

# Family Recipes IV: Stuffed Sweet Peppers

Earlier this week I introduced you to the Lachere family of seven, who were hard at work making important changes to their diet. Although they had made the shift to an all fruit breakfast and plant based lunches with ease, the evening meal was still a struggle. With five children longing for their family favorites that all happened to be dairy and meat centered, mom Molly struggled for ideas. When she asked for help I suggested she enlist the children to send me a list of their favorite dinner items and we would replace them one by one with plant based alternatives. Their requests included cream based soups, tacos, sandwiches, lasagna, casseroles, and stuffed peppers.



Highest on the list was the stuffed peppers so I decided that would be a good starting point. If I could win them over with a replacement for their traditional sweet peppers filled with rice, cheese, and ground meat, then I'd know we were on to something. Over the weekend I sent them this Quinoa Stuffed Pepper recipe by Detoxinista to test.

## **Ingredients**

½ cup dry quinoa  
1 cup water  
4 bell peppers, sliced in half lengthwise, seeds & white pith removed  
1 tablespoon coconut oil  
1 small onion, chopped  
1 clove garlic, minced  
1 cup chopped mushrooms (about 4 ounces)  
1 zucchini, chopped  
1 (15-ounce) can white cannelloni beans (about 1½ cups cooked beans)  
1 cup marinara sauce, plus more for serving (homemade or purchased)  
Sea salt and black pepper

[Full Instructions Here](#)

The Lachere kids were on it and all five joined in on the project. Even one year old Annaleise took part in the testing of a blended version!



Hearing the feedback, I'd say the finished results were a hit all around and these Stuffed Sweet Peppers start off the new list of Lachere Family Plant Based Favorites. Here are some other recipes I shared with the Lachere family and they plan to test a new one each week.

Vegan Taco Meat

Grain free Stir Fry

Dairy Free Mac & Cheese

Butternut Lasagne

We'll be checking back in with them in a few weeks to see how they have fared. So stay tuned!



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# Family Recipes III: Carob Freezer Fudge



Last week I introduced the Kearley family, Janice, Stephen, and eight year old Ruth in Changing Your Plate Part III: Lunch. This week in Part IV: Plan Ahead we learned quite a bit

from the system Janice has created to keep their plant based pantry stocked, the family well fed, AND staying within her budget!

You know some days a sweet treat at lunch (or anytime for that matter) is a welcome surprise. Here is a quick and tasty Carob Freezer Fudge from Angela Liddon's Oh She Glows blog. Janice makes this recipe with exactly that purpose in mind and then takes it up a notch by adding in toasted pecans and coconut. Are you tempted now?

### **Ingredients**

1/2 cup virgin coconut oil, melted

1/4 cup creamy natural almond butter (roasted or raw are both fine)

1/4 cup carob powder, sifted

1 tablespoon unsweetened cocoa powder, sifted

2-3 tablespoons pure maple syrup (or liquid sweetener of choice), to taste

1 teaspoon pure vanilla extract

1/8-1/4 teaspoon fine grain sea salt

1/2 cup gluten-free rice crisp cereal, to add crunch (optional)

[Full Instructions Here](#)

Enjoy it right down to the last square!

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## **Family Recipes II: The Kearley's Mix & Match Lunch**

Eating plant based came about five years ago for the Kearley family when mom, Janice, and dad, Stephen, were looking to

give young daughter, Ruth, a healthy start. You can find their story here.

At the Kearley house, lunch goes together with ease because of its simplicity and the advance prep done by Janice. It always consists of plates of raw cut colorful fruit and vegetables slices, a spread of some kind, such as hummus, black bean, or a nut butter, and a wrap or bread slice (gluten free of course). While the wrap can be a corn or gluten free tortilla, Janice prefers to make her own in batches and store them in the fridge or freezer.

Here are two tried and true family favorites that she turns to again and again.

### **Paleo Roti by My Heart Beets**

#### **Ingredients**

½ cup golden flaxseed meal

½ cup tapioca flour

1 cup coconut milk (canned and full fat)

Salt to taste

Optional: Grassfed ghee to slather on top (or Earth Balance coconut spread)

[Full Instructions Here](#)

This simple and versatile wrap can be rolled or filled for a Kearley family lunch.

### **Superfood Bread by Deliciously Ella**

#### **Ingredients**

2 cups of cold water

1 and a 1/2 cups of pumpkin seeds

1 cup of buckwheat or brown rice flour (or quinoa)

1 cup of almonds

1/2 a cup of sunflower seeds

3 heaped tablespoons of psyllium husk powder

2 tablespoons of chia seeds

2 tablespoons of dried mixed herbs (I used herbs de provence but basil, rosemary, thyme, oregano, etc. are all great)

Salt and pepper to taste

Full Instructions Here

Light years ahead of the commercial gluten free breads when it comes to nutrient content, this bread is super simple to prepare and the flour selection is adaptable. After the loaf cools Janice will slice it, separate each slice with a strip of parchment paper, and store in the freezer. Here's how it looks topped with deliciousness at the Kearley home.



Thanks Janice for your delightful suggestions! Be sure to visit my blog next week for some smart shopping and stocking



tips that keep the Kearley family going plant-strong.

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## **Family Recipes I: The Rob Thornton Smoothie Special**

Throughout April I have the honor of introducing you to a family each week from my practice who are taking steps forward, no matter what size, to change what is on their plate. This week you met the Thornton Family on my post about changing breakfast.

It's not an easy task to convince an athletic director and coach to trade in his daily eggs, spinach, and turkey bacon breakfasts for fruit but Rob Thornton was willing to give it a try. What's really interesting, yet not unusual, about Rob's story is that the thought of sweet fruit in the morning was actually nauseating. This is actually quite normal with individuals who maintain a very acidic pH. Alkalizing foods are not appealing but acid producing ones sure are! So the task at hand for those folks is to shift the pH gradually, easing into more alkaline foods by increasing the amount of raw fruit bit by bit.

Moving Rob into a pure fruit smoothie has been a slow process because we needed to increase his tolerance. I had him start with low glycemic fruits and more greens and build up the amount of fruit over time. After three months he is not only drinking his smoothies daily but he is making them for his family at 5:30 AM each weekday morning!

Getting Rob to completely forgo his protein heavy breakfast was no easy task and you will see by his recipe he is still adding in a bit of peanut butter and almond milk. As I will

tell all of my clients- this is about making steps forward and we all start at different place. The changes Rob has implemented these past three months are huge and we will keep moving ahead. As you may have read in my last post, by just changing his breakfast Rob has lost over 25lbs. While I will advocate for further dietary change we are going to move at a pace that is sustainable for the Thorntons.

### **The Rob Thornton Smoothie**

Frozen: Blueberries and Strawberries

Fresh: Bananas

Almond milk

1 tablespoon of fresh ground peanut butter or 1/2 avocado



While daughter Lily will drink hers down right away in her Minnie Mouse cup, Rob and wife Suzanne often drink theirs on the way to work. They will often take along the other half of

the avocado or a banana for a quick snack once at school.

So what next steps might Rob do to take his smoothie to the next level? Knowing the Thornton's schedule I would suggest they make it through the end of the school year with exactly what they are doing. Then when there is a bit less pressure on their schedules consider some upgrades.

With the almond milk and peanut butter, Rob is adding protein which tends to slow the speed of digestion and reduce the lymphatic action yet healthy fats and increased calories would be a good thing.

Options to consider:

1. More avocado
2. Coconut Butter
3. Raw Coconut
4. Coconut water
5. Hemp Seeds
6. Raw Cocoa Nibs or Powder
7. Dates
8. Raw Greens- spinach or kale would be good (frozen is ok)





Big congratulations to the Thornton family for taking some very important steps forward and together in order to improve their health. What is so exciting and encouraging to me is that there are so many of you out there doing the same thing! Looking forward to next week when we take a look at lunch and get some inside tips from a family who has been eating plant based for some time now.

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## **Spring Vegetables with Tecolote Farms V: Chard**

What's not to love about a bountiful spring harvest of chard? Especially when it's locally grown just outside of town by Tecolote Farms. I truly cannot wait to get my CSA this week and remake this Asian inspired recipe that you will certainly want to try yourself. This time around I am going to take it to another level by adding sautéed shiitake mushrooms that cook up in a flash and can be added as a topping. Don't miss my comments in parenthesis for items I have changed for an end result that meets all dietary challenges.

### **Flavor Bomb Greens and Noodles**



### **Ingredients**

Brown rice noodles- approximately 125g for four servings (I

*also like Buckwheat noodles but Cauliflower Rice would be a perfect grain free option)*

*A few large handfuls mixed greens (I used 2 bunches of Swiss chard but you can certainly add kale, spinach, etc.)*

### **Dressing**

2 Tbsp. tamari

2 Tbsp. cold-pressed sesame oil (or olive)

2 tsp. raw honey (or maple syrup)

2 tsp. brown rice vinegar

Zest and juice of 1 lime

1 clove garlic, minced (or Tecolote green garlic, chopped whole)

1 Tbsp. fresh ginger root, minced

2 spring onions, sliced

$\frac{1}{2}$  red chili, minced

### **Toppings**

$\frac{1}{4}$  cup mixed black and white sesame seeds

$\frac{1}{4}$  cup unsweetened desiccated coconut

$\frac{1}{4}$  cup cashews

$\frac{1}{2}$  cup cilantro, chopped

$\frac{1}{2}$  cup mint, chopped

Full Instructions Here

### **Chard Wraps**





Late last summer I got hooked on chard wraps and, because I believed them to be the best lunch hack ever, I wrote this blog post boosting my find. With chard in great supply right now and spring temperatures rising you may want to enjoy this



raw lunch treat now. The best thing about Chard Wraps is that there absolutely is no end to the possible filling combinations. Here's a taco version from the kitchen that is sure to be everyone's next favorite.

Don't miss out on these fabulous tastes of spring, sign up now for one of the few remaining seasonal CSA with Tecolote Farms. It's an unbelievably short season here in Texas so take advantage of these delightful veggies now before it is too late!

Green Garlic

Radishes

Leeks

Baby Lettuce

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## **Spring Vegetables with Tecolote Farms IV: Baby Lettuce**

Tender baby lettuce is just the best and in the Austin growing season they make a short and sweet appearance. Don't miss out on this taste of spring by visiting Tecolote Farms at the SFC Downtown Market or reserving your CSA now. Deliveries for CSA's are now underway so this may be your final chance to sign up!



What kind of recipes does one need for using baby lettuce? In my humble opinion all these perfect bites really need is a dash of plant based dressing. And (because I don't think we can ever have enough tasty dressing recipes up our sleeve) here are two of my favorites to add to your collection.

### **Dijon Almond Butter Dressing**



## Ingredients

1/4 cup unsweetened almond butter (I buy fresh ground from Wheatsville or Whole Foods)

1 tablespoon olive oil

1 small shallot, very finely minced (about 1 tablespoon)

1 tablespoon whole grain Dijon mustard (Annie's organic)

1/3 cup fresh orange juice (1 orange)

1 teaspoon orange zest

3 teaspoons honey (or maple syrup)

1/4 teaspoon sea salt

Freshly ground pepper

[Full Instructions Here](#)

## **Lemon Chia Dressing**



### **Ingredients**

Zest and juice from 1 lemon  
2 teaspoons of chia seeds  
1 cup of filtered water  
 $\frac{1}{2}$  cup of raw cashews  
1 garlic clove, peeled and smashed  
 $\frac{1}{4}$  teaspoon of oregano  
 $\frac{1}{2}$  teaspoon of kosher salt  
2 tablespoons of fresh dill, minced  
Freshly ground black pepper, to taste

[Full Instructions Here](#)



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# Spring Vegetables with Tecolote Farms III: Leeks

Farm fresh leeks are an icon of spring and if you are here in Austin, you will find leeks aplenty at Tecolote Farms. Subscriptions are still open to this season's CSA or you can select your own at the Saturday SFC's Downtown Farmer's Market. Leeks are a favorite at the Hubele home, probably because they are plentiful in the region of Germany where my husband was raised. I use them in most of my soups, lentils, curries, and stir-fry. Here are two standout recipes to try for yourself that allow the sweet flavor of leeks to shine through.



Simple soups can make dinner prep a breeze and this Vegan/Whole 30 approved recipe is sure to be a crowd pleaser. Double the recipe as you will definitely want leftovers. For the finicky child you can even produce a smooth texture with a few spins of an immersion blender.

### **Broccoli, Potato, Leek Soup**





## Ingredients

2 tbsp coconut oil

3 large leeks, white and light green parts only

1 quart chicken or vegetable broth (or 1 quart water and vegetable bouillon cubes)

1 pound baby potatoes

1 bay leaf

1 pound frozen broccoli florets, defrosted and thoroughly drained (or steamed fresh broccoli)

2-3 cloves garlic, minced

Recommended seasonings: salt, black pepper, smoked paprika

Splash of apple cider vinegar, optional

[Full Instructions Here](#)

Here is a veggie side that is as beautiful to behold as it is to eat. With just a few tweaks, this classic recipe can be made vegan and not a bit of flavor is lost.

## Leeks with Lemon Dijon Vinaigrette





## Ingredients

3 leeks

1 tablespoon olive oil ( or coconut oil)

1 tablespoon unsalted butter ( or Earth Balance Coconut Spread)

1/2 cup chicken stock [*or vegetable stock or vegetable bouillon* ]

1/2 cup water

1-1/2 tablespoons chopped flat-leaf Italian parsley

2 teaspoons fresh lemon juice

1 teaspoon Dijon mustard

Salt and freshly ground black pepper, to taste

[Full Instructions Here](#)

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# Spring Vegetables with Tecolote Farms II: Radishes

Spring is here, well at least some days of the week, and so are gorgeous spring veggies. Throughout the month of March we pay homage to five super stars of spring that will be appearing in the first CSA deliveries from Tecolote Farms. Texas's first and longest running CSA program! Don't miss out on your share of these beauties by reserving your Tecolote Farms CSA basket this week!



If this bundle of beauties doesn't look like a spring harvest I don't know what does! You no doubt have sliced your fair share into salads, but have you ever tried roasting them? Here's a fabulous mix of Roasted Potatoes, Radishes and Fennel that can serve as the perfect center or side dish for your next Brunch or Luncheon.



## Ingredients

1 pound fingerling or very small yellow potatoes (*creamers work well*)

Olive oil

Flaky salt and freshly ground black pepper

1 pound radishes, tops removed

1 fennel bulb without stalks, about 1 pound

1/4 cup unsalted butter (*replace with Earth Balance Coconut Butter or Ghee*)



1/2 lemon, juiced (about 1 1/2 tablespoons)  
1/2 teaspoon Dijon mustard  
1/2 teaspoon maple syrup  
Fresh mint leaves or dill fronds to garnish

[Full Instructions Here](#)

Prefer your radishes raw? How about this spin on a Raw Vegan Radish Salad that uses the tops as well.



## **Ingredients**

3 large white radishes (*all radishes work well*)  
2 cups radish tops (greens)  
6 tablespoons cashews (soaking for 30 minutes)  
2 tablespoons lemon juice (from 1/2 lemon)  
2 teaspoons whole grain Dijon mustard  
1 teaspoon maple syrup  
1 dash salt and pepper

[Full Instructions Here](#)



As you have probably discovered on your own, radishes are best eaten shortly after picking but these tips here will help you extend their shelf life for up to a week.

Enjoy!

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## **Spring Vegetables with Tecolote Farms I: Green Garlic**

Spring is here and even better – So are spring veggies!

If you can't grow them in your own garden, then there is no better way to enjoy them than through a local farm CSA. We are lucky enough to have several of those to choose from here in Austin. However, if you want to go with the oldest running CSA in Texas, then there is only one choice: Tecolote Farms, owned and managed by Katie and David Pitre.

Now is the time to sign up and reserve your spring CSA with Tecolote and subscriptions are limited so don't miss out. Deliveries will begin in late March, weather dependent. Subscribing to a CSA not only supports and sustains our local farms but it also supports and sustains your commitment to a Plant Based Diet.

I was lucky enough to be introduced to the goodness of Tecolote veggies my very first year in Austin, at a time I was mourning the loss of the markets in Germany. That year a brave bunch of us from Travis Heights began a cooking group and prepared a week of gluten-free vegan meals for our four families one afternoon a week. The group survived an entire

year with many stories to tell and while we chose not to continue, we have all remained loyal to Tecolote farms over the years.

In this first post of a new series that celebrates soon be harvested spring bounty at Tecolote I will feature one of the first spring veggies: green garlic. This is garlic in its immature, sweet, fragrant stage. No need to separate or peel as the entire bulb and stem can be chopped then sauteed or used raw.



Ready to have some fun in the kitchen adding in a little green garlic? Then test drive these plant based beauties!

**Mini Potato Pancakes (Korean gamjajeon) with Green Garlic and Chives**



### **Ingredients for 24 (2-inch) Pancakes**

1 1/2 pounds potatoes  
3 tablespoons chopped green garlic (white and light green parts only)  
2 tablespoons chopped chives  
1/2 teaspoon salt  
Vegetable oil for frying  
24 flat-leaf parsley leaves

### **Dipping sauce**

3 tablespoons soy sauce (replace with gluten free tamari or coconut aminos)  
1 tablespoon rice vinegar  
1/2 teaspoon sugar (I use honey, maple syrup, or coconut



sugar)

[Full Instructions Here](#)

## **Baby Greens Salad with Green Garlic Dressing**



### **Ingredients**

1/4 cup amaranth grain (or other whole grain)

3/4 cups stock or water

1/2 pound asparagus, trimmed to bite-size (or green beans, sliced summer squash, etc.)

1 tablespoon nut oil (or olive oil)

Sea salt

1 tablespoon olive oil

1/4 cup currants

1/2 medium purple onion, finely chopped

Tender greens (lettuce, spinach, arugula, baby kale, chard, beet greens, etc.) to fill a medium-sized salad bowl

Handful sprouts

2 tablespoons toasted sesame seeds

1/2 cup edible flower petals

#### **For the dressing**

1/3 cup olive oil

3 tablespoons lemon juice

1 stalk green garlic

Pinch cayenne

1 finger-pinch sea salt

[Full Instructions Here](#)

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# **Your Home Guide to Gemmotherapy I: Seasonal Allergies or Sinus Congestion**

Today kicks off the first post in my new series on Gemmotherapy for home users. I am super excited to share with you simple, focused protocols that each and every one of you can use at home for everything from headaches to seasonal allergies. The beauty of Gemmotherapy extracts is that they

lend themselves to home care for a wide variety of acute conditions. Gemmotherapy extracts have been my go-to for years because they go well beyond their herbal counterparts in their ability to clean, feed, and fortify cellular tissue, leaving your body stronger and more resilient at the end of each treatment. I love the fact that a small set of Gemmotherapy extracts can virtually replace all the supplements you have on hand to care for yourself and family members.

January is the start of Austin's *cedar fever* season and I dedicate this post to of all the sneezing, foggy headed, watery eyed citizens of Austin. While the rest of the country deals with snow and ice, a good majority of Austinites face unique winter seasonal allergies due to the abundance of Ashe Juniper trees, locally referred to as cedar, that break loose with a pollen shower for all. Whether at your office or checking out at Whole Foods this month, you will no doubt catch at least one conversation from someone suffering with symptoms. While I can't set up a stand on Congress to help all those affected, I can ask you to share this article with those you know who are looking for a more sustainable way to treat themselves this season.

This article is meant to assure you there is life beyond Zyrtec!

You can learn more about why these horrible symptoms plague you and why your partner or colleague may seem unscathed by reading this post. Today, however, I'll share the simple steps to deal with what you may be facing right now.

1. Use these three Gemmotherapy Extracts: Common Alder, Black Currant, and Rose. Take doses of 25 drops of each up to 3x daily until your symptoms become manageable. Continue one dose of all three Gemmos each morning for maintenance (even if symptom are not present).
2. Cut out dairy products during allergy season.

For the majority of individuals this is enough. If this still isn't cutting it for you (and you aren't sneaking cheese) here are some reinforcements to consider this first year of treating with Gemmotherapy. My experience with supporting clients these past years has proven that the first year is the most challenging and continued use of Gemmotherapy improves the symptoms dramatically the next year.

- Add an evening dose of 25 drops of Hornbeam throughout the season for further respiratory and digestive support.
- Take Sinupret as an adaptogen as needed, especially as your body is transitioning off of an allergy medication. This herbal blend has no side effects and is also useful for sinus congestion not related to allergies.
- Take a daily probiotic during the season. I recommend this powder by PuraDym or Mindlinx by Pharmax.

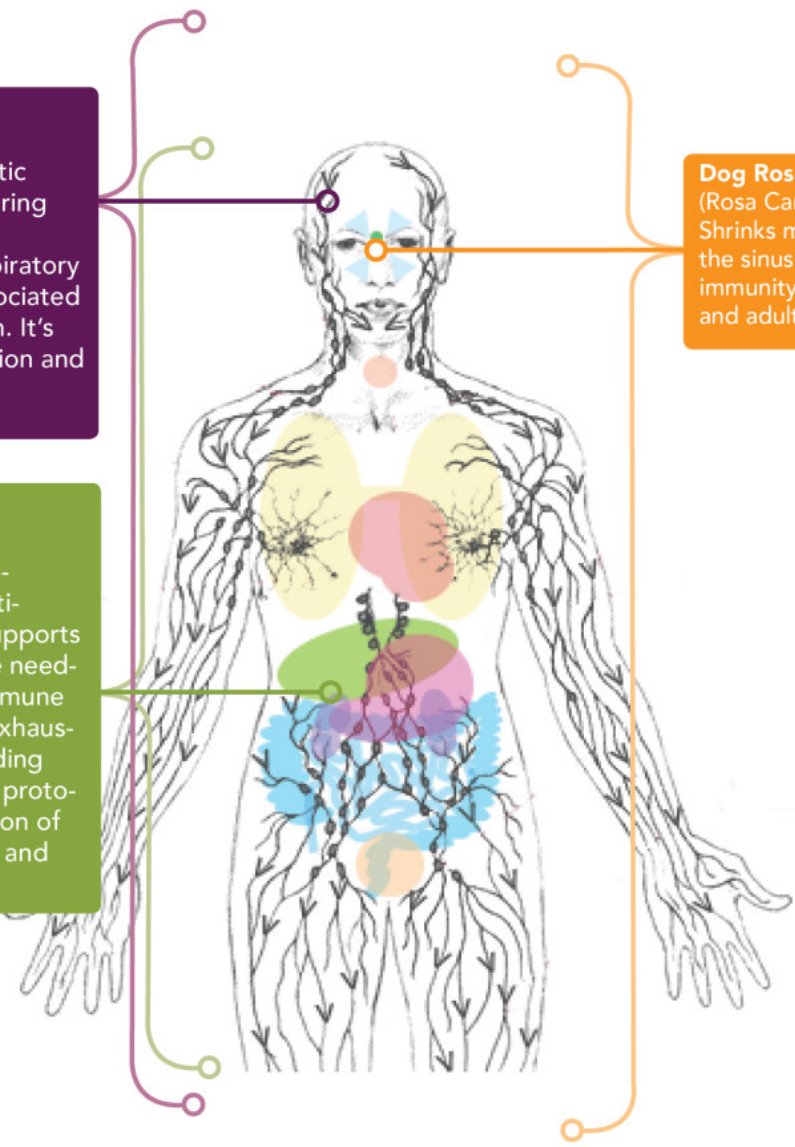
Curious why the combination of Common Alder, Black Currant and Dog Rose work? Here's a graphic to answer that question.



**Common Alder:**  
(*Alnus Glutinosa*)  
Supports the lymphatic drainage required during acute inflammation especially upper respiratory mucus discharge associated with sinus congestion. It's action reduces infection and inflammation overall.

**Black Curren:**  
(*Ribes Nigrum*)  
Offers an overall anti-inflammatory and anti-allergic action and supports the adrenal response needed to activate the immune system and reduce exhaustion and fatigue. Adding Black Currant to this protocol increases the action of both Common Alder and Dog Rose.

**Dog Rose:**  
(*Rosa Canina*)  
Shrinks mucus membranes in the sinus cavity and improves immunity overall in children and adults.



Have you used this combination and had good results? Send us your story. We'd love to hear from you!

Are you a practitioner and would like to learn more about using Gemmotherapy with your clients? Take a look at my online training modules including my latest one on Acute Care. You might also want to join me in Boston for one of my live teaching seminars. The next one is scheduled for February 27, 2016. The more of us out there trained to use effective and affordable therapy, the better!



# Lauren's Kitchen: A Simple Soup of Lentils



Here's a wonderful way to keep your time in the kitchen to a minimum AND have a delicious bowl of goodness to serve up for your evening meal. I first learned to cook lentils from a dear Italian friend during my early days in Europe and I made her recipe for years. Then, several years later, my method was influenced by the version prepared by my German mother-in-law. What you'll find here today is a delightful hybrid that is a Hubele family standby, so simple you will want to add it to your weeknight rotation.

## **Ingredients:**

2 heaping tablespoons of coconut oil, olive oil or ghee  
 $\frac{1}{2}$  large onion or 2 leeks, peeled and finely chopped by hand or in the food processor  
 $\frac{1}{2}$  celeriac root, peeled and finely chopped by hand or in the

food processor

3 large carrots, peeled and finely chopped by hand or in the food processor

1 sweet red pepper, finely chopped by hand or in the food processor

1 bay leaf

1 T of Herbes de Provence

3 cups of brown lentils (Check out this guide to lentils)

Water, enough to cover by 2-3 inches

2 vegetable bouillon cubes

Salt and pepper to taste

Optional: GF penne or other shape pasta to ladle the soup over

In large heavy pot or pressure cooker, melt oil and add chopped vegetables one at a time, giving each some time to brown. Once the vegetables have cooked briefly, add the bay leaf, Herbes de Provence, and brown lentils. Cover with water. Increase heat to bring to a boil then reduce to simmer and cover. If using a pressure cooker, follow the manufacturer's instructions, cooking lentils for 15-20 minutes. If using a traditional pot, cook for 30 minutes until tender but still holding their shape. Now add more water if desired, bouillon cubes, and salt and pepper to taste. Because my son Sebastian learned to love his Oma's soup ladled over freshly made spaetzle, he would recommend putting a heaping spoonful of gluten free pasta into your soup bowl first. But, with or without the noodles, this is delightful.

Enjoy!

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## Lauren's Kitchen: My Chai

Way back when I used to serve this luscious tea every morning in my office. Times have changed by the tried and true recipe



remains the same. I hope it warms you from head to toe.

### **Ingredients:**

Fresh Organic Ginger Root

Whole Organic Spices: Star of Anise, Black Pepper Corns, Cardamom Pods, Cloves, Stick of Cinnamon

Organic Loose Tea (1 heaping T) or Tea Bags (2): Darjeeling or Sencha (with caffeine) / Tulsi or Rooibos (without caffeine)

Local Honey

Unsweetened Organic Plant Based Milk

In a 3 quart pan add the following amounts:

6-8 thin slices from the unpeeled Ginger Root

1 Star of Anise or 1/2 tea of Anise seeds

6 Black Pepper Corns

8 Cardamom Pods

10 Cloves

1 Stick of Cinnamon

2.5 quarts of water

Bring the water to boil, reduce heat to low, cover pan and simmer a minimum of 20 minutes. Return to boil again, add plant based milk and tea, turn off heat and let set for tea to brew 5-10 minutes depending on your choice of tea.

Black Tea: 5-7 minutes

Green Tea: 5 minutes

Tulsi or Rooibos: 10 minutes

Strain tea and spices out with a mesh sieve and add honey to taste. If storing, pour into glass jars, cool on the counter before placing in the refrigerator. I use nearly a 1 to 1 ratio of milk to tea. I favor using a blend of half almond and half coconut milk. Each type of plant-based milk will lend a different quality, so test out a few to determine your preference. I also favor Tulsi tea because of its medicinal qualities but feel free to experiment and find your own favorite. Enjoy!