

PREVENTATIVES - BASIL -

Preventatives Basil - 1.76 oz

There's nothing like fresh basil to add an incredible flavor to just about any recipe. Basil has six different compounds that may support normal blood pressure levels, digestion, and nourish the lungs.

Ingredients

Purified Water, Gum Arabic, Basil Extract, Rosemary Antioxidant.



Recipes

ForeverGreen Wraps:



What you will need: Wheat pita or tortilla, 1 Tbs Olive Oil, 2 drops of Basil Preventatives, 2 drops of Garlic Preventatives, Vegetables: (lettuce, tomato, cucumber, sprouts, black olives, onions, etc.)

Directions: Lay tortilla or pita flat on a plate. Mix 1 Tbs of Olive Oil, 2 drops of Basil Preventatives, and 2 drops of Garlic Preventatives together. Pour onto pita/tortilla. Using a knife or spatula spread the oil mixture so that it evenly covers the pita/tortilla. Add your favorite vegetables and roll it up like a burrito.

Simple Italian Salad Dressing:



What you will need: 1/2 Cup of Virgin Olive Oil, 1/2 Cup of Balsamic Vinegar, 2 Teaspoon Preventatives–Basil, Salt and Pepper.

Directions: Mix all ingredients in a bowl and season with salt and pepper to meet your taste.

Whole-plant extracts for whole-plant health

Our whole-plant extracts are remarkably strong and wonderfully powerful ingestible substances. A single drop represents highly concentrated plant material, therefore, it's wise to proceed with caution when trying them for the first time. Here is a set of suggestions for best use.

1. Always try a fraction of a drop first, especially when flavoring a single serving. Gather just a trace of the spice on a toothpick and stir it into your food, water, or herbal tea. Taste and add more as desired.
2. For maximum health benefits, add the extract after you have taken the food off the burner. This allows the maximum properties of the plant to remain in the food. When you add the flavor while you are still cooking, some of the molecules "flash off." You'll be able to smell them filling the room with aroma.