COOKING FOR CANCER

First rule: Don't feed the disease! Stop putting poison into your body.
Eat as much raw food as possible. Cooked food is dead food. If you have a poor digestive system and find it difficult to eat raw food, then cook it just a little so it is still slightly undercooked.
When cancer is active, avoid meat, poultry, eggs and cheese and dairy but once the cancer is under control, you can add a little wild fish, organic eggs and goat cheese to the meals (but not milk or cream).
When you have cancer, it should be understood that the reason you have cancer is because the body is not healthy enough to correct this level of deterioration. The body is not able to make enough healthy cells, it is overwhelmed. Whether the cancer was caused from chemical toxicity, parasites, fungi, viral, bacteria infection, poor diet, emotional breakdown or any other of the many reasons people get cancer, this is a critical time, take it seriously or it could be game over. Make sure everything you do is geared to helping the body heal itself.
<u>Everything</u> you put into the body should be healthy and geared to helping the body heal. Breathe in fresh air (no smoke of any kind (tobacco, vaping, campfire, smouldering, dust, wood working residues, welding or any chemicals like hair dressing fumes, pesticides, herbicides, nail polish, household cleansers). Drink pure water. Put only pure products on your skin and hair. Brush your teeth with toothpaste that doesn't add to your problems (sugar and chemicals).
If you decide to do chemotherapy or radiation therapy or surgery, understand you have not dealt with the cause of your disease. It might buy you some time to work with the underlying causes and clean up your body.

We suggest that you get an air fryer to cook with. It is perfect for small meals and allows you to not waste electricity using the big oven. You can have your french fries or sweet potato fries, perfectly healthy without deep frying.

For those people who tested sensitive to wheat or gluten, you can make your own bread. Brown rice noodles are available everywhere. If you are not celiac, you should be able to eat Einkorn or Red Fife flour and make your own bread and cookies. If you are not able to make your own bread, buy gluten free, but read the labels carefully to get something without sugar and additives.

Here is a list of what you should avoid doing:

- **INGESTING CHEMICALS: Avoid breathing in or ingesting chemicals.**
- **NEW THINGS: Avoid getting a new car, new house, new rugs, new cabinets while you are healing. These all have chemicals, resins, glues etc. that keep the body in a state of toxicity and does not allow the body to heal.**
- **SMOKING: Avoid smoking, vaping or chewing nicotine. Also avoid breathing in any type of smoke: marijuana, campfire, welding. Avoid smoking marijuana, or hashes or ingesting any other drug that forces the body to stress in any way.**
- **SUGAR: Avoid eating sugar – white sugar, brown sugar, fructose, galactose or any other processed sweetener. Not a scrap of it! Start reading the labels and you will see it is in a lots of prepared foods, so you end up making your own foods from scratch which is not a bad thing. You can add a little honey or pure maple sugar to some recipes that need a little sweetening. You can also use stevia and monk fruit in recipes.**

- **FLOURS: Avoid eating white flour, or white rice. They have been stripped and although they can fill you up, very little nutrition. Use whole grain flours and rice. Also avoid white flour and white rice products such as noodles, cakes, cookies. For noodles, use brown rice noodles. For cakes and cookies, make your own.**
- **SALT: Avoid table salt and salt substitutes (use seasalt, or celtic salt or Himalayan salt in small amounts)**
- **REFINED FOODS: Avoid products that are refined, canned, salted, preserved, smoked, sulphured. Exception would be organic canned foods but read the labels, some still have added sugars and other ingredients you should not ingest.**
- **ALCOHOL: Avoid alcohol if you are ill. If you are practicing prevention, drinking an occasional glass of wine or beer is usually tolerated. Get the wine or beer that is free from additives and without extra sugars - look for the best choices.**
- **TOOTHPASTE: Avoid regular toothpaste or gargles that contain chemicals or sugars.**
- **CHOCOLATE, CANDY: Avoid eating candy, cake, chocolate, cocoa if you are ill. If you are just preventing dis-ease, grain sweetened chocolate and cocoa and naturally made sweets that use honey or maple syrup or stevia or other natural sweeteners is acceptable in limited quantities.**
- **COFFEE: Avoid coffee (including decaf) because of the acids and oils it contains.**
- **TEA: Avoid regular black tea, green tea (because of the caffeine and they metabolize with a pH that is too acidic). Avoid all tea in teabags because they have microplastics. Buy your tea in loose form. If you only can get tea in bags, cut them open and remove the tealeaves to use, throw the bags away.**
- **DAIRY: Avoid milk and milk products. If your health is good, raw milk cheese is a good source of protein. In this country selling raw milk is still illegal but many people acquire it directly from a farm. Goat cheese is the next best cheese for us to eat but if you have cancer, until it is brought under correction, avoid all cheese. You can substitute VioLife cheese or some other vegan type cheese and instead of milk, use oatmilk, or soymilk, or ricemilk etc.**
- **FLUORIDE: avoid fluoride eg. fluorine in toothpastes, gargles, tap water, dental treatments.**
- **HAIR PRODUCTS: Avoid hair dying and permanents that have chemicals.**
- **FOOD DYES, PRESERVATIVES. Avoid food dyes, preservatives.**
- **SOY: Avoid soy beans and soy bean products unless organic.**
- **OILS: Avoid all oils unless they are organic and cold pressed. Best are avocado oil, coconut oil, olive oil. Avoid cooking with any oils as much as possible. Use an airfryer to make your own french fries or such. Avoid margarine.**
- **CLEAN FRUITS/VEGGIES: Avoid fruits and vegetables that are irradiated or sprayed with chemicals of any kind (in some areas this may not be possible).**
- **MEATS: Avoid animal meats such as beef, pork, chicken, wild game or fowl.**
- **FISH, SEAFOOD: If you are doing this regime, we assume you have a degenerative disease like cancer, avoid fish as well as meat, chicken, wild game (even organic). Once you are better, Wild salmon and other deep sea fish are permitted once a week. If the pollution of the ocean, lakes and rivers continues, very soon it will not be safe to eat any type of fish.**
- **DRUGS: Avoid taking drugs unless you consult your physician. Hopefully your physician encourages proper food habits and will be happy you are taking responsibility for your body with this diet. Many physicians are not trained in nutrition and don't believe in its healing effect.**
- **DOCTORS: If you are seeing a medical doctor, also see a natural doctor or therapist to provide a balance of information regarding your health.**
- **EATING BEFORE BEDTIME: Avoid eating for at least 3 hours before going to bed. Food eaten during that time often becomes surplus and can accelerate indigestion, gas, mucus and fat formation thereby enhancing the development of disease.**
- **SYNTHETICS: Avoid wearing synthetic clothing.**
- **ARTIFICIALS: Avoid artificial sweeteners, and food dyes.**
- **LETTUCE: Avoid head lettuce (eat the darker green leafy type).**
- **POTATOES: Avoid white potatoes (get the red potatoes).**
- **DEODORANTS: Avoid commercial deodorants (get deodorant stones or sprays from**

health food stores that contain no aluminum, chemicals or synthetic fragrances).

- **COSMETICS,Avoid commercial cosmetics, skin creams, soaps and shampoos (get organic, no chemicals from a health store).**
- **WATER: Avoid contaminated or chemicalized drinking water. Avoid tap water. Use Reverse Osmosis water or well water, or spring water. If all you have is tap water, use a Brita Filter.**

DO:

- **Do regular parasite cleansing.**
- **If doing this diet longer than 3 months take a B12 spray into the mouth each day.**
- **Use seasalt or Himalayan salt instead of table salt.**
- **Keep the body's pH more alkaline. An easy way is to drink 1 cup of pure water with 1/2 tsp baking soda added to it. It should have no aluminum in it. Alkala has powder and tablets. If you get baking soda elsewhere, make sure it is aluminum free.**
- **Read the labels of all canned and packaged goods to avoid chemicals.**
- **If you want to use jam or preserves either make your own or buy ones that are fruit juice or honey sweetened. Example is Dalfour Jam from France, available in most stores, and this is fruit juice sweetened.**
- **If you are constipated, you can take bowel tonic or enemas. Avoid laxatives.**
- **If you can afford it, get a rife machine, we use the GB4000 Function Generator. You can get them from the U.S. Email: info@thegb4000.com Phone 1 208 703-1604 or 1 877 743-3757. It costs about $1700-$1800 U.S. plus the handgrips are purchased separately.**
  For the accessories: Revive, LLC 1 888 701-1333 or 1 866 757-9375 or email: reviveyourlifeco@gmail.com You can get hand electrodes with covers and Electrode plates with covers (these are used if you do the feet). You will need a set of the Hand Electrodes with covers.
  (website is rife-videos.myshopify.com/prodcts/accessory-kit-and-rife-dvd-combo
  You will be using this machine for at least 6 months. This frequency machine does a lot more than help the body with cancer, it helps with many other imbalances and diseases that you or your family might encounter.
- **Drink 2 -3 cups a day of diluted Essiac tea. See the recipe below.**

We do have this made up in small bags at the clinic:

Essiac Formula If you wish, make your own. This is very good to help cleanse the liver and blood. This is how we make the formula (you can buy it in small bags):

6 1/2 cup burdock rt, powder or cut
16 oz Sheep Sorrel, powder
1 oz Turkey Rhubarb rt., powder
4 oz Slippery Elm Bark, powder
We mix all together, and store it in a container in the refrigerator or freezer.

This is how you make the tea: It is good to start making your tea first thing in the morning, for use the next day.
Bring 4 cups pure water to a boil. Add 2 heaping tablespoons of Essiac herbal mixture. Cover and do a low boil for 10 minutes.
Turn off stove. Scrape sides of pot with spatula, stir well, cover.
Let stand covered until the next morning.
Turn on heat, bring to a boil. At boiling point turn off stove.
Strain into clean glass or stainless steel utensil. Store in a large stainless steel thermos (easy to get online if you can't find in a store).
To use: Pour into a cup 1/3 - 1/2 cup of the Essiac tea and add 1/2 cup of water. Drink 2-3 times a day. Most people just take a 1/2 cup of the tea, dilute it with 1/2 cup of water and drink it 2-3 times a day.

YOUR ROUTINE:

First morning: 1/2 tsp baking soda in a cup of water. Drink. Helps alkalanize the pH. Cancer cells like an acid pH.

15-30 min. Before breakfast:

10 drops of Pleo Sanuvis
10 drops of Lymph cleanse
10 drops Pleo Muc
10 drops Detox formula
2-3 drops Liquid Iodine
put all the drops in 1/4 cup pure water and sip. Each sip swirl around your mouth for 10 seconds before swallowing.
Then take 2 NAC (N Acetyl Cysteine)

Go on the Rife Machine with dampened handgripsleeves for an hour. If using GB4000 – turn it on, press 15, then press AUTO CHANNEL, then 113, then RUN. You can also use Channel Sweep – see instructions you get with the grips.

After Breakfast take B12 spray, and Vitamin D drops or spray.

During the day drink 2-3 cups of Essiac Tea: Take 1/2 cup of your prepared Essiac tea, add 1/2 cup of pure water to it to dilute to be more palatable.

Before or after supper – run the Rife Machine again

At bedtime:

10 drops Pleo Sanuvis
10 drops Pleo Citro
10 drops Pleo NIG
10 drops Detox formula
10 drops Lymph Cleanse
put all drops in 1/4 cup pure water, sip. Each sip should be swirled aroud your mouth for 10 seconds before swallowing.
Then take 2 NAC (N Acetyl Cysteine)
If you wish, you can also take Ivermectin according to body weight.

The diet is a vegan type diet. Drinks lots of pure water throughout the day to keep hydrated.

RECIPES

Combining Foods to get Protein

If you are at Stage 1 cancer – you can have one organic egg twice a week, 1 Tbsp butter a week, a serving of fish every 2 weeks.
If you are at Stage 2 - 4 – you cannot have eggs or fish until the cancer is under control (gone).
Once the cancer is under control you can add eggs and goat cheese to the menu, but not milk or cream or other cheeses.
Because this is a vegan type diet, you will not get protein from animal sources, here is how you mix foods at a meal to get the proper protein that a body needs:

Grains with Legumes
Legumes with Nuts
Grains with dairy (if you can have dairy)
Legumes with Seeds

What are considered grains? **Millet, Oats, Wheat, Corn, Rice, Rye, Tricale, Barley, Bulghur, Teff, Spelt, Buckwheat, Quinoa, Amaranth, Seitan**

What are considered legumes? **Kidney beans, black beans, lima beans, navy beans, green peas, cannellini beans, butterbeans, soybeans, split peas, black eyed peas, lentils, chickpeas (garbanzos), peanuts. So peanut butter and humus are considered legumes. Soy milk is a legume.**

What are considered seeds? **Pumpkin seeds, seed sprouts (eg. Alfalfa, broccoli, pea shoots, radish sprouts) , sesame seeds, Flax seeds, Hemp seeds, Chia seeds, sunflower seeds.**

What are considered nuts? **Almonds, Brazil nuts, Cashews, Coconut, Hazelnuts, Macadamia, Pecans, Pine nuts, Pistachio nuts, Walnuts. So coconut milk would fall into this category.**

We have searched our recipes for those that shouldn't get in the way of your body healing. Most recipes are not suitable and many have ingredients that are not easy to get where we live, so we have included recipes here that are pretty simple and straight forward.

If you want to order organic flours, nuts, dried fruits etc. "Organic Matters" or OM as it is often called, is a website from British Columbia and they deliver. They have Einkorn flour, Red Fife flour, Emmer Flour, and so much more. The internet probably has lots of other businesses that you can get good foods from. We have found Einkorn flour at Nutters in Medicine Hat in small quantities which is a little more expensive.

This is your new hobby, put lots of effort into learning how to feed your body without encouraging the growth of cancer cells.

The best liquid to drink is pure water. Try and get a minimum of 6 glasses a day, more if you can manage.

IDEAS FOR BREAKFASTS

Note: ***you can make your own bread with Einkorn flour or Red Fife flour, water, salt and yeast. Or you can buy Ezekiel bread, in the freezer section at Nutters. Ezekiel bread is very healthy, made the same way as they did in the Bible times. Ezekiel bread is not gluten free so if you can't eat wheat, you can make your own bread or buy gluten free – but read the labels, much of the gluten free foods are not very healthy with added starches and sugars.***

Examples:

Ezekiel bread can be toasted, topped with smashed avocado, chopped onion and tomato, a little seasalt and pepper. You can also do a toasted tomato sandwich, a peanut butter sandwich and many other kinds of sandwiches. You can top the bread/toast with guacamole, or hummus. Lots of choices and ideas.

Oatmeal.

Use the best you can get eg. Steel cut, organic, sprouted – whatever is the best you can get. Cook with water. Serve topped, with a handful of blueberries or chopped apples and 1 tablespoon of organic pure maple syrup or honey. If you want to avoid the sweetener altogether, sprinkle cinnamon on top. If you want it more liquid after serving, serve with a little organic oatmilk.

Sugar free granola. You can also make your own granola. You need a large cookie sheet to cook on. Cover the sheet in parchment. Mix together 4 cups the best old fashioned rolled oats you can get (we found some organic fermented oats at Coscto. Use 4 cup oats, 1 1/2 cup raw nuts and/or seeds (eg. Walnuts, pecans, almonds, filberts, sunflower seeds, pumpkin seeds). And add 1/2 cup unsweetened coconut flakes. Mix all together with 1/4 tsp salt. Mix in another bowl 1/2 cup oil: any of olive oil, coconut oil, butter, with 1/3 cup honey, 1 tsp vanilla extract and you can cut up any dried fruit such as dates, raisins, prunes, apricots, or such. Place into large bowl mix all together (using your hands is good) so everything is coated. Spread out on the parchment cookie sheet and bake 350ºF for 10 minutes, toss it around a bit, bake another 10 minutes. If it needs a little more to look golden, toss it about, shut off the oven and let it sit for about 10 minutes. Cool and store in bags or containers in the fridge and freezer. To serve, scoop out a nice cup of granola, cover with some cut up fruit such as apple. It has alread ybeen sweetened, so no need to add anything, perhaps just some oatmilk, or almond milk or such.

Smoothie: 1 cup organic unsweetened oatmilk or rice milk or soy milk. 1 cup blueberries or strawberries, or raspberries. Adding 1/2 banana makes it creamy. Add seeds if you wish (sunflower seeds, pumpkin seeds etc) You can also add spirulina powder and/or bee pollen, or barley grass. When you buy fruit juice in cans or tetrapaks, it has no enzymes in it, unfortunately they have to cook it to avoid bacteria contamination, so juice your own if you want to drink some juice as a base for your smoothie.

Cold Ezekiel cereal. Top with either water or unsweetened oatmilk, or soy milk, or rice milk. And add some fresh cut fruit on top, a sprinkle of raw pumpkin seeds.

Veggie sandwich.

Toasted or plain Ezekiel bread with a little organic butter, sliced tomato, sliced cucumber, lettuce and/or sprouts, salt and pepper.

Chickpea sandwich.

Open a can of chickpeas, drain and rinse. Mash the chickpeas, add lots of chopped celery, dillweed. Season with salt and pepper. Use as a spread between two slices

of ezekiel or homemade bread. (perfect for grains + legumes)

We found VioLife cream cheese, and cheese slices and feta cheese in a block – all are made without dairy, using coconut oil. So you can use these in your sandwich or salads.

Potato or Zucchini Fritters with premolar:

Grate potato or zucchini, a little finely chopped onion, add some salt, pepper and a little flour, mix and make into patties. Cook in an airfryer, or toaster oven or regular oven until golden brown and serve with gremolata sauce.
To make gremolata: mix a handful of flat leaf parsley or cilantro, a little lemon zest and a clove of garlic – you can use a food processor. Other variations are using mint, garlic and orange zest; or parsley, basil, garlic and lemon zest.

Healthy muffin – see dessert

Muesli

4 cups rolled oats
1 cup chopped nuts (walnuts, filberts, almonds, whatever you like)
2 tsp ground cinnamon
1 cup dehydrated berries or fruit such as chopped dates, apricots, raisins, coconut

Muesli is similar to granola. Start with 4 cups grains like rolled oats, add a cup of whatever chopped nuts you like into a large bowl. Then stir in 1 cup dried fruits like dates, raisins, dehydrated berries, coconut. Mix the oats, walnuts, cinnamon and honey together, spread over a large cookie sheet lined with parchment. Bake at 350o for 15 minutes, stirring occasionally. Watch it doesn't burn. Remove, cool. Sore into plastic bags or containers in the fridge or freezer and use as you want. Typically it is served with chopped apple but you can use any fresh fruit, and serve with oat or nut milk.

MANGO SMOOTHY

2 cups mango, peeled and chopped or use frozen
1 cup green tea
1 Tbsp honey
1/2 inch piece fresh ginger, peeled and finely minced
1 cup crushed ice
Combine all in blender or food processor and process until smooth.

Buckwheat Pancakes

Mix 3/4 cup buckwheat flour (we get ours at Bulk Barn) with 1 Tbsp unsweetened applesauce (or applesauce sweetened with honey). Add a pinch of salt and enough oatmilk to make the consistency of a pancake.
Pour spoonfuls of the pancake mix into a medium hot frypan that has been coated in organic butter or healthy oil. Cook for a minute or two, then flip and cook until done.
Serve with a little butter, a little honey or pure maple syrup and if you like a sugar free jam or jam sweetened with fruit juice such as St. Dalfour.

NOON MEALS:

Healthy crackers eg. Que Pasa Organic Tortilla chips with traditional hummus dip or make your own hummus from canned chickpeas (see recipe section).

Chickpea sandwich (Mock tuna sandwich). Open a can of chickpeas, drain and rinse. Mash the chickpeas, add lots of chopped celery, dillweed, a little salt and pepper. You can add some healthy mayonnaise if you have any. Use as a spread between

two slices of ezekiel or homemade bread. Add some nice crisp lettuce to the sandwich. (this combination of chickpea and grainy bread is perfect for good protein)

Vegetable Soup: Saute whatever veggies you like, in a pot or wok. No need to use oil, just saute on a lower heat so not to burn. Add some seasonings also like onions, garlic, salt, pepper, cumin, ginger, rosemary, thyme, oregano. When all is softened, add enough water to the thickness you desire. Bring to a boil and let cook for 10-30 minutes, adding water if it gets too thick. Take half of the soup and either blend it with a blender, or use a blender wand, return it to the pot. Serve.

Canned Organic Soups

Use these if in a hurry, but read the labels so you don't ingest any sugar or chemicals. Annie's is a pretty good brand and available at most health food stores and in the isles of supermarkets.

Salads - see recipes

SALADS

GREEK SALAD

Toss together the following:
Chopped tomatoes
Chopped red or white onions
Chopped cucumber
Chopped red and/or green sweet pepper
Add:
Black Olives
chopped dillweed
chopped basil if you can get it
Also add a little dried oregano
Salt and pepper to taste
Now mix together extra virgin olive oil with apple cider vinegar (5 parts oil to 1 part vinegar). Add to the salad and mix. You can make this an hour or two ahead and let it marinate if you wish. If you don't like vinegar, use fresh lemon juice.

BROCCOLI CRUNCH SALAD *A favourite, and so easy to make*

1 head of organic broccoli
1 cup organic raisins
1 1/2 cup sunflower seeds or mixture of seeds and nuts
Cut broccoli up finely, mix with raisins and sunflower seeds and toss with your favourite dressing, or the one that follows:
<u>Dressing:</u>
3/4 cup unsweetened pineapple juice
2 Tbsp oil (extra virgin olive or avocado oil)
1/4 cup balsamic vinegar
1 Tablespoon honey
1/4 tsp ginger powder or minced root
1/2 – 1 tsp Dijon mustard
Salt & Pepper to taste

REGULAR PASTA SALAD

3 cups organ brown rice pasta (rotini or bowtie, or twist) cooked and cooled
1 cup cucumber, cubed
1/2 cup chopped celery
1 can garbanzo beans drained rinsed (also known as chickpeas)
1/2 cup black olives, pitted and diced
1/2 large red pepper diced
1 tomato chopped
2 Tbsp extra virgin olive oil
Juice of 2 lemons or 2 Tbsp apple cider vinegar or balsamic vinegar
1 Tbsp each of oregano or basil and dillweed
3 Tbsp parsley, chopped
1 Tbsp celery seed
Sea salt and Pepper to taste
Combine all of the ingredients together in a large bowl and toss gently. Refrigerate for at least 1 hour up to 24 hours before serving.

QUINOA SALAD

Make quinoa as you would rice. Take ½ cup quinoa and add 1 cup water (double the amount of water to the quinoa) and bring to a boil, then turn down and let simmer for 20 minutes until it is fluffy. If you want to add a little more water, go ahead.

Toss the quinoa with whatever you want in a salad:
washed and drained chickpeas
chopped celery
chopped onion
chopped broccoli
Chopped tomato
Chopped cucumber
Toss with dressing: 2 Tbsp dillweed, 1 tsp balsamic vinegar, juice of ½ lemon, 1 tsp Dijon mustard, 1 tsp honey, ¼ cup extra virgin olive oil or similar.

BEET AND CARROT SALAD

1/2 cup grated organic carrots
1/2 cup raw beets, peeled and grated
2 Tbsp apple juice
1 Tbsp extra virgin olive oil
1/2 tsp fresh ginger, minced
Seasalt to taste.
Mix all together.

TABBOULEH

This is a Lebanese salad, usually made with bulghur wheat. If you can't eat wheat, substitute quinoa.



2-3 cups cooked bulghur wheat or quinoa
1 bunch (1 cup) parsley chopped
1/2 bunch green onions, chopped (or use onion or red onion)
1/4 cup mint leaves, chopped
2 tomatoes, chopped
1 cup chopped cucumber
Optional: 1/2 cup chopped sundried tomatoes
<u>Dressing:</u>
1/4 cup other cold pressed oil.
1/4 cup fresh lemon juice
1/8 tsp cayenne – optional
1/2 tsp seasalt
Toss all together. If you have a handful of raw pumpkin seeds, put them on top. Refrigerate. Serve cold. Keeps in fridge for 2 days if covered.

BROWN RICE SALAD

Cook up a cup of brown rice or brown basmati rice. To cook you double the water to the amount of rice, bring to a boil, turn down to low, cover and let simmer for 30-40 minutes.
Separately, in a wok or frypan, fry together:
2 stalks diced celery
1/2 cup raw cashews r roasted peanuts
2 cups chopped mung bean sprouts or other sprouts you can get
1/4 cup juice of an orange
1 Tbsp grated ginger root
1 Tbsp apple cider vinegar or lemon juice
1 Tbsp oil (eg coconut, olive, avocado)
1/2 tsp honey
1/2 tsp sea salt
Pinch of cayenne.
Mix all together with the cooked rice, garnish with chopped parsley. Serve a little warm or cold.

CARROT & RAISIN SALAD

The raisins add a sweet taste to the crunchy carrots. Delicious.
2 cups grated carrots
Handful of raisins (if not really soft and fresh, presoak them for an hour in water, then drain and use)
1/2 cup finely chopped celery.
<u>Dressing:</u>
1/3 cup organic oil (eg coconut, extra virgin olive , avocado)
1/4 cup apple cider vinegar
1/4 cup apple juice, unsweetened
Mix all together. Let the flavours blend for 1/2 hour before serving. Add sea salt to taste.

PASTA SALAD

3 cups brown rice pasta of your choice
1 cucumber, cubed
1/2 cup celery chopped
1 can garbanzo beans drained (also known as chickpeas)
1/2 cup black olives, pitted and diced
1/2 large red pepper diced
2 Tbsp extra virgin olive oil
Juice of 2 lemons or 2 Tbsp apple cider vinegar or balsamic vinegar
1 Tbsp each of oregano or basil and dillweed
3 Tbsp parsley, chopped
1 Tbsp celery seed
Sea salt and Pepper to taste
Combine all of the ingredients together in a large bowl and toss gently. Refrigerate for at least 1 hour up to 24 hours before serving.

JAPANESE SALAD

1 pack firm tofu, cut into small bite size pieces
Toss with:
1 finely chopped green onion
1 Tbsp finely grated ginger root
1 tsp tamari or Bragg Aminos (liquid soy)
1 tsp sesame oil (the kind used as flavouring agent)
optional: 2 Tbsp chopped cilantro
Allow to marinate for 10 minutes or more. If you don't like the taste of sesame oil, use coconut or extra virgin olive or avocado oil.

BARLEY SALAD

Another good wintertime salad. Barley is wonderful for sensitive stomachs, nourishing for digestion and respiratory. Barley does have some gluten in it so don't eat if you are celiac.
1/3 cup barley
1 cup water
1/4 tsp dillweed
1/2 tsp. parsley
1 cup raw carrots, quartered, thinly sliced or grated
1 Tbsp mayonnaise (see recipe)
optional: 2 Tbsp organic vegetarian broth powder
1/2 cup chopped green pepper
Juice of 1 lemon (more or less, to taste)
1/4 tsp onion salt
Dash minced garlic
Cook barley in broth and water for 45 minutes. All water should be absorbed. You may have to add just a bit more water. When it is cooked, add the remaining ingredients. Mix and serve on a bed of lettuce and chopped tomatoes. To make it protein rich, barley is considered a grain, so if you mix it with beans of some sort eg. Hummus, or some black or other beans (canned, drained and rinsed), then you have a complete protein for your meal.

SOUPS

Note: anytime you want a nice creamy base for a soup, you can use mashed potatoes or blended chickpeas.

Vegetable Soup:

Saute whatever veggies you like, in a pot or wok. No need to use oil, just saute on a lower heat so not to burn. Add some seasonings also like onions, garlic, salt, pepper, cumin, ginger, rosemary, thyme. When all is softened, add enough water to the thickness you desire. Bring to a boil and let cook for 10-30 minutes, adding water if it gets too thick. Take half of the soup and either blend it with a blender, or use a blender wand, return it to the pot. Serve.

LENTIL SOUP (the lentils with the barley = complete protein):

1 medium onion, chopped
1 garlic clove, minced
1 med. carrot, chopped
1 celery rib, chopped
1 cup dried lentils, any colour or 1 small can of lentils, drained
1/2 cup barley
1 tomato chopped
3 cups water
1/2 tsp cumin
1/2 tsp coriander powder (if using pods, crush them well)
1/4 tsp paprika
2 bay leaves
1/2 lemon juiced plus 1 Tbsp lemon zest
Salt and Pepper to taste
Optional: chopped cilantro and/or dillweed
Cook all in a pot on medium heat watching that you may need to add water if it gets too thick. Cook for an hour or more. Taste to adjust seasonings, and then serve. If you want to make it dreamier, add 1 - 2 Tbsp Hummus.

PEA SOUP *Real soul comfort food!*

1 pound dried yellow peas, washed & dried
2 3/4 quarts water
1 handful celery leaves minced
1 1/2 tsp fresh grated ginger root
2-3 bay leaves
2 carrots cubed
1 small-medium onion chopped
1 tsp savory or thyme

Bring peas to a boil in the water. Boil for 2 minutes, remove and let stand 1 hour.
Put back on heat, simmer covered 1 hour with the seasonings.
Puree and serve.

BROCCOLI AND BARLEY SOUP

4 cups small organic broccoli florets
1/4 cup chopped yellow onion
1 rib celery, finely chopped
1 Tbsp extra virgin olive oil
4 garlic cloves, minced
1 tsp thyme
1/4 cup pearled barley, cooked
1 small carrot, peeled and diced
5 cups vegetable broth, or water
1 can stewed tomatoes
1/4 tsp dried marjoram
Salt and pepper to taste.

Cook onion in oil in a pot 4-5 minutes over medium heat until soft. Add the vegetable broth, bring to a boil. Reduce to simmer, add celery, carrots, broccoli. Cover, simmer until carrots are tender. Add cooked barley, tomato, garlic, marjoram and thyme. Simmer for another minute or two. Season with salt and pepper.

APPLE AND ONION SOUP

3 organic apples, diced small
2 medium yellow onions, sliced
1 small leek, washed and chopped
1/2 Tbsp fresh thyme
1/2 Tbsp fresh rosemary chopped
6 cups vegetable broth or water
1 Tbsp extra virgin olive oil (or you can use dry pan to fry without the oil)
Saute onions in oil until golden. Pour broth in and bring to boil. Add apples and seasoning, reduce heat to medium-low and simmer 10 minutes.

YELLOW LENTIL SOUP

1 Tbsp butter or ghee
1 tsp cumin seeds
1 tsp ground tumeric
3/4 tsp crushed red pepper flakes
2 shallots sliced thinly (or use regular onions if you like)
1 piece fresh ginger (1 1 /2 inches), grated
1 jalapeno pepper, sliced thinly
6 1/2 oz yellow lentils
5 cups water
1 cup baby spinach leaves
Heat butter in pan, cook spices for 1 minute until fragrant. Add shallots/onion, garlic, ginger and jalapeno, cook, stirring for 3 minutes or until softened.
Wash lentils under running water until water runs clear. Drain well. Add lentils to a pan, stir until well combined. Ass the water, cover, bring to a boil, then reduce to medium low heat or a brisk simmer and cook covered 30 minutes until lentils are soft and have broken down, stir occasionally.
Add the spinach, stir until wilted. Season with the cooked spices. Add more water if it gets too thick.

GOLDEN SOUP

2 Sweet potatoes (yams) cooked, peeled, chopped
1 Small butternut squash peeled, diced (discard seeds)
2 pd carrots, chopped
2 celery stalks, chopped
1 medium onion chopped
3 Tbsp minced ginger
1 tsp powdered cumin
1 tsp cinnamon
1/2 tsp rosemary
1/2 tsp thyme
1 tsp seasalt
6 cups cool water mixed with 1-2 Tbsp cornstarch
Optional: 2 Tbsp organic peanut butter
Another option: substitute 1 can coconut milk for one of the cups of water
Saute all veggies in a little oil until they are soft. Add water/cornstarch, bring to boil, turn down and cook at medium heat for 10 minutes. If adding peanut butter, add with the water. Add all to a food processor or blender and process until smooth. If you like it slightly chunky, only process for a short time.

BORSCHT

6-8 cups water or vegetable broth
1/2 red cabbage chopped fine
1 tin tomato paste or 1 cup canned chopped tomatoes
1 bay leaf
1 Tbsp dried parsley
1 - 2 Tbsp dill weed
Optional: 2 cloves garlic finely chopped
Optional: 1 apple grated
4 – 6 grated beets
1 small onion chopped fine
1 carrot grated
1 Tbsp tamari or Braag (soy sauce)
1 tsp fresh ground black pepper
1 Tbsp dried thyme

Optional: 1 large potato peeled and finely chopped or grated.
Sea salt to taste
Boil water, add everything except dill. Cover and simmer 1/2 hr. Take 1/2 of the mixture and puree in a blender. Return to pot. Add dill, simmer few minutes and serve.
Garnish for top: sour cream or plain yogurt, fresh chopped dill weed if available.

OTHER MEAL IDEAS

Pizza:





This has sundried tomato, onion, tomato, pineapple chunks, olives, basil, dillweed, oregano. When serving, topped with arugula leaves.

Crust:
In the morning mix 1 cup red fife or einkorn flour with ½ tsp seasalt and ½ tsp yeast. Add enough room temperature water to make a sticky dough (¾ cup water). Let sit for ½ hour, then wet your fingers and stretch the dough a few times, let rest again for 15 minutes, stretch again, then cover and let sit on the counter or in the refrigerator until dinnertime. At dinner time, add a bit more flour to make the dough manageable and either roll it out into a square or round pizza. You can also use your fingers to flatten it out or any little round cup or bottle to help. It should be about 1/4" thick.
Now pile on the toppings of your choice, great way to use up leftovers, examples:

- **Sliced or chopped tomatoes**
- **Sliced mushrooms**
- **Sliced onions**
- **Sliced fennel root**
- **Chopped olives**
- **Chopped spinach**
- **Sliced zucchini**
- **Refried beans**
- **Chopped peppers**
- **Artichoke hearts**
- **Chopped eggplant**
- **Fresh basil leaves**
- **Corn niblets**
- **Dried Spices and Herbs: dillweed, basil, oregano, salt and pepper**

Top with a little raw milk grated Parmesan (L'Ancetre cheese can be obtained at Nutters)
Bake at 375oF for 30 minutes. To be elegant, you can sprinkle arugula or sprouts on top before serving.
If you find using the red fife or einkorn flour just a bit too heavy for the crust, try using ½ cup of the flour and ½ cup of either almond flour or buckwheat flour to lighten it up.

CAULIFLOWER CRUST FOR PIZZA

If you want to make a cauliflower pizza crust, the usual recipe is to use cauliflower, oats, ground almonds, salt, pepper, oregano or basil, grated parmesan cheese and a couple of eggs. But the eggs and cheese won't do for cancer, so we have to be a little more creative:
<u>Crust</u>
Cut up 1/2 cauliflower into little pieces (4-6 cups).
1/2 cup sesame paste or chickpea paste (hummus)
1/4 cup water
1/2 cup almond flour or grand almonds

1 tsp italian seasoning (basil and/or oregano)
1/2 tsp garlic powder.
Process all together, press onto a pizza pan or cookie sheet (use parchment under the crust if you don't want it to stick).
Cook 390°F for 5 minutes, add the toppings and continue to bake until golden and brownish around edges.

BEANS AND RICE

Cook up some brown rice or brown basmati rice. Open a can of refried beans, add some chopped onion and **whatever else you wish like celery, peppers. Place in individual piles on the plate. Serve with green salad, and/or salsa and/or sliced avocado sprinkled with fresh lemon or lime juice.**

SIMPLE CHEAT MEAL

Boil up some brown rice pasta of your choice. Throw in a jar of pasta sauce from the health food store (be sure to read the label so it is healthy enough for you). If you want to add any chopped veggies you can.

SCALLOPED POTATOES

4 red potatoes, sliced
2 medium sized carrots sliced
1 onion sliced
3 Tbsp water or milk substitute (soymilk/ricemilk/oatmilk)
Sea salt to taste.
You may also add chopped basil and/or cilantro leaves for flavour.
Mix all together and bake in a casserole for 20 minutes at 350oF.
Optional: top with whole grain bread crumbs before baking.

VEGGIE BURGER using brown rice

Premake the rice (takes about an hour, you can also make the burgers in the evening to cook the next day):
2 cups cooked short grain brown rice. It should be sticky. Long grain doesn't work. Set aside.

2/3 cup finely chopped walnuts
1 large portobello mushroom, stemmed and diced
1/4 cup ground flaxseed
1 cup bread crumbs (toast 2-3 slices of healthy bread such as ezekiel bread, cool for a few minutes and finely chop)
2/3 cup chopped onion or shallots
2 Tbsp Braag Savory Liquid Seasoning or Tamari
2 Tbsp balsamic vinegar
1/2 tsp pure maple syrup
2 large garlic cloves, minced
1/2 tsp smoked paprika
Couple of dashes of either tabasco or sriracha
Generous pinch salt and pepper.
Heat 2 Tbsp extra virgin olive oil in a pan, add the shallots/onion, saute or a minute, then add the mushrooms and saute until soft and a little browned (about 6-9 minutes), adjusting the heat as needed.
Stir in the Braag/tamari, balsamic vinegar and maple syrup, salt and pepper. Remove from heat, let cool slightly.
Put mixture into a large bowl, add the cooked rice, walnuts, flaxseed and bread crumbs and process by either using a food processor, or use a handheld wand. Pulse until just combined. The mixture should hold together when pinched but still have some texture.
Using wet hands form into 7-8 patties by making the mixture into balls, squeezing so they are solid, then place on a plate and flatten with your hand to resemble a burger.
Let sit in the refrigerator for at least an hour – you can make it for use the next day if you wish.

To cook the burgers – panfry, or use airfryer or barbecue. Cooking about 4 minutes on each side should be enough.
Serve with a bun or just on a plate with a side salad. You can top the burger with your choice of any of mustard, pickles, sliced tomato, sliced onion.
These can easily be frozen and used at a later date, just warm them up for 10-20 minutes.

BARBECUE SAUCES

You can buy healthy barbecue sauces at health food stores or make your own. Here are some of the ones you can get at a health food store, we don't believe they have any sugar in them:

- **Primal Kitchen Unsweetened Barbecue Sauce**
- **G Hughes Sugar Free Brbecue Sauce Original**
- **Waldens Farms Original Barbecue Sauce**

BARBECUE SAUCE if you want to make your own

1 small can Tomato paste (eg 156 ml)
2 tsp onion powder
2 tsp garlic powder
1/4 cup honey or maple syrup
2 tablespoons cider vinegar
1/4 teaspoon sea salt
Other options to consider:
1 Tbsp Molasses
1/2 tsp smoked paprika
1/2 tsp natural liquid smoke
1 tsp Chipolte seasoning or 1/8 tsp tabasco
1 tsp dijon mustard
1 Tbsp grated gingerroot
1 tsp chili powder
1 tsp cumin pwder
Sprinkle Cayenne pepper if you want hotter

ANOTHER VEGGI BURGER using beans

You can serve with a healthy burger bun or just serve on a plate with the toppings along with some sweet potato or potato fries cooked in your airfryer.
1 1/4 cup canned beans (black beans, or chickpeas seem to work, but any beans will do)
¼ onion minced
2 garlic cloves minced
v cup rolled oats
2 Tbsp oat flour
2 Tbsp sunflower seeds or walnuts
1 1/2 Tbsp tomato paste or miso paste (if using miso, don't need to add any more salt)
1 tsp paprika
1 tsp cumin
1/8 tsp ground coriander
1/4 tsp chili powder
1/2 tsp salt
1/2 tsp pepper
2 Tbsp Braag or tamari soy sauce
Optional: ½ dried basil or 1 tsp minced fresh; 1 Tbsp balsamic vinegar
2 small carrot grated, 2 Tbsp broccoli, or mushroom, spinach, celery or other veg. Chopped very fine.

Mix all together and form into patties. Put on plate and refrigerate for about 1 hour. Cook in oven or airfryer at 400ºF for about 35 minutes.
Serve with sliced onion, pickle, tomato, homemade relish or mayo, Dijon mustard

FALAFEL BURGER

2-3 cups cooked or canned chickpeas, drained and rinsed
3 Tbsp oat flour or brown rice flour
1 small yellow onion, chopped
1/2 cup flat leaf parsley chopped
1/2 cup cilantro chopped
3 garlic cloves, minced, divided
3/4 tsp ground cumin
1/2 tsp ground coriander
1 ½ tsp lemon juice
1/2 tsp salt
¼ tsp cayenne or to taste or red pepper flakes if you like it a little spicy
Optional: 3 Tbsp ground flaxseed, 3 Tbsp tahini (sesame paste)
4 gluten free buns or whole grain buns, split horizontally
Tzatziki sauce – see recipe.
Process the chickpeas, onion, parsley, tahini, flaxseed, 2 garlic cloves, lemon juice, cumin, coriander, salt and cayenne pepper in a food processor until slightly grainy. Don't blend it into a paste.
Form mixture into 4 equal size patties.
Preheat grill, brush grilling pan with oil and place patties in grilling pan and put on grill. Or you can do in an air fryer or on a pan on top of the stove.
Cover, cook 4 minutes per side or until patties are golden brown on top and heated through.
Toast the buns slightly. Arrange hot patties between buns and top buns with Tzatziki if desired.
You don't have to make a burger from falafel, you can just eat it with your salad.

Tzatziki Sauce

(can use yogurt if cancer is under control, otherwise use the topping from fish tacos or get dairy free yogurt)
1/2 seedless English cucumber, peeled
Sea salt
3/4 cup plain Greek yogurt
1 Tbsp chopped mint or dill
2 tsp extra virgin olive oil
1 clove garlic, minced
Grate cucumber into colander, sprinkle with a little salt and let stand 5 minutes. Squeeze out excess liquid from cucumber and discard liquid.
Place grated cucumber into a small bowl, add yogurt, mint, extra virgin olive oil, garlic and pinch of salt. Stir to combine.

BOWLS:

There are so many choices. If you have a computer, the internet has lots of ideas, here are some pictures:









We made up some of our own bowls: BUDDHA BOWL




Base is cooked quinoa or brown rice or basmati rice.
Add your choice of:
cooked black beans or chickpeas (when eaten with the quinoa or rice, will provide complete protein
raw or cooked broccoli
tofu cubed, as is or fried to golden colour
edamame
grated red and/or green cabbage
avocado slices
sweet potato cubes (cooked)
chopped tomato
thinly sliced onion
matchstick carrots
a few chopped walnuts or pecans or baked peanuts
small handful of raw pumpkin seeds
corn kernels raw or cooked
fried mushrooms
chopped cooked beets
cooked lentils
chopped apples or pineapple or blueberries
greenies: chopped spinach, kale,
Dust with a little cumin, garlic, paprika.
<u>Drizzle with Sauce</u>:
Tahini (sesame butter) or organic peanut butter
lemon juice or apple cider vinegar
pure maple syrup or honey
Dash of Braag or tamari (soy sauce)
garlic
cumin
red pepper flakes
salt
Blend all together.

MEXIBOWL



Bottom: cooked brown basmati rice
Toppings: salsa in the middle, cooked corn niblets, sliced cucumber, warmed refried beans, avocado pieces, chopped cilantro. Other options: cubed cooked sweet potato, cooked or raw mushroom pieces.

Dressing to drizzle over: **¼ cup organic extra virgin olive oil, 1/3 tsp Dijon mustard, juice of ½ lemon, 1 tsp dillweed, ½ tsp Braag soy sauce or ¼ tsp seasalt – mix well.**

FOCCACIA – serve with green salad



1 cup flour, 1/2 tsp salt, 1/2 tsp yeast, ¾ cup tepid water
Combine in the morning, kneed for a couple of minutes, make into a ball, let sit for half hour, kneed again and put in plastic bag, refrigerate until ready to use later in the day. Take the dough from the refrigerator, let it warm up for 15 minutes, press into a non-stick 8 x 8 or 9 x 9 square pan – we use silicon type. Let rise for an hour, sprinkle all the toppings on top with dried oregano, pepper, a tiny bit of salt. Press the toppings into the dough with your fingers so it is dimpled all over. Let rise for ½ hour – 1 hour.
Drizzle a little pure extra virgin olive oil on top. Drizzle 1-2 Tbsp water around the edges of the pan. Bake at 450oF until golden on top (1/2 hr is usually enough). If you do not have non-stick pan, line with parchment. We use the silicon pans for foccacias, breads, muffins.

Toppings:
Chopped olives Chopped onion Chopped garlic Chopped sundried tomato

SPAGHETTI WITH ARTICHOKES, ASPARAGUS AND PEAS



12 oz brown rice spaghetti or linguini. Retain 1/2 cup of the spaghetti water after cooking and draining.
2 Tbsp extra virgin olive oil
5 1/2 oz asparagus, halves on the diagonal
2 cloves garlic, crushed
1 cup frozen peas
1 jar (78 1/2 oz) marinated artichoke hearts, drained, halves
1 cup cubed tofu (if you can eat cheese, use crumbled ricotta)
Cook pasta until just tender. Drain.
Heat oil in fry pan, cook asparagus and garlic, stirring until asparagus is just cooked. Add peas and artichokes and tofu. Cook for 2 minutes.
Add drained spaghetti, stir until heated through. If it needs thinning out a bit, add some of the reserved spaghetti water. Season to taste.

SIMPLE SPAGHETTI WITH LEMON

Bring a pot of water to a boil, season with salt, add linguini and cook until tender. Reserve pasta water in case you need it.

To a cooking pan add several tablespoons of organic olive oil and 6 cloves garlic sliced thin

Gently cook (don't burn), Add pinch of chili red pepper flakes, stir. Add 1/4 cup pasta water to pan to keep the garlic from burning. Add juice from 1/2 lemon.

Season with salt.

Slice up a handful of parsley

Add the cooked pasta to the pan with the garlic and add small splashes of pasta water until you are happy with the thickness. Toss with parsley. You can add some grated lemon peel if you wish for stronger flavour.

Add more olive oil if you wish and adjust the seasonings.

SPAGHETTI with sauce



You can cook brown rice noodles as the spaghetti or you can use spaghetti squash which you can easily steam and scrape the stringy squash bits to use as the spaghetti noodles.

For the sauce: you can make your own, or buy different ones from the health food store. Just make sure there is no sugar or chemicals involved.

<u>Tomato Sauce:</u>

1 large can of chopped tomatoes (or use fresh if you can)
A handful of mushrooms, chopped
1 onion chopped finely
2 garlic cloves minced
Oregano, dillweed, salt, pepper
Any vegetables you like such as chard, spinach, cilantro, green or red peppers chopped.
Cook all together, taste and adjust the seasonings.

<u>Mushroom Sauce:</u>

Chop a pound of mushrooms
Mince ½ onion
1 garlic clove minced
Saute the above in a non-stick pan until the mushrooms are cooked.
Take 1 cup of oatmilk or rice milk, add 1 Tbsp cornstarch and mix together, adding to the mushrooms.
Add more liquid if needed.
Season with 1 tsp of thyme and/or rosemary, salt and pepper.

The following picture is spaghetti squash with sauce. Just cut the squash in half, scoop out the seeds, steam the squash in a pot of water for about 20 minutes. The sauce can be made from scratch or a healthy bottled spaghetti sauce from the health food store – just read the labels for no sugar or chemicals. You can add onions, chopped veggies, mushrooms or whatever you want to the bottled sauce as it cooks if you wish. The dessert is almond jello (see recipe with canned peaches packed in their own juice.

SHEPHERD'S PIE



3/4 cup sliced mushrooms
2 cups mixed veggies : any of carrots, peas, corn, celery, parsnips, zucchini, cauliflower,

broccoli, green beans. If you are lazy you can just use frozen mixed veggies.
1 cup cubed potatoes
1 cup cooked white beans (navy or cannellini type), can use canned beans (drained & rinsed)
1 medium size onion, chopped
1-2 cloves garlic finely chopped
1 tsp Dijon mustard
½ cup fresh italian parsley chopped (or can use cilantro)

Sauté all together in low heat in non-stick pan so not to overly dry out.
Season with salt and pepper
Mix 1-2 tsp cornstarch in ½ – ¾ cup cold water. Add a dash of Bragg soy, a pinch of chili powder, 1 tsp thyme, 1 tsp rosemary. Add to the mixture that is cooking to make a nice thick sauce. Add more water if needed. If too liquid, just continue to cook for a few minutes and the moisture will evaporate.
Topping:
Peel, chop and boil 3 yams and 5 large potatoes (if you don't like yams or sweet potatoes, just use potatoes). Drain and add 1/3 cup oat milk (or soy milk or rice milk) and 1/3 cup organic butter.
Add 1 tsp dill weed, salt and pepper then mash together. If you have a hand mixer they will be smooth and fluffy.
Now put the topping on the casserole and bake at 350oF for 50 minutes. You can use a large baking container or make into individual pies.

LASAGNA

Use a silicone or non-slip loaf pan for this.
Layer different veggies to the top of the pan:
sliced potato or sweet potato
sliced mushrooms
sliced tomatoes
sliced onions
chopped greens such as spinach, cilantro, kale
sliced eggplant
Sprinkle oregano and/or basil, rosemary or your choice of seasonings as you go.
A little salt and pepper.
Top with a sprinkle of raw milk parmasan cheese.
Cover top with some tin foil.
Bake at 375oF for about 50 minutes. Cool a little and serve.

CARIBBEAN COOK UP RICE *We liked this. The flavour is spicy and warming.*

2 medium red bell pepper, seeded, and diced
3 1/2 cups water
1/2 hot pepper, seeded, minced
15 oz can red kidney beans, rinsed and drained
1/2 tsp dried thyme
1 tablespoon grated ginger root
2 cups uncooked brown rice or basmati rice (may need a bit more water if using brown rice)
1/2 cup canned coconut milk
2 tsp curry powder
1/2 tsp pepper
1/2 tsp sea salt
Topping: fresh chopped banana
Sauté gently the veggies for about 5 minutes (add a tiny bit of water if you need to prevent scorching).
Stir in the water, rice, beans, coconut milk and seasonings.
Bring all to a boil. Reduce heat to a simmer, cover and cook until rice is tender and the liquid is absorbed.
Add more water or coconut milk if the rice mixture gets too dry before it is fully cooked.
When done, fluff rice with a fork and let stand, covered for 5-10 minutes.

LETTUCE LEAF ROLLS

6 large lettuce leaves
½ tsp mayonnaise for each leaf
¼ cup organic cottage cheese or shredded raw milk cheese
2 finely chopped green onions
4 finely shredded carrots
Minced onion and garlic to taste
Chopped fresh basil
Slivers of sweet red pepper
Spread the mayo onto each leaf. Sprinkle the cheese, onions, carrots, basil, red pepper and anything else you might enjoy on top of the leaf. Roll up the leaves, using toothpicks to hold them together.

SWEET POTATO FRIES OR POTATO FRIES

You will need an airfryer for this. They are very reasonable in price and will allow you to do deep fried dishes without any oil.
Just chop the sweet potato or potatoes into the size of chip you like and air fry for about 20-30 minutes. Every 5-10 minutes shake the airfryer chips up so they are evenly cooked.
Also, don't overload the airfryer, about 1/3 full is enough.
Then make a nice dip like mayo airoli or a salad dressing dip if you like.

CHILI



So make the chili the same as you would normally, but without the meat.
1 large can (28 oz) chopped or crushed tomatoes
1 small can tomato paste
1 can beans of your choice (drained and rinsed). Most recipes use red kidney beans.
1 medium sized onion chopped
2 stalks celery chopped
2 garlic cloves minced
1/2 red pepper, chopped
2 carrots, chopped fine
3 tsp chili powder
1 tsp seasalt
1/2 tsp black pepper
Optional:
2 tsp dried basil
1 Tbsp honey
2 tsp ground cumin
1 tsp smoked paprika
2 Tbsp chopped fresh cilantro
1/2 tsp ground cayenne pepper (very hot)

Saute all the vegetables in a little olive oil, add everything else and low simmer for an hour or more. Add water if it is too thick. Adjust the seasonings.
If you want to add any other vegetables you can eg. spinach, chopped sweet potato, jalapeno peppers.
If you want to thicken the chili, add some rice. If you want it less thick, add some water.

GADO GADO (*Indonesia salad - mixed steamed /raw veggies, with peanut sauce)*

This plate has salad greens on the bottom, topped with sliced cucumber, tofu cubes, pineapple chunks, cooked baby potatoes, cooked green beans, cooked cauliflower, small avocado half.



Ideas for the veggies – per person:

1/2 cup cabbage shredded (keep raw)
1/2 cup french green beans, cut into 1/2" lengths (steamed)
1 medium carrot peeled and sliced thinly (raw or steamed)
1/2 cup cauliflower florets (raw or steamed)
1/2 cup cup bean sprouts, washed in cold water (keep raw)
4-5 small potatoes, boiled in their skin
1/2 mini cucumber, thinly sliced (keep raw)
1/2 cup cubed tofu
1/2 cup chopped pineapple – if using canned, no sugar
1/2 cup cooked peas
1/2 small avocado

Steam or boil the veggies separately in slightly salted water for only 3-4 minutes (except the beansprouts and other veggies you wish to leave raw). Drain the veggies, cool for a few minutes. Arrange lettuce or sprouts around edge of a serving plate. Pile the veggies separate piles around the plate.
Blend the peanut sauce until hot, add a little water to the desired thickness. Adjust seasoning, then pour over the veggies or serve in a dish for people to put on the salad as they wish. Serve warm or cold.

Peanut Sauce: (makes 1 1/4 cups) ***(if allergic to peanuts, use almond or tahini butter)***
If you want to make less, cut the recipe in half
1/2 cup coconut oil or vegetable or extra virgin olive oil
1 cup organic peanut butter (or almond butter or tahini)
1-2 clove garlic, chopped
4 shallots or 2 Tbsp onion, chopped or 1 green onion chopped
1 tsp hot chili sauce (more if you want it hotter and more spicy)
2 Tbsp honey (more if you want it sweeter)
1 tsp sesame oil
1 Tbsp soy sauce (tamari or Braag)
1 cup water
Juice of a lemon
Put all ingredients of sauce into food processor or blender and blend until smooth. Adjust flavourings and add more water if needed.

Here's another plate of Gado Gado with different ingredients:



Base: cooked quinoa (rice would also work). Top: peas, chopped tomato, shredded cabbage, avocado slices, potato chunks, cubed tofu, cubed apple (in center), mixed salad greens.

BARLEY RISOTTO

3 cups veg. Broth
3/4 cup medium pearl barley
1/4 cup finely chopped onion
1 tsp extra virgin olive oil
1 garlic clove, minced
1/2 cup water
3 Tbsp minced fresh parsley
2 tsp grated lemon zest
In small saucepan, bring vegetable broth to a simmer, keep hot.
In another small saucepan, over medium high heat, cook and stir the barley for 2-4 minutes or until lightly browned. Transfer to a small bowl. In same pan saute onion in oil for 2 min. Add garlic and saute 1 minute longer or until onion is tender. Stir in barley and water. Cook and stir until all of the liquid is absorbed.
Add hot broth, 1/2 cup at a time, stirring constantly, allowing the liquid to absorb between additions. Cook just until barley is almost tender (about 45 min for total cooking time).
Add parsley and lemon zest, cook and stir until heated through. Serve immediately.

COCONUT RICE

1 cup brown or basmati rice
1 cup light coconut milk (canned)
1/2 tsp seasalt
1 tsp honey
2 Tbsp shredded unsweetened coconut
Add all in a pot, bring to a boil over high heat. Then lower to simmer and cook covered until rice is cooked and water is all absorbed (about 25 min depending on type of rice).
Turn off heat, fluff with fork, put lid back on and let rest 10 minutes.
Optional: top with lightly toasted coconut flakes
finely minced cilantro
1 tsp minced ginger
1 tsp curry powder
Alternatives: top with cooked and raw veggies (green onions chopped, peas, asparagus, broccoli, bell pepper, carrots, green beans), tofu. Season with Braggs soy, ginger, lemongrass, cilantro, mint, garlic, lime juice. Can sprinkle sunflower seeds, chopped walnuts, raw pumpkin seeds on top.

CURRY VEG

2 cans chickpeas (garbanzo beans), drained and rinsed
1 can coconut milk
1 Tbsp extra virgin olive oil

3 cloves garlic, finely chopped
1 small onion, chopped
3 whole carrots, peeled, diced
2 ½ cups water
2 heaping tsp curry powder
1 large bunch organic greens (eg. Spinach, collard), chopped
Salt and pepper to taste
Optional: 1 tsp garam masala if you can get it
In large pot, heat oil over medium heat. Add garlic, saute for a minute, add carrots and water. Boil over medium high heat until carrots are soft (about 15 min).
Add curry powder, coconut milk, chick peas, greens. Cook until greens are wilted (3-=5 min). Add salt if you wish.
Serve with coconut rice if you wish.

COCONUT CREAMY SPINACH AND MUSHROOM QUINOA

3 cups cooked quinoa (Add 1 1/2 cups quinoa and 2 clove minced garlic to 2 cups boiling water. Cover, cook on low until all absorbed – about 20 min) Remove from heat and let stand while you make the rest of the recipe.
2 cups chopped raw mushrooms
2-3 cloves garlic minced
1 Tbsp extra virgin olive oil
3 cups raw spinach
2 Tbsp coconut milk
Salt and pepper to taste
Lime
Cook the quinoa first and set aside.
Heat olive oil in large pan. Add mushrooms, stir, coating. Season with salt and pepper. Cook about 10 minutes until mushrooms are soft and cooked through. Lower heat, add garlic and stir, cook for another 5 min. Add spinach and coconut milk, cover and allow to cook another 3 minutes so spinach is wilted.
Remove lid, stir to combine. Taste for seasoning, add quinoa, stir everything together.
Serve with wedge of lime to squeeze over the top.

PANKORAS – east indian fritters

1 potato, peeled and cut into 1/4" slices
1 cup fresh spinach
1 cup cauliflower flowerets
1 zucchini, peeled or unpeeled, cut into rounds
2 cups Chickpea flour
1 teaspoon ground coriander
1 teaspoon cumin seeds
1/2 onion, finely chopped
1 green chili, seeded and minced
2 tablespoons fresh cilantro, finely chopped
1 teaspoon salt
1/2 cup water (more as needed)

Chop veggies, set aside, allow to dry completely.
Mix the flour, spices, onion, chili, cilantro and water in a bowl, add water until batter has consistency of pancake batter.
Mix the veggies in batter and either use airfryer or fry pan. Cook until golden brown.
Serve with chutney or tzatziki sauce. Easy to reheat.

POTATO OR ZUCCHINI FRITTERS with gremolata:

Grate potato or zucchini, a little finely chopped onion, add some salt, pepper and a little flour, mix and make into patties. Cook in an airfryer, or toaster oven or regular oven until golden brown and serve with gremolata sauce.
To make gremolata mix a handful of flatleaf parsley or cilantro, a little lemon zest and a clove of garlic – you can use a food processor. Other variations are using mint, garlic and orange zest; or parsley, basil, garlic and lemon zest.

NASI GORENG (from Indonesia)

This should serve 3-4 people.

1. **Cook the Rice. Take 1 cup brown rice or brown basmati rice, cook it in 2 – 2 1/2 cups water until it is soft and fluffy (about 40-50 minutes). (if you want to make it richer, substitute coconut milk for the water. Add 1 Tbsp curry powder, 1 tsp seasalt. Set aside until you serve.**
2. **Saute 1 cup chopped celery, 1 cup chopped onion, 1 cup red pepper in a little olive oil until slightly tender. Add the stir-fry sauce (see below)**
3. **Stir fry sauce: 1/2 cup Braag soy sauce, 1 Tbsp honey, 1 Tbsp minced garlic, 1 Tbsp minced ginger, 2 tsp sesame oil, 1 Tbsp rice vinegar or apple cider vinegar.**
4. **Core an apple and cut into slices. Chop 1/2 cup cilantro, put aside 1/2 cup pineapple wedges or pieces, 1/4 cup currants or raisins.**
5. **Now put all together: Rice on the bottom, top with the sauteed veggies that were tossed and cooked in the sauce. Top with the apple, cilantro, pineapple and raisins or currants.**
6. **You can make this in individual bowls, or one large bowl that you scoop out servings.**
7. **Optional: 1 cup cubed tofu can be added to the stir fry.**

POUTINE WITH GRAVY

Slice up red or russet potatoes into the size you like to eat for french fries. Cook them in the air fryer. It will take about 1/2 hr to cook in the air fryer, shaking the cut potatoes every 5-10 minutes so they cook evenly. In the meantime, make the topping. You can use whatever you want, but one thing that is easy is a nice mushroom gravy:

2 cups sliced mushrooms, cut them randomly a bit smaller for the gravy.
1/2 onion diced
1-2 small garlic cloves, minced
1/2 tsp thyme
Salt and pepper to taste.

Saute the mushrooms, onion and garlic gently in some olive oil or organic butter. Add the thyme, salt and pepper.
To make the gravy, take 1 cup of cool water, add 1 Tbsp cornstarch, mix and add to the cooking mushrooms until you get the thickness of gravy you desire. Season if you like.
If you want to change the flavour of the gravy, add some rosemary, or oregano, or chopped parsley, or dillweed.

NACHOS

Buy Que Pasa organic corn chips. We like the round salted ones. You can warm them in the oven, or just have them at room temperature. Put toppings on the chips, or have all the toppings in little piles around the plate, or in little bowls.
Toppings you may like to try:
Guacamole dip (mashed avocado with a little lemon juice, salt, pepper)
Refried beans (open up a can and warm them up in a pan before serving)
Chopped cilantro
Salsa sauce (chopped tomato, garlic, onion, salt and pepper, hot pepper if you like)
Chopped onions and/or green onions
Chopped olives
Chopped jalapeno peppers
Red pepper slivers
Chopped pineapple

USING POLENTA



Polenta is cornmeal, you can buy it at the grocery store - it comes in a tube about a foot long and can be sliced or cubed and made into different recipes. One easy way to use this is to cut it into chip size and cook it in an airfryer for 10-15 minutes. Then just season with salt and pepper or any herbs or spices you like. You can also make one of the dips mentioned in this handout.



Another thing you can use polenta for is to cube it and fry it in a non stick pan until browned a bit, then combine with with mushrooms, sun dried tomatoes, onions, celery, peppers, saute and add a little salt and pepper to taste. If you want, add some thyme herb or dillweed, rosemary.

We saw Gordon Ramsay doing something wonderful with polenta (of course he made his own, but you can buy it ready made). Cut into rounds or squares, about 3/4" thick. Fry on a griddle or stove, set aside. Take little tomatoes, roast in oven for 10 min. Sprinkled with rosemary, thyme, olive oil and drizzled with balsamic vinegar. Then put the tomatoes on top of the polenta pieces, and top with some creamy goat cheese (we use the Earth's Own phoney sour cream made with butter beans). Nice touch, a piece or two of chopped fresh basil on top.



More ideas:

- **Add cubes of polenta to tomato sauce when you make spaghetti.**
- **Slice it lengthwise, bake it or fry it so it is browned, and use it as a base to pile food on top such as sauteed vegetables, pasta sauce.**
- **Slice them into 1/3" rounds and make them into little pizzas.**





Roll pieces of the cornmeal in breadcrumbs, fry them crispy in a pan or airfryer, and use them in salads.



BUFFALO CAULIFLOWER BITES

Use your air fryer for this but you can also use the oven.



Break a cauliflower into bite size pieces.
Make a nice rich sauce to coat the cauliflower pieces:
1/2 cup tomato paste or sauce (no sugar of course)
2 Tbsp apple cider vinegar or dill pickle juice
1 Tbsp honey
1/2 tsp smoked paprika (or regular paprika if you don't have smoked)
1/2 tsp garlic powder
1/2 tsp onion powder
1 tsp organic butter-melted or softened
Pinch of salt and pepper
Optional: cayenne pepper if you like it hot/spicy.
You can add any spices or herbs you like to this: dillweed, cumin, oregano etc.
Mix everything together. Dip the cauliflower pieces into the sauce and then into the airfryer for about 10—15 minutes – temperature can be anywhere from 350ºF to 400ºF, looking and shaking it every 5 minutes and making sure they are not overcooking or burning.
If you want to have a dip when eating these, see the list of dips you can easily make.
Optional: some people like to toss the cauliflower piece into a bit of flour (rice flour, einkorn) before drenching it into the sauce; it makes a thicker coating.

BREADS, CRACKERS

If you have access to the internet, there are lots of choices you can find.

BASIC BREAD – this makes a heavy nutritious loaf

4 cups flour (suggest Einkorn or Red Fife)
1 tsp seasalt or himalyan type
1 tsp yeast
Mix together and add:
3 cups tepid pure water (not tap water)
In the evening: mix the above well with spoon or hands, or bread beater until smooth. Let sit for 1 hour, stretch the dough every which way, let sit again for a half hour, stretch again, and then sit for another ½ hour, and do a final stretch to give strength and elasticity. Cover and put in refrigerator until the next day.
Take dough out of the refrigerator after lunch (anywhere from 1-3pm). Let warm up at room temperature. Around 4pm flour a board well, add the dough and knead until not so wet that it resembles bread dough. You can make two loaves from this or one giant loaf. You can divide it into two, put into two bread pans that you have lined with parchment, or you can use a dutch oven to bake it in, or just a large round loaf in the center of a cookie sheet. Just before it goes into the oven, score the top so the air can escape a bit. Just use a sharp little knife and slice it down the center about ¼ inch or do diagonal slices across the top to let out the steam.
For two loaves, bake at 450ºF for 40 minutes. For the one big loaf, bake for 50 minutes. If you have a thermometer, the center should be 180-190ºF when you take it out of the oven.
Let rest for at least ½ hour before cutting.

FOCCACCIA



1 cup flour (combine 1/2 red fife or einkorn, 1/4 buckwheat flour, 1/4 cornstarch or almond flour and we added a couple of tablespoons of brown rice flour), 1/2 tsp salt, 1/2 tsp yeast, 3/4 cup tepid water, 1 Tbsp extra virgin olive oil. Note: at first we made it with just einkorn and it was a little heavy, so you can use some lighter flours with it.
Combine in the morning, kneed for a couple of minutes, make into a ball, let sit for half hour, kneed again and put in plastic bag, refrigerate until ready to use later in the day.
Take the dough from the refrigerator, let it warm up for 15 minutes, press into a non-stick 8 x 8 or 9 x 9 square pan – we use silicon type. Let rise for an hour, then drizzle a little olive oil over top and sprinkle all the toppings on top with dried rosemary, oregano, pepper, a tiny bit of salt. Press the toppings into the dough with your fingers so it is dimpled all over.
Let rise for ½ hour – 1 hour.
Drizzle a little pure extra virgin olive oil on top if you wish. Drizzle 1-2 Tbsp water around the edges of the pan. Bake at 450ºF until golden on top. If you do not have non-stick pan, line with parchment.

Toppings for focaccia:

Chopped olives	**Chopped onion**	**Chopped garlic**
Rosemary	**Oregano**	**Chopped sundried tomato**

To make gluten free focaccia: 1 ½ cups warm water; 1 Tbsp honey; 1 Tsp yeast (packet); 1 cup sorghum flour; 1 cup potato starch; 1/3 cup brown rice flour; 1/3 cup almond flour; 2 Tbsp whole psyllium husk, ground; 1 ½ tsp seasalt; 1/3 cup plain coconut yogurt; Olive oil.

Mix water and honey together, add yeast, whisk until frothy. In large both mix dried ingredients, set aside. Once yeast has bloomed, add yogurt and 2 Tbsp olive oil. Make well in middle of flour mixture, add wet ingredients and mix so no lumps. Let rise for an hour at room temp. Coat 8 x 8 inch baking dish in olive oil. Spread the dough evenly into the baking dish. Top with drizzle of olive oil, rosemary, oregano, pepper and any other toppings. Use fingers to press into the surface to give dimpled look. Let rise another 20 minutes. Bake at 400 – 450ºF 55-65 minutes until top is golden.

BREAD IN A POT

3 cups tepid water
2 tsp seasalt
1 tsp yeast
Mix in a nonstick pot, add 4 cups Einkorn or Red Fife Flour. Cover and leave 1 ½ – 2 hours. Break down, stir a little. Put in the refrigerator overnight, covered, or let it rise until high enough (double).
Bake uncovered at 400-450ºF. Rest before turning out.
If you don't have a healthy non-stick pot, line the pot with parchment paper and put in the dough before making.

CRACKERS

1 cup flour (einkorn, red fife, oatflour, sorghum etc)
1/2 tsp baking powder
1 tsp seasalt
Mix together and add 1 Tbsp organic oil or butter, 5 Tbsp cold water. Mix all together. Should be firm enough that you can roll out or press out into a sheet using a cookie sheet. You may want to line the cookie sheet in parchment. Press all out with hands, or rolling pin. Prick dough all over with fork. Sprinkle with a bit of salt and pepper if you wish or some dry herbs. If you want them a specific size, score them with a knife before baking. Bake until crackers are golden brown (about 15 minutes at 400ºF).

HIGH PROTEIN COOKIES

1 cup Einkorn or red fife flour
2 cups rolled oats
Handful of each of: raisins, walnuts, sunflower seeds, pumpkin seeds
4-8 dates, pitted and chopped
1/2 cup shredded unsweetened coconut
3/4 cup organic peanut butter
1/2 cup of honey
Pinch of seasalt
Pinch of baking soda
Mix all together, add enough water to help blend everything into a sticky cookie mess. Using wet hands, take a small handful of mixture, roll it around into a ball, place on a cookie sheet that is lined with parchment paper. When you have finished all the balls, take a wet fork and press into the balls so they are flattened.
Bake at 350ºF for 35 minutes.

SEED BREAD

1/2 cup pumpkin seeds
1 cup sunflower seeds
Lightly toast the seeds, then grind 1/2 of them, the remaining half leave whole. Put in a bowl.
1/2 cup flax seeds- grind half and add all to the mix.
Salt to taste - test

1 tsp dried tomatoes chopped finely-minced
1tsp oregano
2 Tbsp psyllium husk
2 tsp baking powder
Wet ingredients:
3 eggs
1/2 cup filtered water
2 Tbsp olive oil
Mix th wet ingredients together, add to the dry ingredients. Let sit 15-20 minutes to hydrate. Form into a loaf. Place in pan lined with wet parchment paper, spray paper with a littlle oil. Place loaf in the prepared pan, top with sunflower and punpkin seeds, press into top a little. Bale 40-45 minutes at 350^{o}F

SAUCES AND DIPS

MAYONNAISE

Yes this does have egg in it, but you are getting very very little in a serving, and it is raw and so it shouldn't interfere with your eating plan.
Put juice of 1 small lemon (½ lemon if large) and 1 raw organic egg plus 1-2 raw egg yolks in a blender with 1 tsp Dijon mustard. Let the egg sit for 3-5 minutes in the lemon juice to cure the egg.
Now begin the blender at low to medium speed. As the blender whirls, SLOWLY drizzle in 3/4 - 1 cup of mild olive oil, or avocado oil, until it is nice and thickened. It takes a long time to slowly drizzle the oil in, but if you rush, it doesn't work.
Season with sea salt and pepper as desired. Add garlic powder if you wish. Taste, add more lemon or salt if you wish. You can keep this stored in a clean jar in the refrigerator for a week.

Alternative to make Mayo: ¾ cup oil, 1 raw egg, 1 tsp apple cider vinegar, 1 tsp Dijon, ¼ tsp salt.

SIMPLE SALAD DRESSING

1/4 cup extra virgin olive oil
1 tsp dijon mustard
Juice of 1/4 lemon
Pinch of salt, pinch black pepper
Mix well together until creamy.

HUMMUS

1 can garbanzo (chick peas) drained and rinsed OR 2 cups raw that you have soaked and cooked
3-4 Tbsp sesame tahini (make your own, or buy it at health store in jar)
2 Tbsp extra virgin olive oil
2 Tbsp fresh lemon juice
1-2 cloves garlic, crushed
1/4 cup water
1/2 tsp ground cumin (optional)
pinch paprika
Run garbanzo beans through blender or food processor (or just smash them up well with a fork).
Mix everything together except the water. Using blender or food processor mix and start adding water until you get the consistency you like.
If you wish to make your own Tahini: put 1 cup sesame seeds in blender. Blend into paste on high speed - add a little water to get a smooth consistency.

GUACAMOLE

5 avocados (discard the peel and pit)
2 tomatoes, diced
3 cups finely shredded zucchini
1 onion diced
Juice of 1/2 lemon
Pinch chili powder or cumin
Cut the avocado lengthwise, then twist to open. Remove the pit. Score avocado meat first lengthwise, then across to form crisscross pattern. Scoop out and put into a bowl(do not mash the avocado.) Add remaining ingredients and mix gently.

TSATZIKI SAUCE

Grate 1 medium sized cucumber – squeeze out excess juice.
Add to 1 cup of mayo or non dairy yogurt.
Add 1/2 cup fresh chopped dillweed (or 1 Tbsp dried).
It is optional if you wish to add minced garlic to taste. We also like 1/2 tsp of dried mint added.

GREMOLATA

Mix a handful of flat leaf parsley or cilantro, a little lemon zest and a clove of garlic – you can use a food processor. If you want to thin it out a bit, use water or olive oil.
Other variations: mint, garlic and orange zest; or
parsley, basil, garlic and lemon zest.

AVOCADO DILL DRESSING

1/2 avocado
1-2 garlic cloves
handful of parsley
handful of dillweed
1/4 cup extra virgin olive oil
1/2 lemon, juiced
1/2 tsp salt
1 tsp apple cider vinegar
Process all in food processor.

MINT CHUTNEY

1/2 cup yogurt or tofu
3 Tbsp fresh lemon juice
1 bunch cilantro leaves
1 cup mint leaves
2 tsp sliced ginger
1 garlic clove
1/4 tsp seasalt
1/2 tsp honey
Optional: 1/4 cup chopped onion
1 small jalapeno, sliced (no seeds)
Blend or process all together. Add a little water if it is too thick.

CHIMCHURRI

1 cup tightly packed chopped parsley leaves
1 cup tightly packed chopped cilantro leaves
1/4 cup vinegar (apple cider or red wine)
1/2 onion, coarsely chopped
4 cloves garlic
1 tsp seasalt
1 tsp dried oregano
1/2 tsp hot pepper flakes
1/2 tsp freshly ground black pepper
1/2 cup extra virgin olive oil
Combine all but the oil in a food processor. Pulse a few times, add the oil, pulse again until it is chopped but not mushy.

SALSA

most salsas are raw, there are lots of different ones to try using various fruits and vegetables
Chop finely together:
1/4 cup chopped onion

1 cup fresh chopped tomatoes
1 garlic clove
1/4 cup green or red pepper
Salt and pepper to taste
Pinch of cayenne if you like it hot
Optional: 1/4 cup chopped basil

PESTO

1/3 cup fresh basil, packed leaves, chopped
1 Tbsp lemon juice
2 Tbsp Bragg (or Tamari) or to taste
Optional: 1 cup tomato, chopped

Put all ingredients into a food processor, except the tomatoes, and pulse 'chop' several times.
Stop to scrape down the sides and repeat. Add the tomatoes and continue to pulse chop until just blended. Keep a texture to a pesto type consistency, it should not be a puree.
Remove stems from mushrooms and stuff the filling into the cap of the mushroom.
Place on a dehydrator sheet and dehydrate at 105^{O}F for 2-4 hours.

CREAMY PASTA SAUCE

1 1/2 cups cooked white beans (drained and rinsed)
1/4 cup vegetable broth (or water), more if needed
3 Tbsp fresh lemon juice
2 Tbsp extra virgin olive oil
1 garlic clove, minced
1/4 tsp onion powder
1/2 tsp seasalt
Black pepper to taste
In a blender, combine the beans, broth or water, lemon juice, olive oil, garlic, onion powder, salt and pepper, blend until smooth.

GINGER DRESSING

Use big piece ginger (about 3" square), cut off outside and chop up the inside
1 shallot chopped
¼ apple, peeled, chopped
1-2 garlic cloves
2 Tbsp Braag soy
¼ cup apple cider vinegar
1 Tbsp sesame paste
1 Tbsp honey
1 cup avocado oil
Blend everything so it is still slightly chunky.

TACO TOPPING (normally used on top of fish, but nice on everything)

1 Tbsp mayonnaise
2 Tbsp finely chopped cilantro
1 tsp finely chopped onion
3 Tbsp finely chopped cabbage
1/2 tsp grated garlic
Juice from 1/8 to 1/4 lime
Optional – chopped tomato, chopped avocado
salt and pepper to taste.
Mix the sauce well and put it on top of whatever you are eating.
If you like spice and hot, sprinkle it on just before eating.

DESSERTS AND MISCELLANEOUS

NUT MILK

1 cup of any of almonds, cashews, pecans, brazil nuts, sunflower seeds etc.
1-2 tsp cinnamon
1 drop vanilla extract
3 cups pure water.
Soak seeds and nuts in water 8-24 hr. Discard the soak water, rinse the almonds and put them in the blender with 3 cup fresh water. Blend thoroughly. Filter through fine gauze cloth or similar.
Squeeze out every last drop. Stir in cinnamon powder and vanilla. Chill 1 hr then stir. Oils and water do separate if left to stand so drink quickly. Keeps up to 2 days in fridge.

OAT MILK

1 cup raw organic oat groats
Place in 2 cup measuring container and fill water to the 2 cup level.
Let stand for 2 hours.
Macerate in a high speed blender.
Add 3 more cups of water.
Let stand 1-2 hours more.
After soaking thoroughly, blend and pour mixture through a fine mesh strainer into a container, stirring the mixture as it drains into the container.
The liquid in the container is your oat milk – the residue of oat mash left behind can be used in soups, stews, cookies, cakes, breads etc.
You can keep the oatmilk in the refrigerator for a few days as you use it up. If you heat the oatmilk, it does destroy the enzymes but is still a healthy food.
You can flavour the oatmilk with a little vanilla if you wish.

HIGH PROTEIN COOKIES

1 cup Einkorn or red fife flour
2 cups rolled oats
Handful of each of: raisins, walnuts, sunflower seeds, pumpkin seeds
4-8 dates, pitted and chopped
1/2 cup shredded unsweetened coconut
3/4 cup organic peanut butter
1/2 cup of honey
Pinch of seasalt
Pinch of baking soda
Mix all together, add enough water to help blend everything into a sticky cookie mess. Using wet hands, take a small handful of mixture, roll it around into a ball, place on a cookie sheet that is lined with parchment paper. When you have finished all the balls, take a wet fork and press into the balls so they are flattened.
Bake at 350^{o}F for 35 minutes.

ENERGY BARS OR BALLS (easy & tasty)

1 cup mixed dried fruit (raisins, cranberries, sesame seeds, almonds, sunflower seeds, hemp seeds, flax seeds, pumpkin seeds)
1 cup chopped raw nuts
1 cups raw rolled oats
3/4 cup organic raw or roasted peanut or almond butter
3/4 cup honey
Mix all together, press into a baking pan lined with foil. Chill for several hours. Peel off foil and cut into bars. Store in airtight container (can also make them into little individual balls to eat).

WALNUT THUMPRINT COOKIES

1 cup regular oatflakes
3/4 cup flour (einkorn or gluten free)
1/3 cups walnuts
Pinch cinnamon
1/4 tsp salt
1/4 tsp baking powder
1/3 cup oil
1 tsp vanilla
1/3 cup pure maple syrup
Blend all the dry ingredients together in a blender.
Mix all the wet ingredients together and add to the dry ingredients.
Line a cookie sheet with parchment paper. Mix the cookie dough well and then use your hands to form into balls, the size of golf balls. If too sticky, wet your hands a little when forming into balls. Use one or two fingers to poke into the middle of the balls to form an indent to fill with jam.
Fill all the indents with a sugar free jam like raspberry jam or similar.
Bake in the oven 350ºF for 20 minutes. Cool. Store in freezer if you want.

ALMOND MILK GELATIN WITH FRUIT

Use 1 packet of gelatin per 1 ½ cups of organic almond milk or oat milk.
Put the milk in a pot, sprinkle the gelatin on top, heat until the gelatin is melted.
Add 1 Tbsp honey and 4-5 drops Pure Almond Extract or to taste. Let set in the refrigerator for several hours before eating. Put in a bowl and add some chopped fruit eg. orange sections, chopped apple, blueberries, mixed fruit.

APPLE CRISP

4 chopped apples
1/2 chopped walnuts
1 cup raisins
Cinnamon to taste
Granola cereal or rough cut oatmeal (as the topping)
Toss the apples, raisins and walnuts together. Sprinkle with cinnamon.
Top with granola and bake in 350oF oven 20 minutes.
You can serve it hot topped with rice milk, oat milk, or soy milk if you wish.

MUFFIN

2 cups flour (can do combination of red fife, oat flour, almond flour)
1/2 cup honey
1/3 cup oil (olive or coconut or avocado)
1/3 cup pecans or walnuts chopped
1/2 tsp salt
1 cup blueberries or other fruit
1/4 cup almond milk or oatmilk
1 egg if you are in low cancer number, or it is under control.
Combine all the dry ingredients in one bowl, all the wet ingredients in another bowl.
Combine the ingredients from the two bowls. Pour into a non-stick muffin tin. Bake 350oF for 30-40 min. Cool.

EASY PIE

Make crust:
2 cups nuts, ground (almonds, walnuts etc.)
1 cup oatmeal or oat flour
1/2 tsp seasalt
1 cup water
Mix together gently to blend and press into a pie pan. Bake at 375oF until slightly brown.
Fill with cooked fruit center.
Center:
3-4 cups berries, or chopped/sliced apples
1/4 cup honey or to taste

Cook on the stove until it resembles jam. Fill the cooked pie shell and cool for a couple of hours before cutting.

Or if you would like a lemon pie filling:
2 cups cold water
6 Tablespoons cornstarch
1/2 cup fresh lemon juice
1 Tbsp lemon zest/rind
1/4 cup honey or you can use equivalent monk sugar or stevia
Put all in a pot, heat until it is nice and thicken, pour into the prepared pie shell.

Another easy crust to do is a Coconut Crust: mix 1 cup coconut with 1 Tbsp almond flour and enough nut milk or water to hold it together and press thinly into a 9" pie plate. Bake at 375oF until light golden. Careful, it burns easily so watch it continuously.

OATMEAL COOKIES



2 cups oats
3/4 cup raisins
1 cup einkorn or red fife flour (or almond flour or sorghum, if you are gluten free)
1/2 cup sunflower seeds
1/2 cup raw pumpkin seeds
1/2 cup any of: organic peanut butter, or almond butter, or hazelnut butter or sesame butter (tahini)
1/2 cup walnut pieces or pecan pieces
1/2 – 1 cup chopped unsweetened dried fruit eg. dates, apricots, prunes
1/2 cup pure maple syrup or honey
1 tsp cinnamon
1/2 tsp pure vanilla extract
1/4 tsp seasalt
Pinch of baking soda
Optional: 1-2 Tbsp grated ginger root, ½ cup shredded coconut , ½ cup fresh squeezed orange juice
Enough water for everything to barely stick together

Mix all together, may have to use your hands. Add more liquid or dry ingredients to get a nice cookie texture.
Form about 3" balls and then place on a non-stick cookie sheet (or use parchment paper to prevent sticking) and flatten. To make this easier: wet your hands, make a ball out of the cookie, then flatten it with a wet fork on the cookie sheet.
Bake at 350oF for about 30-35 minutes depending on how big you make the cookies.
You can freeze these easily and eat when you want.

APPLE AND RASPBERRY CRUMBLE

5 large apples, finely sliced
1 cup raspberries

2 cups non-sweet. apple juice
2 cups rolled oats
2 Tbsp organic butter
2 tsp cinnamon
1/2 tsp cloves
Arrange apple sliced and raspberries in a buttered baking dish. Pour apple juice over.
Mix rolled oats, honey and spices in a bowl, cut in butter with finger s until evenly dispersed.
Cover the apples and raspberries with the crumble topping.
Bake at 350oF for 45-60 minutes.
Serve hot or cold.

CARROT CAKE OR MUFFINS

Dry mixture:
2 1/4 cup flour (if gluten free use the gluten free mix flour you can buy at stores; if not you can use 1/2 eikorn flour (ancient grain) you can get at Nutters or Organic Matters on line; and 1/2 mixture of sorghum, oat, and almond flours)
2-3 tsp cinnamon
1/2 tsp allspice
1/4 – 1/2 tsp ground nutmeg
1/2 tsp ground ginger
1 tsp baking soda
2 tsp baking powder
1/2 tsp salt
3/4 cup chopped walnuts
1/2 cup raisins
Mix all together well.
Wet Mixture:
2 cups 'packed' grated carrots
1/3 cup maple syrup
1/3 cup oil
2 tsp vanilla
1 cup crushed pineapple
Mix all the wet ingredients together, then add them to the dry ingredients and mix thoroughly.
Put in non-stick muffin tins (we use the silicone ones) or a silicone cake pan.
Bake at 350F for at least 40 minutes. They are done when you can insert a clean toothpick into the middle of the muffin or cake and it comes out clean.
Cool the muffins or cake while you make the frosting:
Frosting:
We found a nice alternative to the standard cream cheese frosting. It is called Violife, found at Safeway as an alternative to cream cheese. There are other alternatives that are dairy free if you wish to try. Mix the cream cheese with some honey to taste and 1/4 tsp vanilla.
After the cake or muffins have cooled, put a little frosting on top.

MAKE YOUR OWN JAM

Take a cup or more of any kind of fruit you like – fresh or frozen. Heat it slowly in a non-stick pot, add a little honey to taste. If it is too thick to your liking, add some water.
After it has cooked for several minutes, pour it into a jar or container and put it in the refrigerator where it will thicken nicely. It will last for weeks if the jar is sealed so no air can enter. If you see any mold developing, discard the jam and start a fresh new one.