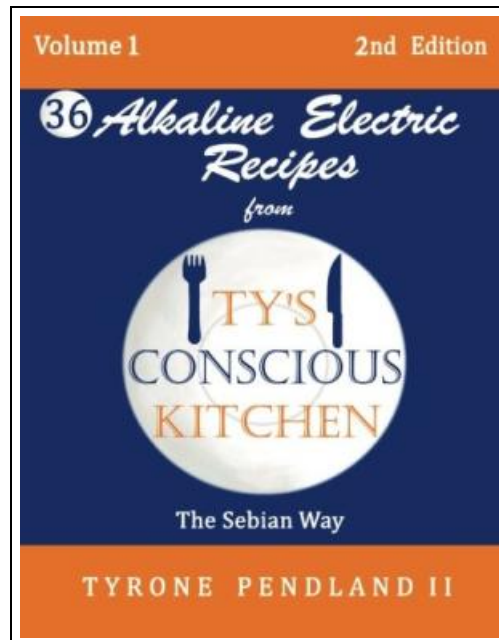


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Alkaline Electric Recipes from Ty s Conscious Kitchen: The Sebian Way Vol. 1 contains 36 recipes, specifically created with food items found on Dr. Sebi s nutritional guide. These energy-containing, electric foods can assist with transitioning to maintaining a more alkaline based lifestyle. In addition to the 36 recipes, you ll find the following bonus material: - Suggested Shopping List - 5 Day Sample Meal Plan More! Ty creates recipes using simple, easy to follow methods with non-hybrid, indigenous and alkaline whole foods. His dishes can easily replace many of the foods and condiments found in today s western diet. You can enjoy these recipes while transitioning to maintaining a more alkaline based lifestyle, including alkaline vegan, according to Dr. Sebi s methodology. Ty has applied his creativity to more than 100 recipes he s shared, including Alkaline Electric versions of Spring Rolls, Home Fries and Jamaican Jerk Patties. He is also known for his original signature recipes including Alkaline Electric Butter, Vegan (Mushroom) Ribs, Chickpea Burger. Ty s latest cookbook, Vol. 3: Dessert Edition and includes never before shared recipes of Alkaline Electric Cake Frosting, Donuts Cheesecake, to name a few. Of course, as with all of Ty s recipes, he personally ensures each recipe looks delicious tastes delicious! You can find Ty demonstrating step by step, how to create his alkaline dishes on his YouTube show Ty s Conscious Kitchen and you can also learn more about his cookbooks Alkaline Electric Recipes from Ty s Conscious Kitchen: The Sebian Way: Vol. 2 (56 recipes) Vol. 3 (24 recipes), by visiting.



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