

# ONE BITE

VEGAN MAGAZINE

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# Rosemary Infused PINK SALT

By Lisa Shaub



**R**osemary Infused Pink Salt is easy to make and provides an Alice Waters type of immersive food sensuality. A pinch of these heavenly grains can transform your dishes from mild mannered to red carpet in seconds. Try it on our [Two Minute Tomato Sauce](#) or [Easy Greens](#). Sprinkle on a dish of olive oil for a glamorous go-to dipping sauce for unexpected guests.

## Colored Salt for the Table

For the pretty look of this infused salt I chose to use [Himalayan pink salt](#). You can easily substitute any of the other colored salts such as Hawaiian black salt, French gray salt or Hawaiian red salt. Colored salts are beautiful to behold and give us more options in creating an attractive look to

our food. Unlike their pure white counterpart, these colorful salts are loaded with minerals like iodine, calcium, magnesium and phosphorous. Because the minerals are naturally occurring, they are easily absorbed. I consider colored salts a part of my nutrient regime for myself and my family.

### All About Salt

Pink salt comes from deep inside the Khewra Salt Mines in Pakistan, located at the foothills of the Himalayas. It is the second largest salt mine in the world. Official records of the Khewra mine date back to the 13th century. The salt gets its pink color from trace amounts of iron oxide.

Hawaiian black salt, called Hiwa Kai, or black lava salt, is an all-natural, solar-evaporated, Pacific sea salt blended with activated charcoal powder, which is derived from Hawaiian coconut shell.



French gray salt or Celtic sea salt is formed as the sea water flows into the Gu erande Marshes, in France, during high tides. It is hand-harvested by salt workers, using skills and methods over a





thousand years old. The salt obtains its natural gray coloring from the salt crystallizing on clay.

Alaea Hawaiian Red Sea Salt is harvested from the Pacific Ocean using ancient, traditional methods of solar evaporation to collect the sea salt and its natural trace minerals. The salt is then infused with Alaea Hawaiian Volcanic Clay, rich in 80 reported naturally occurring trace minerals, including iron, which gives the natural red hue.



## ABOUT THE AUTHOR

Hi, I'm Lisa! I love to cook and eat delicious food, and live a rich abundant life. I am a busy Mom from N.Y.C. writing about d.i.y. lifehacks for your healthy body, mind and community. Living well is best! Follow Lisa at- [www.lslivewell.com](http://www.lslivewell.com)



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## Ingredients:

- 4 oz pink Himalayan sea salt
- 1 fresh sprig of rosemary

## Directions:

1. Place the salt and the rosemary in a cast iron pan.
2. Heat on high for about 30 seconds, stirring so it does not burn. Rosemary will darken.
3. Pour into a clean glass container or leave on your table in a shallow dish.

## Notes:

You can use this process with any of the colored salts and with other fresh herbs. Some nice possible combinations include sage black salt, chili red salt, or sumac Grey salt. Keep in a shallow dish on your kitchen table or by the stove for easy use. Enjoy!

Makes 4 oz salt. Serving size is one pinch. Will keep in a sealed glass jar at room temperature for two weeks.