

Date: 9/18/2016

Time: 2:27 PM

Chef Tee

Dressing - Basic Class Recipe

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	32	ounces	Prep	15 minutes
Portion	2	ounces	Cook	
Num Portions	16		Finish	
			Shelf	3 days

Ingredients

1/2	cup	sauerkraut juice
1	ea	peeled cucumber
1	ea	avocado
1/2	cup	yellow onion
1	clove	garlic
1	sprig	fresh dill

Blend all ingredients in vitamix until smooth. Serve chilled.

Date: 9/18/2016

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Chef Tee

Dressing - Beet Ginger

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 36

ounces

Portion 2

ounces

Num Portions 18

Prep

Cook

Finish

Shelf

Ingredients

1 1/2 cups

soaked sesame seeds

6 cups

filtered water

1 cup

chopped beets peeled

2 inches

chopped fresh ginger peeled

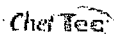
1 ea

Juiced lemon

Blend all in vitamix

Date: 9/18/2016

Time: 2:36 PM

Chef Tee

Dressing - Lemon Cilantro

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 36

ounces

Prep

Portion 2

ounces

Cook

Num Portions 18

Finish

Shelf

Ingredients

1	cup	soaked sunflower, hulled seeds
1 1/2	cups	soaked sesame seeds
1/2	bunch	chopped fresh cilantro
1	inch	peeled & minced fresh ginger
1	clove	garlic
2	cups	water
0.1	tsp	dash cayenne
0.24	cup	Juiced lemon

blend all ingredients in vitamix

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Dressing - Lemon Basil

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 36

ounces

Prep

Portion 2

ounces

Cook

Num Portions 18

Finish

Shelf

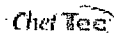
Ingredients

1 1/2	cups	soaked sesame seeds
2	ea	Juiced lemon
2	cloves	garlic
1/4	cup	chopped fresh basil
2	cups	filtered water
2	sprigs	fresh mint

Combine all ingredients in vitamix and mix well.

Date: 9/18/2016

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Dressing - Ranch

Optimun Health Institute

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Categories

Tools

Locations

Plate

Yield 44

ounces

Prep

Portion 2

ounces

Cook

Num Portions 22

Finish

Shelf

Ingredients

3	cups	soaked sesame seeds
2	cups	water
1/2	cup	chopped red bell pepper
1/4	cup	chopped yellow onion
2	ea	chopped celery
1	ea	chopped carrot
1	cup	curly parsley
6	sprigs	fresh dill
1	clove	garlic
1/2	tsp	yellow mustard seed
1/2	tsp	paprika
2	ea	Juiced lemon

Blend well

Date: 9/18/2016

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Chef Tec

Dressing - Red Bell Pepper & Garlic

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 64 ounces

Portion 2 ounces

Num Portions 32

Prep 15 minutes

Cook

Finish

Shelf 5 days

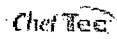
Ingredients

1 1/2	cups	soaked sesame seeds rinsed
1	ea	red bell pepper
4	ea	firm tomato
2 1/2	tablespoons	tomato powder
1 1/2	tablespoons	mexican seasoning
5	cloves	garlic
2	cups	water

Blend all ingredients in vitamix blender until smooth. Serve chilled.

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Dressing - Spicy Cilantro

Optimun Health Institute

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Categories

Tools

Locations

Plate

Yield 1 pt

Portion 1 oz

Num Portions 16

Prep

Cook

Finish

Shelf

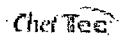
Ingredients

2	tablespoons	fresh ginger
1	cup	soaked & sprouted pumpkin seeds
1/2	ea	fresh cilantro
1/4	tsp	cayenne
2	ea	Juiced lemon
1	cup	water

Blend well.

Date: 9/18/2016

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Chef Tee

Dressing - Spicy Dijon

Optimun Health Institute

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Tools

Locations

Plate

Yield 24

ounces

Prep

Portion 2

ounces

Cook

Num Portions 12

Finish

Shelf

Ingredients

1 1/2	cups	soaked pumpkin seeds
2	cloves	peeled garlic
3	ea	Juiced lemon
1	tsp	tumeric
1 1/2	tablespoons	yellow mustard seed
1	tsp	dried celery
1 1/2	cups	water

Blend all ingredients until smooth. Add additional water if needed.