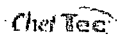


Date: 9/18/2016

Time: 2:42 PM

Chef Tec

Eggless Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	30	ounces	Prep
Portion	2	ounces	Cook
Num Portions	15		Finish
			Shelf

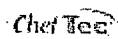
Ingredients

2	cups	Seedcheese
1	tsp	tumeric
2	cloves	finely chopped garlic
3	ribs	diced celery
0.3	cup	diced red bell pepper
1	cup	soaked & dehydrated pumpkin seeds
2	tablespoons	dried celery

Mix well and serve.

Date: 9/18/2016

Time: 3:00 PM

Chef Tec

Mock Spicy Tuna

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	2	cups	Prep
Portion	3	ounces	Cook
Num Portions	0		Finish
			Shelf

Ingredients

1 1/2	cups	Seedcheese
1	ea	diced red bell pepper
1	clove	diced garlic
3	tablespoons	zest fresh ginger
1	tbl	yellow mustard seed
1	tbl	flakes dulse
1	tsp	kelp powder
0.1	tsp	cayenne
1	ea	Juiced lemon
1	ea	minced jalapeño pepper
2	teaspoons	tomato powder

Combine all and mix well.

Date: 9/18/2016

Time: 3:02 PM

Chef Tec

Not Tuna Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	20	ounces	Prep
Portion	3	ounces	Cook
Num Portions	6.67		Finish
			Shelf

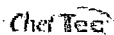
Ingredients

1 1/2	cups	Seedcheese
5	ribs	minced celery
3/4	cup	minced green onion
1/2	bunch	minced curly parsley
1	cup	soaked and dehydrated sunflower, hulled seeds
1	tsp	kelp powder
2	tablespoons	dried dill

Combine all minced vegetables, seeds, seed cheese and seasoning in large mixing bowl. Mix well with spatula and serve chilled.

Date: 9/19/2016

Time: 10:13 AM

Chef Tee

Spiced Seed Cheese (Jorge's Recipe)

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

			Prep 30 minutes
Yield	45	ounces	Cook
Portion	3	ounces	Finish
Num Portions	15		Shelf 2 - 3 hours

Ingredients

4	cups	Seedcheese
1	cup	diced firm tomato
1/4	cup	diced yellow onion
1/4	cup	diced fresh cilantro
0.2	tsp	onion powder
1/4	tbl	kelp powder
1/4	tbl	flakes dulse
1/4	tbl	ground cumin
1	tbl	tomato powder

Combine all ingredients in large mixing bowl and mix well. Serve chilled.