GRP INGREDIENTS… A TO Z

GUT REBALANCING PROTOCOL

- When you click on ingredients, that are UNDERLINED, it takes you to more detailed information in the GRP HUB. To return back to this list, click the 'back arrow' on your browser. *NOTE: These links expire when your GRP finishes unless you continue as a subscription GRP'er.*
- Buy organic when it is specified organic next to your shopping list item. You'll find out more about WHY, on your GRP journey!!
- Australian GRP'ers… Highly recommend the online store (and brand) HONEST TO GOODNESS to purchase organic products. You can request a wholesale account. However, when selecting a food item, read the 'ingredient' list carefully, to ensure it meets GRP requirements.

INGREDIENT NAME	INFORMATION
Agar agar	A plant-based thickener. Available at Health Food Stores. Although it can be approx. $20AUD for 75g, you only need a small amount in recipes so it lasts a long time.
Almonds, flaked or slivered	These are blanched almonds (no skins) that are either cut into pieces or sliced into thin pieces. They are raw and unsalted.
Apple cider vinegar	Must be organic, must have the 'Mother'. Ingredients are just Organic Raw Apple Cider Vinegar and Purified Water.
Arrowroot powder	Try and source organic. However, if you can't find, you can buy non-organic. Arrowroot powder comes from the Marantha arundinacea plant, a tropical root (tuber) vegetable, considered a herb. It is a gluten free, white powder, used to thicken various recipes. Arrowroot is rich in soluble dietary fibre which acts as prebiotic. In addition, arrowroot contains fructo-oligosaccharides, which can be used to obtain higher biomasses of probiotics and maintain their viability in fermented products such as Coconut Yoghurt. Do NOT buy Corn starch or Tapioca starch.
Artichoke hearts	Best in brine (usually canned) containing (Globe) Artichokes (50-60%), Water, Salt, Food Acid (330). If you cannot find buy in a jar with oil. Ingredients will look like this… Artichoke Hearts (60-70%), Water, Vegetable Oil, Food Acid (260/330), Salt, Spices, Antioxidant. 260 (Acetic acid) naturally occurs in a variety of fruits and plants is used to preserve. Citric Acid (330) are acids that naturally occurs in citrus fruits like lemons, however most companies create it in a lab by feeding sugar to a culture of Aspergillus niger (a fungus) which then breaks down to a liquid solution, which is then mixed with lime (calcium hydroxide) and then treated with sulfuric acid to the final 'acid'. FYI… Globe Artichokes or otherwise known as Artichoke hearts, belong to the thistle family and are actually the pink/purple flowers that form a large bud that grow on a tree. They are packed with fibre, with a serve of 120g providing 10g of fibre, from Inulin. While you can buy the fresh buds at Fresh Food Markets, they are difficult to prepare/cook or pickle. Best way to buy is in a jar/can in vinegar, oil or brine. Just drain off the oil/vinegar/brine and rinse well before using.
Baby corn spears	Contains water, salt and usually an Acidity Regulator (300) or Citric Acid (330). These are acids that naturally occurs in citrus fruits like lemons, however most companies create it in a lab by feeding sugar to a culture of Aspergillus niger (a fungus) which then breaks down to a liquid solution, which is then mixed with lime (calcium hydroxide) and then treated with sulfuric acid to the final 'acid'. You can sometimes find these 'fresh' in the vegetable section of supermarket.
Baking powder	Is a mix of rice flour, sodium acid and sodium bicarbonate.
Balsamic Vinegar	Ingredients are just 'Cooked Grape Must and Wine Vinegar. Do NOT buy low-quality type with wine vinegar, caramel colouring and thickeners.
Bamboo shoot slices	Contains water, salt and usually an Acidity Regulator (300) or Citric Acid (330). These are acids that naturally occurs in citrus fruits like lemons, however most companies create it in a lab by feeding sugar to a culture of Aspergillus niger (a fungus) which then breaks down to a liquid solution, which is then mixed with lime (calcium hydroxide) and then treated with sulfuric acid to the final 'acid'.
Banana	You need to choose GREEN bananas, not yellow. Green bananas are high in Resistant Starch… Resistant starch (as it sounds) means the starch component is resistant to digestion so passes through to the large intestine, to become a food source for your beneficial bacteria. Do NOT get ripe bananas because their starch is converted into sugars - sucrose, fructose, and glucose and has less resistant starch. Click the link to see a photo.
Bean shoots	Bean shoots are the tender, edible shoots of certain beans (seeds). When the seeds germinate, they grow a shoot. Generally, they are sprouted from either a soy or mung bean. When sprouted from soybeans they have a yellowish tint. When from mung beans they more of a greenish tint.
Beans – canned, all types	Must be organic.
Beetroot/Beets – precooked	Supermarkets often have ready-to-eat cooked (baby) beetroots with absolutely nothing added in vacuum packs. These are perfect for adding to salads. Do NOT buy canned (pickled) beetroot as they have sugar and sodium (added). If you cannot find, then buy fresh raw Beetroot and roast in the oven.
Berries – frozen, all types	While it is preferrable to buy organic berries *(e.g., blueberries, raspberries, cranberries, blackberries, strawberries etc)* it can be very expensive. Therefore, it is okay to purchase non-organic.

GRP
GUT REBALANCING PROTOCOL

INGREDIENTS… A TO Z

INGREDIENT NAME	INFORMATION
Bok Choy/Pak Choy or other Asian green	Usually comes tied up in bunches of 3 or 4. 1 bunch is NOT the 3 or 4 together. One bunch is just ONE of the 3 or 4 e.g., this photo shows 3 bunches.
Buckinis	Must be organic. Are light, crunchy activated buckwheat groats.
Buckwheat Groats	Are hard raw seeds. Must be organic.
Cacao butter	Must be organic. Sometimes referred to as COCOA butter, it's the pressed fat from seeds of the Cacao Tree (Theobroma cacao L.). It's a creamy white colour and is either sold in 'chunks', 'buttons' 'beads' or 'pellets'. Available from health food or speciality stores. Hardly ever found in supermarkets.
Cacao nibs	Cacao nibs, also known as COCOA nibs, are dried cacao beans crumbled into small hard pieces. Ideally organic but as it is very difficult to source 'organic' it does not have to be. Available from health food or speciality stores. Hardly ever found in supermarkets.
Cacao powder	Must be organic. Sometimes referred to as COCOA powder is dark chocolate unsweetened powder that is the leftover dried solids (ground into a powder) that is left when cocoa butter is removed from the cacao beans. Buy organic. Can be found in supermarkets, but also at health food or speciality stores. NOTE: It is NOT the same as Hot Chocolate powder or Drinking Chocolate.
Capers	Referred to as either 'baby' or 'whole' capers. Ingredients are… Baby Capers (50-60%), Water, Salt, Vinegar (wine). Second option… is the same ingredients PLUS Food Acid (260). 260 (Acetic acid) naturally occurs in a variety of fruits and plants is used to preserve.
Chia seeds	Can be black, white or a mix of both. Must be organic.
Choy Sum other Asian green	Sometimes comes JUST as one bunch, however can come in a bunch of 3 or 4. 1 bunch is just one bunch, NOT the 3 or 4 together.
Coconut Amino sauce/seasoning	Is a mix of organic Coconut Vinegar, Coconut Syrup, Salt, Onion, Garlic & Cayenne Powder. If you cannot find you can 'make your own' by combining 1 tbsp of Coconut syrup + ½ tsp of Rice vinegar + a teeny pinch of Cayenne or Chilli powder.
Coconut Amino Fysh sauce (seasoning)	Is a mix of organic coconut nectar, salt with vegan fish flavour. If you cannot find then OMIT from recipe. Do NOT use fish sauce.
Coconut cream	Must be JUST 100% Coconut extract (Coconut meat) and NOTHING else. NO added water, NO preservatives, NO emulsifiers, NO additives etc. Ideally Organic but does not have to be. Do NOT buy the 'LIGHT' type. Do NOT buy Coconut milk. Freeze unused portion in ice-cube trays as it can tend to go off quickly in the fridge once opened.
Coconut milk	Must be JUST Coconut extract (Coconut meat) 50% minimum PLUS water. NO preservatives, emulsifiers or additives with the exception of 'Guar Gum' as a thickener. Ideally Organic but does not have to be. OPTION: You can buy 100% Coconut cream and dilute. Pour the can of Coconut cream into a bowl then pour in an equal amount of filtered water. Mix well and you have coconut milk. . Freeze unused portion in ice-cube trays as it can tend to go off quickly in the fridge once opened.
Coconut sugar	Must be organic. Coconut sugar is a darkish brown colour with a caramel-like taste. It's made from the sap of the coconut palm tree. Can be used interchangeably with Rapadura sugar (organic).
Coconut syrup	Must be organic. Ingredient is JUST Organic Coconut Blossom Nectar. Coconut syrup is made from the nectar of the blossoms of the coconut palm tree, namely the coconut palm flowers.
Coconut water	100% pure 'nothing' added, not from concentrate. Ideally organic but does not have to be.
Coconut yoghurt	Must be organic and must NOT be flavoured i.e. plain natural yoghurt. The ingredient list should be JUST… Organic Coconut Cream, Water, Organic Starch, (optional) Chicory Root Fibre and Live Probiotic cultures. Do NOT opt for a cheaper one with added sugars, emulsifiers etc.
Corn kernels (canned)	Choose NO added salt. Why? Because the 'salted' variety contains (per 100g) 251mg of Sodium (Salt) and 4g Sugar. The 'Unsalted' (no added salt) variety (per 100g) contains JUST 8mg of Sodium (Salt) and 4.3g Sugar.
Dijon mustard	Ideally organic but does not have to be. However, MUST be preservative free with JUST these ingredients…Water, mustard seeds, cider vinegar, salt.

GRP
GUT REBALANCING PROTOCOL

INGREDIENTS… A TO Z

INGREDIENT NAME	INFORMATION
Edamame	Edamame are young soybeans that are harvested before they have ripened or hardened. They are bright green in colour. You can buy them in their pods (skins) however it is best to purchase shelled edamame. Always found in the freezer section. Best place to find is at an Asian supermarket. If you can buy organic please do so, however it is very difficult to source so buy non-organic if this is all you can get.
Flaxseeds	Must be organic. Also known as Linseeds. Choose brown or gold. Must NOT be ground (i.e., NOT flax meal). Must be the WHOLE seed. After you have ground the seeds into a 'meal', store in the fridge in a glass jar with secure lid.
Fruit – dried	Dried fruit is ONLY to be consumed when it is part of a recipe. NEVER eat on its own as a snack. Choose a dried fruit that has NO added sulphites as the first preference. If you cannot source, then your second option is the dried fruit + preservative (220). 220 is 'Sulphur dioxide' a naturally occurring mineral used to preserve food and drink. A MINIMAL number of sulphites in food is acceptable as part of a balanced diet.
Fruit – Morning & Afternoon snacks	You MUST choose 14 pieces of different fruit – to see an example, read your FRUIT 'n' NUTS recipe.
Galangal	Galangal looks VERY similar to Ginger. However, it's taste is bitter-sweet with mustard overtones. You can find in speciality markets, especially Asian markets. If you cannot find, then please substitute with ginger.
Garlic	Buy FRESH and LOCAL i.e., in country and NOT imported. Why? Because imported garlic may be grown with chemicals banned in Australia. Imported garlic is cool-stored, treated with growth inhibitors to stop it from sprouting, or may be bleached with chlorine for whiteness. It may be fumigated with methyl bromide to kill bugs and plant matter OR irradiated. Irradiation is when a food is exposed to ionising radiation, either from gamma rays, a high-energy electron beam or x-rays. These rays are similar to microwaves. They pass through the food just like in a microwave, but don't heat it up to any significant extent. Imported garlic may be cheaper however due to 'fumigation' or 'irradiation' treatment, its antioxidant, antitumour and antimicrobial properties, as well as the phytochemical (allicin), vitamin and mineral content are affected.
Ginger root, dried	Must be organic. Organic dried Ginger Root is *NOT* a powder, it is *NOT* a tea leaf, it JUST small chunks of organic ginger root that has been dried. Ginger has excellent health-promoting properties and has the ability to alleviate numerous symptoms negating the need for over-the-counter drugs or medications. It has Analgesic (pain-relieving), Antispasmodic, Antibacterial, Antiemetic *(effective against vomiting, nausea, motion sickness)*, Antihistamine, Anti-inflammatory, Anti-nematode *(roundworms)*, Antioxidant, Antiseptic, Anxiolytic *(reduce anxiety)*, Carminative *(relieve flatulence)* properties and provides numerous Gastrointestinal benefits. You can purchase from health food stores *or* Australian GRP'ers, you can purchase HERE and get 10% off using your discount code **GRP10** at checkout.
Guar gum powder	Is made from a legume called Guar bean and provides a Protein and soluble Fibre source. Used to thicken coconut yoghurt and to act as a prebiotic, promoting the growth of good bacteria. Do NOT purchase Xanthan Gum it is NOT the same. You will find this in a health food or speciality store.
Hemp seeds	Must be organic. Must be the seed not the powder.
Herbs/Spices dried	The herb or spice MUST be just that herb/spice. It is important to read labels and NOT presume it is just the herb/spice. Common 'fillers' in herbs and spices (to reduce cost) are salt, rice flour, sugar, flavours, acidity regulators, soybean oil, anti-caking agents and colour.
Honey, raw unprocessed	Used in recipes as an add-on variation. Must be RAW, UNPROCEESED, NOT HEAT TREATED, NOT PASTERURIZED. Do NOT use regular supermarket honey as it has likely been pasteurized, heated and processed leaving NO traces of pollen, vitamins, enzymes, amino acids nor any medicinal properties.
Jackfruit	Jackfruit is an amazing meat substitute. Is the fruit born from the Jackfruit tree and belongs to the same plant family as figs and mulberries. It contains protein, fibre, Vitamins B, C and range of essential minerals. Found in cans, the ingredients are… Young Jackfruit, Water, Natural Sea Salt, Lime Juice OR alternatively it contains Acidity Regulator (Citric Acid).
Jalapeños	Look for ingredients… 50%+ Green Jalapeno Peppers, Water, Salt, Acidity Regulator (260 Acetic Acid) OR it may also have preservative (202 - Potassium sorbate), Mineral Salt (509 - Calcium Chloride). While safe for consumption this is a 'sometimes' addition to meals.
Kimchi	Must be raw, organic , plant-based and naturally fermented. You will find in the fridge section of the supermarket or speciality market or health food store. Read ingredients carefully as Asian style Kimchi includes Shrimp (prawn) paste – which you do NOT want. You can MAKE, if you prefer, but you will need to allow up to 21-days to ferment.
Lentils/Toor Dahl	Buy dry in a packet. If you can source organic, and wish to purchase, please do.
Maple syrup	Ingredients need to be just 100% PURE maple syrup with NO other additives. Ideally organic but does not have to be.

GRP
GUT REBALANCING PROTOCOL

INGREDIENTS… A TO Z

INGREDIENT NAME	INFORMATION
Mexican Bean Mix	Must be organic. Mexican bean mix usually has a combination of Black, Pinto and Red Kidney beans. Alternatively, you can use an organic Four Bean mix or a combination of organic Black beans and Red Kidney beans.
Miso paste – White	Must be organic. Must be a PASTE (not powdered), must be WHITE (not red) (in Japanese it will say SHIRO - which means 'white'). It must have NO alcohol or water. The ingredients MUST ONLY have these ingredients… Organic Soybeans, Organic Rice, Salt and KOJI starter. Do NOT buy any other type. You will find this in a Japanese supermarket, Asian food store or health food store.
Noodles – Ramen, Somen, Udon & Soba	Must be organic. If you are Coeliac then choose a rice noodle instead.
Noodles – Rice (Thin or Thick)	Best option is to purchase one that has an ingredient list of JUST 100% Rice. Almost impossible to source organic. Thin rice noodles are often referred to as 'Rice Vermicelli'.
Nutritional yeast/Savoury yeast flakes	Buy flakes NOT powdered. NOT the same as Brewer's Yeast NOR Baker's Yeast NOR Instant Yeast.
Nut butter	Choose a natural nut butter (not peanut) with NO additives or emulsifiers. You can buy JUST a plain butter i.e., Almond butter or one that has a mix e.g., Almonds, Brazil nuts and Cashew nuts. If you have a nut allergy then you can purchase a Seed butter i.e., Sunflower seed butter or use Tahini (Sesame seed) as a spread. Or you can make your own with your Nut butter recipe.
Nuts, raw unsalted	Must be RAW UNSALTED. All types EXCEPT peanuts. Choose a variety Do NOT purchase Dry Roasted, Roasted, Salted etc. Please read your FRUIT 'n' NUTS recipe for information regarding VARIETY and PORTION. If you wish to purchase organic, please do, but there is no imperative to do so.
Oats	Must be organic and wholemeal. The ingredients are just Organic Whole Grain Oats. IF you can source 'Organic Wheat Free Rolled Oats' then please purchase.
Olive oil, extra virgin	Must be organic. Must be 'extra virgin'.
Olives, green – pitted or unpitted	Must NOT be stuffed. Ingredients will look something like this… Olives (45-50%), Water, Salt, Lactic Acid (270), Citric Acid (330), Ascorbic Acid (300). Lactic acid is produced from fermentation and is used as a preservative to suppress bacterial growth. Citric acid (see explanation above). Ascorbic acid, otherwise known as Vitamin C is obtained from food and used to preserve food.
Olives, Kalamata pitted	Best type... Ingredients - Kalamata Olives (52%), Water, Vinegar & Salt OR Organic Kalamata Olives (54%), Water, Organic Wine Vinegar, Salt, Food Acid (Lactic). Do NOT buy the types that contain Colour (150c) or Caramel (150d).
Pasta – Gluten Free	If possible, purchase organic. Choose a Pea, Chickpea, Bean or Lentil Pasta OR a combination of pulse (lentil) or bean pasta. Do NOT choose a corn or other grain/seed pasta e.g., NOT amaranth, NOT maize, NOT buckwheat etc.
Pasta – Spirals	Must be organic. If possible, wholemeal. The ingredients are just Organic Durum Wholewheat Semolina. If you are Coeliac then choose a Red Lentil pasta.
Pasta – Wheat	Must be organic. If possible, wholemeal. The ingredients are just Organic Durum Wholewheat Semolina. If you are Coeliac then choose a Red Lentil pasta.
Peanut butter	Must be organic. Peanuts are a legume NOT a nut, they are a legume. Peanuts are highly prone to containing 'Aflatoxins'. Basically, a mycotoxin (mold) produced by species of Aspergillus, a fungus. While kept below agreed limits by food standard regulatory bodies, it should be eaten in moderation. Ingredients are JUST organic peanuts. NO added salt, sugar or artificial colours, flavours or preservative.
Penne (wheat)	Must be organic and if possible, wholemeal/wholewheat The ingredients are just Organic Durum Wholewheat Semolina. If you are Coeliac then choose a Red Lentil pasta.
Pine nuts	They are NOT nuts, they're the seeds of pine cones. They're expensive to buy because the pine trees take a long time to grow and bear cones (each cone provides about 50g, 1.76oz).
Psyllium husks	Try and source organic. Do NOT buy the powder.
Puffed Amaranth	Must be organic. You can PUFF your own Amaranth, if you prefer, using RAW uncooked Amaranth seeds. 1. In a shallow non-stick frypan, turn the heat to medium-high (do NOT add oil) and allow to heat first. 2. Test frypan heat for 'readiness' by dropping in a ¼ tsp of raw uncooked Amaranth. If ready they will pop immediately. 3. If ready, then add 1 cup of raw uncooked Amaranth to the frypan and holding the handle, shake the frypan back and forth, to keep air flow and allow the perfect pop! 4. Immediately turn off heat, and transfer to Puffed Amaranth to a bowl and allow to cool.

INGREDIENTS… A TO Z

INGREDIENT NAME	INFORMATION
	5. Once cool transfer to a glass jar with lid. *TIP: Place a mesh protective Splatter Screen with handle, over the frypan, this stops it from popping all over the stove top.*
Puffed Brown rice	MUST be organic. Also called 'Brown Rice Puffs' is just 100% Organic Brown Rice that is heated to a high temperature which results in it turning into soft grain, similar to popped corn. NOT rice bubbles that have added sugar and salt.
Puffed Buckwheat	MUST be organic. Also called Buckwheat Puffs' is just 100% Organic Buckwheat (a seed, not wheat) that is heated to a high temperature which results in it turning into soft grain, similar to popped corn.
Puffed Quinoa	Must be organic. You can PUFF your own Quinoa, if you prefer, using RAW uncooked Quinoa (any colour). 1. In a shallow non-stick frypan, turn the heat to medium-high (do NOT add oil) and allow to heat first. 2. Test frypan heat for 'readiness' by dropping in a ¼ tsp of raw uncooked Quinoa. If ready they will pop immediately. 3. If ready, then add 1 cup of raw uncooked Quinoa to the frypan and holding the handle, shake the frypan back and forth, to keep air flow and allow the perfect pop! 4. Immediately turn off heat, and transfer to Puffed Quinoa to a bowl and allow to cool. 5. Once cool transfer to a glass jar with lid. *TIP: Place a mesh protective Splatter Screen with handle, over the frypan, this stops it from popping all over the stove top.*
Rapadura sugar	Must be organic. Rapadura sugar is a darkish brown colour with a caramel-like taste. It's made from sugar cane and is un-refined, keeping it's molasses content. Can be used interchangeably with Coconut sugar (organic).
Red Lentil Penne	Sometimes referred to as PULSE PASTA it is naturally Gluten Free. The only ingredient will be 'Red Lentil Flour'.
Red wine vinegar	Best option is 100% Naturally Fermented Red Wine Vinegar. Second option… Red Wine Vinegar + Preservative (224)
Rice – ALL types e.g. Arborio, Basmati, Sushi, Jasmine, Wild etc.	Ideally organic, however as rice can be washed multiple times before cooking, non-organic is acceptable. You must get into the habit of washing and rinsing rice AT LEAST 4 times before cooking i.e., cover rice with water in a bowl, then use hands to agitate. Then rinse. Repeat this 4 times. If you are wondering which is more preferable, WHOLEMEAL or ORGANIC, ALWAYS choose ORGANIC first, and wholemeal second.
Rice noodles – thin or thick	Best option is 100% Rice. Second option… Ingredients are… Rice, Corn starch and water.
Rice vinegar	Is made from fermenting Rice. Best type to buy will ONLY have 'rice' in the ingredient panel (check out Asian supermarkets). Second choice is Rice Wine Vinegar which has ONLY have 3 ingredients... Water, Glutinous Rice, Salt. Do NOT buy any other type e.g., NO Glucose Syrup, NO Yeast, No Sugar etc.
Roasted red peppers (strips or whole)	Preferable to be in vinegar NOT oil. Ingredients will look something like this… Red Pepper (60-70%), Water, Vinegar, Sugar, Salt & Spices. Ideally source one with LESS than 7g Sugar per 100g. If you cannot find ' in vinegar' then purchase in oil, as you can rinse under running water to remove excess oil. Choose a base of Sunflower oil NOT Canola oil.
Seeds, all types	Must be raw unsalted. If you wish to purchase organic, please do, but there is no imperative to do so.
Sesame oil	Ingredient is JUST Sesame oil. Choose one that has been expeller-pressed and unrefined to retain the natural flavour. If you wish to purchase organic, please do, but there is no imperative to do so.
Spaghetti (wheat)	Must be organic and if possible, wholemeal. The ingredient is just Organic Durum Wholewheat Semolina. If you are Coeliac then choose a Red Lentil pasta.
Spices/Herbs dried	The herb or spice MUST be just that herb/spice. It is important to read labels and NOT presume it is just the herb/spice. Common 'fillers' in herbs and spices (to reduce cost) are salt, rice flour, sugar, flavours, acidity regulators, soybean oil, anti-caking agents and colour.
Semi-dried or sun-dried tomatoes	BEST CHOICE is... Sun-dried tomatoes (97.28%), salt, preservative (sulphur dioxide), glucose NO oil. Do NOT purchase one that has the first ingredient listed as Vegetable Oil e.g., Vegetable oil, marinated sundried tomatoes (44%) etc. Last choice... Semi-Dried Tomatoes (60%), Vegetable Oil, Salt, Garlic, Herbs, Spices, Citric Acid (330), Preservatives (202, 220). 202 - Potassium sorbate, preservative. 220 - Sulphur dioxide synthetic preservative. Always wash the oil off before using.
Sunflower shoots	Can be difficult to find. However, I encourage you to it hunt down like your life depends on it BUT if you really can't find it then you can substitute with Alfalfa sprouts, Broccoli sprouts or Snow Pea Sprouts.
Taco shells	Do not go for the CHEAP varieties that use Canola oil. Look for these ingredients… Ground Corn Flour (75-80%), High Oleic Sunflower Oil. Organic can be very hard to source, but if you can find, buy them!

GRP
GUT REBALANCING PROTOCOL

INGREDIENTS… A TO Z

INGREDIENT NAME	INFORMATION
Tahini, hulled	Best to be organic if you can source. Hulled vs Unhulled Tahini… Hulled tahini has the outside husk removed and is creamier and smoother. Unhulled tahini has the outside husk kept on and thus is more bitter and has a darker colour. Hulled Tahini is far easier to use in recipes, as its less thick, and has a slightly higher Fibre and Protein content.
Tamari	Must be organic, must have NO alcohol. MUST have ONLY these ingredients… Organic Soybeans, Water and Salt. Do NOT buy any other type.
Tofu, firm (hard)	Must be non-GMO and ideally organic (if you can source). BEST option is ingredients will be… Organic Soybeans, Water, Mineral Salts (511). Second best option, ingredients will be… Non-GMO Soybean, Water, Mineral Salt (511).
Tomatoes – canned (diced or whole)	Must be organic.
Tomatoes – Cherry or Grape	You can use whole tomatoes instead if you wish. 7 Cherry/Grape tomatoes = 1 whole medium sized tomato.
Tomato paste	Must be organic. Freeze unused portion in ice-cube trays as it can tend to go off quickly in the fridge once opened.
Vanilla bean paste	Must be a PASTE and not extract liquid. Ideally organic but does not have to be. Best option includes… Organic Vanilla Bean Extract with Seeds [includes alcohol], Sugar, Inulin & Tragacanth gum. Second option… is with Madagascar bourbon vanilla beans, alcohol, water, sugar, vanilla beans, xanthan gum, natural caramel colour.
Water chestnut slices	Contain water, salt and usually an Acidity Regulator (300) or Citric Acid (330). These are acids that naturally occurs in citrus fruits like lemons, however most companies create it in a lab by feeding sugar to a culture of Aspergillus niger (a fungus) which then breaks down to a liquid solution, which is then mixed with lime (calcium hydroxide) and then treated with sulfuric acid to the final 'acid'.
Watercress	Can be difficult to find. However, we encourage you to it hunt down like your life depends on it!! However, if you really cannot find, then you can substitute with Alfalfa sprouts, Broccoli sprouts, Snow Pea Sprouts or Sunflower shoots.
Wholegrain (seeded) mustard	Look for one with whole ingredients and NO oil… e.g., Water, Brown Mustard Seeds (16%), Yellow Mustard Seeds (14%), Vinegar, Salt, Acetic Acid (260), Black Pepper, Turmeric, Celery Ground.
Yaki Nori	Roasted seaweed sheets. Very difficult to source organic, however if you can find, please buy.