



Alkaline Electric Recipes From Ty's Conscious Kitchen: The Sebian Way Volume 3 Dessert Edition: 24 Recipes Including New Alkaline Electric Dessert Sweet Treats!

By Tyrone Pendland II, Lynda D. Pendland, Jonathan T. Pendland

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Alkaline Electric Recipes from Ty's Conscious Kitchen: The Sebian Way Vol. 3 Dessert Edition Cookbook contains 24 recipes including new, never shared before sweet treats of Ty's and a few of his favorites. You will find Alkaline Electric Cake, Frosting, Brazil Nut Cheesecake, Donuts, Turnovers, Cookies and more! These are full of flavor, satisfying and of course created using only the electric ingredients found on Dr. Sebi's nutritional guide. 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 the same creativity to this special edition of desserts as he has to the more than 100 recipes he's shared in his previously released Vol. 1 & Vol. 2 cookbooks (available on his website), including Alkaline Electric versions of Ketchup, Barbecue Sauce, Salad Dressings and Orange Ginger Sauce. He is also known for his signature recipes including split avocado/tomato sauce Veggie Pizza, Chickpea Burger, Veggie Omelet, Vegan "Chicken" & Waffles & Jamaican Jerk Patties 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 easily create his alkaline dishes on his YouTube show 'Ty's Conscious Kitchen' where he covers more delicious Alkaline Electric recipes! Disclosure: At the time these recipes were prepared, all items used were approved and on Dr. Sebi's Nutritional Guide. This information is subject to change, at which time you may make substitutions using other items that remain on the list.

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Editorial Review

About the Author

Tyrone Pendland II, chef and creator of Ty's Conscious Kitchen, learned to cook at an early age by watching his father in the kitchen. Although his mother had an early transition, he still remembers how good her buttered toast with jelly was. Ty routinely prepared his own meals while growing up and his inherited appreciation for flavorful foods inspired his love for cooking. Anything that Ty prepared was always delicious to those he shared with and is especially true for his now family of six. Most recently, after discovering Dr. Sebi and learning of his African Bio Mineral Balance methodology, Ty realized everything he thought he knew about food was inconsistent with how our bodies needed to function and be healthy. Ty chose to detoxify and follow the Sebian lifestyle; however the available recipe options left something to be desired by him and others struggling to leave the western diet behind. Ty has since combined his passion for good food and cooking with the recommended items found on Dr. Sebi's Nutritional Guide. He now shares the Alkaline Electric Recipes he creates on his website and also teaches others how to prepare each meal, step by step, on his YouTube channel. Ty removes the guesswork for those choosing to transition to an alkaline vegan or Alkaline Electric lifestyle and enjoys preparing some of the most familiar foods that many feel they can't do without, like pizzas, burgers, spring rolls and desserts. As a convenience he also offers over 116 recipes across three volumes of his cookbooks: "Alkaline Electric Recipes from Ty's Conscious Kitchen" with even more recipes on his YouTube* channel. *Recipes in this cookbook that are not yet covered in a tutorial will be demonstrated in an upcoming video by Ty, so be sure to subscribe for updates! To learn more, visit www.tysconsciouskitchen.com.

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