

A man and a woman are sitting at a wooden table in a kitchen, smiling and eating from white bowls. The woman is wearing a yellow floral top, and the man is wearing a blue button-down shirt over a white t-shirt. In the background, there are white kitchen cabinets and a large, dried sea moss hanging from the ceiling. The text "RECIPES USING SEA MOSS" is overlaid on the top half of the image, with "SEA MOSS" in large, bold, white letters. Below it, "BREAKFAST, LUNCH & DINNER" is written in a smaller, white, cursive font.

*RECIPES USING*

# **SEA MOSS**

*BREAKFAST, LUNCH  
& DINNER*

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# BREAKFAST RECIPES

## Sea Moss Porridge

### INGREDIENTS:

- » 1 cup of oats
- » 1 cup of almond milk
- » 1 tsp of vanilla extract
- » 1 tbsp of maple syrup
- » 2 tbsp of Sea Moss gel
- » 1/2 tsp of cinnamon

### INSTRUCTIONS:

- » Bring the almond milk, oats, vanilla extract, and maple syrup to a boil in a medium saucepan.
- » Reduce heat and let it simmer for 5 minutes, stirring occasionally.
- » Add in the Sea Moss gel and cinnamon and stir to combine.
- » Cook for another 2-3 minutes until the mixture has thickened.
- » Serve hot, and enjoy.

*Sea Moss has a subtle, slightly bland flavor, making it a versatile ingredient for cooking and baking. Here are two breakfasts, two lunch, and two dinner recipes that incorporate Sea Moss into each meal.*



## Sea Moss Smoothie

### INGREDIENTS:

- » 2 banana
- » 2 tbsp cocoa powder
- » 1 cup of almond milk
- » 2 tbsp of Sea Moss gel
- » 3 dates
- » 1 cup of ice

### INSTRUCTIONS:

- » Blend all the ingredients in a blender until smooth.
- » Pour the mixture into a glass and serve immediately.

# LUNCH RECIPES

## Sea Moss Salad Dressing

### INGREDIENTS:

- » 1/4 cup of olive oil
- » 2 tbsp of lemon juice
- » 1 clove of garlic
- » 1/2 tsp of salt
- » 2 tbsp of Sea Moss gel
- » 1 tbsp of Dijon mustard

### INSTRUCTIONS:

- » Add olive oil, lemon juice, garlic, salt, Sea Moss gel, and Dijon mustard in a blender.
- » Blend until smooth and creamy.
- » Taste and adjust seasonings as needed.
- » Serve as a dressing for your favorite salad.



## Sea Moss Soup

### INGREDIENTS:

- » 1 large onion, chopped
- » 3 cloves of garlic, minced
- » 2 carrots, chopped
- » 2 celery stalks, chopped
- » 4 cups of vegetable broth
- » 2 tbsp of Sea Moss gel
- » Salt and pepper to taste
- » 1 tsp of dried thyme
- » 1 tsp of dried basil

### INSTRUCTIONS:

- » In a large pot, sauté the onion, garlic, carrots, and celery until softened.
- » Add in the vegetable broth, Sea Moss gel, salt, pepper, thyme, and basil.
- » Bring the mixture to a boil, then reduce the heat and let it simmer for 20 minutes.
- » Using an immersion blender, blend the soup until smooth.
- » Serve hot, and enjoy.

# DINNER RECIPES

## Sea Moss Pesto Pasta

### INGREDIENTS:

- » 1 cup of fresh basil leaves
- » 1/4 cup of pine nuts
- » 2 cloves of garlic
- » 1/4 cup of parmesan cheese, grated
- » 2 tbsp of Sea Moss gel
- » 1/2 cup of olive oil
- » Salt and pepper to taste
- » 8 oz of your favorite pasta

### INSTRUCTIONS:

- » Add olive oil, lemon juice, garlic, salt, Sea Moss gel, and Dijon mustard in a blender.
- » Blend until smooth and creamy.
- » Taste and adjust seasonings as needed.
- » Serve as a dressing for your favorite salad.

*Sea Moss is a versatile ingredient that can be incorporated into many different dishes, from breakfast to dinner. Try these recipes to enjoy the health benefits of Sea Moss in a delicious way.*



## Sea Moss Baked Salmon

### INGREDIENTS:

- » 4 salmon fillets
- » Salt and pepper to taste
- » 2 tbsp of Sea Moss gel
- » 2 tbsp of lemon juice
- » 2 cloves of garlic, minced
- » 2 tbsp of olive oil
- » 1 tsp of dried dill

### INSTRUCTIONS:

- » Preheat oven to 400°F.
- » Season the salmon fillets with salt and pepper.
- » Mix the Sea Moss gel, lemon juice, garlic, olive oil, and dill in a small bowl.
- » Place the salmon fillets in a baking dish and brush the Sea Moss mixture on top.
- » Bake for 15-20 minutes or until the salmon is cooked through.
- » Serve hot, and enjoy.



**Add 2-3 tbs of sea moss  
to all of these recipes to  
create powerful superfood  
smoothie**

### **DAY 1: Antioxidant Booster**

- » ¼ cup Blueberries
- » 1 tbsp Cacao
- » (5-6) Strawberries
- » ¼ cup cantaloupe
- » 1 tbsp Cinnamon
- » 1 cup Almond Milk
- » 1 cup Alkaline Water

### **DAY 2: Stamina Booster**

- » 1 handful Kale
- » 1 cup Blueberries
- » 1 cup papaya
- » 1 tbsp Maca
- » (5-6) Strawberries
- » 1/2 Banana
- » 1 cup Almond Milk or Alkaline Water



### DAY 3: vitamin medley

- » 1 cup Mango
- » 1 tbsp Cinnamon
- » ¼ cup Passion Fruit Pulp
- » 1 Banana
- » 2 slices of cantaloupe
- » 1 cup Almond Milk
- » 1 cup Alkaline Water

### DAY 4: Brain booster

- » 1 cup Kale
- » 10 whole Almonds
- » ¼ cup Pumpkin seeds
- » 1 cup Mango
- » ½ cucumber
- » Agave (sweeten to your taste!)
- » 1 stalk celery
- » 1 cup almond milk or Alkaline Water

### DAY 5: digestive Boost

- » 1 cup Pineapple
- » 1 tbsp chia seeds
- » 25g grams of Ginger
- » ½ lemon (squeezed)
- » 1 cup chard greens
- » 1 cup filtered or Alkaline Water

### DAY 6: Healthy Heart Beat

- » 1 frozen banana, sliced
- » 2 pitted dates
- » 2 tbsp almond butter
- » 2 tbsp raw cacao powder
- » 1 tbsp chia seeds
- » 1 cup almond milk or water

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or Detox products.*

# About the Author



*C. John*

Hello my name is Craig

I am a passionate and dedicated health enthusiast who has made it my mission to help people lead healthier and happier lives. My journey into the world of health and wellness began when I first discovered the amazing benefits of Sea Moss, also known as Irish Moss. I was initially drawn to Sea Moss for its numerous health benefits, including its ability to boost energy, support the immune system, and improve skin health. However, it was only after I started using Sea Moss myself that I truly discovered its amazing power.

I decided to start my own e-commerce business selling Sea Moss and other health-related products because I wanted to share the benefits of Sea Moss with others. I believe that everyone deserves to live their best life and reap all the benefits that Sea Moss has to offer. I am proud to say that my business has been successful and that I have helped many people improve their health and wellness. I am always working on expanding my product line and offering my customers the best possible products and services.

If you're interested in learning more about Sea Moss and other health-related products, I invite you to check out my e-commerce store. Whether you're looking to improve your skin, boost your energy, or support your immune system, I am here to help you achieve your health and wellness goals.

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