

- Creamy
- 2 tablespoons of nutritional yeast
- 1 tablespoon of miso
- ½ teaspoon of stevia, 2 teaspoons agave, or 2 pitted dates

Optional: 2 teaspoons dried thyme, 2 teaspoons of garlic powder, and 1 teaspoon onion powder

Cheese Sauce

- Base
- 2 tablespoons of Nutritional Yeast
- 1 tablespoon of Miso
- 1 tablespoon of Sauerkraut (*optional*)

Mayonnaise

- Base
- 2 tablespoons of apple cider vinegar
- 1 tablespoon of miso
- 1 teaspoon of lemon powder
- 1 teaspoon of umami
- 1 teaspoon of black salt
- 1/2 teaspoon of wasabi powder

Tartar Sauce:

- Mayonnaise
- 2 tablespoons of dill weed spice or 3 chopped dill pickles

Salad Dressing:

- Mayonnaise
- 2 cups of vegetable broth, water, or olive oil
- 1 cup nutritional yeast (*optional*)

Refer to Rooted in ME for additional ideas.

