

Jennie's Raw Recipes

Two simple favorites, side by side

Fizzy Coca-Cola Foot Soak

A cosmetic exfoliant — not a body detox

INGREDIENTS

- 1 cup Coca-Cola
- 4 cups warm water
- 1 tbsp baking soda
- 1 tbsp white vinegar

STEPS

1. Pour warm water and Coca-Cola into a large basin.
2. Stir in baking soda and vinegar.
3. Submerge feet immediately to enjoy the fizzy tingle.
4. Soak for 15–20 minutes.
5. Scrub with a pumice stone, rinse, and moisturize.

Note: foot soaks can't remove toxins — your liver and kidneys do that. This works as a callus-softening, odor-fighting soak instead.

Jennie's Raw Pizza Crackers

Dehydrated flax crackers, no baking required

INGREDIENTS

- 2 cups soaked flax seeds
- 3–4 cups filtered water
- 1 can diced stewed tomatoes
- 1 tsp tamari sauce (or soy sauce)
- 1 tsp sea salt
- 1 tsp seasoning salt
- 1 tsp garlic powder
- 1 tsp Italian herbs

STEPS

1. Soak flax seeds in filtered water until fully absorbed.
2. Stir in tomatoes, tamari, sea salt, seasoning salt, garlic powder, and Italian herbs until well mixed.
3. Spread thinly and evenly onto dehydrator trays.
4. Dehydrate overnight, flipping once the edges lift free.

Tip: spread the mixture thin for a crispier cracker.