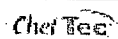


Date: 9/18/2016

Time: 3:36 PM



Soup - Butternut Squash

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 4

quarts

Prep

Portion 8

ounces

Cook

Num Portions 21

Finish

Shelf

Ingredients

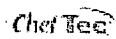
10	cups	filtered water
8	cups	diced butternut squash
8	cups	diced carrot
4	ea	avocado
2	cloves	peeled garlic
4	teaspoons	peeled fresh ginger
2	tablespoons	ground cinnamon
1/2	cup	soaked pumpkin seeds
1/4	cup	fresh mint

Blend all ingredients in vitamix. Heat at 105 degrees for 2 hours. Serve warm.

Optional: Add basil or garnish with chopped basil or sprinkle of cinnamon.

Date: 9/18/2016

Time: 3:37 PM



Soup - Creamy Cilantro

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 64

ounces

Prep 30 minutes

Portion 8

ounces

Cook

Num Portions 8

Finish

Shelf 3 days

Ingredients

6 cups

chopped zucchini

2 cups

chopped red bell pepper

3 cups

chopped fresh cilantro

5 ea

avocado

1 tsp

kelp powder

1 tbl

ground cumin

1 tbl

onion flakes

0.2 tsp

cayenne

8 cups

water

Blend all ingredients until smooth. Heat for 2 hours at 105 degrees. Portion into soup bowls and serve warm.

Garnish with chopped cilantro.

Date: 9/18/2016

Time: 3:38 PM

Chef Tec

Soup - Creamy Tomato

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 72

ounces

Prep 30 minutes

Portion 8

ounces

Cook

Num Portions 9

Finish

Shelf 3 days

Ingredients

10	cups	chopped firm tomato
1	cup	chopped zucchini
3	ea	avocado
2	cloves	garlic
1/2	tbl	onion powder
1/4	cup	fresh basil
4	tablespoons	tomato powder
3	cups	filtered water

Blend until smooth. Warm on cook top at 105 for 2 hours and serve warm. Garnish with chopped basil.

Date: 9/18/2016

Time: 3:41 PM

Chef Tec

Soup - Gazpacho

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 100

ounces

Prep 30 minutes

Portion 8

ounces

Cook

Num Portions 12.5

Finish

Shelf 3 days

Ingredients

5	ribs	chopped celery
5	cups	chopped cucumber
1	ea	quartered cherry tomato
8	cups	firm tomato
2	sprigs	fresh basil
0.1	tsp	chipotle
1	clove	garlic
1	tbl	ground cumin
1	tbl	flakes dulce
3	tablespoons	tomato powder
2	ea	Juiced lime

Blend all ingredients except celery, cucumber, and cherry tomato in vitamix. Stir in chopped celery, cucumber, and cherry tomatoes for a chunky soup. Optional: Top with diced avocado (1/4 an avo per bowl) or gomasio. Serve cold.

Garnish with corn or chopped scallions when available

Date: 9/18/2016

Time: 3:42 PM

Chef Tec

Soup - Heavy Metals be Gone

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 60

ounces

Prep 1 hour

Portion 8

ounces

Cook

Num Portions 7.5

Finish

Shelf 3 days

Ingredients

3	ea	avocado
3	ea	red bell pepper
5	ea	firm tomato
1	bunch	fresh cilantro
2	ea	carrot
2	tablespoons	flakes dulse
1	tbl	paprika
1	sprig	fresh basil
5	ea	Sprouts & Greens - Sunflower Greens
1	tbl	tomato powder
2	ea	Juiced lemon

Combine 2 avocado, bell pepper, tomato, and 1/2 bunch of cilantro in vitamix and blend. Combine all remaining ingredients, excluding the remaining avocado, in food processor and chop. Combine chopped ingredients into blended ingredients. Garnish soup with remaining avocado, topping each bowl with 1/4 an avocado.

Sunflower Greens: 5 each = 1 cup



Date: 9/18/2016

Time: 3:43 PM

Chef Tec

Soup - Lentil Cilantro Chili

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 64

ounces

Prep 30 minutes

Portion 8

ounces

Cook

Num Portions 8

Finish

Shelf 3 days

Ingredients

4	cups	chopped firm tomato
4	ribs	chopped celery
2	cups	chopped red bell pepper
1	cup	chopped fresh cilantro
2	tablespoons	flakes dulse
1	clove	garlic
1 1/2	tablespoons	chili powder
1	tbl	ground cumin
2	cups	sprouted lentil seeds
1/4	tsp	chipotle
1	ea	Juiced lemon

Blend all ingredients except lentils in vitamix. Once blended, transfer to pot, add in sprouted whole lentils and stir well. Heat on cook top at 105 for 2 hours, stirring occasionally. Serve warm. Garnish with chopped cilantro.

Date: 9/18/2016

Time: 3:44 PM

Chef Tec

Soup - Yam Bisque

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 90

Portion 6

Num Portions 15

ounces

ounces

Prep 1 hour

Cook

Finish

Shelf 2 - 3 hours

Ingredients

1 1/2 cups

4 cups

2 ea

1 ea

1/4 tsp

1/4 tsp

1/4 tsp

1/4 tsp

sesame milk

peeled sweet potato

avocado

red bell pepper

ground nutmeg

ground cardamom

ground mace

ground allspice

Juice sweet potato and red bell pepper. Let juice settle for approximately 10 minutes to allow starch to separate. Transfer juice into vitamix. Add all remaining ingredients to vitamix and blend until smooth. Portion to serve room temperature.