

Waldorf Salad

Prep Time 10 mins

Total Time 10 mins

Stage: Stage 4 and Beyond

Servings: 1 Serving

Calories: 170

Ingredients

- 1 medium head Romaine Lettuce cut medium to small
- 2 Whole Tart Apples diced
- 3 Stalks Celery sliced
- ¼ cup Walnuts chopped
- ¼ cup Raisins
- 2 Tbsp Awesome Mayonnaise*
- 2 Tbsp Pineapple Juice no sugar added



Instructions

1. In a large bowl, combine the romaine, apples, celery, walnuts and raisins
2. Toss to combine
3. Mix the Awesome Mayo with the pineapple juice, then pour over the salad and toss until all ingredients are coated

Recipe Notes

The walnuts and raisins are cautionary items

*Awesome Mayonnaise can be found below

Pineapple Whip

Prep Time 20 mins

Total Time 20 mins

Stage: Stage 2 and Beyond

Servings: 1 Serving

Calories: 170

Ingredients

- 1 Pineapple, whole, fresh, cut up, frozen overnight
- 1 cup Coconut Milk

Instructions

4. Place frozen chunks of pineapple and coconut milk into a food processor or high-powered blender
5. Blend until the consistency becomes creamy
6. Place in glasses or ice cream cups



Awesome Mayonnaise

Prep Time 5 mins

Total Time 5 mins

Stage: Stage 4 and Beyond

Servings: 20 Servings

Calories: 84

Ingredients

- 1 cup Organic Safflower Oil or mild-tasting Olive Oil divided
- 2 Tbsp Lemon Juice
- 1 tsp Ground Mustard
- 1 egg
- 1-2 Packet Sweetleaf Stevia
- 1 Dash White Pepper

Instructions

1. In a covered blender or food processor, mix $\frac{1}{4}$ cup safflower oil and remaining ingredients for several seconds until thoroughly blended
2. Remove the center of the blender or processor cover, and pour-----VERY SLOWLY-----the remaining $\frac{3}{4}$ cup of safflower oil into the mixture
3. Continue blending until well mixed and thickened

Recipe Notes

Always buy organic oil in a glass container. This extends the shelf life and prevents spoilage. **Keep refrigerated**

