

MOCK "CHEESE" SAUCE

- 4 tablespoons raw, not roasted, tahini (pour off surface oil)
- 2 tablespoons traditional red miso (this variety of miso provides the intended flavor)
- 2/3 cup purified water
- 1 tablespoon + 2 teaspoons Health Alliance™ Non-GMO Lecithin Powder™

Add all ingredients to a jar with a lid (such as an empty tahini jar) and shake vigorously. It will reach full thickness in about 5-10 minutes (as the lecithin dissolves). Alternately, you can add all ingredients to a blender and blend. This "cheese" will not get hard (and it will not harden your arteries either); it always has a melted consistency.

Serving Suggestions:

- Pour over vegetables/salad as a sauce or use as a dip.
- Pour over flax crackers.
- Soak arame seaweed for 10 minutes in water. Drain and rinse well. Pour Mock "Cheese" Sauce over it for **"Macaramé™ and Cheese."**

BASIC TAHINI DRESSING #2

(This dressing is easy and quick to make with a few minutes' notice.)

- 2/3 cup purified water
- 1/4 cup raw, not roasted, tahini (pour off surface oil)
- 1/2 tablespoon raw, organic, unfiltered apple cider vinegar (or more to taste)
- 1 tablespoon traditional red miso (use unrefined/Celtic sea salt to taste as substitute)
- 1/2 - 1 tablespoon Health Alliance™ Non-GMO Lecithin Powder™ (depending on how thick you want it).
- **Optional:** Fresh lemon juice, veggies (celery, bell pepper, cucumber, carrot), **herbs or spices such as turmeric, curry, cumin, parsley, arugula, oregano, rosemary, etc.)**

Pour off any oil that may rise to the top of the tahini jar. Add all ingredients to a shaker bottle, a jar with a lid, or a blender. Shake vigorously or blend until dressing reaches a smooth consistency. Add any herbs/spices or other vegetables as desired. Add more or less water for thinner or thicker dressing. The lecithin gives this dressing a thicker consistency, but it may take about 10 minutes to do so. You may want to start with just the basic recipe, and then you can let your creativity loose and make unlimited variations. If using a blender, you may add things like arugula, cilantro, celery, etc. You may also substitute some or all of the water with a fresh veggie juice or fresh veggie puree. This dressing can be stored for several days due to the apple cider vinegar.

HEALTH ALLIANCE™

Non-GMO LECITHIN POWDER™



NOT
Bio-Engineered

Just Say
NO
to GMO!

Enhance Your Nutrition & Favorite Recipes/Drinks/Smoothies

**Supports fat burning, healthy cholesterol
and triglyceride levels, cardiovascular health, liver function,
nerve function, brain function, and memory***



**Net Wt 375g
(13.2 oz)**

**Gluten
Free**



Supplement Facts

Serving Size: 8.7 grams (1 tablespoon)
Servings per Container: 43

Amount Per Serving	% Daily Value*
Calories	45
Calories from Fat	25
Total Fat	3 g
Saturated Fat	1 g
Total Carbohydrates	4 g
Protein	1 g 2%
Iron	0.72 mg 4%
Potassium	200 mg 8%
Lecithin (from non-GMO Soybeans)	8.7 g †

*Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other ingredients: None

Contains soy

Manufactured in Vegan facility free of gluten, peanuts and tree nuts

Refrigeration
is **NOT**
required,
but product
will keep
freshest in
the freezer.

PLEASE RECYCLE THIS
BOTTLE. IT MATTERS.

LEC17040301



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Lecithin is an emulsifier that allows fat and water to mix. HealthForce lecithin is derived 100% from soybeans that have **NOT been genetically engineered or modified**. In addition, the amber glass bottle with metal lid (vs. plastic bottle and lid) and oxygen absorber *avoids the rampant formation of lipid peroxides (from the oxidation of fat) and preserves the integrity of the lecithin*. The freshness of this lecithin is actually maintained (and for long periods of time), something that is simply **NOT possible with lecithin in plastic bags or plastic bottles**. This is the highest quality lecithin product produced and packaged and offered at an affordable price. You deserve nothing less!

Suggested Use: 1-2 tablespoons per day (or as advised by your health care practitioner). Add to any drink or smoothie; sprinkle on and mix with foods for extra nutrition and flavor. Use for thickening, as lecithin will thicken anything it is added to (allow 10 or more minutes for full thickness). Also adds a nice creamy consistency.

Suggested Adjuncts: A whole foods, organic, **Vegan diet** with emphasis on high-water-content fresh foods; 1-2 tablespoons of organic ground flax or chia seeds per day (grind in a coffee grinder); HealthForce Nopal Cactus™; a high fiber diet (only **whole plant foods** have fiber); HealthForce Vitamineral Green™; Liver Rescue™; exercise (try rebounding); fresh air (house plants clean the air); and everything else healthful. **I truly wish you great health and happiness always. Dr. JAMETH SHERIDAN – NATUROPATH AND HARD-CORE HERBAL MEDICINE RESEARCHER**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.