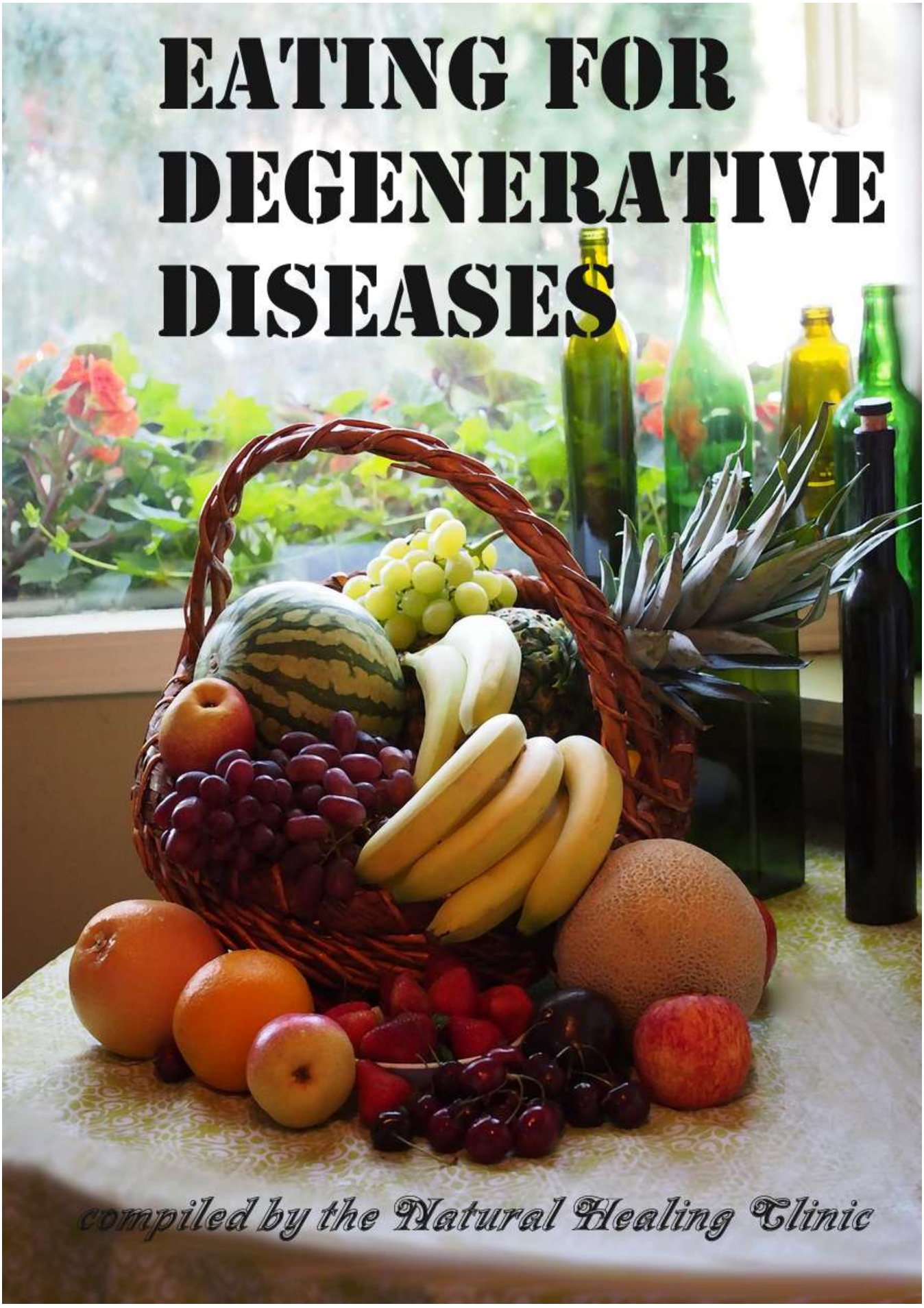
EATING FOR DEGENERATIVE DISEASES



compiled by the Natural Healing Clinic

COMMENTS FROM THE NATURAL HEALING CLINIC

by Donna Rae, Natural Health Consultant at the Natural Healing Clinic



The Natural Healing Clinic began in 1994 in Medicine Hat, Alberta. The clinic is non-profit. No one at the clinic takes a salary. It specializes in finding the route cause of disease. The greatest service to clients is to <u>educate and empower</u> them to do their own healing. Each client receives the teachings appropriate for them. As well self-help subjects are taught on weekends for anyone including the general public, who wish to learn how to help themselves, naturally.

The number one therapy to help any dis-ease always focuses on food therapy. Bernard Jensen told us that "Every disease comes from a shortage of minerals, trace minerals and electrolytes. We have to respond to the root problem instead of trying to suppress the symptoms of disease". Jerry Tennant explains that it is the electron voltage or lack of it that determines the health of an individual.

This recipe book was originally compiled for our clients. Most of our clients are looking for methods to help the body recover from deep, degenerative diseases. It is thought that 85-90% of disease we experience are caused by our lifestyle, the foods and chemicals, exercise and poisons we ingest.

DONNA RAE, *Natural Health Consultant*

Certificates Received:

Doctor Philosophy Natural Medicine	*Master Herbalist*	*Hypnotherapy*
Doctor Homeopathy	*Wholistic Therapist*	*Bio Resonance therapy*
Doctor of Naturopathic Medicine	*Iridology*	*CranioSacral therapy*
Cert. Biological Medicine	*Nutrition*	*Bachelor of Divinity*

In addition, she has also taken specific training for:

Oriental Diagnosis and Medicine	*Rayid, Sclerology*
Autonomic Response Testing	*ART (Autonomic Response Testing)*
Live and dried blood cell analysis	*Diad Microscopy*
Alfa Thermodiagnostics	*Heart Rate Variability*
Total Body Modification	*Bio Energetic Synchronized Therapy(B.E.S.T.)*
Body Electronics	*Bio-Kinesiology*
Contact Reflex Analysis	*E Therapy*
Gemmotherapy	*Acupuncture*
Sound Healing	*Color/Light Therapy*
Essential oil/Aromatherapy Healing	*Vitamin and Mineral Therapy*
Shamanic Healing	*Ayurvedic Bodywork*
Body Mechanics	*Spiritual Healing*
Emotional Release Therapy	*Pranic Healing*
Reiki Healing	*Crystal Technology & Healing*
Divine Energetic healing	*Biofrequency and Vibrational Healing*
Shiatsu	*Hands on Healing*
Touch for Health	*Rayid*
Geomacy	*Siberian Bodywork*
Tibetan Healing	*Lymphatic Drainage*
Tuning Fork Therapy	*Homotoxicology*
Voice Energetics	*Quantum Healing*
Bach Flower Remedy	*EFT – Emotional Freedom Technique*
Surat Shabda Yoga	*Radionics*
Reflexology	*Tibetan Healing*
Homeopropylaxis	*Visceral Manipulation*

Donna Rae's Natural Healing Clinic has been operating in Medicine Hat since 1994. For over thirty years her training has led her all over North America and indeed the world, in search for information and methods to helping the body's healing process.

Her training is strictly alternative therapies and absolutely none of the training is recognized by any governmental or health authority, however she continues to successfully assist people that are interested in using alternative methods. She uses her training to find the causes of underlying health problems and takes time to educate the people she meets. She has received training from: (teachers are from U.S. unless otherwise mentioned).
Hanna Kroeger, Wendell Hoffman, Lauren Garfield, Bruce Berkowsky, Dr. David Slater, Dr. Brimhall, Dr. John Upledger, Dr. Terry Willard (Canada), Dr. Jeffrey Bland, Dr. Gary Young, Jean Pierre Barral (France), Bernard Jensen, Dr.Valerie Worwood (England), Dr. John Christopher (Canada), Dr. Dick Versendaal, Dr. Klaus Kustermann (Germany), Dr. Alta Smit, Dr. Gunther Bauer, Rhonda Dorren, Dr. Kelly Farnsworth, Bruno Van Brandt, Dr. Rau (Switzerland), John F. Thie, Dr. James Augustine, Dr. Lloyd, Dr. Dietrich Klinghardt (Germany), Michael Moore, Michael and Lesley Tierra, Paul Bergner, Kiva Rose, Dr. Jerry Tennant, and Llama Dorje, Dr. Gajanan Dhanipkar(India), Ashok Bokar (India), Dr. Isaac Golden(Australia), Shilpa Bhouraskar (Australia), Jeremy Scherr (Africa), Dr. Joe Rosencwajg (Belgium), Balijinder Choker, Robin DiPasquale, Dr. Dickson Thom. Apologies if I have left out any of my wonderful teachers. What all this training leads to is a good foundation for being a Wholistic Intuit.

The clinic is a project of a non-profit charity and no one at the clinic receives a salary. The focus is teaching how to keep the body healthy and learn self healing methods. She has taught natural healing courses at various colleges as well as through her own clinic, has authored several books, and for five years hosted and produced a local weekly television show called 'Healing with Nature' and she occasionally writes columns for various newspapers.

WHAT IS A DEGENERATIVE DISEASE?

A degenerative disease isn't something you catch, like a virus, it is something that has been created over time, usually by our wonderful living habits. It is a state of deterioration and degeneration in the body that has usually taken many years to develop. Disorders such as Cancer (affecting 55% of people), Diabetes (affects 40% of people), Heart Disease (affects 55% of people), Arthritis, Arteriosclerosis, Bowel diseases, and many more of the diseases experienced by our population, are preventable and correctable, especially in their early stages.

It is said that our diseases are diseases of affluent and excess, over-stimulation. Too much rich food, chemicals, tobacco, alcohol, fast denatured foods. Indeed, we have history that has shown us that in times of war, when food is scarce and only the basic needs are addressed, that our diseases of excess (mentioned in the previous paragraph) have been eliminated, only to return again when times are good and plentiful. Let's talk about chemicals – at our workplace, in our gardens, in our foods and drinks, and even what we are breathing in, our cleansers, toothpastes, soaps, cosmetics etc.

The body can only handle so much abuse. Some can handle more than others because their genetic makeup is less fragile and less prone to disease, but eventually poor living habits do catch up with us.

The deeper the disorder in the tissue and the longer the abuse has been going on, the longer it will take to help the body regain its state of balance and health. Sometimes the person is so far gone, and the body is so fragile, that it is virtually impossible to reverse the damage. I say virtually impossible, but we have all seen and heard of people come back from the brink of death miraculously, so never give up in the attempt to regain good health.

This cookbook started off with recipes for cancer, using the Gerson Cancer diet as a model of a diet that assists the body back to good health. Remember, cancer isn't something you catch, it is a dis-ease you develop over a period of time. But what we noticed was that other degenerative diseases such as Arthritis, Arteriosclerosis, Diabetes, Heart Disease and Bowel Disease also responded favourably to this way of eating, so we have called this cookbook "Eating for Degenerative Diseases". We have been providing this to our clients for over 15 years now however what is given in this book has been refined many times as we get feedback from those that actually have those disorders.

If you follow these basic principles of eating, you may find that headaches or migraines, allergies, pain and inflammation, may also be relieved. Charlotte Gerson (daughter of Max Gerson) once told us that although people came to their clinic for cancer treatment, so many other disorders also cleaned up. We have included some information about the main degenerative diseases to help your understanding a little further.

THE EMOTIONAL COMPONENT OF DISEASE

We have found that sometimes a client comes in and they are doing everything just right, but they are still sick! We ask what their life is like and they say everything is great, no problems, life is good.

Then we ask, "when did you start to get sick? Then, look back one or more years before the start of the sickness, did something happen that might have upset you?" Sometimes they do remember some trauma or crisis that happened. But we often find they have buried that information and they don't seem to think there was anything that disrupted their life.

Lots of research has happened on many levels that has showed us that dis-ease in the body can be caused by the mind. So it is important that a person who is trying to reverse dis-ease and regain health, develop a good positive sense of well being and that in itself can be a wonderful journey. Often we put a person on a biofeedback machine that tests their emotional blockages and when we find something, they say "oh yes, that is true". And then we give some homeopathic remedies and a miraculous thing happens, the symptoms disappear, the body begins to heal itself.

Many of us believe that there are just no accidents in life. Everything is happening perfectly just as we need to lead us on our personal spiritual journey. So we don't need to label anything 'good' or 'bad' or 'evil'. Everything is just "is", and no judgment needs to be made.

We all develop our own realities, mostly from the teachings of our parents, school, church, media, government, laws, t.v., movies. Are those teachings the truth? The room is 70 degrees Fahrenheit - one person says it is too cold, another person says it is too hot. The truth is that it is 70 degrees Fahrenheit! Our experiences are neither good or bad, they are just experiences and all are beneficial in helping us on our journey. However, it seems that when we are in pain, we learn a lot more and make more changes, than when we are not in pain. So we can see pain and sickness can be viewed as helpful in our journey.

THIS IS THE ULTIMATE WAY TO EAT!

No fats, no meat, no sugar, no white flour, no dairy - some people say, what is there left to eat???? The answer is: LOTS. Many people actually eat this way every day and have a long and healthy life.

You don't have to be ill in order to follow this way of eating. However, if you do follow this ultimate diet, it just may save your life. This is an EXTREMELY healthy way of eating and is indicated for any degenerated conditions such as CANCER, ARTHRITIS, DIABETES, BOWEL DISEASE, HIGH BLOOD PRESSURE or HEART DISEASE, or for the prevention of any dis-ease. In other words, you may decide to eat this way for life and thereby avoid future degenerative problems.

Consumption of heavy foods, foods that are difficult to digest, chemicals, and fast foods, puts your body into a position of spending all its energy on digesting your foods and detoxing the residues and chemicals - leaving very little energy left to actually spend on healing the damaged cells that so greatly need attention.

This diet is designed to take the stress off the body, thereby allowing the body to heal itself with the extra energy available as well as provide the necessary nutrients for the cells to regenerate and repair. In order to help the body heal itself, it is important not to feed any existing dis-ease situation in the body inappropriately. Here is a list of what you should avoid doing:

- **Avoid smoking or chewing nicotine. Also avoid breathing in any type of smoke: marijuana, campfire, welding.**
- **Also avoid smoking marijuana, or hashes or ingesting any other drug that forces the body to stress in any way.**
- **Avoid table salt and salt substitutes.**
- **Avoid products that are refined, canned, salted, preserved, smoked, sulphured. Exception would be organic canned foods.**
- **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.**
- **Avoid regular toothpaste or gargles that contain chemicals or sugars.**
- **Avoid any products containing white sugar, brown sugar, fructose, galactose or any other processed sweetener.**
- **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.**
- **Avoid coffee (including decaf) because of the acids and oils it contains.**
- **Avoid regular black tea, green tea (because of the caffeine and they metabolize with a pH that is too acidic).**
- **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.**
- **Avoid white flour and white flour products such as noodles, cakes, cookies.**
- **Avoid fluoride eg. fluorine in toothpastes, gargles, tap water, dental treatments.**
- **Avoid hair dying and permanents that have chemicals.**
- **Avoid food dyes, preservatives.**

- **Avoid soy beans and soy bean products unless organic.**
- **Avoid all oils unless they are organic and cold pressed.**
- **Avoid cooking with any oils.**
- **Avoid margarine.**
- **Avoid contaminated or chemicalized drinking water.**
- **Avoid fruits and vegetables that are irradiated (in some areas this may not be possible).**
- **Avoid fruits and vegetables that are sprayed with chemicals of any kind (in some areas this may not be possible).**
- **Avoid animal meats such as beef, pork, chicken, wild game or fowl.**
- **Avoid fish and seafoods if you are in a dis-eased condition. Wild salmon and other deep sea fish are permitted once a week if your health is good. If the pollution of the ocean, lakes and rivers continues, very soon it will not be safe to eat any type of fish. This book assumes the reader has a deep degenerative disease and therefore avoids recipes for fish as well as meat, chicken, wild game (even organic)**
- **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.**
- **If you are seeing a medical doctor, also see a natural doctor or therapist to provide a balance of information regarding your health.**
- **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.**
- **Avoid wearing synthetic clothing.**
- **Avoid artificial sweeteners, and food dyes.**
- **Avoid head lettuce (eat the darker green leafy type).**
- **Avoid white potatoes (get the red potatoes).**
- **Avoid commercial deodorants (get deodorant stones or sprays from health food stores that contain no aluminum, chemicals or synthetic fragrances).**
- **Avoid commercial cosmetics, skin creams, soaps and shampoos (get organic and unchemicalized products from a health store).**

JUICING

Do vegetable and fruit Juicing. These are full of natural enzymes. It is a wonderful way to increase the amount of raw live food that enters the body. Vita Mix blender does not damage the nutrition in the food.

RAW FOODS

Eat as much raw food as possible. Cooked food is dead food! Raw live food with all its enzymes and nutrients promotes much more healing, actually speeds up the body's ability to heal, and brings in higher life force into the body. If you can't eat a lot of raw foods due to impaired digestive function, do a lot of juicing to bring this quality of health to your body and you can lightly steam the vegetables. We tell people to eat 80% raw foods if possible. Once in a while when there is an abundance of raw foods available in season, do 100% raw foods for that month or for as long as you can. See our information enclosed regarding eating raw foods, along with recipes.

Get only organic raw nuts and seeds whenever possible. Once anything is roasted or cooked, the enzymes and vital life force energy is gone.

ALLERGIES

If you are allergic to any of our ingredients, you will have to substitute or leave them out.

OUR RECIPES

The recipes in this cookbook are adapted from various cookbooks, personal files and/or magazines over a 20 year period. The guidelines in the recipes follow the Gerson Therapy Clinic's diet given at their clinic in Tijuana, Mexico. The Gerson Clinic has been treating cancer and dis-ease holistically for over 50 years now. What they have discovered is that even though people come to their clinic with cancer, other degenerative diseases also cleared up when people ate by these rules. No white flour or processed foods, no refined sugars, no dairy or meat, no fats (except olive oil, avocado oil, or coconut oil). What they recommend is a diet of natural fruits, vegetables, raw nuts and seeds and some grains.

The Gerson Clinic juice 18 pounds of fresh and raw fruits and veggies daily per person! A glass of this wonderful juice is drank every hour. Imagine all those natural enzymes flushing through the body - true enzymatic therapy, done naturally. They also have people take enemas up to 6 times daily when cleansing and healing. Normally the body doesn't need to have enemas, but when your body is polluted and critically ill, drastic measures must be taken to pull out the poisons from the body. Information is given later regarding how to do enemas.

OILS

If you have cancer, ago we recommended avocado oil or coconut oil, or organic olive oil which people could use on salads or bread, don't heat it, but it was useful. In the past, Udo Erasmus wrote a book "Fats that Heal, Fats that Kill" and suggested flaxoil was the only oil that should be used for the first year if you have cancer. Since that time we have learned that Flaxseed oil contributes to the body producing more estrogen, which is certainly not needed if you have a breast or uterine type cancer which can be stimulated with more estrogen. So we are letting people know that Avocado Oil or Coconut Oil and organic extra virgin olive oil are good alternatives. You can use the flaxseed oil if your health problem is not exacerbated by estrogen. Again, if you have a cancer caused by high level of estrogen, you should avoid flaxseed oil.

WEIGHT LOSS

Expect to lose weight eating this diet. It is not easy to keep weight on when you are not eating a lot of fatty, rich foods. If you are losing too much weight, increase your intake of grains and root vegetables, avocados, brown rice and brown rice pasta.

BOWEL MOVEMENTS

We recommend having 2-3 soft stool movements daily. Do not take laxatives to achieve this, instead take bowel tonics if you need. Avoid the herb 'senna' in any preparations because that is a laxative and will weaken the sphincter muscle. Herbal helpers are cascara sagrada, turkey rhubarb, psyllium look for those names within the tonic formulas. Although we hear many opinions expressed that cascara sagrada and turkey rhubarb are laxatives, we have not found this to be the case. We have been using those successfully in our clinic for over 20 years however, we combined them with marshmallow root, slippery elm and other demulcent herbs that soothe and nurture the lining of the digestive system.

DRINKING WATER

If you don't have a water purification system in your home, we suggest that you buy bottled spring or reverse osmosis water to drink and cook with. Glacier water is excellent. Using distilled water is fine but you need to remineralize and energize the water after. If you are using water

from a well, have a purifier and filtration system installed in your home. The Grander Water System will reliven and energize water; we've been using it for years. There are many water systems available today that provide a healthier version of drinking water than tap water. But many of these systems are expensive. If you are drinking tap water, a simple drip water filter like the Brita method of removing chlorine will help.
Should you drink alkaline water? Cancer and many other diseases favours an acid body, so many invest in alkaline water filters. However, to keep your body's alkalinity high, it comes from eating the foods that metabolize into an alkaline state. Remember too that the stomach needs to be very acidic to do its job. Is it intelligent to flood the stomach with alkalinity?
How water should we drink a day? Because this diet is high in natural fruits and vegetables which contain a lot of water, do not drink a huge amount of water daily which taxes the kidney's job. Four to six glasses of water is usually enough. However, we find that the more fast foods, meats, and chemicals are consumed in the diet, the more water is needed to flush out the residues.

FOOD SENSITIVITIES

Many people have developed food sensitivities that may get in the way of healing. The best food for one person, may be detrimental to the health of another. If you are not sure, you can phone our clinic (403) 526-5700 and arrange for a hair analysis to be done.
If you feel you would like to visit our clinic, phone our office and we'll make the appropriate arrangements.

PARASITES

It is recommended that a parasite cleanse be taken every spring eg. April or May. Our forefathers always did this and they were certainly less polluted than we are. Your friendly neighbourhood health food store will have lots of herbal choices in this regard. Start the cleanse 3 days before the full moon.

Take a short break after the first treatment, then repeat it to catch any eggs that might have hatched. If you are working with animals in any way including housepets, you should do the cleanse twice a year.

ENEMAS

In the beginning if you want optimum health, daily enemas are important. At this point we usually hear "oh no, I can't do that". If you want to let those poisons remain in your system, you will most certainly be shortening your existence on this planet.
For those who are too incapacitated to do enemas, please take bowel tonics daily to ensure the poisons and waste matter are leaving the body quickly and not being reabsorbed.
We recommend the enema bags that look like hot water bottles. They have syringes attached which control the flow. Fill the bag with warm pure water, place the bag up higher than the body (we usually put it on the bathroom sink or counter, then lie on a towel on the floor and let the water flow down into the rectum).
It is a good idea to put some Vaseline type cream on the rectum so it slides in easily without tearing any surrounding tissue. Allow the water to flow in slowly, first while you lie on your left side, then on your back. While on your back, massage the intestinal area on the outside of your body (on the skin), with your fingers to help break up any fecal matter inside. Try retaining the water in the bowel for 20 minutes before getting up to evacuate into the toilet.
Gerson does coffee enemas, we do not suggest using coffee enemas. They may be too powerful for some people and the coffee residue may be too toxic. It is widely recommended by many health clinics and many report wonderful results. Wendell Hoffman did research regarding this and told us that because the bowel allows for liquids to be reabsorbed back to the body, he felt it

actually hurt the body. Until we get more definitive investigative information in this area, we are nervous about recommending coffee enemas.
If you need to get bowel tonics, avoid those that contain 'senna' which is a laxative and can weaken the sphincter muscle. Stick to bowel tonics containing turkey rhubarb, and cascara sagrada, and when you take bowel tonics, make sure you drink a good 12 oz of water each time. Best time to take the bowel tonic is about 9 o'clock at night, then you will usually have your first bowel movement around 7 o'clock in the morning.

WORRIED ABOUT B12?

Because there is no meat in this eating plan, over a period of years, you may develop a B12 deficiency. We suggest to take some spirulina or chlorella every day or two. Spirulina is higher in B12 than beef liver! There are also B12 sublingual and spray supplements if you wish to remain vegan nor vegetarian. Also, the spray B12 penetrates the lining of the mouth very efficiently.

We understand that according to the Physician's Desk Reference, the spray vitamins are more effective than the intramuscular injections, certainly they are more pleasant to take.

FOOD COMBINING

It is rare that this happens, but if you have poor digestion, try not mixing certain foods together at the same meal:

1. **Acids & starches**
2. **Proteins & starches**
3. **Proteins & sugars**
4. **Acids & proteins**
5. **Fats & proteins**
6. **Starches & sugars**
7. **Fruits with either starches or proteins**

If your digestion is poor, food combining may really help you. Because different foods need different digestive enzyme (eg. potatoes use different enzymes than nuts), keeping the diet very simple is helpful. Most people find eating fruit on their own avoids fermentation, belching and gas (empty stomach means no closer than 30 minutes before a meal or waiting at least an hour after a meal). Some people even find eating the sweet fruits such as bananas, figs, mangoes and dates, separate from acidic fruits such as berries and citrus fruits to be easier on the digestion.

HOW TO SWEETEN, THICKEN ETC.

FOR SALTY AGENTS USE:

- **Sea salt**
- **Tamari (natural soy)**
- **Bragg Liquid Soy**
- **Dulse or Kelp powder**
- **Himalayan salt**
- **Celtic salt**

FOR SWEETENING AGENTS USE:

- **Honey**
- **Pure Maple Syrup**
- **Xylitol**
- **Monk fruit**
- **Barley Syrup**
- **Agave Nectar**
- **Blackstrap Molasses**
- **Brown Rice Syrup**
- **Vegetable glycerine**
- **Fruit and Fruit concentrates**
- **Stevia (100x sweeter than sugar)**
- **Erythritol (limited amount)**

FOR THICKENING AGENTS USE:

- **Cornstarch (mixed with a little cold water, can be added to cooked sauces)**
- **Arrowroot (mix with a little cold water and add to sauce)**
- **Potato starch**
- **Agar Agar**
- **Tapioca**
- **Whole Grain flours (wheat, spelt, rice, millet, kamut, rye). Cooking is needed to thicken.**
- **Psyllium powder**
- **Xantham gum can be used if making gluten free breads etc.**

FOR RISING AGENTS USE:

- **Baking soda**
- **Yeast**
- **Natural occurring eg. Sourdough**
- **Baking powder (use aluminum free type only)**

AS A MILK SUBSTITUTE USE:

- **Rice Milk**
- **Almond Milk**
- **Hemp Milk**
- **Cashew Milk**
- **Coconut Milk**
- **Organic Soy milk**
- **Oat Milk**
- **Most liquid types in stores have oil and sugars in so be careful choosing.**

NUTS

Organic and Raw is best. Because raw nuts can be dirty, and if you suspect they are, wash them in lukewarm water and rinse them before eating. If you have difficulty digesting raw nuts, see our soaking guide and soak them first before eating.

ORGANIC OR NOT?

Organic foods have a stronger life force. If your body was sprayed with a poison, or the water you drank was poison, how healthy would you be? When vegetables or fruits are sprayed with poisons, they are weak, ill. The same goes for the soil - foods grown in toxic soil are sick – much the same as if we drank toxic water.

If you live in a town where it is not possible to eat fresh and healthy produce, then do the best you

can and help your community work towards getting healthier organic foods.

SLEEP AND EXERCISE

Rest and conserve energy to promote healing.
It is best to get to bed by 10-11 pm so you can be asleep by midnight. Chinese medicine states that your liver naturally detoxes between 1-3 a.m. so you need to be in a good deep sleep by that time to let the liver do it's work.
If you are ill and weak, do not push your body to waste all its energy on strenuous exercise. If possible, do comfortable walking, gardening, swimming, and yoga but nothing that will leave you tired.

SUNSHINE & TELEVISION

Do limit your exposure to sunshine and television.
Sunshine is best taken before 11am and after 5pm.
Television should be watched 10 feet away, limited to 2 hours a day.
Monitor what your brain sees - eliminate negative shows and concentrate and uplifting your spirit.

PROTECT YOURSELF AGAINST DANGEROUS ENERGIES

There are various devices available that you can attach to your cell phones, computers, etc. For many years we used Q-Link which seemed to work well for protection from computers, electricity and EMF's. You can get those and many other types through Amazon.
There are also little self-adhesive protectors you can put on your cellphone and computer screens. As time goes on more and different options are becoming available, you should see what is available at the present time that you can use.

FASTING

There was a time when people fasted with water. We find that is far too dangerous with our present toxic bodies. Instead we do juice fasting where we drink several quarts of water throughout a day as well as fresh green juices every hour. We also take enemas at least once a day to cleanse the bowel. In addition we may take herbs to help the liver and blood cleanse more efficiently. Start with 3 days a month and work up to 7-10 days at a time.
Here is an idea of doing a green juice: 8 stalks celery, 2 cucumbers, 1 pound bok choy, 1/2 pound spinach and/or swiss chard or kale, 1/2 pound cabbage, 1 carrot, 1 beet, 1" piece of ginger root, ½ teaspoon Himalayan salt. Eliminate the spinach, chard, kale and beet if you have an oxalate acid problem. Drink throughout the day as much as possible.
Intermittent Fasting is good. Eat supper, then don't eat again until noon the next day. This will not work if you have blood sugar problems, but otherwise, starving disease in the body has shown good results.

SUPER FOODS

Include these super healthy foods in your diet (if you are not allergic or sensitive to them) as often as possible.

Alfalfa	**Garlic**	**Brown Rice**	**Royal Jelly**
Aloe Vera	**Millet**	**Cabbage**	**Shiitake Mushrooms**
Barley Grass	**Onions**	**Chlorella**	**Spirulina**
Bee Pollen	**Reishi Mushrooms**	**Dulse/kelp**	**Wheatgrass**

ESSENTIAL FATTY ACIDS

These oils include:

Evening Primrose Oil, Borage Oil, Olive or Coconut or Avocado oil, Black Currant Seed Oil, Hemp Oil.

You do not heat these oils. These Omega 6's will help heal nerve tissue and regenerate skin tissue. If you aren't sure which are the best oils for you, learn how to test your foods, or have a hair analysis done through our clinic: (403) 527-5700.

Flaxseed oil is also an Omega 3 oil. Most of us think of Omega 3 oils as fish oils but Flaxseed oil is a little unique. Flaxseed oil is estrogenic, so should not be used if you have breast, ovarian or uterine cancers. Flaxseed oil has both Omega 3, 6 an 9 and may be considered by some as superior to fish oils. Watch for the confusion between Fish Liver Oil and Fish Oil. Fish Liver Oil, such as cod liver oil, is high in Vitamin A, used for the immune system and as an antioxidant. Fish Oil is taken from the fatty build-up under the cheeks of cold water fish and used mostly as a heart helper, and is known as Omega 3.

KEEPING THE MIND HEALTHY

By now I guess we have all figured out that our mind can make us sick or heal us - but how do you control it? Visit this website:
www.life-enthusiast.com/twilight/research_emoto.htm
or get Masaru Emoto's book "Messages in Water" where this scientist proves that your thoughts can affect the water in and outside of your body. We know the body is mostly made up of water, so is your food! See how you can have a direct effect on your body and the food and water you intake with just your mind.

At our clinic we test on the Reba machine for emotional blockages which can be eliminated by using simple homeopathic preparations over a period of time.

Other ways to help stressful mind afflictions are using the Tapping Methods on acupuncture points, and doing Flower Essence Remedies such as Bach Flower Remedies.

ADDICTIONS, CRAVINGS, EMOTIONAL PROBLEMS

We have found using the emotional freedom technique of TAPPING on emotional acupuncture points in the body to be easy and it works very well to clean out emotional problems in the closet. You don't have to know why you have a problem, just release it from the emotional body and get on with life. We have successfully used this technique for phobias, fears, addictions, cravings and just plain old hurts.

View this website for complete information: www.emofree.com

Using homeopathy is another way to help. There are many remedies for each type of situation.

IS THIS THE ULTIMATE WAY OF EATING?

What we are suggesting in our recipe book is excellent for degenerative diseases, but you can go a step further and eat 100% raw food. Some people can do this indefinitely, but most people gravitate towards 80% raw and 20% cooked. Some people have a digestive system that is so denatured that they can't eat raw food. Why do our recipes allow raw milk cheese, raw eggs, soy, honey, maple syrup, Bragg, and many other foods? We find most of our clients can't make the jump to letting go of everything to an absolutely perfect diet and these foods provide a bridge where they get some treats with very little harm. You can do remarkable healing at this level.

If you want to try an even purer diet, we suggest you read 'Conscious Eating' by Dr. Gabriel Cousens, and books by Ann Wigmore.

FACTS ABOUT SUGARS AND ARTIFICIAL SWEETENERS

ARTIFICIAL SWEETENERS

SORBITOL – sugar alcohol naturally found in fruits. Used as a low calorie sweetener in medical solutions. Its hyperosmotic properties allow it to work as a laxative being triggered in doses of 20-50 grams, drawing water into the colon from surrounding body tissues to help soften the stool and relieve constipation. This also allows relief of dry mouth during prostatectomy as a urinary bladder wash. It was approved by the FDA in February, 1978.
Webmd (on internet) advises not to use it longer than week and not to take it with additional laxatives or stool softeners. Not for use if you have irritable bowel, colitis etc. Side effects include nausea, gas, diarrhea, stomach, cramps or anal irritation. May affect irritable bowel or similar disorders. Watch for rectal bleeding, vomiting, weakness, dizziness, persistent urge to empty the bowel, black and tarry stools. Allergic reactions may include rash, itching/swelling of face/tongue/throat; trouble breathing.

SUCRALOSE aka SPLENDA – Sucralose is an artificial sweetener made from sucrose and protected by patents of the British company Tate & Lyle and Johnson & Johnson. It was discovered in London in 1976. Sucralose itself has no calories. Splenda contains a relatively small amount of sucralose. Most of Splenda's calories comes from dextrose and maltodextrin which has 3.75 calories per gram(a lower calorie content than sugar). Unlike other artificial sweeteners, sucralose is heat stable to 450ºF. Splenda usually contains 95% dextrose and maltodextrin which is easily metabolized by the body. Research says consuming 15mg or less a day should be safe. Mercola lists examples of side effects that have been reported: gastrointestinal problems such as irritable bowel syndrome attack, seizures, dizziness, migraines, blurred vision, allergic reactions, blood sugar increase and weight gain. He said there have only been 2 published trials representing a total of 36 human subjects and of that only 23 were actually given sucralose for testing and the longest trial has only been 4 days with a view of sucralose relation to tooth decay. No studies have been done on children or pregnant women.

EQUAL is a brand name. Now we have the original Equal, as well as Equal Sucralose, and Equal Saccharin., and Equal Next. The original was made of dextrose with maltodextrin and the sweetening ingredients aspartame and acesulfame potassium. Acesulfame potassium is a zero calorie sweetener that the body can't metabolize therefore it is excreted; it is 200 times sweeter than sugar. Equal Sucralose uses the same sweetening ingredient as Splenda and Equal Saccharin uses the same ingredient as Sweet N Low. Equal Next are dextrose with maltodextrin and uses aspartame and saccharin.

NEOTAME is an artificial sweetener made by NutraSweet. Mercola tells us it is more toxic than the aspartame NutraSweet product because of the chemicals used in its manufacturing.

SACCHARIN as an artificial sweetener is 300-400 times sweeter than table sugar (sucrose) but people complained of the bitter or metallic taste when using it. It is sold in little packets called Sweet 'N Low as a low calorie sugar substitute. In the 1970's the government banned it from the Canadian market after concerns were brought up

concerning cancer in lab rats when using the product. Lately it is thought that because it occurs in rats, does not mean it occurs in humans. In 2006 it was allowed back on the market as a food additive.

ASPARTAME aka NUTRASWEET – Aspartame comes from aspartic acid and the amino acid phenylalanine. The phenylalanine methyl bond, called a methyl ester, is very weak, allowing the methyl group on the phenylalanine to easily break off and form methanol. It is claimed that methanol is found in fruits and vegetables therefore it is safe to eat, however the methanol in fruits and veggies has the methanol firmly bonded to pectin which allows it to be safely passed through your digestive tract which does not happen with the ethanol created by aspartame. and although amino acids are considered good for us, they are not expected to be taken in the qualities that people are taking them. Research has shown an association between aspartame consumption and non-Hodgkin's Lymphoma and leukemia and a large study taken over a period of 10 years found drinking just 2 diet drinks a day can dramatically increase your risk of an early death from heart disease. Methanol poisoning side effects include vision problems including misty vision, progressive contraction of visual fields, blurring vision, obscured vision, retinal damage, blindness. Formaldehyde is a known carcinogen that causes retinal damage, interfering with DNA replication and may cause birth defects. It is generally thought that too much NutraSweet in the diet may cause brain deterioration and neurological damage. Jennifer Cohen an 11 year old student conducted an experiment proving aspartame in diet soda breaks down into two deadly neurotoxins when stored at room temperature and under refrigeration. In 2015 Pepsi, and Coke have been forced to change their diet drinks using aspartame due to the decline in sales. The decline is due to the education of the public of the dangers of aspartame.

JUST LIKE SUGAR blends crystalized Maltodextrin with Chicory root.

SUGAR ALCOHOLS

NOTE: there is actually <u>no ethanol(alcohol) in sugar alcohols</u>. The sugar alcohols are used for weight loss because of the reduced calorie content and for diabetics due to their low glycemic index. Some sugar alcohols can cause digestive distress. They are largely indigestible and can cause diarrhea by pulling the excess water into the large intestine. Fermentation of sugar alcohols from gut bacteria can cause gas and bloating and may decrease fat absorption from other foods. Although sugar alcohols are considered safe, some may cause digestive upset, especially flatulence when eaten in large amounts. Many find the adverse GI effects fade after the first month or two. It is often used as a weight loss product. These are very appealing to diabetics and weight loss enthusiasts. An added bonus: the bacteria in your mouth don't ferment sugar alcohols, so they don't damage your teeth the way that regular sugar does. These products are not considered intense sweeteners because they aren't sweeter than sugar, some are even less sweet than sugar. They are not considered noncaloric or non-nutritive sweeteners because they contain calories, but are lower in calories than sugar. Even though they are called sugar alcohols, they aren't alcoholic and do not contain ethanol. Because they have fewer calories and don't affect the blood sugar levels very much, they can be safely used by diabetics.
Sugar alcohols are not usually used when you prepare food at home, rather they are found in many processed foods such as chocolate, candy, frozen desserts, chewing gum, toothpaste, mouthwash, baked goods. When added to foods they add sweetness, bulk and texture and help food stay moist, preventing browning when heated. They are often combined with artificial sweeteners to enhance sweetness.

ERYTHRITOL is a sugar alcohol, made from corn, and which is almost completely absorbed, but not digested so it provides almost no calories (.2 calories per gram). This

is probably the best tolerated sugar alcohol and if the dosage is spread out throughout the day, it can be increased so a person can tolerate large amounts without Gastrointestinal distress. It is made from plant sugars. Sugar is mixed with water and then fermented with a natural culture into erythritol. We are seeing more and more these days, often grouped with other sugars. You have to eat over 455 mg per pound of body weight to cause stomach upset so it is pretty safe.

XYLITOL is made from the birch tree. It contains 2.4 calories per gram. It is a sugar alcohol which is often used in toothpaste. Trials found it helped prevent tooth decay. Xylitol is not fermentable by common plaque forming oral bacteria like sugar is, so it doesn't provide a food source. It also inhibits the growth of these bacterial and forms complexes with the calcium to help in remineralization. Most people can tolerate about 30g per day. Xylitol is highly toxic to dogs, put it out of reach if it is in your house.

MONK FRUIT is a sugar alcohol, used as a sugar substitute. It is about 300 times sweeter than sugar. Made from green melon (Siraitia grosvenorii plant) grown in China. No known side effects. It is named after the monks who cultivated it. Safe for diabetics as it does not increase blood sugar. If you are allergic to melons, pumpkin, squash, or cucumber, you may also be allergic to monk fruit. No calories or carbs!

MALTITOL is a sugar alcohol used as a sugar substitute. It is about 75-90% as sweet as sucrose(table sugar) with similar properties (except for browning). The good news about maltitol is that it doesn't promote tooth decay and is less problematic for the blood sugar. It is obtained by hydrogenating corn syrup. Often you will find it listed as the ingredient in sugar free candy, chocolate, chewing gum, and ice cream.
It can cause gas for many which is said to normalize after a few weeks of use. Large quantities can cause diarrhea.

MANNITOL aka mannite or manna sugar. It is white, crystalline solid, looking and tasting like regular sucrose/sugar. Originally it was obtained from the secretions of the flowering ash when it was called manna after its resemblance to the Biblical food. It is mainly used to produce tablets of medicine. It is classified as a sugar alcohol.

ISOMALT is a sugar alcohol. It doesn't promote tooth decay but may create gastric distress with gas and diarrhea if consumed in large quantities (more than 50g a day) for adult; half that for child). You may see it listed as an ingredient in sugar free candy, especially hard boiled candy. It resists crystallization better than the usual combination of sucrose and corn syrup.

SORBITOL is a sugar alcohol, 60% as sweet as sugar and has only 60% of the calories. It is not recommended in a healthy diet due to a negative influence it can have on the digestive tract.

HYDROGENATED STARCH HYDROLYSATES are mixtures of several sugar alcohols, a type of sugar substitute. It comes from corn starch, potato starch or wheat starch. The hydrogenated starch hydrolysaes are similar to sorbitol.

NATURAL SWEETENERS:

Honey, Fruit juice concentrate, Date sugar, Monk fruit, Agave nectar, Pure Maple Syrup, Black Strap Molasses, Brown Rice Syrup, Stevia, Raw Coconut sugar, Raw cane sugar, Raw Beet sugar, Concentrated Grape Juice.

OTHER SUGARS YOU MAY HEAR ABOUT

ALLULOSE, aka D-allulose), is a sugar (monosaccharide) that exists in certain natural fruits. It is 70% as sweet as table sugar, but provides only .2 calories per gram. A bonus is that is tastes very similar as regular sugar. Studies suggest it may help reduce blood sugar and insulin levels. Large doses may lead to bloating, diarrhea, abdominal pain, so stick to a maximum single dose of .19 grams per pound of body weight and a maximum daily dose of .4 grams per pound.

BEET SUGAR – sugar beets are grown in southern Alberta and processed for consumption. Treat the same as white or brown sugar.

BROWN SUGAR – this is regular white sugar with molasses added to make its nice colour and flavour. It is also sold under other names such as Demerara style, Yellow Sugar, Muscovado Sugar, Plantation Raw Sugar.

BROWN RICE SYRUP, aka Brown rice malt syrup, or rice malt, or rice syrup. Made by cooking rice starch with saccharifying enzymes to break down the starch, then straining off the liquid and let it evaporate with heat. Sprouted barley grains are added to the rice starch which helps digestion of carbs, proteins, and fats. They may also use bacterial or fungal enzyme isolates. It is a little less sweet than sugar, so if the recipe calls for 1 cup sugar, use 1 ¼ cup brown rice syrup. On the glycemic index it is 98 which is higher than table sugar (65) and about the same as glucose (100). There is some concern about the rice having arsenic which is common in China.

COCONUT SUGAR / COCONUT PALM SUGAR – this is boiled and dehydrated sap of the coconut palm and is more expensive than granulated sugar. Available on the market is organic coconut palm sugar where no chemicals, bone char or animal by-products are used to make or de-colourize the product. When cooking, they are a 1:1 swap with regular sugar.

COCONUT NECTAR – this is a sweet, unrefined syrup made from pure coconut sap. It is gently heated so not to disturb its strength and purity. It has a sweet caramel flavour and is used similar to honey and other sweet syrups. Benefits of this is that it is low in fructose (lower than Agave). On the Glycemix Index it holds the position of 35, where other processed syrups have a GI of 65 or more. It is 100% Vegan.

DEMERARA has a heavy molasses coating (golden brown crystal sugar). Its large golden crystals are slightly sticky. It is often used as a specialty item for baked goods and used in tea, coffee or on top of hot cereals.

DEXTROSE is a simple sugar chemically identical to glucose (blood sugar) that is made from corn. Glucose is made from grape sugar.

EVAPORATED CANE SUGAR is showing up in many foods at health stores. It is produced from milled sugar cane through a single crystallization process where the filtered, clarified sugar cane juice is evaporated into a syrup, crystallized and dried. It is also called Turbinado sugar, and Evaporated cane juice (misleading as this is a sweetening syrup and not a juice).

FRUCTOSE, aka Fruit Sugar, is found in many plants (tree and vine fruits, honey, flowers, berries and most root vegetables), often bonded to glucose to form the disaccharide sucrose. It is sweeter than glucose or sucrose and is often used in soft drinks and linked with obesity along with High Fructose Corn Syrup. It is one of the 3 dietary monosaccharides (along with glucose and galactose) that are absorbed directly into the bloodstream during digestion. It is 1.73 times sweeter than sucrose. Commercially it is often derived from sugar cane, sugar beets and corn. Fructose is absorbed from the gastro tract by a different mechanism than glucose. Glucose stimulates insulin release from the isolated pancreas, but fructose does not. Most cells have only low amounts of the glut-5 transporter which transports fructose into cells. Fructose can't enter most cells because they lack glut-5 (whereas glucose is transported into cells by glut-4, an insulin-dependent transport system). Once inside the liver cell where it is metabolized, fructose can enter the pathways that provide glycerol (the backbone for triacyglycerol).

GRANULATED SUGAR is pure sucrose, the most common form of refined sugar made from sugar cane or sugar beets.

GALACTOSE is a monosaccharide sugar that is less sweet than glucose and fructose. Galactose is more commonly found in the disaccharide, lactose or milk sugar. It is found as the monosaccharide in peas.

GLUCOSE is used as energy by living organisms. It is defined as a carbohydrate and the most important simple sugar in human metabolism. It is called a simple sugar or monosaccharide because it is one of the smallest units which has the characteristics of this class of carbohydrates. Glucose is also sometimes called **DEXTROSE**. Corn syrup is primarily glucose. Glucose is one of the primary molecules which serve as energy sources for plants and animals. It is found in the sap of plants, and is found in the human bloodstream where it is called 'blood sugar'. The normal concentration of glucose in the blood is about .1%, but it is much higher in those suffering from diabetes.

GOLDEN SYRUP is a table syrup of sucrose and invert sugar. It is also called Refiner's syrup and Refined Sugar Syrup.

HIGH FRUCTOSE CORN SYRUP is a mixture of glucose and fructose. It is made from corn starch that has been processed by glucose isomerase to convert some of its glucose into fructose. A lot of press has been given to how detrimental this product can be to our health.

ICING SUGAR is a milled sugar known as powdered sugar or confectioner's sugar, ground to a fine powder.

LACTOSE is a natural occurring sugar found in milk. A molecule of lactose is formed by combining a molecule of galactose with a molecule of glucose and is broken down when consumed into its constituent parts by the enzyme lactase during digestion.

LIQUID INVERT SUGAR is a mixture of glucose and fructose when sucrose is broken down in solution.

LIQUID SUGAR is regular granulated white sugar dissolved in water.

MALTOSE is formed during the germination of certain grains such as barley which is converted into malt. The molecule of maltose is formed by combining two molecules of glucose. It is less sweet than glucose, fructose or sucrose. It is formed in the body during the digestion of starch by the enzyme amylase and is itself broken down during digestion by the enzyme maltase.

MOLASSES is a by-product of sugar cane and sugar beet refining process. It is also sold as Blackstrap or Cooking Molasses, Table or Fancy Molasses.

MUSCOVADO SUGAR is dry crystal sugar made by crystallization of dark syrups similar to Demerara style. It is also known as Barbados Sugar and often used on cereal, in puddings and fruit cakes, marinades an sauces. It ranges from light to dark brown and has a strong molasses taste. Muscovado sugar is not run through a centrifuge and only minimally spun in a centrifuge so more of the molasses is left.

ORGANIC SUGAR is made from cane syrups that are filtered and cleaned using only natural herbal extracts and vegetable purifiers. It is grown without sprays or chemicals.

PLANTATION RAW is often seen in sugar bowls in restaurants in light brown paper packets. It is supposedly natural sugar cane ground up and not processed.

RAW SUGAR is a sucrose which is synthesized from sugar cane or sugar beet and can't immediately be consumed before going through the refining process to produce refined sugar or white sugar. This is not the same as SUGAR IN THE RAW which is a specialty refined sugar. Raw sugar is not sold to consumers because it does not meet Canadian Standards for health and hygiene.

STEVIA comes from the plant "stevia" which you can grow in your back yard in the summer time as an annual. It is 100 times sweeter than sugar and has been approved in its highly refined state but not as a whole leaf or crude extract.

SUGAR IN THE RAW is the brand name of a sugar product. This is known as a fake raw sweetener.

SUCANAT is said to be a healthier choice to white or brown sugar. It is dehydrated cane sugar juice and used for thousands of years in India.

SUCROSE / TABLE SUGAR – This is a cane or beet sugar. SACCHAROSE is a name often used in the past. Sugars are found in the tissues of most plants, but are in higher concentrations in the sugarcane or sugarbeet plants. Whole books have been written about the history of sugar and it's detrimental effects. White sugar has been refined to remove the molasses.

TAGATOSE is a low carb sweetener similar to fructose that occurs naturally but is also manufactured from lactose in dairy products. These foods can't be labeled as 'sugar-free'.

TREHALOSE is found naturally in mushrooms.

TURBINADO SUGAR comes from the sugar cane. It is spin dried once in a centrifuge to remove most of the molasses whereas refined sugar is boiled several times to remove all the molasses. This gives a residual taste of molasses to the product.

UNPROCESSED CANE SUGAR is less refined than the white, unrefined and brown sugars.

YACON SYRUP a sweetening agent extracted from the tuber roots of the yacon plant (smallanthus sonchifolius), found in the Andes mountains. It contains about 1/3 of the calories of regular sugar (1.3 calories per gram). It is less sweet than table sugar, so you may need to use more. The fructooligosaccharides (FOS) in yacon act as prebiotics, helping the friendly gut bacteria. Eating FOS doesn't increase the blood glucose, but the root has free fructose at about 35% The Glycemic Index value of about 40, so it is categorized as Low GI food. It is made similar to maple syrup and tastes similar to molasses or caramelized sugar.

OTHER SUGAR SUBSTITUTES
Many like to use ground up dates to sweeten their foods. Applesauce is another natural fruit that can be used in recipes. Bananas are similar. These are all great in recipes for cakes, muffins, pancakes etc. Just puree them or mash them up. They are loaded with vitamins and minerals also.

SPECIFICS FOR CANCER

The highest amount of cancers in the U.S. and Canada is Lung Cancer, followed by Colorectal (Colon and Rectal) Cancer. Of course we know the affect smoking has on our bodies contributing to lung cancer (and stomach and bowel cancer) and should therefore be avoided.

Diet will play the biggest part in avoiding bowel cancer. It is so prevalent as a big killer in our society that we are now being advised that everyone over the age of 50 should have a colonoscopy to attempt early detection of bowel cancer! However, there is some risk doing colonoscopies with perforating the bowel etc. so they are pulling back on the number of colonoscopies being performed, and these days they are usually not done unless there is blood in the stool or a family history of bowel cancer.

You can help avoid liver cancer by eating a low protein, low fat, clean diet, free of chemicals and exposure to toxins. Even small amounts of animal protein can affect liver cancer according to the China Study, but plant based proteins have been shown to be acceptable.

Breast cancer hits one out of eight women and in U.S. and in Canada we have one of the highest rates in the world. The China Study tells us that breast cancer is related to levels of female hormones in the blood, which are determined by the food we eat. Many studies have shown that emotions may have a lot to do with breast, cervical and ovarian cancer. Prostate cancer represents about 25% of all tumors and often mastasizes to the bones and primarily exists in societies with 'Western" diets and lifestyles; consuming dairy foods can increase the risk of prostate cancer.

We mentioned "The China Study", being a book was written outlining this study. Part of the study that was very profound was done between 1973 - 1975 where 650,000 researchers tracked 880,000,000 subjects in China to learn the mortality rate of several kinds of cancers. They actually did a map showing where each of the cancers were more prevalent in China and it was found diet was at the route cause of the problem. Colin Campbell arrived on the scene, found the study, and worked with a doctor in China, taking 367 diet and health related variables, picked 65 of those Chinese counties, got 350 workers trained in the rural areas where the diet was more consistent, and they studied 6,500 subjects. In 1990 they came up with 94,000 correlations between diet and disease that where were statistically significant. Their conclusion was to eat a plant based diet and avoid fat and meat to avoid or correct cancer.

Although the raw food diet is a great diet for any degenerative disease, at our clinic we know that the best diet in the world is useless if we can't get someone to do it, so we have modified our approach to help people make a step in the right direction. This diet is close to the Gerson Diet for Cancer which has been successful for more than the past 50 years. You can visit the Gerson Institute "Clinica Nutricion Y Vida" in Tijuana where they will teach you how to prepare foods, take enemas and help the body restore its vital health.

There are many good cancer clinics available to help your journey if you can afford to attend them and receive their help.

FAVOURABLE FOODS:

- **Fruit: whole, or juiced**
- **Vegetables: juiced, raw in salads, steamed, baked.**
- **Salad dressings: raw olive or coconut or avocado oil, lemon or lime juice, apple cider vinegar.**
- **Soups: homemade vegetable soups, legume soups**
- **Grains, breads, cereals: whole grains (whole wheat, rye, bulghur, amaranth, quinoa, oats, barley, teff, kamut, spelt, corn)**
- **Rices: Brown Rice, Brown Basmati Rice, Wild Rice**
- **Noodles: whole grain type (rice, whole wheat, kamut, udon, spelt, kamut, quinoa, corn)**
- **Proteins: Raw nuts (not peanuts) and seeds, raw nut butters, occasional organic eggs, proteins from grains and other plants**
- **Small amounts of raw milk cheese.**
- **Oils: Udo Erasmus (Book "Fats that Heal; Fats that Kill") says that raw flaxseed oil does not encourage cancer growth. However since that time, we have learned to avoid estrogenic type foods and oils which apparently encourage breast, ovary and urterine cancers. If you are just doing preventative measures, you may use coconut oil, cold pressed sunflower oil, avocado oil or extra virgin olive oil - however, do not adulterate these oils by cooking them with high heat.**
- **Sweeteners: Unpasteurized honey, pure maple syrup, unsulphured blackstrap molasses, agave, stevia**
- **As much raw live food as possible. Remember cooked food is dead food.**
- **Seasonings: Sea salt, Celtic salt, Himalayan salt, cayenne pepper, herbs and spices**
- **Seaweeds, wheatgrass juice, spirulina, chlorella, barley grass.**

Why is meat not included? T. Colin Campbell, PhD did studies of why people get disease and especially cancer for 50 years. He wrote his findings in "The China Study" and the one thing he said that caused liver cancer was protein, even small amounts and he includes eggs, dairy and cheese in his protein study. He has his own laboratory and has done extensive testing over the years and feels the whole food plant based diet is the correct approach. We feel that because meat takes so long to digest and process, it causes putrefaction in the colon, causing more toxic build up. It can take 6 hours for beef to digest claiming your vital energy for this process instead of using it where it belongs: healing the body. For every year you have had cancer, you should be on this restrictive diet for one month - and a minimum of one year.
For most people that means about a year and a half of restrictive eating giving the body an opportunity to cleanse and heal itself. Of course, you will have a better chance of staying cancer free if you stay on it.

DAILY SUPPLEMENTS TO ASSIST:

1-2 capsules 400 IU Vitamin E in the morning (mixed tocopherols)
2 tablets Pancreatin, three times daily with meals
1 Potassium with each meal (99mg each)
2 capsules Vitamin A from fish liver oil 25,000 units each or equivalent, at night before retiring
50,000 IU Beta Carotene
500 mg Vitamin C with each meal
400 mcg Selenium
Aerobic Oxygen food grade stabilized 3% hydrogen peroxide - 20 drops 3 times daily

1,000 IU Vitamin D
Nutritional Supplementation - vitamins, minerals, green powders etc.
Thymus extract for the immune system
Wobenzyme - enzyme help especially for cancer, take 3 times a day
<u>HERBAL TEAS</u>: Red Clover Blossom, Stinging Nettle. Both cleanse the blood.
Liver cleansing herbs such as Milk Thistle, Burdock Root, Dandelion Root.
Bowel cleansers (daily enemas are encouraged but bowel cleansing herbs are useful)
If in doubt about what your body needs, find a holistic practitioner who can test your body to see what is suitable.
If you can't find someone, call our office for assistance (403) 526-5700.

FORBIDDEN (THESE POLLUTE, ANTAGONIZE and STRESS THE BODY):

- **Products that are bottled, refined, canned, salted, frozen, preserved, smoked, sulphured**
- **Alcohol if you have cancer. A glass of wine or beer is acceptable if you are just doing a preventative regime. The exception is organic canned, frozen or dried foods.**
- **Avocados (too much fatty acid) if you have advanced cancer.**
- **If you are hypersensitive to berries, avoid them.**
- **Beverages, except pure water and fruit juices**
- **Bicarbonate of soda in food, regular toothpaste, gargles.**
- **Candy, cake, chocolate, cocoa**
- **Coffee, also instant and decaffeinated (it's the oils that's the problem, making the pH of the body too acidic).**
- **Dairy products (milk, cream, cheese, butter).**
- **Drinking water from tap (use reverse osmosis, spring water, or distilled water with minerals added)**
- **Epsom salts**
- **Fat. It is suggested that you do not cook with oils or fats. Instead have cold pressed oils raw on salads – olive, avocado, coconut oils**
- **Fish, shellfish if advanced cancer. Wild salmon allowed in early stages and if prevention diet used.**
- **Flour (white)**
- **Fluorine in toothpaste, gargles**
- **Hair dyes and permanents (henna is an herbal colouring and should not toxify through the skin)**
- **Ice cream**
- **Meats (beef, chicken, pork, deer, rabbit, lamb)**
- **Nicotine (chewing, smoking)**
- **Table Salt and all substitutes (use powdered dulse, kelp, sea salt in moderation)**
- **Strong spices (pepper, paprika)**
- **Sugar (white or brown sugar and products made with them)**
- **Sugar substitutes (eg. Nutrasweet, sucralose, sorbitol)**
- **Toothpaste that has sugar or fluoride**
- **Don't eat for three hours before going to bed.**
- **Avoid anything that is processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted, disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive.**
- **Avoid overeating. Chew food well.**
- **Limit exposure to sun to 20 minutes daily.**

- **Limit exposure to television to 1 hour a day**
- **If breast cancer - no soy products or Vitamin E**

HERBS TO HELP CANCER:

For cleansing blood:

red clover blossom, stinging nettle, burdock rt

For cleansing liver:

milk thistle, dandelion rt, burdock rt

Here's a simple ESSIAC herbal tea type formula if you wish to make your own. This is very good to help cleanse the liver:

6 1/2 cup burdock rt, cut
2 cup (16 oz) Sheep Sorrel, cut
1 oz Turkey Rhubarb rt., powder
4 oz Slippery Elm Bark, powder or cut
Mix all = 10 cups

Bring 1 gallon distilled water to boil, keep lid on, stir in 1 cup formula, cover, boil 10 minutes.
Turn off stove. Scrape sides of pot with spatula, stir well, cover.
Let stand covered 6 hr, stir well, then let stand covered for another 6 hr.
Turn on heat, bring to a boil. At boiling point turn off stove. Strain into clean glass or stainless steel pot, (clean old pot), then return to first pot.
Use funnel, pour into sterilized bottles, cap, allow to cool, tighten caps again. Store in dark cool cabinet.
Once opened, keep refrigerated. Do not let the mixture become moldy.
To use: take 4 tablespoons heated distilled water, add 4 tablespoons of the formula (Shake bottle first). Mix and drink 2-3 times a day.

You can search the Internet and find lots more ways of making variations of this formula.

SOME NATURAL HELPERS:

These have been helping many people. Of course not everything works for everyone, but these are getting a high ratio of success:

- **Stabilized Oxygen (food grade 3% hydrogen peroxide that has been stabilized). Start at 5 drops three times a day and each day add one more drop 3 times a day until you reach 30 drops three times a day, then start reducing the same way you increased (by one drop 3 times a day).**
- **Thymus extract to help the immunity**
- **Paw Paw - green papaya, especially good for tumors**
- **Laetrile has worked for some (apricot or apple seeds).**
- **To increase natural interferon: Mix 1 Tbsp flaxseed oil in 500g cottage cheese, mix it in well and eat this daily for at least 21 days. Good for tumor activity also. Avoid flaxseed oil if you have estrogenic type cancer.**
- **Vitamin C injections have been getting good reviews by many.**
- **Pau d'Arco bark made into tea helps fungal imbalances. Because it is a bark, simmer it for 40 minutes. 2 cups daily.**
- **The herb Echinacea is showing good anti-tumor activity.**
- **Spend time cleansing the body of parasites and overgrowth of fungi such as candida albicans.**

- **Cleanse the body of chemicals and metals using homeopathics, diet and herbs.**
- **Daily enemas, at least for the first week of cleansing.**

Testimonials

Donna Rae at the Natural Healing Clinic, found herself at age 41 with cancer. As soon as she found out, she immediately put herself on the Gerson diet which she read in Max Gerson's book "A Cancer Therapy". She did 2-3 enemas in the morning to wash out the poisons in the body and ate strictly as outlined in the book. She had booked in for surgery, but confidently canceled it 3 weeks after the treatment started. She is 76 years old at the time of printing this book and has not had any cancer symptoms return.

Dr. Bernard Jensen (1908 - 2001) was a greater teacher of healthy living habits and wrote many books. But in his book "Come Alive" explains that he had prostate cancer at age 87 that had spread to the bones. He placed himself on a 4 month diet of only carrot juice and water, losing so much weight that he only weighed 87 pounds and was very weak. He did daily enemas, slowly reintroducing a healthy diet and took enzymes and supplements. He was pronounced cancer free.

Ann Wigmore (1909-1994) has become famous for her work with cancer and 'incurables' . She established the Hippocrates Health Institute in 1908 which is still in operation today. In 1940 she was diagnosed with breast cancer which she treated successfully with raw foods. She tells that at age 20 she had colon cancer, arthritis, and gray hair. She actually started to eat weeds and grasses (in Boston) that she had learned to eat for survival in Lithuania. She is a big believer in using wheat grass. You can listen to her talks on YouTube and read her books which are still in print.

At our clinic many people have come forward and told us of their remarkable journey from cancer to wellness using food therapy and acquiring a healthy mind. We have also seen many that are not prepared to give us their addictions to fast foods, meats, coffee, sugar and we have had no choice but to stand by and watch them deteriorate until death.

SPECIFICS FOR ARTHRITIS

Out of print now, Paavo Airola, a Canadian nutritionist, published a book called There Is a Cure for Arthritis. It has healed many people by doing a 3 week fast and enemas. You can get it online as a used book still. Basically you dilute fresh orange juice (50% water/50% juice), and do the same for vegetable broth after cooking up some vegetables. Because of the restrictions, not a good choice if you are diabetic.

DIET:

Drink 6-8 glasses of distilled water for a day for 2 weeks each month
Eat slowly and thoroughly

NO:

- **Refined grains (white flour), sugars, pasta NO SUGAR - NOT EVEN A SCRAP- check all labels for any type of refined sugars such as glucose, sucrose, galactose, fructose).**
- **Salty foods, baked goods, breads, processed cereals**
- **Foods containing preservatives and chemicals**
- **Coffee, tea (except herb tea)**
- **Citrus fruits (esp. in evening)**
- **Acid forming foods may be a problem: wheat esp. refined flour products, sugar, tea, coffee, alcohol, vinegar (except apple cider vinegar), pickles, processed and tinned foods, tomatoes, rhubarb, gooseberries, red/black currants, cooked spinach, margarine and all processed fats, eggs, chocolate and peanuts.**
- **Nightshade vegetables may be a problem, especially if the arthritis is in the hands: tomatoes, peppers, potatoes, eggplant, paprika are all part of the nightshade family (so is tobacco)**

YES:

- **Fruits: Apples, black currants, bananas, cherries, blueberries.**
- **Vegetables: all, especially watercress, kale, potato, parsnips, chicory, celery, lima beans, sprouts, dandelion greens, green beans, artichokes, okra, collards, lettuce, garlic, onions, turnip greens.**
- **Starches: brown rice, rye, oatmeal, popcorn, barley, millet**
- **Nuts, Seeds: sesame, sunflower, almonds, pumpkin seed. All should be eaten raw**
- **Juices and Blends: Black cherry. Celery & parsley. Celery & apple. Cucumber. Endive.**
- **Goats Whey. Carrot. Beet & cucumber. Nut milk with liquid chlorophyll. Aloe Vera Juice & Papaya**
- **Apple Cider Vinegar to help alkalize the body. Take 1 Tbsp vinegar and 1 tsp honey in 2/3 cup water, 15 minutes before each meal.**
- **Oils of special help: olive or coconut or avocado oil, Evening Primrose Oil, Fish Body Oil, Cod liver oil,**
  Halibut liver oil, Salmon Oil, Shark Oil, Fresh Wheat Germ oil.

Note: Less than 20% of the diet should be acid forming foods; 80% alkaline.
60% of food intake ideally should be raw foods. If you are not used to eating a lot of raw foods this may be difficult and you must work up to it slowly.

OTHER HELP:

- **Bowels need to be free-flowing. Use enemas or bowel cleansers if you do not have**

2-3 soft stool movements each day. Note: high enema of slippery elm or white oak bark tea can be really helpful

- **Use castor oil pack over problem areas**
- **Pulse testing of food needed to determine sensitivities. Take pulse before eating. Eat one food, take pulse 30 minutes after eating. If pulse beat goes up more than 10 beats a minute, you are sensitive to that food. The greater the increase, the more sensitivity.**

Pulse should even out within 60 minutes and start to return to normal.
Hydrochloric acid (Betaine HCl) and Proteolytic enzymes. Take these digestive enzymes with meals.
Remove excessive copper from the body using either L-cysteine or homeopathic Cuprum.
Keep warm. Wear socks to bed if feet cold. Don't keep hands in cold water.
Sweat baths (not if frail or weak)
Poultices: Bentonite or Green Clay, Comfrey, Kelp/Cayenne

What follows is a list of the pH of foods after they metabolize. It is said that an acidic body invites disease. This is especially true for arthritis. Strangely, the foods that taste acidic, do not metabolize acidic.

LIST OF pH OF FOODS (most alkaline 7.5pH to most acid .5pH)

pH is measured by the pH of the ash left after the food is metabolized.

7.5 pH:
Lemons, Watermelon, Melons (all)

7.0pH:
Agar Agar, Cantaloupe, Cayenne, Parsley, Kelp, Dried Figs, Dried Dates, Limes, Mangoes, Papaya, Parsley Juice, Seaweeds, Watercress, Wheatgrass Juice

6.5pH:
Asparagus, Endive, Escarole, Kiwi, Miso, Passion Fruit, Pineapple, Raisins, Fruit juice, pears

6.0pH:
Alfalfa Sprouts, Apricots, Bananas, Berries (exc. blueberries), Carrots, Carrot Juice, Celery, Celery juice, Chard, Dates, Figs, Garlic, Grapes, Grapefruit, Lettuce, Nectarines, Tangerines, Spinach

5.5-6.0 pH:
Apples, Peaches, Pumpkin, Fresh Peas, Herbal Teas

5.5 pH:
Bamboo shoots, Beets + beet juice, Broccoli, Cabbage, Cauliflower, Corn, Daikon, Ginger (fresh), Green beans, Green onions, Kale, Kohlrabi, Iceberg Lettuce, Lima beans (fresh), Mustard greens, Oranges, Parsnips, Bell peppers, Pomegranates, Potatoes, Strawberries, Tamari Sauce, Turnip

5.0 - 6.0 pH:
Squash

5.0 pH:
Almonds, Barley Malt Sweetener, Brown Rice Syrup, Brussels Sprouts, Cherries, Chicory, Coconut (fresh), Cucumber, Eggplant, Leeks, Okra, Olives, Pickles, Radishes, sea salt,

Taro, Water chestnut

4.5-5.0 pH::
Artichokes, Mushrooms, Onions, Herbal root teas, Tomato

4.5 pH:
Amaranth, Chestnuts, Egg yolks, Essene bread, Raw goat milk, Granola, Horseradish, Lactobacillus bifidus, Millet, Olive oil, Quinoa, Rhubarb, Sauerkraut, Sesame seeds, Soybean products, Soy sauce, Goat Whey

4.0 pH:
Acidolphilus, Almond Oil, Avocado Oil, Unsalted Butter, Canola Oil, Castor oil, Corn oil, Cranberries, fresh raw cream, Margarine, Safflower oil, Sesame Oil, Soy oil, Sunflower oil, Cow Whey, Plain Yogurt

3.5-4.0 pH:
Raw cow milk

3.5 pH:
Salted Butter, Aduki beans, Black beans, Blueberries, Sprouted millet bread, Brazil nuts, Broad beans, Mild cheese, Crumbly cheese, Dried beans, Egg whites, Garbanzo beans, Homo Goat milk, Kidney beans, Mung beans, navy beans, pecans, Pinto beans, Plums, Prunes, Red beans, Spelt flour, White beans

3.0 pH:
Barley, Brans, Sprouted rye bread, Medium cheese, Chicken fat, Cornmeal, Processed cream, Filbert nuts, Honey, macadamia nuts, Maple Syrup, Homo milk, Molasses (organic), Pistachios, Popcorn, Rye Flour, Lentils, Sunflower seeds, Turbinado sugar, Walnuts

2.5 pH:
Beef fat, Buckwheat, Sharp cheese, Eggs, Ketchup, Mayo, Wholegrain Pasta, Whole grain pastry with honey, Basmati rice, Brown rice, Steel cut Oats, Peanuts, Wheat Sprouted bread, Tapioca

2.0 pH:
Fructose, Refined Molasses, Pork fat, Shellfish, Wheatgerm, Whole wheat, Wine, Sweet yogurt

1.5-2.0 pH:
Fish

1.5 pH:
Organic chicken, Deer, Pheasant, Rabbit, Turkey, White Wheat

1.0-3.0 pH:
Pop

1.5 pH:
Black tea, Refined Pasta

1.0-2.0 pH:
Beer or liquor, Coffee

1.0 - 1.5 pH:
White rice

1.0 pH:
Bear meat, Organic Beef, Goat, Lamb, Pastry made with refined flour and sugar, Pork, Soft drinks (artificially sweetened), Sugar (eg. from sugarcane, sugar beets)

.5 pH
Artificial Sweeteners

SPECIFICS FOR DIABETES

Dr. Gabriel Cousens in England believes there is a cure for diabetes, especially Type 2 (adult diabetes) and he has been treating people successfully for 40+ years. There are over 246 million people who have diabetes and every 2 seconds a person dies from it, and 2 more contract it. Diabetes is seen as an 'incurable' disease managed by medication and some dietary help. Cousens says that healing diabetes with live food has been done since 1920 when Dr. Max Gerson healed Albert Schweitzer with raw vegetables and fresh raw juices and Cousens has been doing the same ever since.

Dr. Cousens has over 40 years of clinical experience and being a renowned expert on the subject, he has written a book called 'There is a Cure for Diabetes'.

Cousens views diabetes as a symptom of 'the culture of death' we live in today full of dead food, fast food, obesity, nutritional deficiencies, stress, caffeine, alcohol, vaccinations. He promotes a diet of nutrient rich plant based raw and living foods and recommends a 21 day kick start, followed by a maintenance program. He says that if you eat animal protein you are 4 times more likely to get Type 2 diabetes than a vegetarian. Meat, fish and chicken raise the insulin index by as much as an equal amount of white sugar! Vegetarian protein lowers insulin resistance while animal protein increases it. The program is reported to be so effective that after 21 days it is common to see diabetes patients have normal blood sugar readings.

I guess the question is: just how attached are we to our junk foods, fast foods and lifestyle? Is it worth good health to give it up? For some, they will do it and live long and healthy lives. For others, they will continue to use their pills and needles and cling to a lifestyle that is slowly killing them.

You can get Dr. Cousen's book "There is a Cure for Diabetes" from the Internet as well as other books he has written. If you have diabetes, it is well worth the effort to try this method.

See our raw food section to help with recipes. You can also get lots of recipes off the Internet.

Dr. Brian Clement, director of the Hippocrates Health Institute in West Palm Beach, Florida (originally founded by Dr. Ann Wigmore) tells us that eating lots of fat is the number one cause of diabetes. Sugar is fuel for the cell. The fat surrounds the cell and the sugar cannot get into the cell so it remains in the blood stream.

It is important to understand about the Glycemic Index.

GLYCEMIC INDEX

How fast does food raise the blood sugar? Glucose is given an arbitrary value of 100 to help give a ruler to measure from. Slower carbs in the lower numbers are helpful to prevent overnight drops in blood sugar and for long periods of time.

55 or less on the Glycemic index: Low

56-69 on the Glycemic index: Medium
70 or more on the Glycemic index: High

The question is: Should we eat only from a lower glycemic index? No! But er could try to have at least one low GI food at each meal.
Remember, the bigger the portion, the more it will increase your blood glucose, regardless of its GI rank.
Check blood glucose level before eating, and 1-2 hours afterwards to see how your body handles the meal.

BEANS:	
Baked	44
Black beans, boiled	30
Butter beans, boiled	33
Canellini beans	31
Garbanzo, boiled	34
Kidney, boiled	29
Kidney, canned	52
Lentils, green or brown	30
Lima, boiled	32
Navy beans	38
Pinto beans, boiled	39
Red lentils, boiled	27
Soybeans, boiled	16
BREADS:	
Bagel, plain	72
Baguette French	95
Croissant	67
Rye	40
Dark Rye	76
Hamburger bun	61
Multigrain bread	48
Muffins:	
Apple, cinnamon	44
Blueberry	59
Oat & raisin	54
Pita, white	57
Pizza, cheese	60
Pumpernickel	49
Sourdough	54
White bread	70
Wheat	68
Whole meal bread	69
Whole grain	50
CEREALS:	
All bran	51
Bran Buds & psyllium	45
Bran Flakes	74
Cheerios	74
Corn Chex	83
Cornflakes	83
Cream of Wheat	66
Frosted Flakes	55
Grape nuts	67
Life	66
Mini Wheat, wholemeal	57
Muesli, natural	54
Nutri-grain	66
Oatmeal, old fashioned	48
Porridge, non instant	49
Puffed Wheat	67
Raisin Bran	73
Rice Chex	89
Rice Krispies	82
Shredded Wheat	67
Special K	54
Total	6
Wheetabix	77
CRACKERS:	
Graham	74
Rice cakes	80
Rye	68
Soda	72
Wheat Thins	67
DAIRY & DAIRY SUBSTITUTES:	
Chocolate milk	35
Custard	43
Ice cream, vanilla	60
Ice milk, vanilla	50
Ice-cream, low fat	50
Milk, fat free	32
Milk, skim	32
Milk, whole	30
Soy milk	31
Tofu frozen dessert	115
Yogurt, fruit	36

Yogurt, low fat	33
Yogurt, plain	14

DRINKS:

Apple juice	40
Carrot juice	45
Colas	65
Gatorade	78
Grapefruit juice	48
Orange juice	46
Pineapple Juice	56
Soy milk	30

FRUIT:

Apple	38
Apricots	57
Apricots, dried	31
Apricots, in syrup	64
Banana	56
Cantaloupe	65
Cherries	22
Dates	103
Fruit cocktail	55
Grapefruit	23
Grapes	46
Kiwi	52
Mango	55
Orange	43
Papaya	58
Peaches	52
Pear	58
Pineapple	66
Plums	39
Prunes	15
Raisins	64
Watermelon	72

GRAINS:

Barley	25
Barley flakes	66
Barley, cracked	50
Barley, pearl	25
Basmati, white	58
Bulghur wheat	48
Couscous	65
Cornmeal	68
Millet	71
Rice, brown	55
Rice, wild	57
Rice, white	58
Rye	34
Taco shell	68
Wheat kernels	41

PASTA:

Cheese tortellini	50
Fettucini	32
Linguini	50
Macaroni	56
Spaghetti, cooked 5 min	33
Spaghetti, cooked 15 min	44
Spaghetti, prot. enrich	28
Vermicelli	35

SNACKS:

Angel cake	67
Chocolate bar	49
Corn chips	72
Croissant	67
Digestive cookies	58
Doughnut	76
Graham crackers	72
Jelly beans	80
Life Savers	70
Muffin, unsweetened	62
Oatmeal cookie	57
Pizza, cheese & tomato	60
Pizza hut, supreme	33
Popcorn, light micro	55
Potato chips	56
Pound cake	54
Power bars	58
Pretzels	83
Ryvita	67
Saltine crackers	72
Shortbread cookies	64
Snickers bar	41
Strawberry jam	51
Tart	65
Vanilla wafers	77
Waffles	76
Water biscuits	65
Wheat thins	67

SOUPS

Black bean soup	64
Green Pea soup	66
Split pea soup with ham	66
Tomato Soup	38

SUGARS:	
Fructose	22
Honey	62
Maltose	105
Table sugar	64

VEGETABLES	
Artichoke	15
Asparagus	15
Bean Sprouts	25
Beets, canned	64
Black eyed beans	41
Broad beans	79
Broccoli	15
Carrots, fresh, boiled	49
Cauliflower	15
Celery	15
Chickpeas	33
Chickpeas, tinned	42
Corn, sweet	56
Cucumber	15
Eggplant	15
French fries	75
Green beans	15
Green peas, frozen	47
Kidney beans, boiled	29
Lentils, green, boiled	29
Lentils, green, tinned	51
Lettuces	15
Lima beans frozen	32
Parsnips	97
Peas, fresh, boiled	48
Peas, dried	22
Peppers, all	15
Potatoes, new boiled	59
Potatoes, red, baked	93
Potatoes, white boiled	63
Potatoes, white, mashed	70
Soy beans, boiled	16
Snow peas	15
Spinach	15
Squash, young summer	15
Sweet potatoes	52
Tomatoes	15
Yams	54
Zucchini	15

EXAMPLES OF LOW GLYCEMIC INDEX FOODS (55 or less) – these are the best

Skim milk, Plain Yogurt, Soy Beverage
Vegetables (non-root type)
Apples, plums, oranges
Sweet potatoes
Oat bran bread
All Bran cereal
Converted or parboiled rice
Pumpernickel bread
Al dente (firm) pasta
Lentils, kidney beans, baked beans
Chick peas
Blueberries, Cherries

EXAMPLES OF MEDIUM GLYCEMIC INDEX FOODS (56-69)

Bananas
Pineapples
Raisins
New Potatoes
Oatmeal
Popcorn
Split pea or green pea soup
Brown rice
Couscous
Basmati rice
Shredded wheat cereal
White wheat bread
Rye bread

EXAMPLES OF HIGH GLYCEMIC INDEX FOODS

Watermelon
Dried dates
Instant mashed potatoes
Baked white potato
French fries
Parsnips, Rutabaga
Instant rice
White bagel, soda crackers
Cereals: Corn Flakes, Rice Krispies, Cheerios

FOODS THAT HELP DIABETES

See list above - the best foods are from the low glycemic index however lentils and high fiber foods force the body to use insulin over a long period of time digesting the foods, which gives stability to the insulin levels.

Stay away from packaged and over processed cereals, noodles, crackers. Avoid anything with white flour, refined sugar.

The best sweetener to use: stevia
The best oil to use: olive or coconut or avocado oil
The best diet to follow: raw food for one month, then 80% raw and 20% cooked.

DIABETES REGIME

For the First Month:

- **Daily enema in the morning for 3 weeks.**
- **Drink 1 - 1 1/2 gallons of fresh low-glycemic organic living green juice with 1 teaspoon celtic salt, spread out throughout the day. You will need about 16-18 pounds of produce to accomplish this. Twice a day add to an 8-10 oz glass of the juice: 1 tablespoon of psyllium and 1 tablespoon bentonite.**

  Example of Green Juice:
  Unlimited celery, cucumbers.
  Add any of: handful of spinach, parsley, bok choy, swiss chard, cabbage, beet greens. red bell pepper, green sprouts, jerusalem artichoke.
  Small amount of carrot, apple, beet. Add for flavour: ginger root, lemon or lime juice, turmeric powder, pinch cayenne.
  Celtic salt or sea salt or Himalayan salt to taste (limit is 1 teaspoon daily intake).
  Stevia as sweetener if desired.

- **Take digestive enzymes several times a day**
- **Take 3 capsules chlorella or spirulina daily**
- **Take liquid Calcium-Magnesium and trace minerals every evening**
- **Take 2 Tablespoons Olive oil, Coconut oil, or Hemp seed oil daily - can mix it in with the juicing.**
- **Drink 1 cup of (stinging) nettle tea daily (blood cleanser) and one cup of dandelion root or milk thistle tea daily (liver cleanser). If you have difficulty doing the tea, take 2 caps nettle twice a day and two caps of milk thistle twice a day.**
- **Take herbal or homeopathic parasite formula daily.**
- **Take 2 capsules probiotics or acidolphilus in the morning and evening.**
- **500 mg. Vitamin C or Ester C three times daily.**
- **Drink extra pure water as needed.**
- **Take your blood sugar reading many times throughout the day. Adjust your insulin dosage as needed as you begin to heal.**

After the first month (maintenance):

- **introduce 20% cooked foods to the diet**
- **still avoid honey, sugar, maple syrup. Stick with stevia as a sweetener.**

- **do not cook any oils.**
- **No dairy (cheeses, milk, yogurt, butter), wheat, soy**
- **No MSG or food additives**
- **No caffeine**
- **No meat, fish, poultry, wild game.**
- **Try many of the recipes in this book, adapting them to substituting Stevia for honey/maple syrup.**

RECOMMENDED FOODS FOR MAINTENANCE:

All vegetables but these are of benefit: cabbage, bitter melon, jerusalem artichoke (sunchokes), cucumbers, celery, garlic, onions.

Best grains: millet, brown rice, oats. If you are going to use wheat, try making breads with Red Fife flour or Einkorn flour. These are ancient grains from Turkey over 50,000 years ago and packed with nutrition.

Best fruits: huckleberry

All raw Nuts & Seeds, especially walnuts and almonds. Also sunflower seeds, chia seeds, sesame seeds, pumpkin seeds. Peanuts are not nuts, they are legumes and are not recommended.

Best oils: Extra virgin olive oil, walnut oil, hemp oil, sesame oil, coconut oil, avocado oil, evening primrose oil, borage oil.

Sea Vegetables: all. Nori sheets are easy to use and mild in taste. Kelp and Dulse can be used in powder form mixed in with celtic or himalyan salt.

Algaes: Chlorella and Spirulina

Vitamins of special benefit for diabetes: B3, B6, B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Bioflavonoids.

Minerals of special benefit: Magnesium, Chromium-Vanadium, Calcium, Zinc, Potassium, Manganese.

Other of benefit:
Alpha Lipoic acid as an antioxidant for neuropathy (about 600 mg a day)
Acetyl-Carnitine for peripheral nerves.
L-Arginine to help insulin sensitivity.
Digestive Enzymes with meals

HERBAL HELPERS FOR DIABETES

- **Cedarberries is probably the one of the best herbs for the pancreas.**
- **Licorice root helps regulate blood sugar whether high or low. Don't use licorice root regularly if you have high blood pressure.**
- **Cinnamon taken twice daily in capsule or powder form has a positive effect on high blood sugar. You will need to take about 1 tsp at a time.**
- **Onions and garlic can lower blood sugar levels**
- **Bilberry: 80-160 mg. 3 times daily to protect eyes that are susceptible to problems with diabetes.**
- **Fenugreek (1.5 - 2 k/kg daily). Defatted fenugreek seeds have anti-diabetic effects.**

Fenugreek seeds help reduce urinary glucose levels, helps lower cholesterol levels too.

- **Gymnema (400 mg) daily lowers blood lipids as well as glucose levels**
- **Dandelion root has a good reputation for helping diabetes. Dandelion tea will strengthen the digestive system and detox the liver, spleen, blood and pancreas**
- **Milk Thistle is similar to dandelion root, works on the liver to cleanse and strengthen.**
- **Holy Basil helps lower cholesterol, decreases blood pressure and inflammation if diabetes not too severe.**
- **Cayenne helps with nerve pain, circulation.**
- **Uva Ursi is best herb for kidney-bladder and also helps pancreas especially if inflamed. For short term use (3 weeks)**
- **Ginkgo Biloba (40 mg 3 times daily) improves blood flow and brain function.**
- **Gentian stimulates the pancreas and helps digestion.**
- **Devil's Club - this is an old standby for blood sugar. It seems to be harder to acquire as the resources dwindle.**
- **Goat's Rue is an old herb from ancient times used for diabetes**
- **1 Tbsp of apple cider vinegar and 1 Tbsp Coconut Extra virgin oil three times a day.**

QUESTION:
Are we suppose to take all of these herbs?

No, it would be good to find a holistic practitioner who could test you to find out the best herbs and vitamins for your particular body. If you can't find someone suitable, call our office (403) 526-5700 and we may be able to help you.

SPECIFICS FOR HEART DISEASE

This is still the number one killer in North America, with cancer almost tied. The most common problem causing heart attacks is ARTERIOSCLEROSIS or ATHLERSCLEROSIS (hardening of the arteries, or plaquing of the arteries) and this should be totally preventable. There are 500,000 coronary artery bypass surgeries a year at $100,000 per surgery, which means we are spending 50 billion dollars yearly. You would think there would be a greater emphasis on the prevention, but the fast food and prepared foods are big business and very powerful. Unfortunately it is up to us as individuals to take control of our health, no one will do it for us.

At our clinic we have put people on various diets to see what will clean up the system the fastest and the Raw Food Diet definitely comes out as the best method. However, it requires dedication and discipline and many find they can't do it; they are so addicted to their high fat, high protein, sugar.

Raw Food diet will usually correct HIGH BLOOD PRESSURE and HIGH CHOLESTEROL within 6 months. The anti-inflammatory diet can be used successfully also. High blood pressure is not a disease but the body's defensive and corrective measure, initiated to cope with pathological conditions in various functions of the body such as general toxemia, impaired kidney function, glandular disturbances, defective calcium metabolism, degenerative changes in arteries, overweight, emotionally caused dysfunction in vaso-motor mechanism etc.

The kidneys are an important component. Minute arteries in the kidneys can be damaged by excessive pressure. Eventually they may lose their ability to filter the body's waste products. Sickness and death can follow.

DIURETICS OR LAXATIVES TAKES OUT SODIUM AND POTASSIUM FROM THE BODY. Many take diuretics for high blood pressure but this can also cause high blood pressure because they leach out the potassium in the body, which can actually make it worse.
Best food sources of potassium:
pears, organs, potato, paprika, bananas, apples. However if you have taken diuretics you most likely won't be able to eat enough of the right foods to replace the potassium, you will need to get a supplement.

Be careful not to be on one of those low carb, high protein diets, after several months the kidneys can clog resulting in even higher blood pressure.

When looking for remedies for high blood pressure, be concerned with finding balance more than treating the high blood pressure.

Symptoms of High Blood Pressure:

- **Headache**
- **Easily fatigued**
- **Short of breath**
- **Dizziness**
- **Night sweats**
- **Insomnia**
- **Nosebleeds**
- **Blurred vision**

- **Edema**
- **Head pressure**
- **Ringing in the ears**
- **Eventually hemorrhaging in the eyes.**

Measuring High Blood Pressure:

Blood pressure is measured at 2 levels: when the heart is contracting (systolic) and when it is resting (diastolic).
Systolic is the top number, the highest level your blood pressure reaches when your heart beats; Diastolic is the bottom number and is the lowest level your blood pressure reaches as your heart relaxes between beats.
Most people who have high blood pressure are aware of what is normal for their body and age. A perfect read is said to be a 3:2 ratio eg. 120/80 but as you age, this standard can go up a little. When the second number, the diastolic, reaches 90 or higher, it needs to be addressed because it imposes a strain on the heart walls causing them to thicken and the heart to become enlarged. Also, in time the blood vessels overstretch and their walls become less elastic and lose their ability to stretch. Blood vessels in the brain may burst when their walls become weakened and a stroke may result.

There is another formula to help read the blood pressure: take the systolic plus the diastolic, times the heart rate eg: 120/60 X 62 beats per minute= (120+60) X 62 = 180X62 = 11,160. Ideal range is 10,500 to 12,500. As it starts to go higher, especially when it gets up into the high 14,000's and 15,000's it's an indication of possible cardiovascular stress and potential volume overload. When it's too low, say below 9,000 then it's potentially an indication that there isn't enough electrical energy in the cardiorenal system to keep things going. Highly trained athletes may score low on this index because of the efficiency of their system, lots of athletes have a resting heart rate in the 40's or low 50's.

Here's another simple test to take the number of heart beats per minute and divide it by the number of breaths per minute. Five is ideal; 4-6 is ok; 3 needs urgent care; 2 indicates critical care needed; over 6 indicates toxins may be taxing the heart or respiration center in the brain.

Remedies:

Sunlight causes high blood pressure to drop. The higher the blood pressure, the bigger the drop. It takes about 24 hours following exposure for the effect to be maximal but the effect will last as long as five or six days.
If you are overweight, you need to lose weight and get down to a normal body weight. Get plenty of relaxation and sleep. Do not push yourself till exhausted. You may need naps throughout the day.

- **EXERCISE lowers blood pressure. As you increase your blood flow and oxygen your blood vessels dilate to accommodate the additional flow required to supply the body's requirements.**
  As your HDL goes up and LDL goes down, there is a cleansing effect on your blood vessels whereby any buildup of plaque or saturated fat is carried away, thereby allowing the heart to pump blood through the arteries more efficiently. Exercise also increases your metabolism which helps burn food and converts it to energy.
- **FOOD. Processed foods, fats, dairy products and meats are more difficult to process than fruits and vegetables therefore putting more pressure on your heart**

and circulatory system. It takes only 20 minutes to digest vegetables but it can take 6 hours to digest beef. Switching to a vegetarian diet will be easier on the heart and blood pressure. Eat as much raw food as possible. Cooked food is dead food!

- **Coffee is a vaso constrictor and will elevate blood pressure.**
- **If you can't eat properly, take vitamins, minerals and amino acids necessary to complete your nutritional requirements.**
- **Avoid regular wheat flour, instead use Einkorn or Red Fife.**
- **Avoid stress. Don't push yourself too hard. Learn how to relax.**
- **Avoid alcohol and tobacco. They are stimulants adding enormous stress to the already stressed heart.**
- **Sodium (salt) causes hypertension because it causes fluid retention, adding stress to heart and circulatory system. Increase potassium, calcium, and Vitamin D to encourage excretion of sodium. Therefore a low salt, high potassium diet is recommended.**
- **Pinch or push back hard, the skin at the base of the nails on the toes till it hurts. This is a reflexology exercise to help.**
- **Avoid peanuts; they tend to make cholesterol worse than it already is.**

Daily Supplements known to help high blood pressure:

- **1500 mg Vitamin C helps maintain health of blood vessels that are strained by greater pressure.**
- **Vit B complex (50 mg twice daily or 100mg twice daily if under stress)**
- **Choline (muscle test to determine amount)**
- **Inositol (muscle test to determine amount)**
- **Niacin (muscle test to determine amount)**
- **20-50 mg Pangamic Acid (B15)**
- **100 mg Pantothenic Acid (B5)**
- **400 IU Vit. D**
- **400 - 800 Vit. E**
- **100 - 300 mg Bioflavonoids**
- **250 - 500 mg Cal-Mag (equal proportion) 3 times a day. Best taken after 3 pm.**
- **Cal-Mag in 2:1 proportion. Best taken after 3 pm.**
- **1200 mg Lecithin**
- **Potassium (99mg three times a day)**
- **Fatty acids (eg. borage oil, evening primrose oil)**
- **Fish Oil (Marine Lipids). Not to be confused with cod liver oil. Fish oil comes from the fatty build up under the cheeks of cold water fish.**

Herbs for the Heart:

- **Hawthorne Berry, is king of heart remedies, a tonic that helps regulate blood pressure**
- **European Mistletoe (viscum album) abstract (15 drops 3 times a day or 3 cups of mistletoe tea daily**
- **Motherwort leaves helps with palpitations**
- **2-4 caps Cayenne in morning and afternoon helps remove plaque from arterial wall and helps control blood pressure. Don't take just before bedtime.**
- **Garlic and Parsley help regulate blood pressure, cleanse the blood and strengthen the heart. Garlic capsules (2 with each meal)**
- **Red Clover Blossom or Stinging Nettle tea to purify blood**
- **Oral Chelation products help cleanse the arteries for the improvement of circulation**

and less strain on the heart.

The Raw Food Diet is excellent for high blood pressure. Here's a modification of the Raw Food Diet for those who have difficulty with pure Raw Food Diet.

Example of a 9 day program to help:

DAYS 1 and 2
Only raw, ripe fruit should be eaten.
Choose from the following. Listed in order of preference:

Grapes, Melons, Apples, Pears, Pineapples, Peaches, Apricots, Cherries. (no citrus fruit!)

DAYS 3,4,5 and 6
Upon rising

4 oz. pure, unsweetened fruit juice (grape, apple, or pineapple juice are good)

Breakfast

Raw fruit. Choose from apples, pears, pineapples, or melon.

Lunch

Vegetable juice
Raw salad made from shredded cabbage, parsley, grated carrot, celery.
2 oz low fat cottage cheese
Dressing: yogurt with fresh lemon/lime juice, spices and herbs

Supper

raw, ripe fruit with plain yogurt

Evening snack

vegetable juice

DAYS 7 and 8
Same as days 3,4,5, & 6 except include at suppertime a medium sized baked potato (skin included)

DAY 9
As previous two days except add two slices of whole grain bread.

This 9 day program should lower the blood pressure, after which you can adopt the following daily regimen:

Regime:
Upon rising

4 oz. juice

Breakfast

fruit for 4 out of the 7 days of the week
Grain (cooked) eg. millet, rice or buckwheat for the other 3 days of the week, a grain

Morning snack

vegetable or fruit juice or a raw fruit or vegetable salad

Lunch

a salad with cottage cheese or soup
400 IU Vitamin E

Supper

a salad with raw, steamed or stir-fried veggies
raw milk cheese,, or a serving of grain such as cooked brown rice

Supplements at Breakfast and Supper:

2 garlic-parsley tablets
1 capsule cayenne
1200 mg lecithin
1 multivitamin/multimineral
50 mg selenium

Once the blood pressure is normalized, the recipes in this book should help keep it in place.

Note:
Raw onions contain Prostaglandin A1; so does garlic. Both onions and garlic are good for high blood pressure but are not necessary to bring down high blood pressure, so if they don't agree with you or if you don't like to eat them, leave them out of the regime. Short green juice fasts are helpful (if diabetic or hypoglycemic you should follow that program).

ABOUT CHOLESTEROL

With our recipes, cholesterol usually comes into balance within a few months. If you wish to monitor your own cholesterol, you may be able to get a personal measuring device from a drug store or on the internet. The measuring ranges for cholesterol are:
3.88-7.76 mmol/L (Canadian) or
150-300 m g/DL (U.S.)
As each device is particular to itself, we won't list how each works but instructions will come with the device you purchase.

Foods are important regarding high LDL cholesterol numbers, and it is generally felt that the cholesterol from our diet is what accumulates in our arteries causing arteriosclerosis. But equally important is the liver which makes cholesterol for the body and therefore wee suggest everyone do several liver cleanses a year, up to 3 months for each one. Milk thistle and/or dandelion root and/or burdock root are standard herbs that work well. You can get them at any health food store. Usually you will do 1-2 capsules twice daily on an empty stomach.

The most important thing to remember when you are cleansing the liver is to take your remedy on an empty stomach so it doesn't become part of your food cycle - that means 1/2 hour before eating or at least 1 hour after you have eaten. The other important point to remember is that your bowels need to be 'free flowing' (absolutely no constipation) so that when the liver dumps all that icky poison into your bowel, it goes right out the body, quickly and efficiently.

ANTI INFLAMMATORY DIET

This is a great way to eat for almost any disease whether it is heart disease, diabetes, arteriosclerosis, cancer.

- **Chicken twice a week (organic is definitely best)**
- **Tuna or Salmon 1-2 times a week**
- **All veggies cooked or raw**
- **Fruit: avoid acid fruits, eat very limited amounts of other fruits**
- **No gluten (wheat, oats, rye, barley, spelt, kamut). Instead you may have: rices,**

buckwheat, quinoa, amaranth, teff, lentils, dried peas and beans, corn.

- **Limited amounts of almonds (no hazelnuts or walnuts). No peanuts.**
- **3-4 chicken eggs (range free) a week**
- **No beef, pork, lamb, or any other red meat**
- **No coffee or black tea**
- **No cows milk or cheese made from cow but you can have goat milk and goat cheese**
- **No sugar (white or brown), corn syrup, or synthetic alternatives. Honey and stevia are fine. Erythritol is usually well tolerated as is brown rice syrup and coconut sugar.**
- **For oils and spreads - use extra virgin olive oil, coconut oil, avocado oil (no margarine). See the oils that you tested the best to use.**
- **Also avoid any food sensitivities listed on the enclosed sheet (numbered 3 and higher)**

SPECIFICS FOR BOWEL DISEASE

IRRITABLE BOWEL, CROHNS, COLITIS, INFLAMMATORY BOWEL DISEASE, CONSTIPATION, CHRONIC DIARRHEA, GAS, BELCHING.

Let's thank our wonderful North American diet. We have become attached to our fast food, denatured diet and have acquired a long list of bowel problems. Take all the pills you want to try and cope with the problem, if you don't change your eating habits, doubtful you will ever get better. One of the first principles of healing is to stop the abuse.

It is good to be tested to see what foods you are sensitive to because everyone seems to have their little quirky sensitivities but the vast majority have to eliminate dairy and wheat from the diet. In addition, the heavy meats and fast foods rarely can be tolerated.

A clean diet is needed – back to how we ate 100 years or more ago. Plain and simple foods, unadulterated and no chemicals.

Most people that have bowel problems need to have probiotics to help reculture the healthy bacteria that has been lost through taking antibiotics or steroids or just poor eating habits. Some people need lots more fiber in their diet, some people can't tolerate fiber. L Glutamine is sold in all health food stores and is a must to help bowel disorders and should be taken about 15 minutes before meals.

Because most bowel disorders have malabsorption problems, you may need to use spray vitamins that absorb easily through the mucosal lining of the mouth. If you are taking vitamin C supplements you should use the Ester C type which are less likely to cause disruption. Vitamin C is important in the prevention of fistula formation and polyps.

Drinking a cup or two of peppermint tea can help relax the intestines and reduce spasms and gas pain. Taking about 600mg a day of magnesium also helps bowel spasms and relaxes the bowel. Vitamin A, Zinc and Vitamin E are also important to the bowel.

A good study about bowel cleansing can be found in the book "Tissue Cleansing Through Bowel Management" by Bernard Jensen. This can be obtained through Amazon or other book dealers on the internet. There is not near enough space here to talk about all the different problems and solutions for digestive disorders, but remember stopping the abuse is the first thing to do or it is unlikely you will be able to correct the problem.

The most common disorders we see from bowel disorders are headaches/migraines, back pain, skin rashes, sinusitis, allergies, edema, and of course diarrhea, and constipation.

HOW TO SECTION

How to sweeten
How to salt
How to thicken
How to make rice milk
How to make almond milk
How to use coconut milk
How to use Agar Agar
How to sprout seeds

HOW TO

HOW TO SWEETEN

For sweetening agents use:
Honey
Pure Maple Syrup
Xylitol
Monk fruit (200 times sweeter than sugar, use sparingly)
Rice Bran
Coconut sugar
Fruit and Fruit concentrates
Vegetable glycerin
Stevia (careful, it is 100 times sweeter than sugar, use very sparingly)

HOW TO SALT:

For salty agents use:
Sea Salt, Himalayan Salt, Hawaiian Salt, Celtic Salt
Tamari (natural soy)
Bragg Liquid Soy
Dulse or Kelp powder (seaweed)

HOW TO THICKEN

For thickening agents use:
Cornstarch (mixed with a little cold water, can be added to cooked sauces)
Arrowroot (mix with a little cold water and add to sauce)
Potato starch
Agar Agar
Tapioca
Gelatin (not strictly vegetarian)
Whole Grain flours (wheat, spelt, rice, millet, kamut, rye).

HOW TO USE RISING AGENTS:

For rising agents use:
Baking soda
Yeast
Baking powder (use aluminum free type only)

HOW TO MAKE AND USE MILK SUBSTITUTES:

These should be available at your local health food store. Read the labels so you don't get those that contain oils, sugars or chemicals:
Rice Milk
Almond Milk
Cashew Milk
Coconut Milk
Potato Milk
Oat Milk
Soy milk (most liquid types in stores have oil and sugars in so be careful).

HOW TO MAKE SESAME MILK

1/2 cup sesame seeds
5 dates
1/4 tsp sea salt
4 cups water
Soften dates by simmering in 1/2 cup water. Grind sesame seeds in nut grinder until finely ground.
Put simmered dates, ground seeds, salt and 2 cup water in blender and blend until smooth. Pour into container and add remaining 1 1/2 cup water (use to rinse blender).
Stir well. Delicious on cereals or as a beverage. Toasting the sesame seeds enhances the flavor and is said to make them more digestible, but kills off enzymes. Check occasionally as they should be just slightly brown.

USING SESAME MILK IN COOKING

Grind 1/2 cup of the sesame seeds and blend in 2 cups water until smooth.
Pour into a container and add 2 cups water. This can be used in place of milk in almost any recipe and has a comparable nutritive value.

HOW TO MAKE RICE MILK

1 cup cooked brown rice
2 cups water
1/2 tsp salt
2 Tbsp malt (optional)
1/2 cup cashews
4 dates (optional)
Put all into blender and blend until smooth. Pour into container and add enough water to make a total of 6 cups. Stir well.

HOW TO MAKE COCONUT MILK

Add 1 cup finely shredded coconut (unsweetened) to 2 cups hot water. Let stand 20 minutes, then blend a few minutes and strain through a sieve and a cloth.
Add a dash of salt and a few drops of honey if you wish. This is great on cereal and can be used as milk in recipes.

HOW TO MAKE OAT MILK

1cup raw (unkilned) organic oatgroats.
Place in 2 cup measuring container to the 2 cup level. Let stand 2 hr. Macerate in high speed blender. Add 3 more cups of water and let stand another 1-2 hours.
Blend again thoroughly. Pour mixture through a fine mesh strainer to filter out the bran. Drinking it raw is best, cover and refrigerate to use as drinking milk. If you wish you can flavour with vanilla. Stir or shake before drinking. If you drink between meals, it can coat the mucus membranes nicely.

HOW TO MAKE NUT MILKS

1 cup raw cashews or almonds
1 quart of water
1/4 tsp salt
6 dates (optional) put in blender with cashews, if sweet milk is desired. May add bananas or other fruit for flavor.

Put nuts, salt and 1/2 to 2 cups water in blender and blend until smooth.
Pour into container and add remaining water. Shake well each time before pouring onto anything as it settles. This is not a drink but can be used over hot cereals.

HOW TO MAKE SUNFLOWER SEED MILK

The night before, put 1 cup of shelled sunflower seeds and 3 1/2 cups water in the blender. Cover.
Before breakfast, blend until you have a white milk and the seeds are reduced to pulp. Pour into a fine wire strainer or strain through a thin cloth. The seeds can be soaked only a few hours if you need the milk during the day.

HOW TO MAKE OATMEAL MILK

1 cup rolled oats
4 cups water
1/4 cup soy milk powder
1 tsp vanilla
1/3 tsp salt
5-6 dates, chopped
Blend all until smooth. Add 2-4 more cups of water depending on the richness you desire. Strain. Blend in fruit or coconut if you want. Frozen fruits are also nice blended in milk for use on cereals.

HOW TO MAKE CASHEW OR ALMOND NUT CREAM

3/4 cup raw cashews or almonds
1 cup water
6-8 dates
1/2 tsp vanilla
Pinch of salt
Blend all until smooth
Will thicken in the refrigerator.

HOW TO SPROUT SEEDS

Sprouting seeds is a great way to get live fresh food. If you want to do an exclusive raw food diet, you will want to sprout seeds and grains to make them digestible.

To sprout use plastic trays with little drainage holes, or use wide neck large jar with some nylon hosiery or cheesecloth at the mouth (keep the hose in place with a rubber band).

As a general rule of thumb, soak in twice the amount of water.

NUTS (soak to make them more digestible)

Almonds soak 12 hr
Pecans soak 1-2 hours
Walnuts soak 1-2 hours
Macadamia, pine, pistachio nuts (no need to soak)

SEEDS, LEGUMES, BEANS

Wash the seeds, soak them for several hours in a bowl to get them started, then drain them and transfer them to a tray or jar.
Rinse them frequently (every 8 hr) or they will develop mold.

A good habit is to keep them on the kitchen counter to remind you they need attention. Once the sprouts are about 1/4" long, you can transfer them into the sun so they will develop more chlorophyll if you wish.

Seed	Method	Amount	Soaking Time	Sprouting Time
Adzuki	jar	1/2 cup	12 hours	3-5 days
Alfalfa	jar	3 Tbsp	5 hours	4-6 days
Almonds	jar	3 cups	8-10 hours	1-2 days
Barley	jar	1 cup	6 hours	12-24 hours
Barley	soil	2 1/2 cup	--	7-10 days (unhulled)
Broccoli	jar	2 Tbsp	8 hours	3-4 days
Buckwheat	jar	1 cup	1-6 hr	1-2 days (hulled)
Buckwheat	soil	2 1/2 cup	---	7-9 days (unhulled)
Cabbage	jar	1 Tbsp	4-6 hours	4-5 days
Clover	jar	3 Tbsp	5 hours	4-6 days
Fenugreek	jar	4 Tbsp	6 hours	2-5 days
Garbanzo	jar	1 cup	12-48 hours	2-4 days
Lentils	jar	3/4 cup	8 hours	2-3 days
Mustard	jar	3 Tbsp	5 hours	3-5 days
Mung	jar	1 Tbsp	3-5 hr	1-3 days
Onion	jar	1 Tbsp	4-6 hours	4-5 days
Pea	jar	1 cup	8 hours	2-3 days
Pinto	jar	1 cup	12 hours	3-4 days
Pumpkin	jar	1 cup	6 hours	2-3 days
Radish	jar	3 Tbsp	6 hours	3-5 days
Rye	jar	1 cup	6-8 hours	2-3 days
Sesame	jar	1 cup	8 hours	- (hulled)
Sesame	jar	1 cup	4-6 hours	1-3 days (unhulled)
Soybean	jar	1 cup	2-12 hr	2-3 days
Sunflower	jar	1 cup	4-8 hours	1-3 days (unhulled)
Wheat	jar	1 cup	8-10 hours	1-2 days (for sprouts)
Wheatgrass	soil	2 cups per flat		8-12 hours *

Note: Mung beans can be tricky. Wash first, then soak 1-3 days, rinsing and draining every 8 hours.

GRAINS

Rye, Spelt, Wheat, Kamut, Barley soak 6 hours, then sprout 5-7 days.
Best wheat is Red Fife or Einkorn which are derived from Turkey some 50,000 years ago and still grown in Canada today.
Amaranth soak 3 hours, sprout for 24 hr
Millet soak 3 hr, then sprout 12 hours
Quinoa soak 3 hrs, then sprout 24 hr
To order specialty organic foods: Organic Matters, in B.C. will ship anywhere.

SPROUTING SUNFLOWER SEEDS

These are a little different than other seeds. Fill a pan 2 1/2 feet square with 2" deep of garden or potting oil. Soak 4 cups unhulled sunflower seeds for 8-12 hours.
Scatter the seeds one layer thick and press down firmly into the soil with your hand.

Sprinkle with water, they must be kept very moist. Cover with brown paper and spray to dampen. Keep damp.
In about 4 days the plants should be pushing the paper up several inches.
Pick the seed hulls of the leaves only after the small plants begin to stand up.
Remove the paper and allow the plants to green in the sun near a window. Cut and harvest with scissors when the first two leaves are open and green. Cut above the soil.
Rinse and shake dry.
The soil will not be reusable.

HOW TO SPROUT WHEATGRASS

Wheatgrass is very high in nutrition. Get the hard red winter organic variety.
Soak the seeds in water for 8-15 hours, then drain for 8 hr before seeding.
Spread 1 inch of soil in a tray, wet thoroughly but not so that it is muddy.
Put a layer of seed touching each other, on the soil.
Cover with 4-8 pieces of wet newspaper, then plastic or another tray without paper.
On the 4th day, remove the cover, water the seeds, and place in the sun or light.
Water once a day.
On the 7th day cut close to the base.
You can start to use the grass when it reaches 2" tall, or let it grow to 6" and harvest.

Grind for juice or chew and remove pulp. The old hand "Porker' Meat Grinder words well, and there are juicers on the market that will grind wheat grass.

To ingest, sip 1 oz slowly on an empty stomach once or twice daily.

HOW TO USE AGAR AGAR (instead of gelatin or as a thickener)

Usually you just boil the agar agar in water until it is dissolved then use in a recipe.
Here's an example of a jello type dish:
Take 1 bar of agar agar and boil it in fruit juice until agar agar is dissolved (5-10 minutes).
Pour it into a bowl that won't let it stick. Add chopped fruit after it begins to set (about 45 minutes).

HOW TO GET COMPLETE PROTEIN FROM PLANT SOURCED FOODS

Protein is made up of amino acids which are considered its building block.s There are 20 types of amino acids that can form a protein, 11 of which are produced by our bodies and 9 that are not. These are called essential amino acids and needs to be sourced from food since our bodies can't make them. A protein is considered 'complete' when it contains adequate amounts of all nine essential amino acids. Foods that contain only a few amino acids are considered incomplete proteins. Meat, poultry, eggs, dairy are considered complete proteins.

Non-animal sources of foods do not contain complete proteins, but we know from watching people around the world that do not eat animal meat and are perfectly healthy, that you can eat a plant based diet and be healthy. An example is in Mexico where the diet is beans and rice eaten together and which makes a perfect protein. Here is a simple way to combine plants for a complete protein:

Grains + Legumes

Legumes + Nuts

Grains + Dairy

Legumes + Seeds

Grains: Millet, Oats, Wheat, Corn, Rice, Rye, Tricale, Barley Bulgur, Teff, Spelt, Buckwheat, Quinoa, Amaranth, Seitan

Legumes: Kidney beans, Black beans, Lima Beans, Navy Beans, Green peas, Cannellini Beans, Butterbeans, Soybeans, Split peas, Black eyed peas, Lentils, Chickpeas (garbanzos), Lentils, Peanuts

Seeds: Pumpkin seeds, Seed sprouts, Sesame seeds, Flax seeds, Hemp seeds, Chia seeds, Sunflower seeds

Nuts: Almonds, Brazil nuts, Cashews, Coconut, Hazelnuts, Macadamia, Pecans, Pine nuts, Pistachio nuts, Walnuts

So eating a peanut butter sandwich (grain with legume) combines nicely. Beans and rice in a salad or heated in a stew. Cookies with whole grain flour, ground nuts or seeds. Tofu with peanuts. Cheese sandwich. Oat porridge with pumpkin seeds and oat or soy milk.

DRINKS

Rejuvelac
Chai Tea
Sun Tea
Almond Milk
Smoothies, Sodas
Spritzers

DRINKS

Use superior organic ingredients whenever available.

REJUVELAC

1/2 cup soft wheat berries
6-7 cups pure water
Sprout 1/2 cup of the berries for 3 days in a sprout bag or whatever method you like to use.
First soak the berries for 10-12 hours, then rinse twice daily.
Mix or chop the 3 day old sprouts in a blender filled about 3/4 of the way with pure water (about 3 cups).
Blend about 10 seconds to release the storehouse of vitamins, proteins and enzymes into the water.
Now pour the water and sprouts into a half gallon jar, fill the jar to the top with water and let it sit for 3 days in a shady spot at approx. 65-75^{o}F.
Cover the top with cheesecloth or a screen to allow the Rejuvelac to breathe. A mason jar can also be used.
Stir the mixture twice daily - this is important. You can use a chopstick or long utensil to stir.
Smell the mixture daily to experience its development.
Rejuvelac tastes sour. It smells fresh and tastes like sparkling lemon water. It may remind you of sauerkraut. Cooler temperatures tend to create a lemon taste, warmer creates sauerkraut taste.
When ready, stir one final time, pour off liquid through a screen or strainer, leaving sprouts behind.
Drink this 'live' juice - full of enzymes and bacteria. Start with only 6-8 oz daily. After 2 weeks you may increase the amount.
Don't drink too fast, savor it.
You can use this rejuvelac as the basis for a smoothy by adding various fresh sprouts, apples, white part of the watermelon, greens such as lambs quarter, dandelion leaves, kale, avocado. Make it thick and you can eat it as a meal all day long.

POTATO PEEL BROTH

Most of the potassium in a potato is close to the edge of the skin. Take 1/4 inch peeling of two large red potatoes. Simmer the peelings in 3 cups of water for 15-20 minutes. Strain and drink the broth. This can help neutralize the accumulated acids in the body.

DRINK YOUR GREENS

Either use a juicer, or a blender and then strain.
You can do this for 3-4 weeks to build up your inherent vitality to help the body fight disease.
Aim to drink 12-15 pounds of live produce daily which provides cellular nutrition for healing.
That means you will be drinking 4-5 quarts per day:
*** The base is always celery and cucumber**
*** Add your choice of leafy greens such as kale, bok choy, spinach, parsley, cabbage, swiss chard, beet tops, collards, watercress, herbs (use sparingly to avoid bitterness), dandelion, grasses, all other leafy greens.**

*** You may add other vegetables such as tomato, bell pepper (red, yellow, orange), string beans, burdock root, jerusalem artichoke, radish, any green sprouts**
*** If you want to, add a little apple, sweet potato, carrot, beet (these are higher in glycemic index so use sparingly).**
*** Add your choice of condiments such as lemon and lime juice, cayenne, ginger root juice, garlic, himalayan salt, turmeric powder or juice.**

HIGH CALCIUM JUICE

3 kale or 4 bok choy stalks with leaves
Small handful of parsley leaves
4-5 carrots
Put everything through a juicer and drink.
If you can pick raw horsetail weeds in the summer and put them through the juicer to be added to the mixture, they are an excellent source of calcium.

WARM GINGER MILK

Good for the winter or cool nights. Also helps settle upset stomachs.
1 cup Rice Milk or Soy Milk
3/4 - 1 tsp juice from fresh grated ginger root
Grate a small amount of the fresh ginger, then press into the fine mesh strainer to extract juice (or just hold between your fingers and squeeze).

Add the juice to the rice milk or soy milk and bring to a strong simmer 1-2 minutes. If the ginger flavour is too powerful, add more milk. If you want more ginger, add a few more drops at a time until you get the exact taste you like. Serve steaming hot in a small tea cup.
An alternative way to make this is to warm the milk in a pot on the stove, and add the grated ginger root. Stir it around and after about 5 or 10 minutes, strain and drink.

TRADITIONAL ALMOND MILK

1 cup raw almonds
4 cups water
Blend in a blender until nice and smooth.

CHAI TEA

Boil 5 minutes, then steep 10 minutes:
1 Tbsp fennel or anise seed
6 cardamom pods or 1 Tbsp cardamon seeds
4 cloves
1 cinnamon stick or 2 Tbsp cinnamon pieces
1/4 inch ginger root, sliced thin
1/4 tsp black peppercorns
2 bay leaves
7 cups water
Add, bring to a boil, and simmer 5 minutes:
2 Tbsp roiboos tea
Add and serve with:
5 Tbsp honey
1 cup organic soy or rice milk

SUN TEA

2 large bunches mint, or spearmint
1/4 cup honey, or to taste
1/4 cup freshly squeezed lemon juice, or to taste
Add mint to a large jar (i.e. 1/2 gallon) of water. Place in direct sunlight for several hours. Remove mint and finish with honey and lemon. Serve over ice.

SMOOTHIES

Use organic whenever possible.
For one serving, the base can be 1 cup of any of:

<u>USE A SMOOTHIE BASE - ANY OF:</u>

1. **Unsweetened Apple Juice**
2. **Plain unsweetened yogurt**
3. **Organic Soy milk or rice milk**
4. **Orange juice or some other fruit juice**
5. **Fruit sweetened Rice Dream or Soy ice-cream**
6. **Roiboos tea, green tea or herbal tea**
7. **Club soda**
8. **Knudsen spritzers (fruit juice sweetened pop)**
9. **Coconut milk (or 1/2 coconut milk and 1/2 either rice milk or soy milk)**

Add 1 tsp honey, 1/2 banana, and 1/2 cup other fruit or fruits. Blend until smooth. If you use frozen fruit, it is nice and icy. You can also add some ice cubes in the blender if you wish.

<u>Variations:</u>
1 Tbsp maple syrup instead of honey
1 tsp black strap molasses instead of honey
1/2 tsp vanilla extract

<u>Fruits (fresh or frozen):</u>

raspberries	**strawberries**
blueberries	**cherries**
peaches	**apricots**
bananas	**kiwi**
cantaloupe	**honeydew**
coconut	**oranges**
grapefruit	**pineapple**
mango	**papaya**
cranberries	**blackberries**

If you can't get fresh or frozen, use unsweetened canned/packaged
Adding the fruit frozen makes the drink into a thicker icy drink much like a milkshake.

<u>Other ingredients to add for variations:</u>

mint leaves	**1/2 tsp vanilla**
cinnamon	**nutmeg**
allspice	**ginger**
cocoa	**organic peanut or almond butter**
lime juice	

Favourite combinations (your choice of sweeteners):

1. **Pineapple - Orange juice - Banana**
2. **Coconut - Pineapple - Soy or Rice Milk**
3. **Mango - Banana - Apple juice**
4. **Mango - Banana - Pineapple juice**
5. **Apricots - Frozen orange juice - Lemon**
6. **Banana - Organic Cocoa - Apple juice or milk**
7. **Pineapple - Banana - Raspberries**
8. **Strawberries - Banana - Mint leaves**
9. **Kiwi - Apple Juice - Honeydew**
10. **Cranberry juice - Banana - Raspberries**
11. **Apple Sauce - Orange juice - Banana - Raspberries**
12. **Peaches - Apricot juice - Pineapple juice - Almond milk**
13. **Lemon juice - Vanilla extract - club soda**
14. **Apricots - Peaches - Banana - Soy or Rice milk**
15. **Mango - Strawberry - Orange juice - Kiwi**
16. **Frozen Blueberries - Apple Juice - Honey**

GARDEN VEGETABLE JUICE

2 ripe tomatoes, peeled, seeded, cut up and chilled
1/4 cup chopped red sweet pepper, chilled
1 Tbsp lime juice
1 stalk celery
1 carrot
1/3 of a beet
1/4 tsp hot pepper sauce, or dash cayenne
Blend all until smooth.
Add water if it is too thick.
Salt and Pepper to taste

SPECIAL GREEN JUICE TO HELP THE PANCREAS

The base of the juice is equal parts of celery and cucumber.
To that you can add the juice of any of mint, spinach, watercress, beet tops, dandelion greens, parsley, cabbage, chard, cabbage. You may also add in small quantities of burdock root, string beans, tomato, green sprouts, jerusalem artichoke, radishes, carrot, beet, lime, lemon, ginger root, garlic, green powders.
If you don't have a juicer, blend the ingredients and strain.
Drink as much as you can of this throughout the day.

CARROT GINGER COCKTAIL

1/2 cup sliced organic carrots
1 1/2 cup unsweetened organic apple juice
1 tsp thyme
1/2 cup ice cubes
1 tsp lemon
1 /2 tsp minced ginger
Blend all until smooth.

EGGNOG

Juice one cup of apple juice from your choice of apple (except delicious)
blend in 1/2 - 1 banana, 1-2 raw eggs, cinnamon and nutmeg to taste and 1/2 tsp pure vanilla extract.

CLEAN OUT THE ARTERIES – drink 1 cup daily

1 glass of water (8-10oz)
1 Tbsp apple cider vinegar, preferably organic
1-2 teaspoons turmeric
1 pinch black pepper (important, makes turmeric work better)
1 Tbsp honey (can use stevia as substitute if you wish)
1 tsp powdered cayenne
Juice of ½ lemon
Stir as best you can, if you warm the drink a bit, the cayenne will be easier to dispurse.
If taking blood thinners, similar effects can happen with turmeric and cayenne, so you may want to check with your doctor before doing this.
Drink once it is stirred. Start with 1 cup a day and once you have no side effects, you can increase the dosage.

PUMPKIN TREAT

1 can organic pure pumpkin puree
12 oz soy milk or rice milk
1 cup orange juice
1/2 banana
2 Tbsp honey or maple sugar
Ground nutmeg or cinnamon
3-5 ice cubes
Blend all until smooth.

APPLE SPRITZER

3-5 ice cubes
3 oz unsweetened apple juice
4 oz club soda.
Place ice cubes in a glass. Pour in the apple juice, then add the soda. Stir before drinking.

BANANA SHAKE

1 banana
1 cup unsweetened organic apple juice
1 tsp honey
1 slice pineapple or some other fruit
1/4 tsp vanilla extract
Blend all until smooth and creamy. Serve at once.

JUICING

Be adventurous. Combine any type of raw fruit or vegetable and receive all the natural enzymes, vitamins and minerals into your body to help you heal or maintain good health. Don't forget you can add sprouts too!

Some juicer blends that are tasty:

1. **Apple - Carrot - Beet (good starter in the morning)**
2. **Carrot - Kale - Parsley (good source beta carotene)**
3. **Pineapple - Apple - Cucumber (good for complexion)**
4. **Spinach - Kale - Beet Greens (good source folic acid)**
5. **Ginger root - Parsley - Carrot and/or apple**
6. **Potato - Apple - Green pepper (good source of zinc)**
7. **Blueberries - Apple - Pineapple**
8. **Beet tops - Celery - Carrots**

CHOCOLATE SODA

Place these into a blender and blend smooth:
1/4 cup vanilla or plain rice milk or soy milk
1/4 cup carob powder
2 Tbsp cashew or almond butter
2-3 Tbsp pure maple syrup
Chill.
In a glass, place 3 Tbsp of the above mixture with 1/2 cup chilled plain or vanilla chilled soy milk or rice milk. Top with sparkling water or seltzer.
Stir quickly and serve immediately.

FUZZY NAVEL

2 oranges, peeled and seeded
1 cup pecans or cashews
1/2 cup pitted dates
1/2 tsp vanilla extract (or contents of one vanilla bean)
1 cup water
Blend all until smooth. Will keep 3 days in the refrigerator in covered container.

DETOX TEA

2 green tea bags soaked in 1 1/2 - 2 cups boiling water for 5 minutes, then discard the tea bags and cool the tea.
Next blend the tea with:
1/2 apple, chopped
1/2 cup green grapes
1/4 cup fresh mint leaves
1 cup frozen mango chunks
2 cups organic baby spinach leaves
1/2" piece of fresh ginger chopped
Juice of 1/2 lime
Stevia or honey to sweeten to taste

BREAKFAST

BREAKFAST IDEAS

Breakfast seems to be the hardest meal to think about what to eat. Here are some ideas.

1. **One of the drinks from the Drink section – smoothie with fruit and/or vegetable**
2. **Oatmeal with fresh fruit on top**
3. **Granola without sugar or preservatives, chopped apple, a few walnuts. Top with organic rice milk, or oatmilk – check to make sure not laced with oils and sugars.**
4. **Whole grain bread eg. Ezekiel type. With smashed avocado, onion, tomato, salt and pepper on top**
5. **Buckwheat pancake with fresh fruit on top.**
6. **Crepe made with whole grain flour eg. Einkorn or red fife, (just a little flour, thinned with water. Lay flat, add some organic cottage cheese and chopped fresh fruit or jam made with fruit juice or honey, rolled up like a cigar.**
7. **A healthy muffin – see dessert section.**
8. **Toasted tomato sandwich – use Ezekiel bread or similar healthy bread. Use homemade mayonnaise if you wish.**
9. **Toasted vegetable sandwich. Use whatever veggies you wish: tomato, red pepper, onion, cucumber, lettuce. Use your homemade mayonnaise if you wish.**
10. **Sandwich with mock tuna. - see recipe.**
11. **Omlette if you can eat eggs. Lots of onions, mushrooms, other veggies in the omlette.**
12. **Potato pancakes – see recipe.**
13. **Potato or Zucchini fritters with gremolata.**

RAW FOOD RECIPE SECTION

Dressings
Soups
Wraps
Sushi
Crackers, Breads
Lasagna
Pate
Ice Cream

WALK ON THE RAW SIDE

Live raw food is the best food for building vitality and integrity in your cells, but many people think it only involves eating carrot sticks and salad. It is much more than that. But why even bother doing raw foods? Because they contain life force energy your body needs to have a good life force itself. Cooked food is dead food, no electrolytes, and no enzymes, no hormones, no oxygen and no phytonutrients. However, if you are embarking on a raw food diet, you may find that the first few days or the first week, you feel weak, nauseated and out of sorts. This is a common reaction as the body demands the poisons it is used to having.

What follows is a bunch of recipes from our raw food diet if you want to heal faster and walk on the raw side.

Did you know that foods and juices that are canned or bottled are not raw? In order to kill any bacteria that might form in the bottle or can, the product has to be heated enough to kill the microbes, which also kills off the enzymes and nutrients.

We modify our raw food diet at the clinic for those who are not very ill or have difficulty getting into a vegan raw diet, by allowing raw milk cheese (especially goat cheese) and organic raw eggs and breads that have been baked at less than 110ºF in order to preserve the enzymes (such as Manna bread, Ezekiel bread). If you have a serious degenerative disease such as CANCER, DIABETES or HEART DISEASE, you should even avoid these until the situation is under control.

If you have DIABETES, use only stevia, monk fruit or xylitol as a sweetener and avoid honey and maple syrup.

You will need to invest in a good blender such as a Vita Mix. A good juicer is Green Star. Make sure your equipment doesn't overheat or damage the nutrients of the food.

We suggest a 100% raw diet for a minimum of one month. If you can do several months, so much the better. If not, you should then move to 80% raw and 20% cooked. The cooked foods you will add will be cooked brown rice, beans, lentils, legumes, cooked and steamed vegetables.

There's lots of books written about eating raw foods and you can also get many free recipes from the Internet. Our recipes are what we use frequently but feel free to explore every avenue to tickle your taste buds.

Use organic produce whenever possible.

We suggest you get Gabriel Cousens' books:

- **Conscious Eating**
- **There is a Cure for Diabetes**
- **Rainbow Green Live - Food Cuisine**
- **12 Steps to Raw Foods**

There are many other wonderful books you can get with great recipes for raw food eating.

If you have access to the internet, many recipes are shared for free if you care to look.

RAW SALADS, & DRESSINGS

LETTUCE WRAP SALADS

Lettuce leaves can be used for more than tossing in a salad. Use them as envelopes containing yummy flavors. Stuff them with mixed sprouts with your choice of chopped tomatoes, chopped hot peppers, sliced mushrooms, bamboo shoots, cilantro, water chestnuts, minced ginger, chopped black olives, bulghur wheat that has been softened in water.

EXOTIC VEGETABLE WRAP aka Lettuce Cups

We use either swiss chard leaves or lettuce leaves to be the actual wrap. Above shown is lettuce leaves. The ingredients are wonderful:

- **Asparagus spears**
- **Julienned red pepper**
- **Sliced mushrooms**
- **Sliced cucumbers**
- **Bean sprouts**
- **Dried shiitake mushrooms, soaked until soft, then slivered**
- **Slices of avocado (optional)**
- **Chopped cilantro and dill weed**
- **Homemade mayonnaise dressing**
- **Sea salt and pepper**

Just fold into a little packet or roll into a tube, and eat.

Here's another mixture to try:
Soak 1/2 cup chopped raw cashews in 1 tablespoon organic dark sesame oil and 1/2 teaspoon sea salt.
Set aside.
Use 6 large lettuce or chard leaves.
<u>Almond butter mixture:</u>

1 cup raw almond butter
1/4 cup maple syrup
1/2 cup lemon juice
2 tablespoons chopped ginger
1/2 teaspoon chopped red chili (include seeds)
1 1/2 tablespoons Tamari or Bragg Liquid Soy
Puree and set aside.

<u>Filling:</u>

2 cups bean sprouts
Handful each of chopped cilantro and basil leaves
1/2 handful chopped mint leaves
1 large carrot slivered into matchstick size pieces
1 large ripe mango, peeled, cut into thin strips
1/2 head cabbage, shredded (red or green or both) mixed with above almond butter mixture.

<u>Dipping Sauce:</u>

2 Tbsp minced fresh ginger
1/4 cup hot water
1/2 cup raw almond butter
2 Tbsp Bragg
4 Tbsp rice vinegar
2 Tbsp white miso
1/4 tsp red pepper flakes or cayenne pepper
Pinch sea salt

For variation in the sauce, blend in some fresh apricot or plum puree.

Arrange a few tablespoons of cabbage (mixed with the almond butter) across the bottom 1/3 of the leaf, leaving about an inch clear at the bottom. Sprinkle some of the chopped cashews over the cabbage.
Then lay a few sticks of carrot, then mango, then finally a few sprouts on top. Add a few leaves of cilantro, basil and mint.
Fold the bottom leaf up over the filling keeping it tight and tuck the leaf under the ingredients, roll forward, placing the roll seam side down on the serving dish. Repeat until all used up.
Serve with the Dipping sauce or a salad dressing.

MAKE INTERESTING SALADS

Here are some ideas to make the salad more creative and yummy:

- **Handful of raw almonds or walnuts**
- **Minced ginger root**
- **Chopped bok choy**
- **Fancy lettuces: butter, escarole, romaine, red leaf, green leaf, arugula, pepper cress**
- **Spinach**
- **Green, red or yellow peppers**
- **Fennel bulb chopped**
- **Purple top turnip chopped**
- **Pieces of cauliflower or broccoli**
- **Sliced mushrooms**
- **Raisins**
- **Chopped pineapple pieces or dried apricots**
- **Orange sections or apple pieces**
- **Green or red cabbage chopped**
- **Sliced or chopped tomatoes**
- **Chopped mint leaves**
- **Chopped cilantro leaves**
- **Chopped basil**

STANDARD DRESSING FOR SALADS:

4 parts cold pressed oil (eg. Olive oil or coconut oil or avocado oil) to 1 part apple cider vinegar or lemon (or lime) juice. Salt and pepper to taste. Can add pinch of dried mustard or garlic powder or onion powder if you wish.

MAYONNAISE - Regular style

Put juice of 1 lemon and 1 raw egg plus 2 egg yolks in a blender with 1 tsp dried mustard. Let the egg sit for 3-5 minutes in the lemon juice to cure the egg and help eliminate any bacteria from the raw egg. The risk from getting food poisoning from a raw egg is extremely low, but this will make it even less of a risk.
Now begin the blender at medium speed. As the blender whirls, slowly drizzle in 3/4 - 1 cup of cold pressed oil until 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. You can keep this stored in the refrigerator in a sealed jar for a week.

Variations: once thickened, add a chopped avocado, and/or chopped parsley, basil, thyme or any other spices or herbs you wish.

LIVE FOOD MAYONNAISE

1 cup raw sunflower seeds soaked
1 cup green sauerkraut
1 large avocado
1 tsp dulse
dash of cayenne
Blend until smooth

TOMATO CUCUMBER DRESSING

3 tomatoes chopped
1 celery stalk, chopped
1 cucumber, chopped
3 radishes, chopped
1 Tbsp. fresh oregano, minced (or 1 tsp dried)
Place the above ingredients in blender and blend until smooth.

DILL DRESSING

1 cup almonds soaked 12-48 hr
1/2 cup cashews, soaked 1 hour
1/2 cup fresh dillweed
1/4 cup lemon juice
1/2 tsp onion powder (optional)
2 cups water
Seasalt and pepper to taste.
Blend all until smooth and creamy.

GINGER MISO DRESSING

2 cups Extra virgin olive oil or avocado oil
3 cups orange juice
1 cup miso
3 Tablespoons finely minced fresh ginger
1/4 cup water
1 Tablespoon sea salt
3 cloves garlic (optional)
Blend all until smooth. Can store in the refrigerator for one week in sealed container. Cut recipe down if you need a smaller amount.

TABOULEH SALAD aka Bulgur Wheat Salad, using Quinoa

1 cup raw quinoa which you soak in 3 cups warm water for 3-5 hours
1/2 cup diced red onion (optional)
Optional: 1/2 cup chopped sun dried tomatoes
1/2 - 1 cup chopped fresh parsley
1 cup diced cucumber
1 cup diced tomato
sea salt to taste.

Dressing:

1/4 cup other cold pressed oil.
1/4 cup fresh lemon juice
1/8 tsp cayenne - optional
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.

WILD RICE SALAD

2 cucumbers diced
2 chopped tomatoes
4 celery stalks, diced
4 cups wild rice (presoak for 3-5 days until soft)
2 red or yellow bell peppers diced
4 Tbsp raw dried pumpkin seeds
Handful of dried arame seaweed crunched with your hand
1 cup chopped cilantro, and/or parsley and/or basil
Chop all ingredients finely and put into large bowl.

Use the following dressing:

Juice of 1 lemon or 2 limes
1-2 Tbsp grated ginger
Pinch of cayenne
sea salt to taste
1/2 cup extra virgin olive oil or avocado oil
Optional: 1 large avocado
Blend the ingredients of the dressing, add to the salad & toss.

STANDARD COLE SLAW

2 carrots shredded
1/2 bunches radishes, sliced thin
1 medium cabbage, finely shredded

Dressing:

1/2 cup mayonnaise
1/8 cup apple cider vinegar
1/8 cup olive oil
Few pinches ground caraway or dill seed
1 teaspoon dulse seaweed and garlic
Put mayonnaise, apple cider vinegar and olive oil into a stainless steel or glass bowl. Sprinkle ground caraway or dill over vegetables. Add sauce. Mix and serve.
Season with salt & pepper to taste.
Variations: chopped walnuts and pineapple or apple

MOCK TUNA SALAD *delicious) - also good as sandwich filling*

4 cups almonds or 4 cups garbanzo beans, soaked until softened
5 stalks celery, diced
1/2 small onion, sliced thin & chopped until soft
2 Tbsp chopped parsley
5 Tbsp lemon juice
2 dashes cayenne
1 1/2 - 2 tsp sea salt

Optional: 1 sheet Nori seaweed, soaked briefly, chopped (or 1/3 cup of your favorite soaked seaweed)

Optional: 1 crushed garlic clove
Puree almonds fine. In a bowl combine all plus 1/2 of the following Avocado Mayo. Add more mayo as needed.

AVOCADO MAYO

1 cup pinenuts
1 large ripe avocado
1 Tbsp lemon juice
2 Tbsp apple cider vinegar
1 tsp salt
6 med dates
1/2 garlic clove (optional)

Blend the mayo together and use in the above recipe.
Place lettuce leaves on plate, top with this tuna salad. Or use as sandwich filling, or sushi filling.

Make a fast recipe for mock tuna:

Soaked, soft garbanzo beans (also known as chick peas), mashed with a little

chopped celery, sea salt and pepper, mayonnaise.

EXOTIC COLE SLAW

1/2 cup of your favourite bean sprouts
1/2 cup shredded green cabbage
1 cup shredded red cabbage
1 Tbsp sunflower or pumpkin seeds
1 Bunch watercress or cilantro
1 cup grated carrots
3-4 radishes, sliced
1/2 cup julienned yellow pepper or zucchini
1/2 to 1 cup fresh herbs such as dill, thyme, parsley, mint, fennel
1/4 cup fresh pomegranate seeds or raisins or grapes (grapes need to be halved)

Toss with the following dressing:

- 1/4 cup avocado, or olive or coconut oil
- Few drops of Sesame oil for flavouring
- 3 Tbsp apple cider vinegar or fresh lemon juice
- 2 Tbsp maple syrup or raw honey
- 2 Tbsp dijon mustard or stone ground mustard
- 1 clove garlic, minced
- 1" piece of fresh gingerroot, minced

In small bowl blend the dressing ingredients together or use a small food processor.

QUINOA SALAD

4 cups sprouted Quinoa
2 cucumbers chopped
2 tomatoes chopped
1 red and 1 yellow bell pepper
4 celery stalks
6 scallions chopped
2 carrots, grated or shredded
1 cup cilantro, basil or parsley (optional)
4 Tbsp kelp soaked 1/2 hr and chopped

OPTIONAL:

1/4 cup raisins and/or 1/2 cup chopped pineapple

Chop all salad ingredients fine and put into large bowl. Mix dressing (below) and add to salad. Mix again. Serve.

Dressing:

3 large avocados
3 cloves garlic (optional)
Pinch of cayenne
Kelp or sea salt to taste
Chopped cilantro, basil or parsley to taste.
1 1/2 cups tomato juice or sauerkraut juice

Blend all the dressing ingredients, then toss with the salad ingredients.

HOMEMADE CURRY POWDER

2 Tbsp coriander
1 Tbsp. cardamon
1 Tbsp turmeric
1 Tbsp. cumin
2 tsp. cayenne
1 tsp. cinnamon
1 tsp. cloves

Mix all finely ground spices together and store in the refrigerator.

RAW SOUPS

CREAM OF ASPARAGUS SOUP

10 asparagus spears
3 stalks celery
1/2 small onion
1 1/2 - 2 avocados
1 cup water
6 sprigs organic parsley
Season with kelp powder or sea salt
Blend until creamy. If not creamy enough, add another 1/2 small avocado and blend.

COLD CAULIFLOWER SOUP

1 cup water
1 cup chopped cauliflower
1 small sliced zucchini
1/4 cup minced parsley
1 sliced avocado which can be used to thicken soup if desired.
Blend all together. Add sea salt and pepper.

CREAMY SPROUTED SOUP

1 green onion
1/2 red bell pepper
1/2 clove garlic
3 Tbsp. fresh basil
1/2 avocado
1/3 cup sunflower greens
1 tsp. dulse
1/4 cup cucumber juice
1/2 tsp. sweet dry basil
1/4 Tbsp kelp
Pinch cayenne
1/2 cup lentil sprouts
1/2 tsp onion powder (or 1/4 chopped onion)
1/4 cup fenugreek sprouts or other sprouts
Combine all ingredients except lentil and fenugreek sprouts in blender. Liquefy. Stir in sprouts and serve garnished with sunflower greens.

CREAM OF MUSHROOM SOUP

2 cups water
1/2 cup sunflower seeds
1/4 cup mushrooms, chopped fine
1/2 tsp chopped garlic
1/2 tsp salt
Pinch black pepper
Blend seeds with water until you get a nice smooth, creamy texture. Add salt, pepper and blend for a long time so it warms slightly, then at the end add the mushrooms and just blend quickly to spread them around.

CARROT AND PEA SOUP (cold)

2 cups sliced carrots
1/2 cup chopped cilantro
2 stalks diced celery
1 cup sprouted green peas
1/2 tsp kelp or sea salt
2 cups water
Blend all in a blender or food processor. Pour into soup bowls, garnish with alfalfa sprouts.

CREAMY CARROT SOUP

3 cups fresh carrot juice
1 large avocado
1 green onion
1 tomato
Juice of 1/2 lemon
1/2 tsp cumin
Fresh basil, chopped
Chop green onion and basil in food processor. Make carrot juice. Place carrot juice and peeled avocado in food processor. Blend until smooth. Add tomato, lemon juice, and cumin. Garnish with sprouts or grated vegetables, such as zucchini, cucumber, red pepper, carrots, or beets. Taste for extra seasoning.

THAI COCONUT SOUP

2 young coconuts:

- Drain, then set aside coconut water.
- Cut open.
- Blend coconut water and meat together in food processor.

Then add to food processor and blend:

1 medium garlic clove
1 Tbsp. coconut oil
Juice of 2 limes or lemons
1 Tbsp minced fresh ginger root
1/2 cup chopped cilantro
1/2 cup chopped fresh basil
1 cup tomatoes, diced
1/3 cup chopped green onions
1 very small slice of hot chili pepper
Pinch cayenne pepper (optional)
Garnish with chopped or grated vegetables or edible flower petals.

CORN CHOWDER

6 cups corn kernels
1 cup cashews (soaked 4-6 hours), rinsed and drained, then diced. Save soak water.
1/4 cup finely diced celery
6 medium dried shiitake mushrooms, soaked in 1 cup water for several hours until soft.
1/4 cup red bell pepper, finely diced
3 Tablespoons minced onion
1 Tablespoon lemon juice
1 clove garlic (pureed) - optional
1 1/2 teaspoons natural salt
1/4 teaspoon cayenne pepper if you like it a little hot and spicy
1 teaspoon onion powder
1/2 teaspoon poultry seasoning
Pinch nutmeg
Pinch white pepper
Tablespoon minced parsley for garnish
Put mushroom soak water in blender with cashews and half of the corn and blend, slowly add up to 1 cup more water to make a thick, smooth creamy base. In large bowl combine the rest of the ingredients (except parsley) and stir well, add to the base. Serve and top with chopped parsley.
If you wish to warm up the soup a little, you can place the chowder in a covered shallow bowl and put it in a dehydrator for an hour at 125^{o}F.

PEAR, CUCUMBER & MINT SOUP

3 pears
1 cup diced cucumber
1 Tbsp fresh mint leaves
1/2 stick celery stalk
1/2 green onion or spring onion
2 Tbsp coconut oil (optional)
1 Tbsp lemon juice
1/4 tsp Seasalt
Blend. Garnish with a little more chopped mint.

TOMATO SOUP

1-2 cups sundried tomato
2 medium tomatoes
1/4 cup of sundried tomato water
1/2 - 1/2 cup sunflower seeds
2 Tbsp lemon juice
2 Tbsp ginger juice
Dash Seasalt
Dash black pepper
Blend until you achieve the consistency desired.

RAW SAUCES & DIPS

HUMMUS

4 cups soaked, sprouted garbanzo beans (2 cups raw)
2 cups sesame tahini (make your own, or buy it raw at health store in jar)
2 cups tomato juice
Garlic, kelp and cumin to taste
Juice 2 cups tomato juice in juicer.
Run garbanzo beans through blender or food processor (or just smash them up with a fork).
If you wish to make your own Tahini: put 2 cups sesame seeds in blender. Blend into paste on high speed--add tomato juice to get tahini consistency (somewhat runny).
Add garbanzo paste to tahini in blender. Add kelp, garlic, cumin. Blend. Add more liquid (water or tomato juice) to get proper

consistency.
Taste and season more if necessary. If it still needs something, you might try a little pinch of cayenne.

GUACAMOLE

5 avocados (discard the peel and pit)
4 tomatoes, diced
3 cups finely shredded zucchini
3 green onions, sliced thin
1/2 cup sauerkraut
1-2 tsp Dulse seaweed or sea salt, and garlic to taste if you desire.
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. Serve with Essene crackers.

CAULIFLOWER DIP

3 basil leaves
1/2 cup pine nuts
3 cloves garlic
Kelp, tomato juice and cayenne to taste
Blend to a smooth consistency and serve.

HERB SPREAD/DIP

1/2 large avocado
2 cups sprouted sunflower seeds
1 medium onion
1 cup plain unseasoned sauerkraut
2 cloves garlic
1/4 tsp. turmeric
2 tsp. dried dill weed
2 tsp. dried basil
kelp powder or sea salt to taste
small pinch of cayenne (don't overpower dill and basil)
Blend everything together. Add water, and/or tomato juice to thin to approximately mayonnaise consistency.

MOCK ALFREDO SAUCE

¼ cup toasted sesame seeds
¼ cup toasted cashews
½ tsp Seasalt
¼ tsp powdered caraway seeds
¼ tsp powdered fennel seeds
Process everything in a food processor so the mixture resembles grated cheese. Mix with 1 cup cauliflower you have pureed with 1 cup water, ½ tsp ground nutmeg and salt and black pepper to taste.

TSATZIKI SAUCE

Make the mayonnaise as set out in the recipe in this book
Grate 1 medium sized cucumber into 1 cup of mayo. 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.

"SPAGHETTI" and TOMATO SAUCE

Use food processor or blender to blend:
6 medium tomatoes
3-4 Tbsp all-purpose seasoning
Italian seasoning spices
Onion and/or garlic or kelp to taste.

SALSA

most salsas are raw, there are lots of different ones to try using fruits and vegetables
Blend coarsely:
1/4 cup chopped onion
1 cup fresh chopped tomatoes
1 garlic clove
1/4 cup green pepper
1/4 tsp. cayenne
Add:
2 chopped tomatoes, 1 chopped green pepper, and 1 chopped onion to the blended base. Season to taste with dulse or more cayenne.

BLACK BEAN DIP

3 small tomatoes
3 cups sprouted black beans
1 medium onion
1 tsp. cumin
1/4 tsp. cayenne
1 clove garlic
Blend 2 cups black beans with tomatoes, onion and seasonings. Add third cup black

beans and blend until consistency of a dip is achieved.

VEGETABLE PATE'

1 cup chopped carrots
1 cup chopped celery
1 cup sauerkraut
1/2 cup chopped onions
1/2 cup chopped green peppers
1 cup water from these soaked seeds:
1 cup soaked sunflower seeds
1 cup soaked sesame seeds

1 Tbsp dried basil (or 1/2 cup fresh)
1 Tbsp dill seed (or 1/2 cup fresh dill)
Dulse, cayenne, garlic to taste
Put all ingredients into a blender or processor and blend until smooth. If the mixture is too thin, add up to 1/2 cup sauerkraut or water.

RAW MAIN DISHES

CABBAGE ROLLS

Take several outer leaves of cabbage, wilt them by sitting them in hot water for a minute. Place wild rice salad or quinoa salad or avocado in center of each leaf and roll up.
Starting by folding in sides to form packages. Secure with toothpicks, then cut into slices to serve as bite-sized pieces.
Variation: use swiss chard leaves instead of cabbage leaves.

STUFFED MUSHROOMS

1/3 cup pine nuts or sunflower seeds
3 cloves garlic, minced
1 cup chopped tomato
1/3 cup fresh cilantro leaves, chopped
1 Tbsp lemon juice
1/3 C fresh basil, leaves, chopped
2 Tbsp Bragg or Tamari Sauce (or to taste)

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 the texture to 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 105oF degrees for 2-4 hours.

CARROT AVOCADO MASH

6 fresh carrots
1 large red or yellow bell pepper
1 large or 2 small ripe avocados
1 oz. whole dulse leaf (or use dulse salt or sea salt)
1-2 celery stalks
1/2 cup chopped cucumber
1/2 cup chopped tomato
Cumin (to taste)

To use the dulse leaf, soak it in water for a few minutes, then drain and thoroughly rinse for 5 minutes, then squeeze out the water by hand.
Slice up the bell pepper into strips.
Process carrots and celery in a food processor.
Remove the flesh from the avocado(s) and, using a fork, mash the avocado into the carrot-celery pulp. Add the dulse, cucumber, tomato, and cumin. Spoon mixture into the bell pepper and serve.
Optional: scoop out bell pepper and stuff with the carrot-avocado mixture

SLIVERED VEGGIES

Almost any vegetable works in this recipe. The secret lies in making the longest and thinnest slivers that you can manage. They will pick up the taste of the seasonings. It is worth the effort!

2 carrots, slivered (by hand or use mandolin)
2 stalks celery, peeled and slivered
1 Cup thinly sliced mushrooms
1 red pepper, slivered
2 cups thinly sliced Bok Choy, leaves and stems
1 small zucchini, slivered
1 cup green beans, slivered
1 cup snow peas or snap peas
1 cup mung sprouts
1 cup sunflower sprouts
1 cup clover sprouts
1 small red onion, chopped
2 cloves garlic, minced
1/4 cup chopped cilantro
2 tsp ginger juice, or 1 Tbsp minced ginger
2 Tbsp sesame oil, or more to taste
2 Tablespoons Tamari
4 pieces of Nori seaweed, cut in 1/2" strips

Toss well. Serves 6-8
Option: To use as a main course or a one dish meal, add 2 cups soaked pumpkin seeds, sunflower seeds or almonds.

HEARTY CHILI

1 medium zucchini, chopped into ½" cubes
1 medium carrot, chopped into ¼" cubes
1/2 medium or 1 small eggplant, peeled and chopped into 1/2 inch cubes
1 small Portobello mushroom or 5 shiitake mushrooms, chopped into cubes
3 cloves crushed garlic
1 medium tomato, chopped into 1/2 inch chunks
1/4 medium red onion, chopped
3 1/2 tsp. sea salt
1 Tbsp lemon juice
2 Tbsp olive oil

Mix above ingredients and place in a quart-sized jar. Press down hard to cover the vegetables completely with the salt, lemon, and oil. If necessary, put a small glass or jar inside to weight the vegetables down. Cover and let marinade preferably overnight, or at least 4-6 hours.

Hearty Chili sauce:

1 large tomato
1 cup sun-dried tomatoes, soaked with enough water to cover
¼ cup olive oil
1 ½ cups purified water
1 Tbsp Spicy Chili Sauce (see recipe) or 1/8 tsp. cayenne pepper
½ tsp. celery seed
½ tsp. oregano
½ tsp. cumin
1 ½ tsp. chili powder

Blend above ingredients on high until smooth.

Pour blender mixture over marinated vegetables. Or pulse together in food processor.

EGGPLANT LASAGNA

1 medium to large eggplant (this replaces the noodles. If you don't like eggplant, use zucchini).
2 cups water
1/4 cup Bragg Liquid Soy or Tamari sauce
1 tsp sea salt

Slice eggplant (or zucchini) thinly lengthwise. Marinate in water, soy or tamari and salt for at least 2 hours (up to 12 hr). Dry slices with paper towel.

Prepare the following in separate bowls:
1 cup tomato sauce
2 cups shredded zucchini
few slices of red onion

Cheese Sauce:

1/3 cup tahini
1/3 cup oil (avocado, or olive, or coconut)
2 Tbsp Bragg Liquid Soy

Create different layers alternating: eggplant, tomato sauce, shredded zucchini, cheese sauce, eggplant, tomato sauce etc.

Finish with shredded zucchini and decorate with a few slices of red onion.

You may want to use raw milk cheese as a layer.

TACO SHELLS

2 cups golden flax seeds (ground very fine)
1 cup brown flax seeds (ground very fine)
1 cup sprouted sunflower seeds
2 Tbsp. minced sweet onion
3 tsp. minced garlic (with the skin)
1 tsp. chili powder
1 tsp. cayenne powder
1 tsp. cumin powder
2 Tbsp. poppy seeds
Celtic sea salt to taste

Mix everything in a food processor, and process till smooth, add water to make it more like a batter. Once smooth, refrigerate this mixture for 8-12 hrs. Now, using a spatula spread a thin layer of the taco batter on Teflex sheets. Dehydrate at 105˚F for 3-5 hours. Remove the taco sheets and using a round cookie cutter or a lid cut out rounds. Now place the rounds on the Teflex sheets and dehydrate them for 2 hours at the same temperature. After two hours pick the taco shells up and fold them onto each other making a taco shell and return them back in the dehydrator, placing them on dehydrator shelves for another 10-12 hours or until crisp.

GUACAMOLE SALSA

1 avocado, diced
1 Tbsp. minced red onion
1 Tbsp. lemon or lime juice
1/2 clove minced garlic
1 tsp. cayenne powder
1-2 pinch Celtic sea salt
4 Tbsp. chopped fresh herbs (parsley, cilantro, marjoram)

Combine everything together and put the avocado pit in the mixture to prevent oxidation.

MANGO SALSA

4 Tbsp chopped cilantro
2 Tbsp lime or lemon juice
1/2 tsp. sea salt
1 Tbsp minced red onion
2 ripe mangoes, peeled, and cut into 1/4 inch cubes
1 Tbsp fresh hot pepper, minced(optional)

Mix all together, chill.

SUSHI TREAT

Have some homemade mayonnaise on hand before you start.

Soak 1/4 cup quinoa or rice in 1/2 cup water for 3 hours or until soft. Place Nori sheet on sushi mat. Spread softened quinoa or rice over it. Place thin strips of cucumber, or carrot, and/or avocado (anything you wish) horizontally on top. For taste grate a little ginger, or add a little Bragg Liquid Soy or Tamari (soy) sauce to veggies that you are using. Can drizzle some homemade mayonnaise on as well.

Roll up tight in the nori sushi paper and help seal the end with a little water on your finger. Let sit for 5 minutes then cut into 1-2 inch slices.

If you have wasabi powder you can put a little in the mixture, or just mix it with a little Bragg as a hot and spicy dip.

Other Sushi -

just use the vegetables eg. any of julienne carrot, zucchini, cucumber, ginger root, green apple and avocado for the middle in the sushi wrap, drizzle mayonnaise and a little soy mixed with wasabi.

REFRIED BEANS

1 cup sprouted sunflower seeds
3 Tbsp. tahini (sesame seed butter)
1 clove fresh garlic
2 tsp. lemon juice
3 tsp. minced sweet onion
2 tsp. chili powder or 1 tsp. cayenne
1 tsp. cumin powder
1-2 dates
Sea salt to taste

Put everything in a blender and blend till smooth. Add more salt or spices if necessary.

To serve take the crisp taco shell and spoon 1-2 Tbsp. of the salsa or the "refried beans" into the shell. Eat right away. You can also add sliced tomatoes, cucumber, red bell pepper and lettuce to make the best taco ever!

HEMP CURRY

1/4 cup red pepper or mild chili finely diced
1/4 cup cauliflower, finely grated
1/4 cup broccoli, chopped fine
1 cup finely chopped bok choy
1 Tablespoon sweet potato, diced fine
1 carrot grated
1 Tablespoon raisins, soaked
Optional: 1/4 cup chopped cilantro

<u>Sauce:</u>

2 cups fresh coconut meat and water, or 1/2 coconut, juiced and add 2 Tbsp water to produce coconut milk, or just use 4 Tbsp shredded coconut
1/4 cup water
2 tsp lime juice
1 to 4 inches of fresh or frozen lemongrass (or 1 tsp dried)
1 tsp cumin and/or 1/2 tsp freshly ground coriander
1 small mild chili chopped finely
1/4 cup fresh cilantro to taste

Mix all curry ingredients in a large serving bowl. Add other fresh ingredients to taste. Blend all sauce ingredients to a sauce and pour over curry. Serve with

raw pumpkin seeds and chopped fresh cilantro as a garnish.

ZUCCHINI LASAGNA

Tomato Sauce

2 cups sun dried tomatoes soaked for 6 hrs.
7 roma tomatoes
4 garlic cloves
1/2 tsp. salt
1 Tbsp. red or yellow onion
3 Tbsp. extra virgin olive oil
2 Tbsp. lemon juice
2 tsp. dried basil
1-2 tsp. dried oregano
1/2 tsp. dried thyme
1 Tbsp. agave nectar or 3 pitted dates

Blend everything together till smooth. Set aside.

Mushroom layer

3-4 cups mushrooms (sliced)
3 Tbsp or more of raw soy sauce or 1 Tbsp miso and 2 Tbsp water

Marinate mushrooms in the soy sauce for 2 hours. Drain and set aside.

Noodle Sheets & Marinated Vegetables:

4 zucchini
1/2 small onion sliced really thin
1 red bell pepper sliced really thin
1 yellow bell pepper sliced really thin
2 Tbsp. lemon juice

Cut the zucchini on a mandolin into wide, paper-thin slices. Set aside. Combine the onion and the bell pepper in a bowl with the oil, lemon juice and salt and let marinate for 16hrs in the fridge.

Herb Ricotta Cheese:

1 cup raw cashews
1/2 cup raw almonds
2 Tbsp pine nuts
1/2 tsp. salt
2 Tbsp lemon juice
1 tsp. fresh basil, dill, oregano, parsley
1 cup and 2 Tbsp of water, or less

Combine everything in a food processor and process till smooth. Add more water to give it a ricotta cheese consistency, add less water if too watery. When smooth, put into a glass bowl, cover it with a moist terry cloth towel and set it out for 6 hrs. at room temp. After 6 hrs. keep it refrigerated till ready to use.

Combine:

1 cup spinach
1/2 cup chopped drained raw olives
1/2 cup fresh basil

Assemble the lasagna:

Put thin slices of the zucchini on the bottom of a glass lasagna pan.
Top this layer with a thin layer of the ricotta cheese.
Top the cheese layer with a layer of mushrooms.
Then add another layer of zucchini.
Top that layer with the tomato sauce
Next add a layer of the sliced onions, red and yellow peppers.
Next, add another layer of more zucchini slices.
Then add layer on top of that with more ricotta cheese.
Then top it with a layer of the spinach leaves.
Top that with mushrooms, and then some marinated sliced onions, red and yellow peppers, then again with the zucchini and then top the whole thing with the tomato sauce and garnish the top with chopped olives and fresh basil leaves.
Now, cover (plastic wrap) the lasagna and place it into the fridge to set up, about 3-5 hours.
Add marinated eggplant as one of the layers, or your favorite veggie. You can cut a piece and put it into the dehydrator so it will get warm and then serve it.

MOCK SALMON PATE

2 cups almonds, soaked overnight
1 cup celery, finely chopped (about 4 stalks)
1/2 cup green onions, chopped
1/4 cup purified water
2 med. or large carrots
3 tsp. lemon juice
Finely chopped whole dulse or ground (or use sea salt)
1 head Romaine lettuce

Small handful of parsley sprigs
Optional: 3 red bell peppers

Run the almonds through a blender, using the correct blade to make a smooth pate.
Mix all ingredients except the lettuce or bell peppers together in a bowl, adding the dulse to taste.
Form the mixture into a rounded (or other shape) loaf and garnish with parsley greens.
To serve, spoon the loaf onto the lettuce leaves, and roll them up sushi-style, or optionally, spoon onto halved bell peppers, or stuff into cored whole bell peppers.

RAW BREADS, CRACKERS

ESSENE BREAD

(sometimes this is available at a health food store, called either Essene Bread or Manna Bread - cooked at less than 105oF so enzymes are preserved and it is considered raw)

4 cups wheatberries
1/2 cup to 1 cup minced veggies, nuts, seeds
2 Tbsp seasoning (eg. caraway seed, poppy seed, sesame seeds etc)

Soak wheat 15 hr, allow to drain 15 hr.
Grind the wheat, add veggies, season on top, form loaf.
Bake in the Sun or warm place 70-90 degrees (or less than 105oF) until firm (12-24 hr). Bread may need to be turned so that bottom will dry.

BELL PEPPER CRACKERS

4 cups chopped red bell peppers
2 Tbsp soaked raisins
4 Tbsp raisin soak water
1/2 cup raw almond butter or ground almonds

Blend all the ingredients. Spread on sheet to desired thickness. Dehydrate at 105oF for approximately 8 hr.

SEEDY CRACKERS

1 cup soaked sunflower seeds
1 cup soaked walnuts
1 cup soaked almonds
1 tomato
1 cup red onion (chopped)
3 tablespoons flaxseed
3 teaspoons cumin seed
2 teaspoons salt

Mix in food processor or put through a juicer. Spread on parchment paper or Teflon sheets. Make them very thin. Then using a pizza cutter, cut into squares which will make them easier to break into pieces when they are dry. Dehydration time is about 15 to 20 hours.

CRACKERS

4 chopped red bell peppers
2 tablespoons soaked raisins
4 tablespoons of the water that the raisins were soaking in 2-4 tablespoons seasoning of your desire
1/2 cup almond butter, or ground almonds

Blend. Spread as flat as you need for crackers.
Dehydrate at 105oF for 8 hours.

ANOTHER CRACKER RECIPE

5 cups of carrot pulp
1/2 cup chopped basil or cilantro
2 tomatoes (chopped)
1 cup sprouted and crushed nuts (almonds, sesame seeds, sunflower seeds), sea salt, dulse or Bragg to taste.

Blend, spread over teflex sheet.
Dehydrate 8 hr.

CORN CHIPS

4 cups sweet corn, fresh or frozen
1/2 tsp. garlic powder (optional)
1 tsp chili powder (optional)
1 tsp. tomato powder (optional)

Chop corn in food processor with "s" blade until fine.
Add choice of seasonings "to taste" and process until combined.
On the dehydrator tray, spread about 1/8" thick.
Score diagonally left to right, then across right to left into triangles, or preferred shape.
Dehydrate about 5 hours, or to desired texture

RAW OATMEAL

Place 1 cup groats into a 2 cup emasuring container and add water to the 2 cup level.
Let stand at least 2 hr. Overnight is as sufficient and convenient soaking time for morning oatmeal. The next day macerate in a high speed blender.
Dish out and serve as you would cook at meal consuming all the liquids and solids.

The natural flavour of raw at meal is nutty and sweet. If you have candida problem, should not sweeten the meal further but can season with cinnamon or other spices.

RAW DRINKS, SHAKES

BREAKFAST SHAKES

1 cup raw apple juice (juice several apples or just put chopped apple in the blender with 1 cup of water or put chopped raw apples through your juicer)
1/2 raw banana
1 raw egg
Handful raw or frozen berries
Unpasteurized honey to taste if you like it very sweet.

Blend until smooth and creamy. You can add some chopped ice if you wish.
Optional: dried raw unsuphured fruit (eg. dates, prunes, cherries), dried raw nuts and seeds.

REJUVELAX

1/2 cup soft wheat berries
6-7 cups pure water
Sprout 1/2 cup of the berries for 3 days in a sprout bag or whatever method you like to use. First soak the berries for 10-12 hours, then rinse twice daily.
Mix or chop the 3 day old sprouts in a blender filled about 3/4 of the way with pure water (about 3 cups).
Blend about 10 seconds to release the storehouse of vitamins, proteins and enzymes into the water. Now pour the water and sprouts into a half gallon jar, fill the jar to the top with water and let it sit for 3 days in a shady spot at 65-75oF.
Cover the top with cheesecloth or a screen to allow the Rejuvelac to breath. A mason jar can be used also.
Stir mixture twice daily - don't forget to do this. Use a chopstick or long utensil.
Smell the mixture daily to experience its development.

Rejuvelac tastes sour. It smells fresh and tastes like sparkling lemon water. it may remind you of sauerkraut. Cooler temperatures tend to create a lemon taste, warmer creates sauerkraut taste.
When ready, stir one final time, pour off liquid through a screen or strainer, leaving sprouts behind.

Drink the 'live juice' full of enzymes and bacteria. Start with 6-8 oz daily. After 2 weeks you may increase the amount.
Don't drink quickly, savor it.
You can use this as a base for a smoothie blending in apple, sprouts, lambs quarter leaves, dandelion leaves, kale, dulse, mint etc.

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.

RAW 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.

RAW DESSERTS, TREATS

NO BAKE PIE CRUST

1 cup shelled almonds, soaked 5 hr in 2 cup water and de-skin after
1/4 cup shredded coconut
1/4 cup pitted dates, soaked 1 hr in 1/8 cup water
1/2 tsp ground cinnamon

Drain almonds and dates, discard water. Grind all together. Press into bottom and sides of 9" pie plate. Fill with desired filling.

MANGO PUDDING

2 Mangoes
1/4 of a lime (optional)
Shredded Coconut & Chopped Pecans, to taste

Use a vegetable peeler to peel mangoes. Then place a knife flush to one of the flat sides of the mango pit and cut the mango away from the pit. Add 1/4 lime and blend until perfectly smooth. To complete the dessert, pour into dessert cups/dishes and add shredded coconut and chopped pecans to taste. This also tastes good with just the pureed mango.

KEY LIME PIE

<u>Crust:</u> 1 cup almonds, 2 cups walnuts, 1 cup dates, 1/3 cup raisins, 2 Tbsp orange juice. Blend and pat down in a pie shell.
<u>Filling:</u> 2 big avocados (or 3 small ones), juice of 4 limes, zest of the limes, 1/2 cup cashew nuts. Blend or put through juicer.
<u>Frosting:</u> 1/2 cup almond milk or water, 1 cup macadamia nuts 1/4 cup cashews, 1/4 tsp vanilla or scrape a vanilla bean, 3 Tbsp honey (or 7-10 dates). Blend or whip until smooth, without lumps.
<u>Garnish</u> with lemon wedges, crushed pistachios.

EASY ICE CREAM

Run fruit through your juicer (or blender), then freeze solid:
3 frozen medium mangoes, cut into chunks with 5 frozen medium bananas.

LEMON CHEESECAKE

(our favourite)
<u>Almond Crust:</u>
2 cups almonds
3 oz date paste (weight)
1/2 tsp liquid vanilla
1/8 tsp salt
Process all in blender or Cuisinart
<u>Lemon Filling:</u>
3 cups cashews soaked 8-10 hr
1 1/2 cups almond milk
1 cup lemon juice with pulp
3/4 cup agave syrup
1 Tbsp liquid vanilla
3 Tbsp lecithin (sunflower is best)
3/4 cup coconut oil.
Blend until smooth and creamy.
Put almond crust in cake form, pour in filling on top. Cake keeps for at least 4 days stored in refrigerator.
For variations, add any type of fresh fruit to inside or layered on the surface.

FRUIT CAKE

1/2 cup honey
1/2 cup apple juice
1/2 tsp nutmeg
1/4 cup sesame seeds
1 tsp cinnamon
3 Tbsp wheat germ or oatmeal
1/2 cup each of chopped: dates, figs, dried apricots, raisins, sunflower seeds, nuts
1/2 cup coconut
3 Tbsp coconut milk or almond milk (blend almonds in water and drain)
Combine all except apple juice and wheat germ. Press into glass cake pan (or loaf pan lined with wax paper) or a non-stick pan.
Brush top with the 3 Tbsp apple juice, then sprinkle wheat germ on top. Let harden in the refrigerator. Make a day or two before serving.

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 raw 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).

RAW APPLE RAISIN COOKIES

2 cups sunflower seeds, soaked 4 hr and rinsed
2 Fuji apples, grated
2 large bananas
1/2 cup dates
1 cup raisins
1 tsp cinnamon
1 Tbsp Healthy Oil eg. Avocado oil
1 cup walnuts, soaked 2 hr, then chopped

Put sunflower seeds and bananas through a juicer or use a food processor.
Mix all together in a large bowl.
Spoon dough onto a dehydrator tray with a teflex sheet and form into small round cookies. Place cookies close together on the sheets.
Dehydrate at 105oF for 4 hours. Turn cookies over and remove teflex sheet. Continue dehydrating until desired moisture is obtained (approx 3-5 hr)

RAW APPLE PIE

Crust:

1 cup walnuts
2 cups soaked almonds
10-15 dates
2 Tbsp orange juice

Process all nuts in food processor. Add dates and keep homogenizing for a while if using a food processor. Add orange juice to homogenize even better. Spread into pie pan, evenly to form a crust and immediately set aside in freezer.

Filling:

3 cups shredded apples
1 cup soaked raisins
1 1/2 cup soaked cashews
1/4 tsp nutmeg
1/2 tsp cinnamon
1/2 cup water (use the water that raisins were soaking in)
2 Tbsp organic maple syrup

Place 3 cups shredded apples aside in bowl. Mix in raisins that have been soaked in advance. In a blender, make sauce out of other ingredients.
The longer the raisins have been soaking for, the sweeter the water will be. Pour this sauce in the bowl and mix in with the shredded apples and raisins.
Fill pie with this mixture. Decorate with slices of fruits like bananas, apples etc.

RAW BLUEBERRY TARTLETS

Crust:

2/3 cup raw almonds (pulse until crumbly like breadcrumbs)
1/2 cup packed pitted dates (pulse with 1 tsp water until finely chopped)

Mix almond and dates together, form 4 balls. Wrap each ball between 2 pieces of wax paper, press into 4 inch round or square crust. Turn up edges if desired. Refrigerate 2 hours, then use spatula to move crusts to serving plates.

Filling:

2 cups fresh blueberries
3 tsp honey
2 tsp fresh orange juice
1 tsp fresh lemon juice
1/2 tsp grated orange zest
1/4 tsp vanilla extract.

Combine and fill the tartlets, sprinkling top with a little extra orange zest.

RAW - MISCELLANEOUS

CREAMY CREAM CHEESE OR SOUR CREAM

1 cup truly raw cashews (soaked for 4 hrs)
1/2 cup pine nuts
2 Tbsp lemon juice
2 pinches of Celtic sea salt or sea salt
3/4 cup water or more if needed
4 Tbsp of chopped fresh herbs (mint, basil, parsley, cilantro, etc.)

Put everything in a high speed blender and blend till smooth and thick.

GREEN CHEESE

2 cups pumpkin seeds
1 cup hulled sesame seeds (soaked)
1/2 cup green onions (chopped)
1 inch piece ginger (peeled and chopped)
1/2 cup parsley
1 Tbsp dulse or sea salt to taste

Combine all ingredients in blender with enough water to cover. Pour into cheese bag and hang in the sink for several hours or overnight to drain. Chill and store in the refrigerator.

SEED CHEESE

2 cups sunflower seeds (soaked)
1 cup hulled sesame seeds (soaked)
1 inch piece of ginger root (peeled)
2 cloves of garlic
1 tsp. dried oregano
1/4 cup fresh basil
Dulse to taste (or sea salt)
Dash of cayenne

Combine ingredients in a blender with enough to make a smooth blend. Pour into a cheese bag.

Hang overnight over the sink. Remove from bag and store in the refrigerator.

PESTO

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

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.

ADDENDUM TO RAW FOODS.

If you are just getting started, here's some easy ways of eating raw foods:

Ezekiel breads and cereals, Manna Breads, or Essene Breads are considered raw because they are cooked at less than 105oF so enzymes are still in tact.

Cheese Sandwich: Use Ezekiel or Manna Bread, raw milk cheese or veg. pate, sliced tomato and cucumber, lettuce.

Get a food dehydrator. If you live in a cold winter country, it is nice to warm up food a little without killing the healthy enzymes.

Remember, canned or bottled juices and foods generally have been heated to destroy bacteria and therefore the enzymes are not still active.

Yogurt has been cooked to kill off the unfavorable bacteria, therefore it is not considered raw food.

Canned fruit juices have been heated to kill bacteria and are not considered raw.

SPROUTING GRAINS/SEEDS

see the information under "How To" section

BREADS

The healthiest bread is made out of Red Fife or Einkorn. If you can't get it locally, order it from Organic Matters in B.C. (they deliver) or you might find it online elsewhere. If you get the kernels and need to grind it – you can use your blender This is the ancient grain that originally came from Turkey 50,000 years ago, and is still grown in some parts of Canada. By the way, you don't need sweetener to make the yeast rise, it feeds off the flour. You don't even need oil if you don't want oil in your diet. Traditional bread is flour, yeast, salt and water, nothing else.

FLATBREAD (can use as pizza)

This will feed four. Divide the recipe in half if you want a smaller pizza for only 2 people.
2 cups flour of your choice
½ tsp yeast
1 cup pure warm water
1 tsp salt
1/4 cup avocado oil or good quality olive oil
Mix everything together in the morning, put into bowl or plastic container and let sit until you want to cook it at dinner time.
Line a large cookie sheet in parchment paper and either roll out or spread out the dough to the desired thickness.
Heat oven to 375°F.
Bake the bread for 5-7 minutes, then take out and put all your toppings on, and bake for another 20 minutes.
Toppings: onions, olives, tomato, oregano, chopped basil, other veggies chopped.

BAGUETTE

4 cups flour (any or combine Red Fife, Einkorn, or gluten free flours)
1 tsp salt
1 tsp yeast
3 cups pure warm water.
Mix all together, let stand for ½ hr, then stretch it and let sit for another ½ hr, repeat stretching, then cover and refrigerate for 14-24 hr.
Put lots of flour on a flat surface, divide the recipe into 3 loaves, roll each one into a long loaf. Let sit for 20 minutes, slash tops so they can expand when baked.
Heat oven to 450°F, then bake the bread for 40 minutes.
If you want the crust to be 'crustier', just before you bake, pour 1 cup water into the bottom of the oven.
If it is too crusty and you want it softer, when you take the bread out of the oven, let sit for 10 min. then put into a plastic bag where the steam will soften the crust.

HONEY OATMEAL BREAD

make in regular loaf pan
3 ½ cup flour (red fife or einkorn if you can get it)
1 cup oat flakes
½ tsp salt
½ tsp yeast
2 Tbsp honey
Put all in bowl, mix, cover with plastic for 8-14 hr.
Mix a bit, then add another ¼ cup oats, rolling it around to coat.
Dust top with flour, place in greased (use avocado or coconut oil), or line the pan with parchment.
Proof with damp light towel on top for at least 60 min.
Heat oven to 400°F.
Invert another loaf pan and place on top if you wish which will make it into a little oven and create steam.
Bake for 40 min. Lift the top loaf pan off, and bake another 10 minutes. The center will be 190°F if you have a thermometer.
Turn off oven, let sit another 10 min.

BREAD ROLLS

3 cups flour of your choice
2 ¼ tsp yeast
2 Tbsp sweetener (honey or use substitute sweetener)
1 tsp salt
1 large organic egg

¼ cup unsalted organic butter or use avocado oil
1 cup warm water
Mix all the dry ingredients together.
Separately mix the wet ingredients.
Mix all together and using a dough hook, beat for 2 minutes (or knead by hand).
Turn out onto lightly floured surface and knead for 2 min.
Grease a bowl, add the dough. Cover, rise in warm place 2 hr.
Grease a cookie sheet, or use parchment paper to place on top of the cookie sheet so the bread doesn't stick.
Form dough into smooth balls. Cover 1 hour to proof.
Preheat oven 350^{o}F.
Brush tops if you wish with mixture of honey and butter or oil.
Bake 350^{o}F for 20-25 minutes.

FOCACCIA

320ml water
400g (4 cup) flour
2 Tbsp oil
2-3 tsp yeast
2 tsp salt
Option: 8g sweetener, 2 tsp dried herbs
Mix, rest 30 minutes. Stretch, rest another 30 min. Stretch, rest another 30 min, then put into the refrigerator overnight.
Stretch again and put into a greased pan or sheet (or line with parchment paper).
Spread out into a square or round pan or cookie sheet, and using finger tips, poke all around on top.
Toppings: Pesto, garlic, salt, olives, herbs.
Sprinkle with oil.
Bake 400^{o}F for 15-30 min depending the thickness of the bread.

SALADS

DRESSINGS
VEGETABLE SALADS
RICE SALADS
PASTA SALADS

SALADS

As always, use the superior organic ingredients whenever available.

DRESSINGS

NUTRITIONAL DRESSING

1/2 cup Healthy oil eg. Avocado or coconut or olive oil
1/8 - 1/4 cup apple cider vinegar or lemon juice
Optional - all or any of:
- **1 tsp tamari or Bragg Liquid Soy (natural soy)**
- **1 Tbsp tahini (sesame paste)**
- **1/4 tsp honey**

Choice of herbs for flavour:
- **1 tsp basil or dillweed, or oregano (any or all)**

Optional: 1 clove minced garlic
Blend all ingredients

VARIATION OF NUTRITIONAL DRESSING

1/3 cup apple cider vinegar or lemon juice
2/3 cup Healthy oil eg. Avocado or coconut or olive oil
1 tsp sea salt or tamari or Bragg aminos
1/2 tsp paprika
1/4 tsp honey
Blend smooth.
Optional for variety add:
- **1-3 cloves garlic**
- **1 Tbsp parsley**
- **1 tsp celery seed**
- **1/2 small tomato**
- **1 Tbsp chopped green onion**

VINAIGRETTE- STANDARD FRENCH DRESSING

2 Tbsp apple cider vinegar or fresh lemon juice
1/4 cup healthy oil eg. avocado or coconut or olive oil
1 tsp dried mustard
sea salt and pepper to taste
Mix together well and use as a dressing.
If you like the taste more acidic, add more vinegar.
If you like the taste less acidic, add more oil.
If you have a candida yeast problem, you can substitute lemon or lime juice for the vinegar.

MAYONNAISE

Put juice of 1 small lemon (½ lemon if large) and 1 raw egg plus 2 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 (also helps eliminate any bacteria from the raw egg; the risk from getting food poisoning from a raw egg is extremely low, but this will make it even less of a risk).
Now begin the blender at low to medium speed. As the blender whirls, SLOWLY drizzle in 3/4 - 1 cup of cold pressed oil a few drops at a time 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. Taste, add more lemon or salt if you wish. You can keep this stored in a clean jar in the refrigerator for a week.

CUCUMBER DILL DRESSING

1 large cucumber, peeled and seeded
2 tsp dill weed
1/2 cup healthy oil eg. avocado or coconut
Optional: dash cayenne
minced garlic or garlic powder
Add sea salt to taste. Blend well. Chill and serve.
Best used up within 5 days.

ITALIAN DRESSING

1/4 cup lemon juice
1/4 cup apple cider vinegar
1/4 cup unsweetened apple juice
1/2 tsp oregano or basil
1/8 tsp thyme

1/8 tsp rosemary
1/2 tsp paprika
1/2 tsp. dry mustard
Optional:
1/2 tsp garlic and/or onion chopped
Blend well. Chill to allow flavors to blend for 3-24 hours.

ANOTHER HEALTHY DRESSING

½ tsp garlic
1 chunk fresh ginger (eg. 1" square)
Juice of 2 large lemons
1 Tbsp Royal Jelly (if you can get it)
5 Tbsp avocado oil
1 tsp salt
2 tsp turmeric
Blend everything together

TOFU DILL DRESSING

<u>Puree in a blender:</u>
8 oz soft tofu
1/4 cup apple cider vinegar or lemon juice
1 Tbsp tamari or Bragg aminos
3 Tbsp oil (eg coconut, olive, avocado)
<u>Mix in:</u>
2 Tbsp finely chopped fresh dill (or 1 tsp dried)
Fresh ground black pepper
1/4 cup chopped parsley
Dash sea salt
Blend, chill and store in refrigerator in tightly covered jar for a couple of hours before using.

CREAMY BASIL DRESSING

4 cups (1 quart) soymilk or rice milk
1 tsp dillweed
Juice of 2 lemons
12 fresh basil leaves (or 1 tsp dried)
1 thyme leaf (or 1/4 tsp dried)
Optional: 2 cloves garlic
1/4 tsp cayenne
Dash sea salt
Blend all together and store for a couple of hours before using to 'marry' the flavors.

TOMATO LEMON DRESSING

3/4 cup canned tomato juice
1/4 cup unsweetened apple juice
1/3 cup chopped celery
1/4 cup lemon juice
Optional:
1/2 cup chopped onion
1/2 minced garlic clove
Blend, chill and serve.

RUSSIAN DRESSING

3/4 cup apple cider vinegar
3/4 cup water
1/8 cup lemon juice
1/2 tsp dry mustard
2 small grated carrots
dash white pepper & paprika
Optional:
1/2 Tbsp garlic powder
1/4 med onion, chopped
Blend all except carrots. Float grated carrots in dressing. Chill before serving.

STRAWBERRY VINAIGRETTE

1/2 cup oil (eg coconut, olive, avocado)
2 tsp honey
1/2 tsp cayenne
1/4 cup strawberries
1 Tbsp apple cider vinegar
Blend all, chill before using.
Note: use raspberries if you like them better than strawberries

TARRAGON DRESSING & DIP

This makes a nice creamy dressing. If you don't like tarragon, use your favorite herb!
1/4 cup oil (eg coconut, olive, avocado)
1 large minced garlic clove
1/4 tsp black pepper, freshly ground
1 10 oz package of soft tofu, drained
1/4 cup apple cider vinegar or lemon juice
1 tsp dried tarragon (or 1 Tbsp freshly chopped)
Using a blender or food processor, whip everything except the tarragon for about 1 minute on high speed. Add the tarragon and whip another 30 seconds on medium speed.
Refrigerate for at least 1 hour before serving.

SPICY RADISH DRESSING

Bored with the usual - try this!

1/4 cup spinach
1/4 cup chopped cilantro
2/3 cup pure water
1/4 cup alfalfa sprouts
1/4 cup tomato chunks
1/4 medium avocado, cubed
1 Tbsp tamari (natural soy sauce)
Blend all at high speed for about 2 minutes. Chill before serving.

SPINACH SALAD WITH WALNUTS, GREEN APPLE

1 6 oz bag of baby spinach
1 granny smith apple, cored and sliced
1 pear, cored and sliced
1/2 of a red onion, sliced thinly (optional)
1/2 cup of walnuts

Raspberry Vinaigrette Dressing:

1/2 cup of red wine vinegar
1 cup of organic olive oil
1/2 cup of frozen raspberries
Dash of hot sauce
Salt and pepper
Puree in a blender.
Place salad ingredients into a salad bowl and toss with the vinaigrette dressing.

BROCCOLI CRUNCH SALAD

A favorite, 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 favorite dressing, or the one that follows:

Dressing:

3/4 cup unsweetened pineapple juice
2 Tbsp oil (olive or sunflower)
1/4 cup vinegar (balsamic or rice or apple cider)
1 Tablespoon honey
1/4 tsp ginger powder or minced root
1/2 tsp dijon mustard
Salt & Pepper to taste

QUINOA SALAD

1 cup quinoa cooked in 1 3/4 cup water for 15 minutes.
1/2 cup diced cucumber
1/2 cup chopped cilantro
1/3 cup cooked corn niblets
4 Tbsp lime juice
2 Tbsp organic olive oil
1 Tbsp sesame oil
1 Tbsp honey
Salt & Pepper
Mix all together, cool.

SOUTHWEST QUINOA SALAD

1 cup organic quinoa cooked in 1 3/4 cup water for 15 minutes (until cooked and fluffy)
1/2 cup diced organic cucumber
1/2 cup finely diced organic red onion
1 small organic zucchini chopped handful of organic cherry tomatoes halved
1 can organic garbanzo beans (chickpeas), discard juice
1 can organic red kidney beans, discard juice
1/2 cup chopped organic cilantro
1/2 cup chopped organic celery
2 tsp cumin powder
1 tsp chili powder
oil - just enough to coat and give moisture
lemon or lime juice to taste
sea salt and pepper to taste
Toss all together, taste and adjust flavors to suit.

Another option to the above quinoa salad is to skip the cumin and chili powder and make a french dressing of the oil, lemon juice or apple cider vinegar and dijon mustard.

TABOULI (Bulghur Wheat Salad)

Traditionally this is usually bulghur wheat, lots of lemon juice, chopped parsley, mint, olive oil, chopped cucumber, chopped tomato, chopped onion and garlic. This is a little more exotic:

This makes enough for several large servings.

2 cups bulghur wheat - soak 30-60 minutes in 4 cups of hot water and strain off any liquid.

Add:

1/2 cup each of: sunflower seeds, hemp seeds, pumpkin seeds, and dried fruit sweetened cranberries
6-8 baby cucumbers chopped
2-3 vine ripe tomatoes (firm), chopped
2-3 celery stalks, chopped
1/3 cup chopped fresh parsley (or 1/4 dried)
1/3 cup fresh dillweed (or 1/4 dried)
1/2 cup fresh mint chopped (or 1/4 cup dried spearmint or garden mint)
Optional: 1/3 cup flaxmeal & wheatgerm

Dressing:

1 cup healthy oil eg. avocado or coconut
Juice of 1 lemon
2 Tbsp Apple Cider Vinegar or fresh lemon juice
Season with salt and pepper.

REGULAR PASTA SALAD

3 cups whole grain or gluten free rotini, or bowtie pasta, cooked and cooled
1 cup cucumber, cubed
1/2 cup chopped celery
3/4 cup feta cheese, crumbled (or grated parmesan if you prefer)
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 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.

REGULAR PASTA SALAD

3 cups whole grain or gluten free rotini, or bowtie pasta, cooked and cooled
1 cup cucumber, cubed
1/2 cup chopped celery
3/4 cup feta cheese, crumbled (or grated parmesan if you prefer)
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 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.

GRILLED VEGGIES WITH HONEY BALSAMIC DRESSING

8 large spears asparagus
1 red bell pepper, quartered
1 yellow bell pepper, quartered
2 fat carrots, peeled and cut diagonally into 1/4 inch slices
1 zucchini, sliced diagonally into 1/4 inch slices
6 Tbsp olive oil
Sea salt to taste
2 Tbsp honey
1 Tbsp balsamic vinegar
1 handful fresh basil leaves, sliced finely at the last second
Drizzle veggies with 3 tablespoons olive oil and sprinkle generously with salt. Grill directly over medium heat for approximately 10 minutes, or until all veggies begin to brown. Take off individual veggies as they finish. Cut into bite-size pieces.
In a medium size bowl, blend honey, balsamic and 3 tablespoons olive oil. Add veggies and basil and toss.

COLESLAW

A little more than just cabbage and mayo. Try it, you might like it better.

4 cups slivered cabbage
1 large green pepper chopped or slivered
1/4 cup honey
1/3 cup apple cider vinegar
1/3 cup chopped parsley
1/2 tsp paprika
1/2 tsp celery seed or 1/3 cup chopped celery
1 tsp sea salt
1 tsp dry mustard
1/2 cup grated carrot
Optional:
1/2 apple, cored, peeled and chopped
Mix all together and toss.

BROWN RICE SALAD

1 cup brown rice, cooked
2 stalks diced celery
1/2 cup chopped canned water chestnuts
1/2 cup raw cashews
2 cups chopped mung bean sprouts
1/4 cup orange juice
1 Tbsp grated ginger root
1 Tbsp apple cider vinegar or lemon juice
3 Tbsp oil (eg coconut, olive, avocado)
1/2 tsp honey
1/2 tsp sea salt
Pinch of cayenne.
Mix all together, 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 oil (eg coconut, olive, avocado)
1/4 cup apple cider vinegar
1/4 cup apple juice
Mix all together. Let the flavours blend for 1/2 hour before serving. Add sea salt to taste.

SEA SALAD

Using arame or hijiki which are delicate seaweeds, this salad supplies lots of minerals, vitamins and iodine which is vital for the thyroid. The seaweeds can be acquired at a Japanese store or a health food store.

1 cup dried arame
1/2 cup dried hijiki
1/2 cup finely diced onion
2 cups fresh sprouted mung beans
1/4 cup each finely diced red and green pepper
1/4 cup coarsely chopped parsley
2 Tbsp lemon juice
1 Tbsp Tamari or Bragg
1/2 Tbsp oil (eg coconut, olive, avocado)
Few drops dark sesame seed oil.
Soak the arame and hijiki in hot water for about 15 minutes, drain and toss with the rest of the ingredients. Serve room temperature or cold.

MARINATED CABBAGE SALAD

Many people love to have the flavours blend for a while. Convenient that this can made ahead of time.

1 medium head of cabbage, finely shredded
2 medium onions, thinly cut into rings, soaked in cold water for 15 minutes, then drained
2 Tbsp apple cider vinegar
2 Tbsp oil (eg coconut, olive, avocado)
1/4 cup unsweetened apple juice
1/2 tsp dry mustard
2 Tbsp honey
1/2 tsp sea salt
In a large bowl, alternate layers of shredded cabbage and onion rings.
Combine the honey, apple juice, and oil and pour over the top. Set aside.
In a saucepan combine the remaining ingredients, bringing gently to a boil, then immediately pour the hot liquid over the cabbage mixture.
Cover and refrigerate for several hours.

MEXICAN LAYERED SALAD

Bored with the usual salads? Try this. Nice flavour and lots of healthy ingredients. Quite filling too, so it is a good winter salad. This one you can make ahead during the day, or even the night before.

1 cup shredded cabbage
1 cup shredded carrots
1 cup canned kidney beans
1 cup shredded peeled rutabaga
1 cup diced, cooked, peeled red potatoes

<u>Lime Dressing:</u>

1 Tbsp lime juice
1/2 tsp grated lime rind
1 clove garlic, minced
1 Tbsp chopped cilantro or more if you love cilantro
1/4 tsp sea salt
1/4 tsp pepper
1/3 cup oil (eg coconut, olive, avocado)

In a deep 6 cup bowl, layer the cabbage, kidney beans, carrot, red potatoes and rutabaga.
Whisk the dressing ingredients together and pour over the vegetables.
Cover and refrigerate at least 4 hours or overnight.
Just before serving lightly toss.

SAUERKRAUT SALAD

For those sauerkraut lovers, eat and enjoy!
1 cup sauerkraut
1 small onion, finely chopped
1 Tbsp oil (eg coconut, olive, avocado)
1 small apple grated coarsely
This is only enough for one person.
Double or triple the recipe as needed.
Chop the sauerkraut a bit smaller than usual and combine with the other ingredients.
Chill and serve.
For variety you can change the apple for dill pickle.
This is a nice dish when served with a hot baked red potato.

POTATO SALAD

5 large potatoes cooked, cubed
2 celery stalks, chopped
1 large dill pickle minced
1 Tbsp dillweed
1 Tbsp dijon mustard
Optional:
chopped green or white onions
sliced radishes
paprika

Toss the potatoes and celery with the pickle, dillweed, mustard, and enough mayonnaise (see recipes in this book). Season with seasalt and pepper or cayenne.

BEET SALAD

Good for the liver-gall. Tastes good too!

1 1/2 cups raw beets, shredded
1/3 cup honey
3/4 cup pineapple chunks
2 Tbsp lemon juice
Dash sea salt.
Mix beets and pineapple together. In a separate bowl, mix honey, lemon juice and salt and serve over the beets and pineapple.
Optional:
Add chopped mint and chopped apple or pear instead of the pineapple.

BUDDHA BOWL

Base is quinoa or brown rice or basmati rice, cooked black beans, raw or cooked broccoli, chopped veggies like avocado slices, cooked sweet potato cubes, tofu. Dust with a little cumin, garlic, paprika.
Toss with Maple-Tahini Sauce:
Tahini
lemon juice
pure maple syrup or honey
garlic
cumin
red pepper flakes
salt
Blend all together.

BARLEY SALAD

Another good wintertime salad. Barley is wonderful for sensitive stomachs,

nourishing for digestion and respiratory. Barley does have some gluten in it.
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 in this section)
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.

FRUIT COLESLAW

Mmmmmmm.
1/4 cup soft organic tofu
1 tsp honey
14 oz canned crushed pineapple (no sugar type)
1/4 cup dried apricots
2 Tbsp unsweetened pineapple juice
1/3 cup shredded cabbage
1/3 cup raisins
1 cup diced red apples
1/4 cup grated carrots.
Blend the tofu and pineapple juice until smooth.
In a medium bowl combine the remaining ingredients. Add tofu mixture and toss to mix.
Cover and refrigerate until thoroughly chilled. Serve cold.



SALAD ROLLS WITH MANGO AND AVOCADO

2 teaspoons vegetable oil
2 Tbsp minced ginger
1 ripe avocado, halved and sliced
1 medium carrot, julienne
1 medium English cucumber, julienne
1 semi-ripe mango, julienne
1 medium red pepper, julienne
2 cups soaked rice noodles (vermicelli)
1/2 cup cashews, toasted and finely chopped
10 large rice paper wrappers
Fresh cilantro chopped
<u>Sauce</u>
1 cup light soy sauce, tamari, or Bragg (Bragg is wheat free)
2 Tbsp each: sesame oil and rice wine vinegar
1 Tbsp minced ginger
1 Tbsp minced garlic (optional)
1 tsp minced Thai chilies
3 Tbsp finely chopped green onion
1 Tbsp honey or to taste
1 tsp honey
Heat oil in a large skillet over medium high heat, add garlic and ginger and cook until just beginning to brown. Line up avocado, carrot, cucumber, mango, red pepper, rice noodles, cashews and coriander. Fill a baking dish or shallow bowl with hot water.
Line the cutting board with a dry towel. Soak a rice paper in water until soft and pliable.
Lay on towel and pat dry.
Repeat with second rice paper. Along bottom third of the wrapper, line up a small amount of coriander, noodles, mango, red pepper, cucumber, carrot, avocado and cashews.
Keeping the wrapper taut, tightly roll up into cylinder. Reserve completed roll in damp
towel.

ORIENTAL SALAD

Orientals usually don't eat dairy, but they do eat a lot of bok choy - which is 10 times higher in calcium and iron than milk!

1 head finely chopped bok choy
1 stalk finely minced broccoli (also peel the stalk & chop finely)
1 cup shredded purple cabbage
1/2 head torn mouth-sized pieces of romaine lettuce
1 grated carrot
1/2 cup mung bean sprouts
1 cup shredded shittake mushrooms (you need to presoak them for 1/2 hr in hot water until soft, then cut/shred in thin strips). Alternatively you can soak the shittake in cold water for 6 hours and they will be perfectly soft and ready to use.

<u>Dressing:</u>

1 avocado
1/4 - 1/2 red onion
1/4 cup fresh parsley
Juice of 1-2 lemons
1 clove of garlic
1 tomato

Blend the dressing until creamy smooth. Add to the salad and toss.

LETTUCE WRAP SALADS

Lettuce leaves can be used for more than tossing in a salad. Try using them as envelopes containing yummy flavours. This is a salad within a salad, but you can put anything you like in the wrap.

2 cups alfalfa sprouts
1 diced tomato
1 Tbsp tamari (soy) or Bragg Aminos
1 cup mung bean sprouts
1/2 medium avocado, chopped
6 outer leaves of Romaine or leaf lettuce.

Mix the sprouts, avocado, and tomato with the tamari. Roll up inside the lettuce leaves, secure with a toothpick and serve on a bed of alfalfa sprouts.

<u>Other variations as stuffing:</u>

Hot peppers
Left overs eg. chili
Refried beans, salsa
Cooked slivered Bamboo shoots
Mushrooms
Water chestnuts
Five spice powder
Minced ginger
Minced garlic
Chopped preserved vegetable
Brown rice
Cilantro
Cooked black beans
Chopped onion, celery
Slivered red pepper
Chopped black olives

TOFU & GINGER SALAD

Everyone becomes quite fond to this in time.

Cut 1 package of firm organic tofu into bite size cubes

<u>Toss with:</u>

1 finely chopped green onion
1 Tbsp finely grated ginger root
1 tsp tamari or Bragg Aminos (liquid soy)
1 tsp dark sesame oil
Optional: 2 Tbsp chopped cilantro

Allow to marinate for 10 minutes or more. We use only a little sesame oil as a condiment or spice for flavour. If you don't like the taste of sesame oil, leave it out and use oil (eg coconut, olive, avocado).

SOUTHWEST QUINOA SALAD

(a favourite)

Cook up 1 cup quinoa in 1 3/4 - 2 cup water for 15 min. Fluff up and set aside to cool.

<u>Mix with:</u>

1/2 cup diced cucumber
1/2 cup finely diced red onion
1 cup cooked or canned garbanzo beans
1 cup cooked or canned red kidney beans
1/2 cup chopped cilantro
1/2 cup chopped celery
1/2 cup chopped red pepper
1 cup chopped tomato
1 cup unthawed frozen peas

Season with oil, cumin, chili powder, sea salt, pepper.

MAKE YOUR OWN INTERESTING SALAD

Here's a list of different ingredients you can use in a salad to help stimulate a creative masterpiece:

Raw almonds
Sautéed tofu chunks in tamari (soy) and grated ginger root
Chopped bok choy or sui choy (high in calcium)
Various types of lettuce: butter, escarole, romaine, red leaf, green leaf
Fennel bulb chopped (tastes like licorice)
Rutabaga chopped (purple top turnip with white body)
Slivered carrots or beets
Cauliflower or Broccoli flowerettes
Slivered cucumber
Sliced mushrooms, cooked or raw (try soaking dried shittake mushrooms for an hour in hot water and then slicing them thin)
Orange sections
Sliced or chopped tomatoes
Apple pieces (tart apples are best)
Chopped pineapple pieces
Handful of chopped prunes
Chopped dried apricots
Raisins
Cooked brown rice, or quinoa, or whole or gluten free grain pasta
Frozen blueberries, or raspberries
Chopped mint leaves
Chopped green onions, chives
Chopped oregano or basil
Chopped ginger root (finely chopped or grated)

SOUPS

Stocks
Vegetable Soups
Lentil, peas, bean soups
Chowders

SOUPS

Use superior organic ingredients whenever available. Many recipes are included for soups. Many can be made ahead of time, frozen if necessary and they are so nourishing. There is a lot of variety here so you won't get bored.
Remember, don't use aluminum cookware. Use stainless steel, Corning Ware or crockery.

STOCK RECIPES

MEATLESS STOCK

3 chopped carrots
3 chopped red potatoes
1 Tbsp sea salt
1/2 cup dried beans
1/2 lb sliced mushrooms
1/2 cup dried green peas
2 stalks celery chopped
Optional: 1 large turnip peeled and cut up
1 bay leaf
1/4 tsp thyme
Rind of one lemon grated
4 quarts cold water
Bring all to a boil, heat over low heat 3 hours. Strain and reserve liquid as stock. You may freeze stock after it cools if you wish for future uses.

GREEN VEGETABLE STOCK

8 cups coarsely shredded, lightly packed greens (eg. spinach, chard, kale)
2 large chopped stalks celery including leaves
1 small green cabbage, coarsely shredded
1 cup light packed chopped parsley or cilantro
1 dried red pepper
1 tsp thyme leaves
1/2 tsp black peppercorns
2 tsp sea salt
1 bay leaf
12 cups water.
Bring all to a boil, then simmer for 1 1/2 hours. Strain and use broth as base. To save for future use, freeze in containers after broth cools.

ROOT VEGETABLE STOCK

3 large carrots
1 large turnip
2 large celery stalks with leaves
6 large parsley sprigs or coriander
1/4 small daikon root (if available)
2 large onions
2 large red potatoes (leave skin on)
12 cups water
2 1/4 tsp black peppercorns
1 tsp thyme leaves
1 bay leaf
Chop vegetables coarsely. Bring all to a boil, cover and simmer 1 1/2 hours. Strain. Freeze broth if you wish after it cools.

MUSHROOM STOCK

1 oz dried shittake mushrooms
2 small chopped carrots
3 sprigs fresh thyme (or 1/2 tsp dried)
2 fresh sage leaves (or 1/2 tsp dried)
1 tsp sea salt
1/2 tsp black peppercorns
1/2 pd sliced white mushrooms
6 sprigs chopped parsley or cilantro
2 sprigs fresh marjoram or oregano (1/2 tsp if dried)
2 bay leaves (or 1 dried)
Pour 1/2 cup cold water into large stock pot.
Add shiitake and salt, gently cooking over medium heat for 15 minutes.
Add remaining ingredients and 9 cups cold water. Bring to a boil.
Simmer uncovered 1 hour.
Pour stock through a strainer, pressing on vegetables to extract as much liquid as possible.
Discard solids if you wish. Keep stock to use for soup or stew base.

SOUP RECIPES

A VERY HEALTHY SOUP

This is the basic daily soup used by Max Gerson at the Gerson Cancer Clinic. Eat this as often as you wish.
This recipe is enough for only one person, increase amounts as desired.

1 medium celery root or 3-4 stalks celery
1/2 small daikon root
1 1/2 pound tomatoes
1 medium parsley root (if available)
1 small head of cabbage
1/4 cup chopped parsley
1 pound red potatoes
2 medium onions or 2 small leeks
Do not peel any of the vegetables, just wash and scrub well, then cut coarsely. Put the vegetables in a 2 quart pot and cover with cold water.

Cook slowly for 3 hours, then put through a food mill in small portions; scarcely any fibers should be left.
Vary the amount of water used for cooking according to taste and desired consistency.
Let soup cool off before storing.
Keep well covered in refrigerator for no longer than 2 days; warm up as much as needed at a time.
This soup can be made even healthier by soaking some wakame or kombu seaweed in a bowl of water for 15 minutes, then take the seaweed out of the water, chop it fine and add it to the soup when it is cooking - adds lots of minerals.

VEGETABLE SOUP

6 cups water
2 stalks celery slivered
5 tomatoes, skinned & chopped (or 1/2 can tomato paste plus 1 cup water)
3 carrots slivered
1/2 pd mushrooms sliced
1/2 green or red pepper julienne
1 red potato chopped small
1 large onion slivered
Chopped basil leaves to taste
1 Tbsp tamari (soy)
1 bay leaf
3 pieces of dried seaweed soaked in water for 10 minutes, then chopped fine (wakame or hijiki or arame are good)
Optional: 2 cloves garlic minced
Boil water, add every, cover and simmer 1-3 hours.

BARLEY SOUP *A favourite after a bout with a cold or flu. Comfort food. Note that Barley is not gluten free.*

Soak an 8 inch piece of kombu or seaweed of your choice, a minimum of 1 hour in a cup of water.
<u>Bring to a boil:</u>
8 cups water
1 cup washed barley
Kombu or seaweed cut in 1/4 inch pieces
1 tsp sea salt
Simmer covered, on low heat for 1 hour. Barley should be well cooked.
<u>Then add:</u>
4 large sliced fresh ginger root (or 1 Tbsp fresh grated ginger root)
2 tsp tamari (soy)
1 cup chopped celery
1 cup chopped carrots
1 tsp savory
sea salt to taste.
Continue to cook for another hour.

A SIMPLE BARLEY SOUP

1 cup pot barley soaked in tepid water 1 hour, then rinsed.
<u>Then add:</u>
1/2 Tbsp sea salt
2 carrots sliced
1 cup peas
2 stalks celery diced
2 leeks thinly sliced (optional)
1/2 tsp thyme
1/2 tsp savory
1/2 tsp pepper
1 lemon rind

Bring to a boil, then simmer 25 minutes of longer.
Variations: add chopped mushrooms or use mushroom stock as a base.

PEA SOUP #1 *Real soul comfort food!*

1 pound dried yellow peas, washed & dried
2-3 bay leaves
2 3/4 quarts water
2 carrots cubed
1 handful celery leaves minced
1 1/2 tsp fresh grated ginger root
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.

PEA SOUP #2

2 cups dried peas, washed and soaked 12 hours
8 cups cold water
1 cup chopped carrots
1 small slice of lemon
1 large onion
1-2 tsp sea salt
1 tsp bay leaf or basil
Bring water to a boil. Add all the ingredients, cover and simmer 2 hours.
Puree if desired.

CABBAGE SOUP

2 carrots grated
Few celery leaves minced
1 tsp caraway seeds or powder
4 - 6 cups finely chopped cabbage
1/2 tsp honey
1 tsp sea salt
1/2 tsp pepper or dash of cayenne
Place all in a pot and fill with cold water so everything is submerged with at least 1 1/2 - 2 inches of water to spare on top.
Bring to a boil, cover and simmer 25 minutes.

ZUCCHINI CILANTRO SOUP

1 onion chopped
4 garlic cloves chopped
¼ tsp cumin powder
4 10" zucchini chopped
Saute the above ingredients in some oil until onion is softened.
Add 1 ½ litre of chicken stock.
Blend smooth.
Add Tumeric and cilantro for colour and flavour and end with the juice of one lime.

TOMATO SOUP

1 can (20 oz) tomatoes (or fresh if available)
1/2- 1 cup celery leaves
1/4 tsp basil
2 Tbsp balsamic vinegar
1 carrot grated
1/2 tsp sea salt
1 tsp honey
1 medium onion chopped
Boil all gently for 25 minutes. Puree.
Mix 2 Tbsp cornstarch with either 2 cups soy milk or rice milk, then add to the soup.
Continue to cook on low heat until well heated.
Add extra seasonings as desired.

NAVY BEAN MINESTRONE SOUP

1 cup navy beans soaked in water overnight
1/2 cup chopped celery
1 small tin tomato paste
1 diced onion
3 1/2 cups water
1 cup coarsely chopped cabbage
2 oz broken whole grain spaghetti
1 cup chopped zucchini
1 cup diced carrots
1 cup diced turnip
1 clove garlic (optional)
1/2 tsp basil
1/2 black pepper
1 tsp sea salt
Drain the beans, then put them into a pot and add everything except the spaghetti.
Cover and simmer 1 1/2 hours.
Add spaghetti and cook for another 15 minutes.

EGG FLOWER SOUP

1 egg
1/2 cup sliced mushrooms
4 cups (1 liter) soup stock of your choice
1 teaspoon salt
2 Tbsp Tamari or Bragg Liquid Soy
2 Tsp cornstarch dissolved in 2 Tbsp water
Pinch of freshly ground pepper
Beat the egg, adding a pinch of salt. Soak the mushrooms in the soy sauce and cornstarch mixture.
Bring the stock to the boil and add in the mushrooms and the marinade.
Stir in the salt and pepper.

VEGETARIAN SOUP

6 cups water
4 carrots chopped
1 cup chopped greens
1 large red potato chopped
4 Tbsp washed barley
1/2 tsp basil or savory
4 stalks celery chopped
1/2 pd sliced mushrooms
2 onions, chopped
Boil water, add barley and basil or savory.
Cover and simmer 1 hour.
Chop or slice vegetables and add to soup and simmer another 20 minutes.
Add sea salt or Tamari or Bragg Liquid Soy to taste.

GREEN HERB SOUP

1 cup chopped swiss chard
1 cup chopped spinach
1 cup chopped lettuce
1/2 cup sorrel chopped
5 cups boiling water.
Cover and simmer 20 minutes.
Add:
3 Tbsp cream of wheat. Cook till thickened.
Taste to see if sea salt is needed.

PARSNIP SOUP

3 cups peeled and sliced parsnips
3 cups soy or rice milk
1 cup chopped red potato
1 Tbsp grated ginger
1 Tbsp cornstarch mixed with a little cold water (added to soup to thicken)
1/4 tsp savory
Sea salt to taste.
Dash cayenne
Optional: 2 large onions.
Cook without boiling until vegetables are tender.

BORSCHT

6 cups water
1 tin tomato paste
1 Tbsp tamari (soy) or Bragg
3 large grated beets
1 carrot grated
1/2 cabbage (red or white) chopped fine
2 onions chopped
2 tsp dillweed
Sea salt to taste
Boil water, add everything except dill.
Cover and simmer 1/2 hr. Add dill, simmer few minutes and serve.

EASY POTATO-SPINACH SOUP

1 bunch green onions, sliced
4 cups vegetable stock
6 cups spinach, chopped (or you can use a 10 oz pkt of frozen spinach, chopped
3 large red potatoes, scrubbed, diced
2 tsp dried thyme
1 1/2 tsp ground coriander
Seasalt and pepper to taste
Put the vegetable stock, potatoes, onions, thyme and coriander in a pot. Cook 10-15 minutes until potatoes are tender.
Add spinach, cook another 5 minutes to wilt the spinach.
Puree 1/2 the soup in a blender and return the pureed soup to the pot.
Season with salt and pepper to taste, cook another 5 minutes to blend the flavours.

TOMATO RICE SOUP

2 small chopped carrots
1 diced green pepper
1/4 cup miso
1 15 oz can salsa

1 28 oz can of diced tomato or 3 cups tomato juice or tomato paste diluted with water to make 3 cups
3 stalks celery finely chopped
1/2 cup finely chopped daikon root
1/2 head finely chopped cabbage
3 cups cooked brown rice (long or short grain)

Seasonings:

bay leaf, garlic, oregano, chili powder, celery seed.
Bring all to a boil except the rice. Cover and simmer gently 15 minutes. Add rice and miso, heat through and serve.

CREAM OF POTATO/LEEK SOUP

6 red potatoes, washed, peeled, steamed or boiled (save the potato cooking water).
Mash or puree the potatoes and put them back in the pot with the saved water and add:
Enough water to make the thickness you like for soup
2 chopped leeks
1 clove garlic minced
Sea salt
Simmer 20 minutes. Eat as is or puree and eat. Add water to the consistency you desire as the soup cooks.
Optional: 3 Tbsp finely chopped lovage herb

LENTIL SOUP

Good for blood sugar stabilization!
2 cups lentils (any colour will do, brown is most common)
1 small cauliflower, broken into small florets
8 broccoli florets
2-3 chopped carrots
3 chopped celery stalks with leaves
2 cups chopped onion
1/2 tsp dried oregano
3 Tbsp chopped parsley
6-8 bay leaves
10 cups water
5 Tbsp tomato paste
1 Tbsp apple cider vinegar
1-2 tsp sea salt
Optional: 4-5 minced garlic cloves
Note: you may use cumin or coriander instead of oregano as a seasoning.
Remove any twigs or stones in the lentils.
Wash lentils and put in large pot with bay leaves, oregano and water.
Cover and bring to a boil, then simmer over low heat, covered, for about 1 1/2 hours.
Add chopped celery and carrots and simmer for another 1/2 hour.
Add salt, tomato paste, vinegar, fresh chopped parsley.

BUTTERNUT SQUASH

Roast 1 large butternut squash. Cook, take out the meat and throw away the skin, seeds.

Make base for soup:

Sauté 1 small chopped onion, 2 stalks celery chopped, small handful cilantro chopped, 2 chopped yam/sweet potato, 2 chopped carrots.
Sauté in non-stick pan gently for 20 minutes, then add 1/2 of the butternut squash which you have chopped.
Add 1 can of coconut milk, 1 Tbsp cumin, 1 tsp ginger, 1 tsp curry powder, 1/2 tsp salt. Stir all together then blend smooth.
Put back in pot and chop the rest of the butternut squash in small pieces, add to the soup and heat through for 1/2 hr before serving. Adjust the flavours as you desire.

CORN CHOWDER

Very satisfying when the weather is cold.
4-6 cups water or broth
2 diced celery stalks
1 diced red potato
3 diced carrots
4 cups corn (fresh or frozen)
3/4 cup cashews
Optional:
1 Tbsp minced fresh marjoram (or 1 tsp dried)
2 medium onions chopped
Bring water to a boil, add vegetables, cover and simmer 30 minutes.
Remove 1 cup vegetables and 2 cups broth and blend this with cashews in a

blender at high speed.
If you want it more creamy, add some soymilk or cream of wheat.
Return to pot and slowly reheat.

CARIBBEAN YAM SOUP

2 medium red bell peppers, roasted, seeded & peeled
3 medium yams, boiled, peeled & sliced
1 Tbsp minced jalapeno pepper
4 1/2 cups vegetable stock
2 Tbsp minced fresh cilantro.
Blend all until smooth.
Pour into a pot and heat gently, serve warm.

POTATO & PUMPKIN CHOWDER

2 potatoes, peeled & diced
1 1/2 cups diced peeled winter squash
2 Tbsp minced chives or green onions
2 cups soy or rice milk
2 cups soy or rice milk
1 cup vegetable stock
1/4 tsp grated nutmeg
1/4 tsp pepper or cayenne
1 Tbsp grated fresh ginger root
1 tsp sea salt
2 Tbsp fresh minced basil
1 tsp Chinese five spice
In a large pot sauté onions and ginger, cooking gently until soft.
Add salt, pepper, cook and stir for another minute.
Stir in stock, potatoes, squash. Bring to a boil, cover and simmer on medium low heat until potatoes and squash are tender (about 20 minutes).
Using a slotted spoon, transfer half of mixture to food processor or blender and process until smooth.
Return puree to pan, add soy or rice milk and gently heat, but don't boil.

CORNUCOPIA SOUP

6-7 cups water
1/4 cup red lentils (pick over to make sure cleaned so no stones or twigs remain, then wash and drain)
5-6 sliced mushrooms
1/2 cup pot barley, washed and drained
2 cups chopped cabbage
2 celery stalks chopped
1/2 small chopped zucchini
1 medium yam, boiled and peeled
2/3 cup ground almonds
1 cup chopped spinach
1 small broccoli stalk
3-4 tsp chopped parsley
2 tsp organic vegetable broth powder
1 tsp each of sea salt, basil, thyme, paprika
1/4 tsp powdered kelp (optional)
Bring water to a boil, add washed barley and lentils and bring back to boiling point.
Cover, cook on medium heat for 15 minutes.
Add cabbage, celery, carrots and broccoli.
Cook another 15 minutes, add the rest.
Cook another 15 minutes, remove 2-3 cups broth and vegetables and blend with the cooked yam and almonds. Return back to the soup and simmer everything on medium-low heat for another 15-20 minutes.

CHINESE RICE SOUP (CONGEE)

Usually this is served at breakfast or brunch time. Very bland and nourishing.
1/2 cup short or long grain brown rice
8 cups water
Grind dry rice in blender until somewhat finer to make for faster cooking.
Cook the rice in water very slowly so it doesn't burn, covered for 8-20 hours.
Add a little sea salt to taste.
It should look creamy when done.
Top with chopped cilantro, grated ginger, tamari or Bragg.

VIETNAMESE NOODLE SOUP

8 oz brown rice noodles
6 cups vegetable stock
3" long cinnamon stick
1 whole star anise
1 small onion, thinly sliced
3 cloves garlic, minced
1 Tbsp minced fresh ginger
2 heads baby bok choy (or 1 head of regular bok choy), thinly sliced

1 cup frozen shelled edamame
2 Tbsp tamari or Braag Soy
Optional: handful of chinese pea pods
Cook noodles, drain, divide among 4 bowls.
While the noodles cook add the vegetable stock, cinnamon, anise, onion, garlic, ginger to another pot, bring to a boil then reduce to medium and simmer for 5 minutes.
Add bok choy, edamame and soy, cook another 10 minutes until bok choy is tender.
Take out the star anise and cinnamon stick.
Ladle the broth and vegetables over the noodles and garnish with:
Fresh mung bean sprouts
Fresh basil
Lime Wedge
Thinly sliced serrano pepper.

MISO SOUP

This is a very healthful Japanese soup. Japanese usually have it for breakfast, but in Japanese restaurants it is on the menu for noon or evening meals also. Miso is a fermented bean paste, quite salty so you don't need to add any salt to this recipe.
1 small piece of ginger finely chopped
3 pieces of wakame seaweed
1 cup roughly chopped cabbage
7 cups water
Soak the wakame in a little water for 15 minutes, them drain and remove any tough bits, chop the rest. Bring the 7 cups of water to a boil, add the cabbage, ginger and seaweed and simmer for 20 minutes.
<u>When ready to eat:</u>
Take 2 Tbsp miso paste and cream it in a cup with a little of the hot soup liquid. Add it back to the soup. Once the miso is added, do not cook any longer, just stir it in well to blend it into the soup.
Miso is not to be boiled.
<u>Top with any of:</u>
A handful of peas (frozen ones are fine, put in a sieve and run hot water through them for a
minute, then just toss them on top)
1/2 - 1 cup small cubed tofu pieces
A little chopped green cilantro
A little chopped green onion
Let the toppings warm in the soup for a minute, then serve.
It takes time to know how much miso to add. Add a little at a time until you get the desired saltiness you like.

WILD DANDELION SOUP

2-3 quarts water
1 fist size red potato cut into small pieces
1/2 cup whole grain noodles
Dandelion greens
Sea salt, Tamari or Bragg to taste
Bring water to a boil. Add favourite whole grain or vegetable noodles.
Boil another 5 minutes, then add 12 healthy 8-12 inch long dandelion leaves or equivalent, chopped into small pieces. The young fast growing leaves are the best.
Boil another 2-3 minutes, add a portion of fresh dill (more if you wish).
When noodles are just about cooked, turn down heat and add pepper and/or other seasonings.
Let sit on warm element for 10 minutes to allow flavours to blend.
Note: you may also add some lambs quarter if you wish.
Other options:
lambs quarter leaves
nasturtium leaves
beet leaves
celery leaves
clover leaves
stinging nettle leaves

STINGING NETTLE SOUP

Pick several cups of stinging nettle leaves, and sauté them with finely chopped onion and garlic for flavoring.
After 10 minutes, add a quart of vegetable stock or water, sea salt and pepper to taste.
If you wish it creamy, add a little cream of wheat to the soup.

COCONUT CURRY SOUP *Delicious!*

2 cans organic coconut milk
2 Tbsp curry powder
2 Tbsp grated ginger root (or 1 Tbsp ground ginger)
1/2 cup cooked whole grain macaroni OR fresh bean sprouts
1/2 cup sliced mushrooms
Tamari or sea salt to taste
Topping: chopped fresh cilantro
Heat the above ingredients through (with the exception of the cilantro). The original recipe called for:

1Tbsp lime juice
1 tsp fish sauce
1/4 tsp lemongrass

If you add these last ingredients you are very close to the real thing, but if you can't, it is still a wonderful soup.

PEKING HOT & SOUR SOUP

This uses the shittake dried Chinese black mushrooms. It only takes about 20 minutes to reconstitute the mushrooms by soaking them in hot water.

1 oz dried shittake mushrooms, soaked & shredded.
1 oz canned bamboo shoots, shredded
1 Tbsp apple cider vinegar
1 1/2 pint vegetable stock or water
1 1/2 tsp tamari or Bragg mixed with 1 Tbsp apple cider vinegar.
3 Tbsp water and 2 Tbsp cornstarch
1/2 tsp white pepper
sea salt to taste
Optional: 1 oz dried lily flowers (presoaked in some hot water for several minutes).
Bring stock to a boil, add mushrooms and bamboo shoots and cook 3 minutes. Mix the tamari, cornstarch, vinegar and water together and add to the soup to thicken and flavour. Cook for a few minutes, add sea salt and pepper to taste.
Garnish with cilantro or lemon slices.

MULLIGATAWNY SOUP

1 small onion, diced
2 stalks celery diced
4 cups vegetable stock
2 tsp curry powder
1/2 cup red lentils
12 oz bag frozen mixed vegetables
2 fresh pears or apples, cored and chopped
1 1/2 cups cooked brown rice
Sea salt and pepper to taste.
Cook the onion, celery, red lentils in the vegetable stock with the curry powder for 20 minutes, then add the frozen vegetables, pears or apples, cook another 10 minutes, then add the cooked rice. Season with salt and pepper, cook another 5 minutes.

PUREE OF POTATO & CARROT SOUP *Very east to digest!*

5 sliced carrots
5 cups water
1 cup soy or rice milk
2 medium chopped red potatoes
1 tsp sea salt
1/4 cup chopped parsley (as garnish)
Optional: 1 sliced onion
1 garlic clove
Cook all together in a covered pot until vegetables are soft. Blend or puree everything except the parsley which you an use as a garnish.

CURRIED YAM & RED LENTIL SOUP

Many people say they really like this one!

2 cups red lentils, rinsed and drained
1 large yam or sweet potato: peeled, cut into 1/2 inch cubes
1/2 tsp grated zest & 2 Tbsp juice from small lemon
2 Tbsp apple cider vinegar with 1/4 tsp honey
8 cups vegetable stock or water
1 1/2 tsp ground cumin
1 Tbsp mild curry powder
1/2 tsp ground cinnamon
1/2 tsp cayenne or to taste
Sea salt to taste
Minced fresh cilantro leaves as a garnish.
Sauté spices gently a couple of minutes to release flavours. Add yam, lentils,

vinegar, honey,lemon zest and juice and stock.
Bring to a boil, simmer till vegetables are quite tender (about 1 hour).
Puree one-half of the soup in a blender and return to the soup pot.
Add salt to taste.
Garnish with cilantro leaves and lemon slices.
Freeze leftover soup for later if you wish.

LENTIL & GINGER SOUP

2 cups peeled, cubed butternut squash
1 cup dried red lentils
3 inch piece orange rind
4-5 cups water
1/2 cup hazelnuts
1 tsp ground cumin
1 tsp turmeric
1/2 tsp dried thyme
1 tsp chopped ginger root
1 bay leaf
Wash lentils well, make sure no little stones remain.
Add lentils and squash to the water, then add spices and bring to a boil.
Simmer 20 minutes until lentils and squash are cooked.
Discard the bay leaf, fresh ginger and orange rind.
Add hazelnuts. Puree soup.
Garnish with chopped parsley.

SQUASH (OR PUMPKIN) & APPLE SOUP *Nice soup for Thanksgiving time.*

1 large peeled & chopped red potato
1/2 apple peeled & grated
1 tsp apple cider vinegar
2 cups acorn squash or pumpkin cubed
1 large diced onion
Pepper & sea salt
Pinch cinnamon (optional)
3 minced garlic cloves (optional)
Enough vegetable stock or water to cover.
Sauté onions in a dry non-stick pan gently until tender.
Add squash and garlic and sauté for a few minutes.
Now add stock and potato and bring to a boil.
Simmer 40 minutes until all is soft. Add grated apple and cook a few minutes.
Now puree the mixture and add the remaining ingredients.
Heat through and serve hot.

HARLEQUIN SOUP

Very exciting flavours.
1 carrot peeled and chopped
1 can coconut milk
3 pounds fresh spinach
1 medium onion peeled and sliced thin
4 cups vegetable broth or water
1 tsp ground cumin
1/4 tsp white pepper
1/4 tsp ground nutmeg
sea salt to taste
Clean and remove the stems from the spinach. If you can't get fresh spinach, use 2 packages of frozen spinach thawed and squeezed dry.
Cook all ingredients together. Simmer 20 minutes.

CURRIED SPINACH & COCONUT SOUP *Nice combination.*

1 frozen box of spinach
1 large potato, chopped
1 can coconut cream
3 cups water
2 Tbsp lemon juice
1 Tbsp curry powder (or more if you desire)
2 Tbsp coconut for garnish
Heat curry, potato, spinach and water to a boil. Cover and simmer 30 minutes.
Blend until smooth using a blender.
Return to a pan, stir in lemon juice and coconut milk and heat through.
Serve and sprinkle with coconut.

OATMEAL VEGETABLE SOUP *The oatmeal gives the soup a creamy texture.*

1 large zucchini sliced
2 stalks chopped celery with leaves
2-4 carrots sliced
1 large potato diced
1/2 cup oatmeal (there is some gluten in

oats, most people don't have difficulty with it)
6 cups vegetable stock or water
1/2 cup cilantro chopped
Bring carrots, celery, potato and zucchini to a boil. Cover, lower heat and simmer 30 minutes.
Add stock and cilantro and bring to a boil. Sprinkle in the oatmeal. Cover the pot and simmer until the soup is thick and creamy.

CURRIED CAULIFLOWER SOUP

1-2 tsp curry powder
1-2 cloves garlic minced
1/2 red onion, finely chopped
1-2 tsp sea salt, Bragg Soy or Tamari
Warm these ingredients in a pot gently to release flavour.
Add:
1 cauliflower chopped into flowerettes.
Warm for 5 more minutes.
Put all in a blender and blend with enough warm water to bring to soup consistency.
Return to pot and warm.
Garnish with lemon sliced and chopped fresh parsley.

CARROT SOUP

1 lb carrots, cut into chunks
1/3 cup chopped celery
1 Tbsp finely chopped ginger
1 1/2 cup vegetable broth or water
2/3 cup organic coconut milk
1 Tbsp honey
2 Tbsp maple syrup
pinch nutmeg
pinch cinnamon
sea salt & pepper to taste
Optional: chopped onions and garlic
In large saucepan sauté carrots, celery and ginger in a little bit of water at low heat. When soft, add vegetable broth, coconut milk, honey and maple syrup.
Let cook until reduced to two-thirds. Put in blender and blend thoroughly until smooth.
Put back in saucepan, add rest of ingredients. Season with salt and pepper.
When serving you can garnish with a few drops of oil (eg coconut, olive, avocado) if you wish.

CREAMY POTATO AND BOK CHOY CHOWDER

(bok choy is high in calcium and iron)
1 pd red potatoes, scrubbed and diced (about 3 cups)
1/2 lb sliced mushrooms
3 celery stalks, chopped
1 Tbsp minced fresh thyme leaves
1 large head bok choy, thinly sliced (about 8 cups)
3 Tbsp white miso paste
1 bay leaf
4 cups soy or rice milk
1 cup boiling water
sea salt and pepper to taste.
Optional:
3 garlic cloves minced,
6 medium leeks using only white & light green parts, minced
Sauté the mushrooms, celery, thyme, potatoes in dry pan for about 10 minutes.
In separate pot boil the water and dissolve the miso in it. Add to soup pot along with bay leaf. Reduce heat to low, cover and simmer 6 minutes.
Add soy or ricemilk, and bok choy. Bring heat almost to boiling point for 7-10 minutes. Remove bay leaf, season with salt and pepper. Serve immediately.

ROASTED GARLIC & SHITTAKE MUSHROOM SOUP

1 large head of garlic
20 dried or fresh shittake mushrooms
2 large yellow onions, chopped
8 cups vegetable broth or water
1 Tbsp lemon juice
1/2 cup fresh parsley leaves, minced
1 tsp fresh thyme chopped (or 1/2 tsp dried)
Zest of 1 lemon
Hot pepper sauce to taste
Heat oven to 425oF. Roast garlic until soft (about 30 min).
Allow to cook, break up head and squeeze garlic pulp from each clove, set aside.
Soak dried shittake for 20 minutes in some

hot water to reconstitute (not needed if using fresh).
In saucepan sauté onions on low heat until soft and golden. Puree with 2-3 Tbsp of the broth. Set aside.
In large pot combine onion puree, garlic pulp, thyme and broth. Bring to a boil, lower heat and simmer 10 minutes. Add lemon zest, lemon juice and mushrooms. Bring to simmer, season to taste with hot pepper sauce, salt, pepper and more lemon juice if desired.

RED PEPPER PUREE

(can be made ahead)
1 red bell pepper
1 clove garlic minced
1/2 Tbsp lemon juice
1/2 Tbsp oil (eg coconut, olive, avocado)
Sea salt to taste
Broil red pepper until blackened on all sides. Then place the blackened red pepper in paper bag and close top, leave for 5 minutes. Remove pepper from bag and scrape off blackened film.
Remove stem and seeds from pepper and cut flesh into chunks. Puree pepper chunks, garlic, oil, lemon juice until smooth. Add salt to taste. Refrigerate until needed.

EASY BLACK BEAN SOUP

Blend:
2 cans (15 oz ea) black beans that have been drained and rinsed.
2 cups vegetable stock (or water)
1/2 cup salsa
1 tsp cumin
Salt and pepper to taste
After blending to the consistency you like, put into a saucepan and heat thoroughly. Serve with chopped fresh cilantro as the garnish.

COLD SOUPS

VICHYSSOISE

4 large potatoes peeled
2 cups water
1 large leek (white part)
2 cups soy or rice milk
1 Tbsp chopped parsley
2 Tbsp cornstarch
1/4 cup chopped fresh chives
1/4 tsp white pepper
Cut up potatoes and slice leek. Place potatoes, leek, water, parsley and white pepper in a saucepan and cook until tender.
Mash or puree.
Combine the milk with the cornstarch and stir into the soup. Heat and stir to thicken.
Garnish with chives.
Have this chilled or warm.

CARROT AND PEA SOUP

2 cups sliced carrots
1/2 cup chopped cilantro
2 stalks diced celery
1 cup sprouted green peas
1/2 tsp kelp or sea salt
2 cups water
Blend all in a blender or food processor.
Pour into soup bowls, garnish with alfalfa sprouts.

COLD CAULIFLOWER SOUP

1 cup water
1 cup chopped cauliflower
1 small sliced zucchini
1/4 cup minced parsley
1 sliced avocado which can be used to thicken soup if desired.
Blend all together. Add sea salt and pepper.

LEMON STRAWBERRY SOUP

Juice of 1 lemon
2 pints hulled strawberries
1 cup sparkling mineral water
Mint leaves
Slice 6 strawberries, set aside.
Place lemon juice and remaining berries in a blender or food processor, pulse until smooth.
Pour into medium sized bowl, cover and refrigerate about 1 hour.
Add sparkling mineral water, blend well, cover and refrigerate another 20 minutes.
Ladle into soup bowls, garnish with sliced strawberries and mint leaves.

SAUCES
SPREADS
DIPS

Salsa
Mayonnaise
Catsup
Gravies
Curries
Hummus
Veg. Dips

SAUCES

MAYONNAISE - *regular style*

also see others under raw food section

1 Lemon
1 egg
2 egg yolks
1 tsp dried mustard
1 cup oil (eg coconut, olive, avocado)
Put the juice of 1 lemon and 1 raw egg plus 2 egg yolks in a blender with 1 tsp dried mustard. Let the egg sit for 3-5 minutes in the lemon juice to cure the egg and help eliminate any bacteria from the raw egg. The risk from getting food poisoning from a raw egg is extremely low, but this will make it even less of a risk.
Now begin the blender at medium speed. As the blender whirls, slowly drizzle in 3/4 - 1 cup of cold pressed oil until thickened. It takes a long time to slowly drizzle the oil in, but if you rush, it doesn't work.
Season with mustard, sea salt and pepper as desired. You can keep this stored in the refrigerator in a sealed jar for a week.

SOY MAYONNAISE

1 cup organic tofu
1/3 cup raw cashews
1/3 cup sesame seeds
3 Tbsp lemon juice
1/2 tsp celery seed
1 cup canned organic garbanzo beans with its liquid (there should also be one cup liquid, if there isn't add water to make up the difference)
1/2 tsp salt
1 tsp garlic powder (optional)
1/4 tsp onion powder (optional)
Blend all together until smooth.
If it is too thick add water to get the desired consistency.

SUNFLOWER SEED MAYONNAISE

1 cup sunflower seeds
2 Tbsp miso paste
2 Tbsp apple cider vinegar or lemon juice
2 Tbsp oil (eg coconut, olive, avocado)
Garlic to taste (optional)
Soak the sunflower seeds in 3/4 cup of water for an hour. Drain, mix with the rest and blend, adding water until you get the desired consistency.

KETCHUP

1/2 cup tomato paste
1/2 tsp sea salt
2 Tbsp lemon juice or apple cider vinegar.
2 Tbsp honey
Mix together. Quick and easy.
Variations:
*add 1/8 tsp oregano or 1/4 tsp dillweed
*add 1/8 tsp. garlic powder

TOMATO CATSUP

1/2 cup chopped onion
1/4 cup lemon juice
1 cup tomato paste
1 tsp paprika
2 cups tomato puree
1 tsp sea salt
1/4 tsp cumin
1 cup water
1 clove garlic
1/2 tsp sweet basil
Blend the onion, garlic and lemon juice with 1/2 cup tomato puree until smooth. Combine the rest and bring to a boil, letting it simmer a few minutes until you get the desired consistency.
Makes one quart.
You may use the tomato pulp without the juice for the tomato puree or tomato paste if you prefer.

SOUR CREAM SAUCE

1/2 cup sunflower seeds, ground up
2 Tbsp tapioca, ground up
2 cups water.
Blend. Then cook in a sauce pan until thickened.
Remove from the heat and add:
1 tsp honey
sea salt to taste.
<u>Mix and add:</u>
1 Tbsp lemon juice

Mix, let cool. Serve over vegetables or wherever you would use sour cream.

GREEN & RED PASTA SAUCE

2-3 Broccoli stalks (stems only)
1 package (10 1/2 oz) extra firm organic tofu
2 Tbsp white or yellow miso
2 medium tomatoes, crushed
2 Tbsp finely chopped each of basil and fresh parsley
1 garlic clove and 2 small scallions finely chopped (optional)
Juice the broccoli stems to get 1/2 cup of juice.
Using a blender or food processor combine broccoli juice, tofu, miso until smooth and creamy.
Scrape sides if necessary.
Transfer mixture to a medium size bowl.
Add tomatoes, basil, parsley and chives.
Mix well.
If desired pour sauce into a saucepan and heat it gently, but do not boil it.
Serve sauce over hot whole grain pasta.

SPAGHETTI SAUCE

1 tin tomato paste
Chopped celery, green pepper
Your choice of any of: chopped spinach, zucchini, cauliflower
2-3 garlic cloves chopped (optional)
1/2 tsp cayenne pepper
1 Tbsp dried basil
1/2 tsp dried oregano
1/2 tsp dried savory
1 tsp tamari (soy)
1/2 tsp honey or 1/2 cup chopped carrot
Add water to the consistency you prefer.
Cook slowly in a large stainless steel pot for 2 hours.
Add sea salt to taste.
Serve over whole grain spaghetti or other favourite noodles.

SIMPLE AND QUICK PESTO

1 1/2 cups basil leaves minced fine (or use
1 1/2 cups minced parsley with
1 Tbsp dried basil)
1 Tbsp oil (eg coconut, olive, avocado)
2 garlic cloves, minced (optional)
sea salt to taste.
Use food processor if you have one, or do by hand. Let the flavours meld together for 15 minutes before using.

PESTO #2

1 1/2 cups basil leaves, chopped fine
1/2 cup pine nuts, or ground almonds, or sunflower seeds
1/4 cup raw milk parmesan cheese
1 Tbsp oil (eg coconut, olive, avocado)
1 Tbsp fresh mild salsa
Mix all together, or for a finer sauce, use a food processor briefly.

CASHEW GRAVY

2 cups hot water
1/2 cup cashews
2 Tbsp cornstarch or arrowroot starch
1/2 tsp sea salt
1/4 tsp grated ginger
Blend smooth. Pour in a small pan and bring to a boil. Sliced mushrooms and/or red peppers may be added if you desire.

MUSHROOM GRAVY

Yes you can have gravy that is healthy and here's how.
3 cups red potato or green bean water (or just plain water if that's all you have)
1 to 1 1/2 cups sliced mushrooms
1 Tbsp Tamari or Bragg Liquid soy)
1/4 cup water mixed with 3 Tbsp whole grain flour (or cornstarch)
1 small onion, diced
1 tsp dried rosemary
1 tsp dried thyme
Sea salt and pepper to taste
Sauté mushrooms and onion in a non-stick frypan.
Add the 3 cups potato water and bring to a boil.
Mix the 1/4 cup water with the whole wheat flour, then add to the gravy sauce as a thickener.
Cook over medium heat for 10 minutes, stirring constantly.

Add spices and herbs for flavour as well as the Tamari or Bragg Soy.

YAM SAUCE

7-8 cups peeled, chopped yams
3/4 cup milk substitute (eg. almond milk, soy or rice milk, cashew milk)
1 Tbsp Tamari (soy)
1 to 1 1/2 tsp curry powder
1/2 to 3/4 tsp sea salt
2-3 tsp chopped onion
Several dashes of cayenne pepper to taste.
Steam the yams until tender.
Mash everything together until it is smooth.
Heat on low heat in a non-stick pan or double boiler until thoroughly heated.
Serve hot on vegetables or over whole grains, pasta or rice.

GOLDEN SAUCE

3/4 cup cooked red potato
2 Tbsp raw cashews
1 Tbsp lemon juice
1 medium carrot, cooked in 1 1/3 cup water
3/4 tsp sea salt or Bragg Soy or Tamari.
Blend all until smooth. Heat and serve over vegetables.

TOFU SAUCE

1/2 cup organic tofu
Juice of 1/2 - 1 lemon
1/4 cup oil (eg coconut, olive, avocado)
1-2 garlic cloves
Water to desired consistency
sea salt or Tamari to taste.
Blend everything together until smooth.
Heat and serve over vegetables, rice or noodles.

CURRY SAUCE #1

1/2 cup organic tofu
1/4 tsp chili powder
1-2 tsp curry powder
Juice of 1/2 - 1 lemon
1/3 cup oil (eg coconut, olive, avocado)
1/8 tsp honey
sea salt or tamari to taste.
Blend everything together until smooth.
Heat and serve over vegetables, rice or noodles.

CURRY SAUCE #2

4 mushrooms, chopped
1/2 onion chopped
1 minced clove garlic
1/4 cup coconut milk
1 - 2 tsp cornstarch
1 or more teaspoons curry powder
Rice Milk or Soy Milk.
Sauté onions, mushrooms and garlic gently in a non-stick fry pan. Mix the cornstarch with the coconut milk and add to the mixture, stirring until smooth.
Slowly add the rice or soy milk, stirring as it cooks. If it becomes too thick, add more rice or soy milk.
Add curry powder to taste, continue cooking for a minute or two and serve.

GREEK DIP *Good as a vegetable dip.*

2 Tbsp Tahini (sesame paste)
2 Tbsp Tamari (soy) or Braag
2 Tbsp water
1 Tbsp oil (eg coconut, olive, avocado)
Juice of one lemon
Blend and serve using vegetables for dipping.

YOGURT BASIL DIP

Serve with vegetables or use as topping for baked potatoes or as a dressing for potato salad!

1 cup yogurt
1/2 tsp apple cider vinegar
1/4 tsp sea salt or kelp powder
1 tsp fresh chopped basil (or 1/2 tsp dried)
Pepper or cayenne to taste.
Mix the yogurt, honey, vinegar and salt until creamy. Season.

CRANBERRY DRESSING

3/4 cup fresh or frozen cranberries
1/3 cup honey
1/2 cup apple juice
1/2 cup apple cider vinegar
2 tsp fresh grated ginger root
2 Tbsp miso paste

Grated zest and juice from 1 medium orange
1 Tbsp minced fresh tarragon (or 1 tsp dried)
1 tsp pepper or cayenne
Cook the berries until soft in the apple juice.
Add the rest of the ingredients and puree until smooth.
Can be stored in the refrigerator for 4 days or you can freeze this until you need it.

HUMMUS

Very Greek. Very healthy. Dip veggies in it, or as sandwich spread or dip pieces of bread in the hummus, the way the Greeks do.

2 cups canned garbanzo beans
2-3 Tbsp lemon juice
2 cloves garlic (optional)
Sea salt or Tamari to taste.
Blend. Let stand in the refrigerator for at least 1/2 hour to blend the flavours. Top with chopped parsley or cilantro.

PESTO HUMMUS

15 oz can garbanzo beans, drain & rinse
¼ cup toasted pine nuts or walnuts
2 cups fresh basil leaves
2 Tbsp fresh lemon juice
1 garlic clove, minced
1 tsp Sea salt (to taste)
Put all into a food processor, puree until creamy – add a little water if needed.

SUNNY SPREAD

2/3 cup sunflower seeds
1 Tbsp almond butter (raw if possible)
1-2 Tbsp lemon juice
Grind the seeds with the almond butter fine. Add the lemon juice and enough water to make a spreading consistency.
Stir by hand.
Add sea salt to taste.
Variations:

toast the sunflower seeds in a non-stick pan before blending.

Try using onion or garlic powder or Tamari for a different flavour.

CHICK PEA SPREAD

Use in sandwiches, on crackers, as a celery stuffer, or as an appetizing vegetable dip.
1 cup dry chickpeas soaked and cooked – save the water OR you may use canned chick peas or garbanzo beans
1/3 - 1/2 cup Tahini (sesame paste)
4 Tbsp lemon juice
2-3 tsp Tamari (soy)
1/2 tsp each parsley and paprika
1/2 tsp ground chili powder or 1 Tbsp chili pepper oil
Few dashes each of cayenne and kelp powder (optional)
Sea salt to taste.
Mash cooked chickpeas or use food processor, using about 1 cup of the cooking water. If you are using canned chickpeas you may have to add enough water to make a cup.
Mix or blend the lemon juice, Tamari, chili, herbs and spices along with a few tablespoons of the water in a food processor or blender.
Add the Tahini to the mixture, then add to the chickpeas.
Mash everything together while the chick peas are still hot.
Variation:

*Add chopped onions and garlic to be cooked with the chickpeas.

- At the end, add finely chopped celery and/or green onion for a different texture and flavour.

BEAN SPREAD

15 oz can garbanzo beans, drain & rinse
3 Tbsp almond butter
¼ cup lime juice
2 Tbsp Braag or Tamari soy
1 small jalapeno pepper (seeded, minced)
¼ cup finely chopped fresh cilantro
1 clove garlic, minced
Combine in a food processor and process so it is smooth and creamy.

SALSA

Makes about 5 cups

5-6 ripe tomatoes, cored, chopped fine or minced
1 small fresh jalapeno chili, stemmed, seeded and minced
1 Tbsp minced fresh cilantro
1 1/2 tsp apple cider vinegar
1/2 to 1 tsp Tabasco or other hot sauce, or a few dashes cayenne
2 Tbsp lemon juice
1/2 tsp sea salt
Mix all together and let stand at least 20 minutes to enhance the flavours.

MANGO SALSA #1

Good served with Caribbean Black Beans or Black Bean Chili

2 medium size ripe mangoes (pitted, peeled, and chopped)
1 medium size ripe tomato (cored and chopped finely)
1 small cucumber, peeled, halved lengthwise; seeds discarded, pulp chopped fine
1/2 to 1 small fresh chili pepper, stemmed, seeded, minced (or hot sauce to taste)
1 Tbsp minced fresh cilantro leaves
Sea salt to taste
Mix all together, let stand 10 minutes.
Garnish with 3 Tbsp minced fresh cilantro.

MANGO SALSA #2

Try with potato cakes or black bean chili.

1 large ripe mango, peeled, pitted, diced
1 small red jalapeno or serrano pepper, seeded, minced
2 Tbsp chopped fresh cilantro leaves
1/2 tsp minced ginger
Juice of 1 large lime
1/2 tsp salt
1/4 tsp ground white pepper
In a medium bowl, mix all and cover.
Refrigerate for 30 minutes to allow the flavours to blend.

ANOTHER SALSA!

6 medium tomatoes, chopped
1/4 cup finely chopped green bell pepper
1/3 cup minced unsweetened pineapple
1 tsp fruit concentrate or honey
1 jalapeno pepper seeded & minced
1 Tbsp apple cider vinegar or lemon juice
Chop or use food processor for all ingredients.
Let sit for at least 2 hours in or out of the refrigerator to allow the flavours to blend.

FIERY TOMATO SALSA

4 medium tomatoes diced
1 medium red bell pepper, seeded and diced
1 medium green bell pepper seeded and diced
1 hot pepper, seeded and minced
2 Tbsp chopped fresh cilantro leaves
Juice of 1 large lime
1/2 pound minced mushrooms
2 garlic cloves, minced
1/3 cup chopped red onion
1/2 tsp each: pepper and sea salt
Mix all well, cover and refrigerate 30 minutes to blend flavours.

PAPAYA-AVOCADO SALSA

2 ripe medium avocados, peeled, pitted and diced
1 ripe papaya, peeled, halved, seeded and diced
1 large ripe tomato diced
Juice of large lime
1/2 tsp ground cumin
1/2 tsp black pepper or cayenne
2 Tbsp chopped fresh cilantro leaves
1/2 tsp sea salt
2 minced garlic cloves (optional)
1/4 cup chopped red onion (optional)
Combine all, mash until well-blended.
Transfer salsa to serving bowl and serve with organic baked tortilla chips or perhaps potato cakes etc.

GUACAMOLE

2 ripe avocados, peeled, pitted, diced
1 Tbsp lemon juice (or to taste)
1 Tbsp finely chopped onion
Sea salt to taste.
Combine all together, mashing and mixing.
Serve with organic baked tortilla chips.

ZUCCHINI CHIPS

2 zucchini
1 Tbsp coconut oil
Sea salt to taste
Preheat oven to 300ºF
Peel zucchini, cut into thin strips/chips. Place on baking tray lightly oiled with coconut oil. Rub coconut oil and salt on top of each strip.
Bake 30 min.

SANDWICHES

Burgers
Pitas
Wraps

SANDWICHES

Always use the healthiest organic whole grain breads available. If you are gluten or wheat free, you will have to use corn tortillas and gluten free buns/wraps.

MOCK TUNA SALAD SANDWICH

You won't believe it, it tastes like tuna!
1 can garbanzo beans (chick peas)
2 ribs celery, finely chopped
1/2 small onion, finely chopped
Mayonnaise (see 'Sauces' section on how to make)
Sea salt and pepper to taste.
1/2 tsp Dill weed (optional)
Mash up the beans, add the celery, onion and mayonnaise and mix well. It will resemble a tuna salad texture.
Add salt and pepper, dillweed and use as the sandwich filler.
Nice to use lettuce or sprouts with this in a sandwich.

BURGERS

Use your favourite veggie burger with whole wheat or gluten free burger buns. If you are trying to cut down on your weight, skip the bun and serve the burger on the plate with the toppings.
Fry up some sliced button mushrooms or portobello mushrooms. Set aside.
Mix chopped basil with some homemade mayonnaise.
Fry up the veggie patty in a non-stick fry pan (if you can buy a healthy veggie patty, great, otherwise you can make your own).
<u>To assemble:</u>
Put organic dijon mustard on the bun, top with the burger, sliced tomato, lettuce or sprouts, the cooked mushrooms, basil with mayonnaise.
Other ideas to add to the burger:
- **Sliced cucumber**
- **Onion**
- **Slice of unsweetened pineapple**

TABBOULI IN PITA BREAD

Soak 1 cup bulghur wheat with just enough water to cover for about an hour.
Drain off any remaining liquid.
Dice finely and add to the grain:
1 cup parsley
1/4 cup lemon juice
1/4 cup cucumber
2 Tbsp Tahini
1/4 cup celery
1/8 tsp. cayenne pepper
1/4 cup finely chopped red pepper
sea salt or tamari to taste.
Mix thoroughly and refrigerate for an hour or two turning occasionally.

GRILLED SANDWICH

2 large button mushrooms or a small portobello mushrooms, sliced
1/2 medium eggplant, peeled, cut into 3/4 inch round slices
1 medium zucchini, trimmed, cut in 1/2 inch lengthwise slices
1 large sweet red onion, cut into 1/2 inch thick slices (optional)
1 large sweet red bell pepper, sides cut in lengthwise slabs fresh ground black pepper to taste
4 slices healthy crusty bread
<u>Grilling Sauce:</u>
1/2 cup basil leaves, minced
1/2 cup balsamic vinegar
optional: 1 large garlic clove minced
<u>Seasoned Mayonnaise:</u>
1/4 cup mayonnaise (see sauces section) mixed with
1/2 cup basil leaves, minced

HERE ARE SOME IDEAS FOR SPECIAL SANDWICH or FOCACCIA or PANINI COMBINATIONS:

1. **1. Avocado, cheese, basil, lettuce, salt & pepper.**
2. **Fried eggplant, sundried tomato,**

basil, parsley.

3. Falafel patty, humus, tahini, sliced cucumber.
4. Sliced mango, pineapple, walnuts, vegetarian ham, lettuce and curry powder.
5. Avocado, sprouts, mayonnaise, lemon pepper, sea salt.
6. Roasted zucchini, yams, sliced red peppers and sliced cooked eggplant, with mayonnaise, rosemary, thyme, basil.

MEXI-WRAP

Organic Refried Beans (1 can makes 5 wraps)
2 cups cooked brown rice mixed with 1/2 cup chopped cooked onion
Organic salsa (homemade or bought)
Chopped cilantro
Chopped lettuce
Dash chili powder
Sprouts or shredded lettuce
Using a Whole grain wheat or corn tortilla put a couple of tablespoonfuls of the re fried beans in the center of the wrap.
Next add a few tablespoons of the rice mixture (already cooked).
Add 1 tablespoon of the salsa.
You may sprinkle a little chili sauce or powder on this if you wish.
You may also now put chopped lettuce and cilantro leaves on top.
Tightly fold first third of tortilla over mixture; fold in ends, continue to roll over tightly.
Serve with more salsa and the sour cream recipe from our 'Sauces' section if you desire.

RICE WRAPS

If you can't find these in the regular grocery stores, you can get these flat circular or square rice sheets from the Chinese grocery stores. They are briefly dipped in warm water and then allowed to sit on a wet towel for a few minutes while you pile in the filling. Do only one sheet at a time.
When finished, fold up the bottom third, then the right side comes over to the left side then tuck it in and roll it to the left to finish the wrap.
You can also use swiss chard as the wrap, or large lettuce leaves, or whole grain tortillas or nori seaweed sheets made into a cone.
Stuffing use any of:

- Cooked vermicelli, or brown rice
- Slivered zucchini
- Slivered cucumber
- Slivered red pepper
- Slivered carrot
- Slivered ginger root
- Chopped cilantro leaves (and/or mint leaves, basil leaves)
- Chopped raw nuts (eg. almonds)

Many like to dip them into sauces. Here's a variety of stuffing's that we have tried:

1:
1 Tbsp soy sauce
8 oz small cubed tofu
2 cups sliced shiitake or portobello mushrooms
2 cups slivered cabbage
1 cup slivered red bell pepper
1/2 cup diagonally cut green onions (1/2")
1 Tbsp minced garlic
1 Tsp minced gingerroot
2 tsp dark sesame oil
1/2 tsp crushed red pepper or hot sauce
8 wraps - you can use whole grain wraps or the rice wraps.

2:
<u>Soak</u>
1/2 cup chopped raw cashews in
1 tablespoon sesame oil and
1/2 teaspoon sea salt
Set aside.
<u>Almond butter mixture:</u>
1 cup almond butter
1/4 cup maple syrup
1/2 cup lemon juice
2 tablespoons chopped ginger
1/2 teaspoon chopped red chili(include seeds)
1 1/2 tablespoons Tamari or Bragg (natural soy sauce)

Puree and set aside.

Filling:

2 cups bean sprouts
handful chopped cilantro
handful chopped basil leaves
1/2 handful chopped mint leaves
1 large carrot slivered into matchstick size pieces
1 large ripe mango, peeled, cup into thin strips
1/2 head cabbage, shredded (red or green or both) mixed with above almond butter mixture.
6 large rice wraps or lettuce or chard leaves.

Dipping Sauce:

1 cup apricot preserves or marmalade (no sugar jams)
1 tablespoon Bragg or tamari (soy)
1 tablespoon oil (eg coconut, olive, avocado)
Pinch sea salt

Arrange a few tablespoons of cabbage (mixed with the almond butter) across the bottom 1/3 of the wrap, leaving about an inch clear at the bottom. Sprinkle some of the chopped cashews over the cabbage. Then lay a few sticks of carrot, then mango, then finally a few sprouts on top. Add a few leaves of cilantro, basil and mint.

Fold the bottom leaf up over the filling keeping it tight and tuck the leaf under the ingredients, roll forward, placing the roll seam side down on the serving dish. Repeat until all used up.

3:

your choice of any of:

slivered cucumber	slivered carrot
slivered peppers	chopped cilantro
chopped peanuts	slivered snowpeas
slivered ginger	bean sprouts
slivered cabbage	enoki mushroom
avocado slivers	grated zucchini

chopped cooked vermicelli noodle or cooked brown rice or brown basmati rice.

Pile the stuffing across the bottom 1/3 of the wrap about 1" from the bottom. Fold up the bottom, then the right side folds over to the left side, then roll it over to the left to finish it. Serve with any of the following dips:

Dip A:

1 Tbsp soy sauce or Bragg or Tamari sauce
1 Tbsp Tahini (sesame paste)
1 tsp honey
2 tsp lemon or lime juice
1/4 tsp chili paste
Blend, put in small dipping bowl.

Dip B:

1/2 cup orange juice
2 Tbsp honey
2 tsp lime juice
1 Tbsp soy sauce or Bragg
1 Tbsp balsamic vinegar or apple cider vinegar
1 tsp chili flake, or 1/4 tsp chili paste
1 tsp sea salt
Blend, put in small soup bowl as dipping bowl.

MAIN COURSE DISHES

VEGETABLE DISHES

CABBAGE AND APPLES

4 cups chopped cabbage
2 cups cubed tart red apples
1/2 tsp sea salt
1/4 tsp basil
2 Tbsp chopped parsley
1 cup water
Cook cabbage until just tender in the water. Drain and transfer cabbage to a pan and stir fry with apples and spices until well heated and mixed. sprinkle with parsley and serve.

STUFFED GREEN OR RED PEPPERS

Make a spaghetti sauce and set aside for the topping.
Remove the tops and guts of the peppers.
Stuff with a mixture of:

- cooked brown rice
- chopped hot peppers
- chopped parsley
- sunflower seeds

and any other things you may like such as chopped spinach or chard, chopped tofu, chopped celery.
Place the stuffed peppers in a pan. Pour the spaghetti sauce over (you can make your own or get an organic type pasta sauce or spaghetti sauce in jars at a health food store), and bake until cooked (about 20-40 minutes) at 350oF.

STUFFED ZUCCHINI

Use several small zucchini or one large one.
Slice the zucchini in half lengthwise, scoop out a little of the inside to make space for the filling.
The stuffing is a mixture of:

- chopped onion
- chopped tomato
- chopped celery
- chopped green pepper
- sprinkle of basil
- sprinkle of oregano
- sprinkle of tamari or sea salt.

Bake for about 20 minutes until cooked at 350oF.

GREEN BEAN / ZUCCHINI STIR FRY

(or any other vegetables you desire)
1 cup green beans
2 cups sliced zucchini
1/4 cup chopped celery
2 minced garlic cloves (optional)
2 tsp cornstarch
1/2 cup water
2 tsp lemon juice
2 tsp sesame seeds
sea salt to taste (or Bragg Liquid Soy) or Tamari which are natural soy sauces)
Cut green beans diagonally. Sauté in non-stick pan with about 1 Tbsp water for 2 minutes.
Cut the zucchini into diagonal slices and add to the green beans, continue to stirfry.
Add the garlic, heat one minute.
In a small bowl combine the cornstarch, salt, lemon juice and water. Add to the vegetables to make the sauce and cook until the sauce is thickened and clear.
Add sesame seeds just before serving.

SCALLOPED POTATOES

4 red potatoes, sliced
2 medium sized carrots sliced
1 onion sliced
3 Tbsp water or milk substitute (soymilk/ricemilk)
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.

TWICE BAKED POTATOES

3 extra large potatoes, scrubbed, baked and cooled
1 cup cooked white beans, drained & rinsed if using canned beans
1/4 cup rice milk (or other milk alternative)
1/8 tsp garlic powder
1/8 tsp sea salt

2 Tbsp minced onion
2 Tbsp diced sweet red pepper
Garnish:
1/2 tsp paprika
1/4 tsp dried oregano or basil
Black pepper, seasalt
Slice the potatoes in half lengthwise.
Scoop out the pulp using a teaspoon or grapefruit spoon, leave about 1/4" of the potato skin and pulp intact so it doesn't collapse.
Using food processor, mix the potato pulp, beans, rice milk, garlic powder, and salt until smooth. It should not be lumpy.
Put the mixture in a bowl and stir in the onion and pepper.
Spoon the mixture into the potato shells, place on a baking sheet. Sprinkle with paprika, seasonings and bake at 375oF for about 20 minutes. The tops should be crispy and golden.
Cool for 5 minutes before serving.
If you want to green it up a bit, after they have baked, top with chopped cilantro and chopped chives.

BEETS, AND APPLES WITH WALNUTS AND CURRY VINAIGRETTE

1 pound beets
1/2 cup currants
1 celery heart, sliced into 1/4" pieces
1/4 cup walnut meats
2 firm, tart apples
4 cups mixed greens
Minced ginger (1 Tbsp)
Lemon juice or apple cider vinegar to taste
Steam or bake the beets crisp tender.
After they are cooked, while still hot run cold water over them and remove the skins. Then cut them into wedges and toss with 2 tablespoons of the vinaigrette (recipe follows).
Add lemon juice or vinegar to taste.
Set aside.
<u>Vinaigrette:</u>
1/2 tsp sea salt
1 Tbsp grated fresh ginger
2 Tbsp curry powder
6 Tbsp oil (eg coconut, olive, avocado)
1 1/2 Tbsp lemon juice
Blend the vinaigrette smooth before using.
Cover the currants with hot water and let stand to soften them (about 15 minutes). Then drain and add to the beets.
Clean the mixed greens and dry.
Quarter the apples, slice them into thin pieces and combine with celery and walnuts. Toss with 2 Tbsp of the dressing.
Combine the mixed greens and the rest of the vinaigrette on a salad plate. Arrange the beets on top with the celery, apples and walnuts scattered around.

POTATO PANCAKES

6 red potatoes
1/3 cup soy milk
2 Tbsp chopped parsley
1 tsp grated fresh ginger
1 tsp sea salt
1/2 tsp chilies, chopped
Cook the red potatoes tender (boil or steam). Mash with the other ingredients.
Shape patty pancakes and either fry in a dry slow pan or bake on a cookie sheet at 400°F until brown on both sides.

STUFFED CABBAGE ROLLS

Make spaghetti sauce and set aside.
Remove outer leaves of a head of cabbage and boil until tender enough to manipulate (about 10 minutes).
Stuff with a combination of:
Cooked brown rice
Chopped parsley
Chopped onion
Sunflower seeds
sea salt, pepper or dash cayenne
Roll up the filling in the softened leaves, place in a pan and pour spaghetti sauce over. Bake at 350oF for 30 minutes.
Want a change from using cabbage leaves? Use Swiss Chard leaves, they work great and some people like them better.

TOFU SCRAMBLE

1 pd Tofu cubed
2 Tbsp Vegetarian BBQ Sauce (or make your own with Bragg or tamari, tomato paste, honey and apple cider vinegar or honey).
1/2 chopped green pepper
1/2 pd sliced mushrooms
1/2 chopped red pepper
1 - 2 tsp Tamari (soy) or Bragg
1/2 tsp turmeric or curry (optional)
1 Tbsp parsley flakes
1 Tbsp fresh Ginger (minced or grated)
Optional:
Garlic powder and/or chopped onion
Gently sauté all in a teflon pan for about 20-30 minutes.

ROASTED VEGETABLES

2-3 cups cauliflower flowerettes
2 cups broccoli flowerettes
2 red potatoes roughly chopped
2 cups carrots diagonally sliced
2 onions, quartered (optional)
Sprinkle with salt and your favourite herb or spice (eg. basil).
Bake on a stainless steel sheet or pan at 400°F for about 25 minutes, flipping the vegetables from time to time.

RATATOUILLE

1/2 eggplant, peeled, cut into chunks
1 large onion, cut into chunks
2 shallots (white part of onion) finely minced
2 cups fresh tomatoes cut into chunks
1/2 tsp sea salt
3 Tbsp flour (whole wheat or gluten free)
1/2 tsp baking soda
Mix the chickpeas, lemon juice, parsley, cilantro and garlic well with a food processor. You may need to do in 2 or 3 batches. Put the mixed product into a large bowl and add the onion, sesame oil, tahini, coriander, cayenne and salt. Stir and mix, then add the flour and baking soda.
Gather 1 Tbsp mixture and make into a ball, place in a cookie sheet lined with parchment paper. Bake 15 minutes at 400oF then roll the balls around to bake another 8 minutes so they bake evenly. Let stand, serve with sauce:

VEGETABLE SUKIYAKI

1/2 cup vegetable broth
1 Tbsp grated ginger
1 pound sliced mushrooms
3 stalks celery chopped
1/2 cups bean sprouts
1 cup canned bamboo shoots sliced
1/2 cup canned water chestnuts sliced
1 pound chopped spinach
1 Tbsp tamari or (Bragg Liquid Soy)
1/2 pound firm tofu, cubed
Heat broth in large pan, add ingredients in this order:
Ginger, Mushrooms, Celery, Bamboo shoots, Water Chestnuts, Spinach, Sprouts, Tamari, Tofu - heating thoroughly before adding each next ingredient.
Cook together 8-10 minutes. Serve over brown rice or whole grain noodles.
If you want to use shiitake mushrooms instead of plain ones, it will be a bonus for the immune system.

GADO GADO

This is the famous dish from the tropics, rich and delicious. Use a variety of vegetables.
This recipe contains peanuts. Peanuts are not nuts, they are legumes that grow underground. They are very high in cholesterol, so if you have a cholesterol problem, use almond butter instead. If you have cancer, this recipe is not for you until you are clear and on a maintenance program.

1/2 pound sliced green beans
1/2 small cabbage, cut into thin strips
1 pound medium-firm tofu, drained and cut into cubes
1/2 small cauliflower, broken into flowerettes
1/2 pound bean sprouts
2 medium red potatoes, cooked and sliced.



The above is a single plate. Tiny boiled potatoes, cooked long green beans, sliced cucumber, cooked cauliflower, flowerettes, chopped fresh pineapple bits, tofu cubes, on a bed of organic greens. The sauce was a little organic peanut butter mixed with a touch of honey, a heaping tablespoon of coconut milk powder, a pinch of curry, juice of half a lime, a dash of Braag's soy, salt and pepper and some oatmilk to thin the sauce.

<u>Optional:</u>
2 cups fresh pineapple chunks
2 cups cooked brown rice
<u>Sauce:</u>
1 cup crunchy peanut butter without sugar and additives
1 tsp crushed red pepper
1 Tbsp honey
1 cup canned coconut milk
Lime juice to taste
Optional: 1 tsp minced onion

Blend sauce ingredients together by hand or with a blender. Add a little warm water if it is too thick.
Arrange the beans, cauliflower, cabbage and sprouts in a steamer. Steam about 10 minutes, drain and cool.
Mix the vegetables with the tofu and pour it over the rice on a large platter.
Now pour over the sauce.
Serve the pineapple on the side.
You may like to arrange the vegetables in their vegetable groups on the plate with the pineapple being included in its own group, then put the sauce over everything. If you can make your own peanut butter, you will know it is good quality. A healthier alternative is raw almond butter or tahini.

<u>Here's an alternative peanut sauce to try:</u>
1 cup chopped onion
1 bay leaf
1 cup peanut butter
1/4 tsp cayenne
3 cups water
2 cloves garlic minced
1 tsp ginger root grated
1 Tbsp honey
1 Tbsp apple cider vinegar
1/2 - 1 tsp sea salt or tamari
Sauce the onions, garlic, bay leaf and ginger in a little water (1-2 Tbsp) over low heat. When onion is translucent, add the rest. Mix thoroughly and simmer over very low heat for 30 minutes, stirring occasionally.
This can also be used as a salad dressing or dip.

SUCCOTASH

This southern U.S. dish is just as healthy today as it was in the last century.
1/2 cup peas (can be green peas or cooked black eyed peas)
1/2 cup corn
1/2 cup chopped zucchini
12 cup chopped red bell pepper.
Sauté all together gently with about 1 Tbsp water (healthier to sauté in water instead of oil) until vegetables are all cooked.
This is usually served as a side dish, not the main meal.

LEEKS IN GARLIC-MUSTARD SAUCE

4-6 leeks, well cleaned!
1 Tbsp fresh parsley, finely chopped
Slice the whites of the leeks including 1-2 inches tender light green stalks into 1/2" pieces.
Place in a saucepan with water to cover

and bring to a boil.
Reduce heat, simmer for 5 minutes. Toss with the following dressing, then sprinkle with parsley.

Dressing:

2 cloves minced garlic
6 Tbsp oil (eg coconut, olive, avocado)
1 Tbsp grainy type mustard
1 Tbsp apple cider vinegar
Whisk the dressing ingredients together well. Add Tamari (soy) and black pepper, sea salt to taste, continue whisking until creamy, then pour over the leaks and toss.

FETTUCINE WITH ROASTED PEPPERS AND SAFFRON SAUCE

Thank you to whomever we got the original recipe from. It is quite exotic.
Sauce (combine all in a bowl and let set 10 minutes)
2 Tbsp oil (eg coconut, olive, avocado)
1 large shallot, finely diced (or use regular onion is shallot not available)
Grated peel of 1/2 lemon or orange
1 Tbsp water
2 Tbsp dried marjoram or basil
1/2 tsp saffron threads (or powder), soaked in 1 tsp hot water

Fettucine:

1 package whole grain or gluten free fettucine pasta
1 bunch fresh spinach, washed, stems removed, cut into wide strips
1 cup vegetable stock or water
1/4 cup pine nuts or sunflower seeds
2 bell peppers (one yellow and one red)
1/2 cup cooked carrots, sliced
6 sundried tomatoes, thinly sliced
1 tsp oregano
Pinch sea salt, and pepper (or cayenne)
1 large tomato chopped
Optional: 1 red onion thinly sliced
3 garlic cloves, minced
Slice peppers in half, remove seeds, and core.
Bake the peppers with skins still on, at 450oF until they are wrinkled and loose (about 10-15 minutes). Scrape off the skins and cut the pepper pulp into narrow strips, discard the skins.
Steam spinach, set aside.
Sauté onion in a little water with the sundried tomatoes, roasted peppers, salt and pepper, garlic.
Gently add the steamed spinach.
Add saffron sauce and vegetable stock, simmering until the amount is reduced by half.
Cook the pasta and add to the vegetable mixture. Mix well using tongs or chop sticks.
Add pine nuts or sunflower seeds, toss well.
Garnish with finely chopped tomatoes.

SWEET POTATO (or Squash) PIE

Tastes very similar to pumpkin pie
1 - 2 sweet potatoes or yams (or sweet winter squash)
1/8 tsp baking powder
1 - 2 oz soy or rice milk
1 tsp pumpkin pie spice (1/2 tsp cinnamon, 1/4 tsp nutmeg, 1/4 tsp ginger) or more if you like it stronger in flavour
1/4 slice whole grain or gluten free bread
Boil (or bake, or steam) the potatoes (or yams, or squash) until tender, then mash with the milk.
Mix in the baking powder and pumpkin pie spice. Coarsely grate toasted bread and add to the mixture.
Fill a pie tin with the mixture, sprinkle with cinnamon.
Bake at 350oF for approximate 40 minutes, until the center is set.

FARM VEGETABLE PIE

We borrowed this from a farm and adapted it to suit our needs.

3/4 cup cauliflower, grated
3/4 cup carrot, grated
3/4 cup zucchini squash, grated
Chopped cilantro or parsley
9 whole grain Chapati (flat unleavened bread)
Sea salt and pepper (or cayenne)
With 1 Tbsp water in the skillet, cook the vegetables tender but still crisp. Season.
Fill each chapati with 1/3 cup filling and roll it up, folding the chapati and sealing

the edges together by pinching them with your fingers.
Do same for all 9 pies.
Bake in a shallow baking dish in a preheated 350oF oven till browned.

CHINESE CABBAGE WITH BEAN SPROUTS

Light and healthy. Tasty too and easy on the stomach.
1/2 pound mushrooms (if you can get the dried Chinese shiitake mushrooms you will need to soak them for 1/2 hr in hot water before using).
2 garlic cloves (optional)
1/2 tsp grated ginger root
1/2 cup water
2 cups Chinese cabbage, shredded
2 cups bean sprouts
In a large pot cook the mushrooms, garlic and ginger in the water for 5 minutes.
Add remaining vegetables, stir well.
Cover and steam about 10 minutes, stirring occasionally.
Serve hot with cooked brown rice.

BARLEY MUSHROOM BAKE

This is a wonderful dish in the winter, very warming and nurturing.
1 large onion, finely chopped
1/2 pound sliced mushrooms
1 grated carrot
2/3 cup pot barley (washed and drained)
1/2 tsp fresh herbs (marjoram, basil, parsley, summer savory)
8 oz vegetable stock or water
Gently sauté onion in a non-stick pan until they turn translucent. Add carrot and mushrooms.
Cook for 3-4 minutes until vegetables begin to soften. Add barley, stir and transfer to a casserole dish.
Pour on stock with herbs and seasoning, sir and cover.
Bake at 350oF for an hour or until the barley is tender.

BUDDHA'S DELIGHT

You can find variations of this on most Chinese restaurant menus.
4 cups broccoli or cauliflower flowerettes
1 cup brown rice, uncooked
1/4 cup chopped cilantro
1/2 cup chopped green pepper
1/2 cup chopped celery
1 cup canned whole baby corn
2 cups sliced mushrooms (you can use the Chinese dried shitake mushrooms but you will have to soak them first in hot water for a half hour to soften).
1/2 cup sliced water chestnuts
1/2 cup grated daikon root
1 1/2 cups sliced carrots
2 cups snow peas
2 cups bok choy, sliced thin
1/2 cup canned whole straw mushrooms
<u>Sauce:</u>
1 1/2 cups water
4 Tbsp Tamari (soy)
1/4 tsp pepper or cayenne
2 Tbsp apple juice
3 Tbsp cornstarch
Combine the sauce ingredients and set aside.
In a large saucepan place about 1/2 cup of water and a dash or two of Tamari (natural soy sauce).
Heat until it boils, then add the broccoli, carrots and daikon root.
Cook and stir for about 3-5 minutes.
Add mushrooms and bok choy and snow peas and cook another 5 minutes.
Add bamboo shoots and water chestnuts.
Cook and stir a few more minutes.
Add sauce, bring to a boil, stirring. When mixture thickens, stir in the straw mushrooms and baby corn.
Cook until heated through and serve with cooked brown rice.

FALAFEL PATTIES

2 cans (15 oz each) garbanzo beans (chick peas), drained & rinsed
1 onion chopped
1/4 cup fresh lemon juice
2 Tsp tahini (sesame butter/paste)
2-3 garlic cloves chopped

1/2 cup fresh chopped parsley
1/2 cup fresh chopped cilantro
1 Tbsp arrowroot powder
2 tsp coriander ground
2 tsp cumin ground
Seasalt and pepper to taste
Mix everything in a food processor, make into balls or patties and place on a non-stick baking sheet or baking sheet lined with parchment paper. Bake for 10 minutes at 375o F-400oF, turn over and bake another 8-10 minutes.

Serve with this sauce:
12 oz pkt of firm tofu
¾ cup fresh cilantro hipped
¼ cup tahini (sesame butter)
2 Tbsp lemon juice
2 garlic cloves
1 tsp Seasalt
¼ tsp cayenne pepper
Puree in blender until smooth and serve with the patties.
There are many other sauces, dressings and dips mentioned in the raw section here as well as other sections that you can try with these.

TOFU WITH SPINACH

Most people don't know what to do with tofu. Tofu will take on the flavour of the spices, otherwise it is very plain.

1 pound tofu, cut into 2-3" long strips about 1/4" thick
1 pound spinach, torn
1/2 tsp ground cumin
1/2 cup Tamari (soy)
1 large onion, chopped
1/2 tsp ground coriander
Marinate the tofu in the Tamari for about an hour. Sauté onion in a dry pan slowly, then add spinach and sauté until the spinach is wilted.
Add tofu and heat through.
Now add the spices and toss, cooking another 5 minutes.
Serve hot, with cooked brown rice or whole grain noodles.

CHEESE BROCCOLI CASSEROLE

Not real cheese, but quite tasty.

1 package frozen broccoli or 3/4 pd fresh flowerettes
1/2 cup chopped celery
1 cup uncooked brown rice
1/4 cup chopped cilantro
1/2 cup chopped green pepper
1 cup water
1 cup quick mushroom soup:
8 mushrooms blended with 1 cup water and 1 Tbsp cornstarch or arrowroot to thicken. Cook 5 minutes.
Mix all casserole ingredients together, add 1 cup of the following cheese sauce to the casserole and bake 1 1/2 hours at 350oF

<u>Cheese sauce:</u>
1 cup raw cashews
1 cup water
2 Tbsp sesame seeds
1/8 tsp celery salt
1/4 cup fresh lemon juice
4 oz pimentos or 1 cup tomatoes
1 1/2 tsp sea salt
Blend sauce smooth and add to the casserole items.

EGGPLANT LASAGNA

This of course has been adapted, but really delicious. If you can't have soy cheese or cottage cheese, leave that part out, or skip this recipe entirely.
2 medium eggplants (about 1 pd each)
2 cups shredded soy cheese or low fat cottage cheese or raw milk cheese.

<u>Sauce:</u>
4 large tomatoes
2 cups sliced carrots
5-7 medium carrots sliced
1 1/2 cups chopped onions
1/2 tsp oregano
1/3 cup textured vegetable protein (optional)
1 tsp basil
4 cloves minced garlic
1 can (6 oz) tomato paste
Pinch cayenne pepper

<u>Filling:</u>
1 bunch (1/4 pd) spinach

1 tsp sea salt
1 pd firm tofu
2 cloves garlic, minced

Preheat oven at 350°F
Cut eggplants into round slices no more than 1/2" thick. Lightly sprinkle with salt and place in shallow baking dish. Let sit for 1 1/2 hours to draw out excess moisture while you make the sauce and filling.

<u>To make the Sauce:</u>
Juice the tomatoes to get 2 cups of tomato juice. Juice the whole carrots to get 1 cup carrot juice.
In a large skillet, sauté the carrots, onions, basil, oregano and garlic gently in a tiny bit of water to avoid sticking.
Stir about 5 minutes until the vegetables start to become tender, then add the tomato juice, carrot juice and textured vegetable protein.
Simmer until the protein is hydrated (about 5 minutes). Add the tomato paste, salt and cayenne pepper and mix well. Set aside.

<u>To make the Filling:</u>
Steam the spinach with just the moisture from washing the spinach, then mix with the salt and garlic and set aside.

<u>To assemble:</u>
Remove eggplant slices from dish, rinse briefly under running water to remove salt, pat dry.
Using a 9" X 12" X 2" baking dish, spread enough sauce over the bottom to lightly cover it. Now layer half of the eggplant slices over the sauce. Then spread 1/2 of the filling over the eggplant and cover the filling with the remaining sauce.
Sprinkle 1 cup of the cheese over the top.

Bake for 45 minutes at 350°F. Sprinkle the remaining cheese over the top and return to the oven for another 15 minutes. Remove and let sit for 20-30 minutes before slicing it.

MILD SAUERKRAUT

The fermentation of kraut has long been known as healthful and healing to the digestive tract. If you do not have fancy crocks to make sauerkraut, here is a simple method. For every 5 pounds of shredded cabbage, add 3 Tbsp sea salt.
Mix and pack in jars until the juice forms and covers the cabbage.
Set aside (ideal temperature is about 70-75oF) on trays for 3 days.
Wipe the top of the jars and put lids on tight.
In a few days the kraut will be ready to use.

NUTTY VEG BURGER

1/2 cup cooked quick rolled oats
1 cup uncooked quick rolled oats
1 Tbsp grated fine raw beet
1/2 cup coarsely ground walnuts
1/4 cup coarsely ground almonds
2 Tbsp sesame seeds
1 Tbsp organic instant vegetable broth seasoning
1/4 cup each minced green pepper, onion, celery
1 tsp dried basil
1/4 tsp each dried thyme and sage
1/4 tsp mustard powder
2 Tbsp Braag soy or tamari sauce
Mix all together and form into patties, grill or broil until cooked through.
Top with tomato slices, cucumber slices or zucchini slices and your favourite condiments such as dijon mustard, chopped dill pickle.

OAT BURGERS

9 cups boiling water
9 cups oatmeal
1 cup chopped or coarsely ground walnuts
2 diced, sautéed large onions
1 cup coarsely ground sunflower seeds
1 Tbsp sweet basil
1/2 tsp garlic powder
1 cup Tamari (soy) or Bragg Liquid Soy
Add seasonings to the boiling water and all other ingredients except the oatmeal. Gently stir in the oatmeal until moist, then let it set until partially cool.
Makes 36 large patties so you can freeze them for future use.

For a change use sage and thyme seasoning instead of the sweet basil, oregano and garlic.

ANOTHER LASAGNA

This one is quite different, very yummy also.

1 package whole grain lasagna noodles
1 package spinach, chopped cooked, drained
1 block medium firm tofu

Cook an 8 oz package of whole grain lasagna noodles (eg. whole wheat, rice, kamut, spelt, corn etc) until tender. Drain and rinse with cold water to keep the noodles separated. Set the noodles aside.

<u>Sauce</u>

1 can whole tomatoes
2 large onions chopped
1 clove minced garlic
1/4 tsp sweet basil
1 4oz can tomato sauce
1/2 cup chopped olives
1/2 tsp oregano

Sauté onion and garlic in a few tablespoons of water to soften. Add the rest of the ingredients and heat on low heat to blend flavours for about 15 minutes. Taste and add sea salt and pepper to taste.

<u>To layer the lasagna:</u>

Put a layer of noodles on the bottom of the baking dish
Next top with crumbled tofu
Now add a thin layer of spinach
Next top with the sauce
(repeat these steps until all is used up)

<u>Topping:</u>

Blend the following together:

1 cup water
1 cup cashews
1/8 tsp garlic powder
1/2 tsp onion powder
1 Tbsp yeast flakes (if you have any)
1/4 cup onion chips or pieces
2 Tbsp lemon juice

Spread this over the casserole.

Bake at 375^{o}F for 45-60 minutes or until hot and bubbly.

It is optional to put the topping on at the end or use it as an additional layer each time, some prefer it layered with the other ingredients.

SPINACH LOAF

Typically the loaf is fairly plain, providing good complex carbohydrates for energy and strength.

Miso is fermented soybean or barley, very healthful. If you can't find it at your health food store or Japanese store, substitute Tamari which is a natural soy sauce.

1 pound firm tofu
2 Tbsp white miso
1/2 tsp thyme
1 tsp basil
1/2 tsp sea salt
2 bunches (1/2 pound) spinach
1 Tbsp finely chopped ginger
1 cup cashews, finely ground
1 cup rolled oats
1 cup whole grain bread crumbs

Juice the spinach, reserve both the juice and pulp.

In a large bowl mash the tofu with a fork, add the spinach juice and the pulp, ginger, miso, basil, thyme, and salt. Mix well. Add cashews, bread crumbs and rolled oats. Mix again using hands if necessary. Pack mixture into a non-stick loaf pan 8 1/2" X 4 1/2" X 2 1/2" or you can line a loaf pan with wax paper.

Bake one hour at 350^{o}F. Let sit 15 minutes before removing it from the pan. Unmold it onto a serving platter and slice thickly.

Serve with your choice of sauce or just plain.

BUTTER SQUASH LOAF

This seems to come out of the Southern States. We adapted the original recipe to a healthier recipe so we could enjoy these flavours.

1/4 medium butternut squash
1 pound firm tofu
1 cup ground pecans
1 cup rolled oats
1/2 cup whole grain bread crumbs

1 teaspoon sea salt
Optional; 1 clove garlic
Cut squash into strips, remove seeds and rind. Juice squash strips, reserving 1/2 cup of the juice and 1 cup of pulp.
In a large bowl mash tofu, add pecans and mix well, add squash juice and pulp, oats and salt. Mix well. Set bowl aside.
In small bowl combine the bread crumbs, and garlic with 2 teaspoons water. Set bowl aside.
Line an 8 1/2" X 4 1/2" X 2 1/2" loaf pan with wax paper.
Sprinkle about 2 Tablespoons of the bread crumb mixture over the sides and bottom of the pan, then pack squash mixture into the pan.
Sprinkle the loaf with the remaining crumb mixture, lightly pressing the crumbs into the top of the loaf.
Bake at 350°F for 30 minutes.

PIZZA

In the moning make the dough: 1 cup einkorn or red fife flour. Add ½ tsp salt and ½ tsp yeast. Mix and then add room temp water enough to stick together and form a ball. Put in bowl, cover with plastic wrap and let stand on the counter until suppertime.
When ready to make the pizza, roll out the dough onto a cookie sheet lined with parchment into a square or round, whichever you prefer. If you can't roll it out, use your fingers to press it into a nice thin pizza shape. If you have a pizza pan you can use that.
Top with whatever you like in layers:
sliced tomato
sliced mushrooms
sliced onions or leek
sliced garlic
chopped olives
spinach
sliced or chopped green or red pepper
chopped basil if available
Sprinkle top with oregano, dillweed, salt, pepper
Top with a little grated raw milk parmesean
Bake at 375°F 20-30 minutes until edges are browning.
Take out of the oven and sprinkle raw veg. On top like broccoli sprouts, arugula. Cut and serve.

DRIED PEAS, BEANS, LENTIL DISHES

BEAN AND LEGUME COOKING CHART

1 cup dry bean	#cups water	Cooking time(min)	Yields # cups
Adzuki	4	45-55 min	3
Blackbeans	4	1 - 1 1/2hr	2 1/4
White kidney beans	3	45 min	2 1/2
Fava	4	45 min	1 2/3
Garbanzo/ chickpeas	3 1/2	1-3 hr	2
Great north- ern beans	4	1 1/2 hr	2 2/3
Green split peas	4	45 min	2
Yellow split peas	6	1 1/2 hr	2
Dried green beans(whole)	3	1- 2 hr	2
Kidney beans	2 1/2	1 hr	2 1/4
Lentils,brown	2	45-60 min	2 1/4
Lentils,green	3	30-45 min	2
Lentils, red	4	20-30 min	2-2 1/2
Lima beans	4	45-60 min	2-3
Mung beans	3	1 hr	2
Navy beans	3	45-60 min	2 2/3
Pinto beans	4	1 1/2 hr	2 2/3

BEAN BURGERS

1 cup baked beans or dried beans (cooked)
2 finely grated carrots
1/2 cup bread crumbs
1 finely chopped onion
1/2 tsp sage
Tomato sauce to moisten
sea salt to taste.
Mix and shape into patties. Brown on a teflon griddle or fry pan and serve with tomato sauce or home-made catsup.

LENTIL DELIGHT

2 cups cooked lentils
1/2 cup finely sliced celery
1 Tbsp dried parsley
1/4 tsp cumin
1/4 tsp sweet basil
1 cup finely chopped onion
1/2 cup diced carrot
4 cups tomato juice
1/4 tsp oregano
1 tsp sea salt
Precook the lentils (or use canned). Then put them in a pot with the onion, carrot, celery in 4 cups of water and cook together for 1/2 hour.
Add the rest of the ingredients and simmer 1/2 hour or until lentils are cooked. Serve over brown rice.

LENTIL BURGERS

Try these as well as the others in this book so you know which ones you like the best.

2 medium tomatoes
1 cup cooked lentils, well drained
1/3 cup finely chopped onion
2 Tbsp tamari (soy)
1/4 tsp celery seeds
2-3 medium carrots
1/2 cup textured vegetable protein (optional). If you can't get this product, you may try oatbran.
2 Tbsp almond butter or peanut butter
1/2 tsp sage seasoning
1 clove garlic, minced

Juice the tomatoes. Reserve 1/3 cup of the pulp. Juice the carrots and keep 2/3 cup of the pulp.
Mash the lentils with a fork coarsely. Add the tomato and carrot pulp, textured protein, onions, nut butter, tamari, sage, celery seeds and garlic. Mix well.
Let this sit until the textured protein is hydrated (about 10 minutes). Shape into patties.
Fry in a nonstick pan on low heat, turning over when brown (about 5 minutes each side).

LENTIL PATTIES

1/3 cup each of onion and bell pepper
1/3 cup coarsely chopped walnuts
1 1/4 cup cooked lentils, mashed
1 1/4 cup cooked red potato mashed
1/4 tsp sage
1/2 tsp sea salt

Mix well and form into patties.
Place on teflon baking pan and brown in a 400°F oven for 15-20 minutes. Serve plain or with gravy.

MAPLE BAKED BEANS

Take 'BeanO' if you suffer from gas when you eat beans. Beans provide a good source of protein. If you eat them all the time you usually become better at digesting them.

2 cups white beans
1/2 tin tomato paste
1-2 Tbsp ground ginger root
Maple syrup to taste

Soak beans for several hours or overnight. Drain, put back into a pot and cover with water.
Cook slowly for 2 hours with the other ingredients.
Add more water, tomato or maple syrup as your taste desires.

LENTIL STEW

Lentils are very good for your blood sugar because they take a long time to digest, giving stability to the production of glucose.

2 cups lentils
1 cup sliced mushrooms
1 finely chopped onion
1/4 cup finely chopped celery
2 cups water
Dash thyme, sea salt, curry, coriander or your favourite seasoning.

Rinse lentils, look for any tiny stones that they may contain.
Soak lentils 24 hours in the 2 cups of water, then bring to a boil.
Lower heat and let simmer about 20 minutes.
Add onions and other ingredients.
Simmer until lentils are tender (about another 10 more minutes).
Season to taste and serve with green salad.

BAKED LENTILS

A change from baked beans. Just as yummy.

2 cups washed lentils (watch for tiny stones hiding amongst the lentils)
4 cups water
1 Tbsp tomato paste
1 tsp sea salt
2 Tbsp mashed dates or raisins
1/4 cup molasses or maple syrup.

Cook lentils in water for 1/2 hour. Add other ingredients, cover and continue bake at 350°F for another 1/2 hour.

BASIC CHILI

You can add other favourite ingredients if you wish and make this your own creation.

2 stalks chopped celery
1/2 pound sliced mushrooms
1 chopped zucchini
1/2 chopped green pepper
1 pound kidney beans soaked overnight (or 2 tins kidney beans)
1 small jalapeno pepper chopped
1 tin tomato paste or one large can tomatoes (or 6 fresh tomatoes without their skins)
Chili powder, salt and pepper to taste.
Garlic and/or onions - optional
Leave out the jalapeno if you don't like it spicy.
Put everything into a pot, bring to a boil, cover and simmer for an hour or longer.

CARIBBEAN BLACK BEANS

Really different and delicious.

1 Tbsp grated fresh ginger root
1/2 tsp ground allspice
3/4 cup orange juice
1 tsp fresh thyme leaves (or 1/2 tsp dried)
3 small onions diced
3 minced garlic cloves
3 – 15 oz cans black beans, drained and rinsed well (or soak dried beans overnight and cook several hours until soft - need about 5 cups cooked beans).
Sea salt and pepper to taste
Sauté onions and garlic gently in a non-stick pan until onions begin to soften.
Add ginger, thyme and allspice. Continue cooking 5 minutes longer but be careful not to overcook.
Stir in beans and orange juice, stirring as it thickens, about 15 minutes, be careful not to burn.
Add sea salt and pepper to taste.

TOSTADOS

Investigation a few years ago showed that the poorest Mexicans are healthier than their wealthy American neighbours. They eat very little meat and almost no dairy, but they do eat lots of beans, rice, tomatoes and hot chilies.

4 Tortillas (corn or whole wheat)
1 cup refried beans
1 cup chopped lettuce
1 cup low fat cottage cheese or quark
1 cup radishes chopped
1 cup chopped green pepper
1 cup tomatoes cut in small rings
1 cup chopped green onion (optional)
Salsa or canned chilies
A little oil (eg coconut, olive, avocado)
Bake the tortillas at 475°F until crusty.
Spread the refried beans on top, then the cottage cheese, then the vegetables.
Drizzle a little oil over, then top with salsa or chilies.
Other toppings you might like to use:
Sliced avocados
Chopped black olives
Sautéed mushrooms
Chopped onion
Sliced tomatoes
Chopped cilantro
Bean sprouts

LENTIL PATTIES

Burger's away!

1/3 cup chopped cilantro
1 1/4 cup cooked lentils
1 1/4 cup cooked red potato
1/3 cup chopped bell pepper
1/3 cup chopped walnuts
1/3 cup chopped onion
1/4 tsp sage
1/2 tsp sea salt
Pepper or cayenne to taste
Mash lentils and potato. Mix all well and form patties.
Place on teflon baking pan, brown in 400°F oven for 15-20 minutes.
Serve plain as burgers, or with a sauce of your choice (eg. salsa, mayo).

REFRIED BEANS

Simple and easy, and tasty. This makes a good dip for tortilla chips also.

1 1/2 cups pinto or kidney beans
3 tomatoes chopped (or 1 cup canned)
1 tsp chili powder

Pinch cayenne
sea salt to taste.
Soak beans overnight. Cook with the other ingredients in 5 cups of water. When tender, mash with a fork 1/2 cup at a time or briefly put it through the blender or food processor.
Top with salsa, chopped onions, tomatoes and cilantro.
Simple Salsa (see other ones in this cookbook also)
6 tomatoes chopped
1 tsp oregano
1/2 cup apple cider vinegar or lemon juice
2 onions chopped
1 clove garlic minced
1/3 cup chopped cilantro
2 Tbsp finely chopped celery
Mix all salsa ingredients together. Set aside to marinate (from several minutes to several hours), then use as a topping.

MEXICAN DINNER

Salsa with organic tortilla chips or gluten free crackers
Guacamole
Refried beans
Bean and vegetable salad
Most of this can be made in the morning, making the evening supper easy to put together.

Salsa:
2 tomatoes cut into large pieces
1/3 cup fresh cilantro
2 cloves med size garlic
1/3 cup roughly chopped onion
1 Tbsp fresh lime juice
pinch salt
pinch black pepper
optional: 1 small jalapeno pepper roughly chopped if you wish
½ chili powder
½ tsp ground cumin
Using small quesinart chop all together and leave in a bowl to marinate for a few hours. If you don't have a quesinart, just chop everything very finely together.

Guacamole:
2 ripe large avocado, remove skin and pits
¼ finely chopped onion
1 garlic clove, finely chopped
1 small tomato, seeded, chopped fine
Pinch salt
Pinch pepper
½ lime, juice
Chop and smash the avocado pulp and combine with the rest. Store covered in a bowl for a few hours until ready to use.

Refried beans: just open a can of healthy refried beans, add a little chopped onion and heat. You can do this quickly just before eating so it is nice and warm.

Salad:
1 can black beans or other types of beans, rinsed and drained
½ cup chopped mint or basil if available
1 stalk celery, chopped
½ cup chopped onions
½ cup chopped bell pepper
½ cup chopped cilantro
½ zucchini chopped
optional: corn niblets
optional: chopped jalapeno pepper
optional: sliced fresh mushrooms
optional: chopped olives
¼ tsp chili powder
Salt and pepper to taste
½ juice of a lemon or lime
2 Tbsp olive oil
1 tsp honey
Toss everything together and let marinate for an hour or more.

RICE DISHES

Cooking Chart

GRAIN (1 cup)	WATER (cups)	COOK FOR (minutes)	YIELD (cups)
Basmati, brown	2	45	3 1/2
Basmati, white	1 3/4	15	3 1/2
Brown rice	2	45	3-4
Sushi rice	2	45	2
Sweet	1 1/2	45	2
Wild rice	3	50-60	4

To cook: Bring rice and water to boil, cover and simmer the required time.

WILD RICE AND CRANBERRIES

Try it, you'll like it

6 cups vegetable broth
1 tsp grated ginger and/or chopped cilantro
1 tsp dried thyme
1 cup wild rice (rinsed)
3/4 cup filberts, chopped coarse (note: filberts are also known as hazelnuts. if you can't get them, use walnuts)
1/2 cup chopped parsley
Seasoning with garlic and/or chopped onion.
Gently sauté rice until soft.
Stir in spices to coat.
Pour in broth, bring to a boil, reduce heat, simmer until rice is cooked (about 40 minutes for brown rice).
Add red peppers and zucchini, spinach, chickpeas, raisins, onion, garlic, ginger root.
Cook, covered about 8 minutes, stirring occasionally until vegetables are tender crisp.
Season with salt & pepper.

OLIVE RICE RING

This is very pretty as well as tasty.

3 cups cooked hot brown rice
3/4 cup chopped celery or cilantro
4 oz jar pimento chopped
1 cup ripe olives, sliced
1/4 cup finely chopped parsley
1/2 tsp sea salt or vegetable salt
Fluff rice, add rest.
Pack into non-stick mold ring and bake in 350^{o}F oven for 30 minutes or until very hot.
Invert over a serving dish and fill the center with cooked peas, carrots or your choice of vegetable.

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
<u>Topping:</u> 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.

BROWN RICE SALAD

1 cup brown rice, cooked
2 stalks diced celery
1/2 cup chopped canned water chestnuts
1/2 cup raw cashews
2 cups chopped mung bean sprouts
1/4 cup orange juice
1 Tbsp grated ginger root
1 Tbsp apple cider vinegar or lemon juice
3 Tbsp healthy oil eg. avocado or coconut
1/2 tsp honey
1/2 tsp sea salt
Pinch of cayenne.
Mix all together, garnish with chopped parsley. Serve a little warm or cold.

RICE LOAF

1 cup cooked brown rice
1 cup dry bread crumbs, toasted
1/2 cup green peas
1 tsp tamari (soy sauce)
2 Tbsp chopped green pepper
2 Tbsp chopped celery
1 tsp minced ginger root
1 1/2 cup soy or rice milk
1/2 tsp sage
1/4 tsp sea salt
1 Tbsp tahini (sesame paste)
Mix and place in loaf pan that has been lined with wax paper or use a non-stick loaf pan.
Bake at 350oF for 45 minutes.
Serve with a sauce or gravy if you wish. Mushroom gravy is particularly nice.

NOODLES & PASTA DISHES

As of this printing, there are several varieties of healthy noodles available in health food stores. Kamut or spelt are a little easier on the digestion. There are rice noodles, quinoa noodles, soba (buckwheat) noodles and corn noodles and combination noodles - these are all suitable for those who can't tolerate gluten. There are also combinations of kamut and whole wheat and/or flax. Try as many as you wish, get organic whenever possible.

NOODLES WITH PESTO SAUCE

Cook up the noodles (Use the whole grain, brown or black rice, or quinoa type)
<u>Serve with this topping:</u>
1 handful parsley
2 Tbsp healthy oil eg. avocado or coconut
3 tsp chopped fresh basil (or 2 tsp dried)
1/2 - 1 tsp sea salt
1/3 cup chopped cilantro
1/4 cup lemon juice
Optional:

- **1-2 garlic cloves**
- **2 Tbsp chopped onion**
- **1/3 cup chopped pine nuts or sunflower seeds**

Put into food processor and blend (not liquefy), until finely chopped.
See other sauces in this book you can use over noodles eg. curry sauce, mushroom sauce, spaghetti sauce.

REGULAR PASTA SALAD

3 cups whole grain rotini, bowtie pasta, or brown rice noodles, cooked and cooled
1 cup cucumber, cubed
1/2 cup chopped celery
3/4 cup grated raw milk parmesan cheese (if available)
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 olive oil (or other healthy oil)
Juice of 2 lemons or 2 Tbsp apple cider vinegar or balsamic vinegar
1 Tbsp each of oregano or basil
3 Tbsp parsley, chopped
1-2 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.

SPRINGTIME PASTA

Good after eating heavy foods all winter.
8-11 medium carrots
2 Tbsp white or yellow miso
1 box (10 oz) whole grain fettuccine
1/2 cup raw cashews
1 pound fresh asparagus
1/2 cup frozen peas
1/4 cup marinated sun-dried tomato halves, thinly sliced
3 Tbsp finely chopped basil
Optional:

- **2 garlic cloves minced**
- **2 chopped scallions or green onions**

In a dutch oven on the stove, put enough water to boil the pasta.
Meanwhile, juice the carrots, reserving 1 1/2 cups of juice.
In a blender or food processor, combine the carrot juice, cashews and miso, blending on high speed till cashews are no longer gritty and the mixture is very smooth and creamy.
Snap off the tough bottom end of the asparagus. Cut the tender upper parts into 1" pieces. In a medium size pan, combine the cashew mixture and the asparagus pieces. Bring this sauce to a boil, then cover the pan, reduce heat and simmer, stirring occasionally for 2-3 minutes.
While the sauce is cooking, put the pasta into the boiling water of the dutch oven and cook until tender.
Add the peas to the sauce, simmer until the asparagus is just tender (about 2 minutes more), then add the scallions, sun-dried tomatoes, basil and garlic, mix well and remove sauce from heat.
Drain pasta, top each serving with sauce.

BROCCOLI AND RED PEPPER MACARONI

Sauce:

1 cup cashews
1 Tbsp lemon juice
3/4 cup water
1 clove garlic
1 tsp sea salt
Soak cashews in bowl of water 6 hr. Rinse well. Blend all the sauce ingredients until smooth, set aside.
1-3 Tbsp water or vegetable stock
1 red pepper, seeded and diced
1 cup broccoli florets
Sea salt and pepper to taste
2 cups gluten free macaroni noodles
Bring large pot of water to a boil, add noodles and cook until al dente.
Saute the diced pepper in a skillet with 1 or more tablespoon of water or vegetable stock for 7 minutes to soften, add broccoli and a little more water or stock, stir, cover and steam 3-5 minutes. Remove from heat.
Rinse cooked noodles then mix with the veggies and pour sauce over. Heat over medium heat and season with salt and pepper.

SPICY COLOURFUL PASTA

1 chopped red pepper
1/4 cup frozen corn
1/4 cup cooked navy beans
2 cups peeled, chopped tomatoes
2 cups sliced mushrooms
1/4 tsp red pepper flakes
1/8 - 1/4 tsp cayenne powder
4 oz chopped green beans
2 cups cooked spinach
Pepper and sea salt
Optional: 7 minced garlic cloves.
Sauté gently in a dry non-stick pan:
red pepper, mushrooms, garlic for 10 minutes (can add a tablespoon of water if necessary).
Add spices and green beans, sauté for a few minutes.
Now add the navy beans, tomatoes and cook for another 10 minutes.
Add the rest of the ingredients and heat for a few minutes. Serve hot.

FETTUCINE WITH ROASTED PEPPERS AND SAFFRON SAUCE

Thank you to whomever we got the original recipe from. It is quite exotic.

Sauce (combine all in a bowl and let set 10 minutes)

2 Tbsp healthy oil eg. avocado or coconut
1 large shallot, finely diced (or use regular onion is shallot not available)
Grated peel of 1/2 lemon or orange
1 Tbsp water
2 Tbsp dried marjoram or basil
1/2 tsp saffron threads (or powder), soaked in 1 tsp hot water

Fettucine:

1 package whole grain fettucine pasta
1 bunch fresh spinach, washed, stems removed, cut into wide strips
1 cup vegetable stock or water
1/4 cup pine nuts or sunflower seeds
2 bell peppers (one yellow and one red)
1/2 cup cooked carrots, sliced
6 sundried tomatoes, thinly sliced
1 tsp oregano
pinch sea salt, and pepper (or cayenne)
1 large tomato chopped

Optional:

- 1 red onion thinly sliced
- 3 garlic cloves, minced

Slice peppers in half, remove seeds, and core.
Bake the peppers with skins still on, at 450oF until they are wrinkled and loose (about 10-15 minutes). Scrape off the skins and cut the pepper pulp into narrow strips, discard the skins.
Steam spinach, set aside.
Sauté onion in a little water with the sundried tomatoes, roasted peppers, salt and pepper, garlic.
Gently add the steamed spinach.
Add saffron sauce and vegetable stock, simmering until the amount is reduced by half.
Cook the pasta and add to the vegetable mixture. Mix well using tongs or chop sticks.
Add pine nuts or sunflower seeds, toss

well.
Garnish with finely chopped tomatoes.

LASAGNA

This one is quite different, very yummy also.

1 package whole grain or brown rice lasagna noodles
1 package spinach, chopped cooked, drained
1 block medium firm tofu
Cook an 8 oz package of whole grain lasagna noodles (whole wheat, rice, kamut, spelt, corn etc) until tender. Drain and rinse with cold water to keep the noodles separated. Set the noodles aside.
<u>Sauce</u>
1 can whole tomatoes
2 large onions chopped
1 clove minced garlic
1/4 tsp sweet basil
1 4oz can tomato sauce
1/2 cup chopped olives
1/2 tsp oregano
Sauté onion and garlic in a few tablespoons of water to soften. Add the rest of the ingredients and heat on low heat to blend flavours for about 15 minutes. Taste and add sea salt and pepper to taste.

<u>To layer the lasagna:</u>
Put a layer of noodles on the bottom of the baking dish
Next top with crumbled tofu
Now add a thin layer of spinach
Next top with the sauce
(repeat these steps until all is used up)

<u>Topping:</u>
Blend the following together:
1 cup water
1 cup cashews
1/8 tsp garlic powder
1/2 tsp onion powder
1 Tbsp yeast flakes (if you have any)
1/4 cup onion chips or pieces
2 Tbsp lemon juice
Spread this over the casserole.
Bake at 375oF for 45-60 minutes or until hot and bubbly.
It is optional to put the topping on at the end or use it as an additional layer each time, some prefer it layered with the other ingredients.

GRAINS

Cereals
also see other sections

GRAINS

Grains carry most of their vitamins and minerals in their outer shell. Milling removes this shell, leaving a white grain, denuded of nutrition. The center part has starch and protein, but it is difficult to metabolize without the vitamins and minerals of the outer shell.

You can grind any whole grain with a grinder or blender. To cook, as a general rule, use 1 cup of grain and 2 1/2 cups of water. Bring 2 cups of the water to a boil, then mix the other 1/2 cup of water with the grain. Add 1/2 tsp salt to the water, and stir in the moistened grain. Stir until it begins to boil again. Turn off heat, cover and let stand 10 minutes.

CEREALS

MILLET CEREAL

1 cup millet
4 cups water
1 tsp salt.
Bring to a boil, cover, simmer until water is absorbed.

BROWN RICE CEREAL

Wash rice lightly in warm water.
Toast in dry skillet until lightly toasted if you wish.
Cook 1 cup rice with 2 1`/2 cups water and 1/2 tsp salt by bringing it to a boil, then turning the heat to low, cover and simmer covered until water is absorbed. Do not stir any more.

BAKED OATMEAL

3 cups regular oatmeal
1/2 cup coconut
3/4 cup chopped dates
1 tsp salt
4 cups boiling water
Mix everything together and Bake at 375oF for 35-40 minutes.
This can be prepared the night before using cold water. Set the timer on your oven for an hour before you wish to serve it.

AMARANTH

Amaranth can be cooked as a cereal (recipe follows), ground into flour, popped like popcorn, sprouted, or toasted. .
For cereal:
Put 1 cup amaranth seeds in 2 1/2 cups water or broth in a pot or saucepan, bring to a boil, then reduce heat and simmer covered for about 20 minutes (until seeds are tender and the liquid has been absorbed). You can add a pinch of sea salt to cooking if you wish.

QUINOA

Store in the fridge or freezer to avoid rancidity. Quinoa is coated with saponin which gives it a bitter taste if you don't rinse it well.
Suggest soaking quinoa 15 - 30 minutes before cooking but if you are in a hurry try minutes with rinse it again.

To cook bring 1 1/2 - 2 cups of water to a boil, add 1 cup of quinoa. Reduce to a simmer and cook for 12-15 minutes under the germ separates from the seed. Let stand for another 3 minutes.

COUSCOUS

Couscous is not gluten free. Bring 1 1/4 cups water to a boil in a saucepan. You can add a pinch of sea salt if you wish.

Add 1 cup of couscous and stir everything together. Cover and let sit for 5 minutes.

BUCKWHEAT (KASHA)

Toast 1 cup buckwheat in a saucepan or wok over medium high heat for 3-4 minutes.
Bring 2 cups water to a boil
Add 1/4 teaspoon sea salt
Add the toasted buckwheat
Cover, reduce to simmer and cook 10 minutes or until all the liquid is absorbed.
Remove from heat, let remain in pan steaming for another 5-10 minutes with the lid still on.

BARLEY

Barley has less gluten than wheat or rye, but still has some gluten. Pearl Barley is the kind most found in supermarkets. It has been refined, leaving behind only the pearl from the center of the grain.
Pot barley, also called Scotch Barley, has had the hulls removed to leave the endosperm and pearl. This is minimally processed but still loses much protein, fiber, fat and minerals.
Hulled Barley has only the outer inedible hulls removed and is the least processed barley.
Barley can be chewy so it is mostly used in soups and stews. It really expands!
Adding a
teaspoon of apple cider vinegar to the cooking liquid helps keep the kernels separated and fluffy.
Cooking times follow.

Variations to Add in Cereal when Cooking - or use as a topping:

Coconut	**Nuts**	**Raisins**
Currants	**Pineapple**	**Nut Milk**
Chop. Apple	**Sunflower seeds**	
Raw Pumpkin Seeds		

You can follow the recipes given with their liquids and cooking times, or you can use the following handy chart.

Easy Grain Cooking Chart

GRAIN (1 cup)	WATER (cups)	COOK FOR (minutes)	YIELD (cups)
Amaranth	2-2 1/2	25-30	2-21/2
Barley, whole/hulled	3	90	31/2-4
Barley, pearled	3	45	31/2-4
Buckwheat groats	2	15	2-21/2
Corn grits	3	20	31/2-4
Kamut	3	120	2 3/4
Millet	21/2	25	31/2-4
Oats, whole	3	60	3
Oats, rolled (oatmeal)	2	15	1 1/2-2
Quinoa	2	20	3-31/2
RICE:			
Basmati, brown	2	45	3 1/2
Basmati, white	1 3/4	15	31/2
Brown	2	45	21/2-3
Sushi	2	45	2
Sweet	1 1/2	45	2
Spelt	3-4	50	21/2
Wild	3	50-60	4
WHEAT:			
Whole berries	3	90-120	2 1/2
Bulghur	2	15	2 1/2
Couscous	2	1	2 1/2-3

DESSERTS



Raw Blueberry Cheesecake

Toppings
Puddings
Pies
Icy Treats
Cookies
Cakes
Muffins
Candy

DESSERTS

TOPPINGS

Note: Using tofu: tofu has a bland flavour and takes on the flavour of the other ingredients you add. It can be used as a main course ingredient or in a dessert.

TOFU CREAM

1 10oz package organic soft tofu
4 tsp lemon juice
1 Tbsp honey
1 Tbsp rice syrup or agave nectar
1 Tbsp vanilla
Pinch sea salt
Blend all well. Use as substitute topping for desserts.

TOFU CREAMY FROSTING

1 cup very fresh soft tofu
1 Tbsp healthy oil eg. avocado or coconut
2 Tbsp fresh lemon juice
3-4 Tbsp maple syrup
1/2 tsp vanilla
1/4 tsp sea salt.
Blend until very smooth, scraping sides of the blender often so no lumps remain.

WHIPPED TOPPING

Use where whipped cream might be used eg. on fruit salad.
2 yellow delicious apples, cored & cubed but not peeled
1/4 - 1/2 cup apple juice
1 tsp lemon juice
Puree in blender and gradually add:
1 cup ground raw cashew nuts.
Continue blending until smooth.

PINEAPPLE ORANGE SAUCE

1/3 cup orange juice concentrate
1 cup pineapple juice
2 cups chunky pineapple
1 small banana
2/3 cup water.
Blend. Heat in non-stick saucepan, thickening with cornstarch if necessary. Makes 4 cups.

PUDDINGS

For rice puddings, use the healthier choice of brown rice or basmati rice.

RICE PUDDING 1

3 cups cooked rice
1 cup raisins
2 cups soy, oat or rice milk
1/2 tsp sea salt
3/4 cup honey or maple syrup
1 tsp cinnamon
Mix all together. Bake in casserole at 350oF for about 50 minutes or till toothpick or knife comes out clean when inserted into the center of the pudding.

RICE PUDDING 11

You can use leftover rice if you wish; a good way to use it up.
5 1/2 cups cooked brown rice
1/4 cup chopped dates
3/4 cup raisins
1/4 cup honey
1 1/3 cup soy or coconut milk
1/2 - 3/4 cup coconut shreds
1/4 tsp each cloves and nutmeg
1 tsp pure vanilla extract
Mix all together. Bake at 350oF in glass loaf pan or pan lined with wax paper for about 1 hour, stirring every 15 minutes.

CURRANT PUDDING

1 cup currants
1 1/2 cup unsweetened grape juice (or any favorite juice)
1 Tbsp 'minute type' tapioca
2 Tbsp cornstarch (or 2 Tbsp tapioca per cup of juice)
Thicken the juice with cornstarch (or tapioca).
Place all into a saucepan and bring to a simmer.
Turn off heat, cover and let stand 30 minutes.
Now turn on heat and simmer very slowly 5-7 minutes until tapioca turns translucent.
Refrigerate and use as pudding or for topping for waffles, pancakes or toast.
You can make this the night before.

TAPIOCA PUDDING

4 cups soy or rice milk
1/3 cup tapioca
1 Tbsp honey
Bring all to a boil, cover and simmer about 2 hours.
Remove from heat, add 1/2 tsp pure vanilla extract. Serve warm.

EAST INDIAN RICE PUDDING

Cardamon is settling to the stomach.
1/4 cup rice
1 cup nut milk (eg. almond milk)
1/4 tsp sea salt
1/3 cup slivered or ground almonds
1/4 cup honey
1/4 cup coconut
1/2 cup raisins
1/4 tsp ground cardamon
Mix all together and put in covered baking dish.
Bake at 300^{o}F until rice is cooked, stirring occasionally.

BREAD PUDDING

Save all the ends of bread loaves and freeze them until you have enough to make this pudding.
2 cups water (or rice milk or soy milk)
1/4 cup raw almonds (or cashews)
1 quart (4 cups) bread crumbs from whole grain bread or gluten free bread
1/2 tsp salt
1/2 cup dates chopped (optional)
2 cups diced apple
1 cup raisins
1/4 cup coconut (optional)
1 tsp pure vanilla extract
1/2 tsp salt
Mix the water, vanilla, and salt together. Place the fruit and bread in a baking dish and pour the liquid ingredients over all.

Bake for 30 minutes at 350°F or until well heated. The center should be set and not still liquid.
Serve with fruit sauce if you wish: cook some fruit with its own juice, thickened with arrowroot or cornstarch, sweetened with honey. When cooking with cornstarch, after simmering fruit with cornstarch for 15-20 minutes, the sauce should be clear and ready to eat.

COCONUT CREAM GELATIN

1 can coconut milk
2 envelopes gelatin
2-3 teaspoons honey
Heat 1/4 cup coconut milk until hot, remove from heat and sprinkle gelatin on top.
Let the gelatin melt into the hot milk, then stir in the honey.
Add any fruit you desire and the rest of the coconut milk to the mixture. Stir and pour into a bowl or pyrex pan and refrigerate until set.
Cut into cubes. You can sprinkle the top with grated coconut if you wish.

ALMOND DELIGHT

1 1/2 cups soy, oat or rice milk
1 Tbsp almond extract (or to taste)
2 envelopes gelatin
2-5 Tbsp honey
Heat 1/2 cup milk until hot, sprinkle gelatin on top.
Remove from heat, stir in the gelatin and add the honey and almond extract.
Now add the rest of the milk.
Pour all into a glass bowl or pyrex pan and refrigerate until set.
Cut into cubes.
Mix with orange sections if desired.

CASHEW YOGURT

1 cup cashews
1 cup pure water
Blend nuts with water until smooth. Keep adding the water until the consistency is of heavy cream.
Pour into a pint jar, cover with a cheese cloth, towel, or napkin.
Set jar in warm place where it can heat up to 90-100oF.
It will be ready in about 6-8 hours or when it tastes tart or sour.
Use as you would regular yogurt.

TAPIOCA PUDDING

Use as topping for fruit or as a pudding on its own.

4 cups rice, oat or soy milk
1/3 cup tapioca
1 Tbsp honey
Bring everything to a boil, cover and cook on simmer for about 2 hours.
<u>Remove from heat and add:</u>
1/2 tsp pure vanilla extract
You can add nuts and/or raisins or whatever you wish for variety.
If you like it more sloppy or solid, adjust the liquid.
Serve warm (or cool it in the refrigerator and serve cold).

TOFU PUDDING

1 pound soft organic tofu
2 small bananas
2 cups sliced strawberries
2 teaspoons pure vanilla extract
2 Tbsp tahini (sesame butter)
1 teaspoon ground cinnamon
Juice of 1 lemon
1/4 cup pure maple syrup
Blend all until smooth. Pour into dessert cups and chill for at least 1 hour.
Garnish each with a whole strawberry.

STRAWBERRY TOFU PUDDING

4 cups strawberries
1 cup water
1/3 cup agar agar
1 block soft organic tofu
1/2 cup honey
Blend berries with 1/4 cup water.
Boil 1 cup water with agar agar and honey.
Simmer until agar is dissolved (about 10 minutes).
Add blended strawberries to agar mixture, stir. Eat right away or allow to set for a

while in the refrigerator.

SWEET POTATO & APPLE DESSERT

3 sweet potatoes, peeled and thinly sliced
2 green apples, cored and thinly sliced
1/2 cup raisins
1/2 cup raw walnuts, chopped
1 orange juiced as well as the grated rind
1 cup water or orange juice
1 Tbsp cinnamon powder
2 Tbsp honey
Place sliced sweet potatoes and apples alternately in a non-stick baking dish.
Sprinkle raisins and walnuts and cinnamon.
Drizzle orange juice, water and honey over the top.
Cover and bake at 350°F for 45 minutes or until tender.

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 or soy milk or ice cream if you wish.

MANGO PUDDING

3 ripe medium sized mangoes
3 Tbsp water
1 envelope unflavored gelatin or same amount of agar agar
Honey or agave sweetener to taste
1 can (13-14oz) coconut milk
1/3 cup unsweetened grated coconut, lightly toasted
Blend pulp of mangoes. Add small amount of honey or agave if you want it sweeter.
Push the puree through a strainer to remove any fibrous strands.
Soak gelatin in the hot water for 5 minutes, then heat up in a small pot to melt.
Put coconut milk in sauce pan over medium heat and bring just to the boiling point. Whisk in the gelatin mixture, then the mango puree. Divide into servings in bowls, cover with plastic wrap and refrigerate until set (about 4-5 hours).
Dust with toasted coconut.

PIES



1. PIE CRUSTS

Here's a whole array of different pie crusts that are healthy to eat.
To make a nice thin pie crust, roll the dough between 2 sheets of wax paper, then peel off the top layer of wax paper, and then transfer the crust over to the pie pan dough side down, lastly peel off the top final layer of wax paper, press slightly to the form of the pan and trim the edges.

CASHEW CRUST

2 cups raw cashew nuts ground
1 cup whole wheat flour or oatmeal flour (or 1/2 cup of each)
1/2 tsp sea salt
1 cup water.
Mix the ground nuts with the flour and salt. Add the water to make a soft dough. Mix very gently, only to blend. Press into a pie pan or roll between wax paper and transfer the crust to the pie pan. Discard the wax paper.

Bake 375^{o}F until slightly brown.

OAT / NUT CRUST

3 cups rolled oats
2/3 cups raw cashews or other nuts
1/2 cup raw sunflower seeds
2/3 cups water
1/2 tsp sea salt
Blend oats until they are flour consistency. Grind the nuts. Mix both together and add the salt and enough water to make dough consistency so you can roll the dough between two sheets of wax paper, then carefully transfer the crust to a pie pan. Discard the wax paper.

Bake 375^{o}F until slightly brown.

NUT CRUST

1/3 cup raw almonds (or walnuts or pecans)
1/2 cup barley flour (or oat flour)
1/3 cup ground raw sesame seeds
1/2 cup whole wheat flour or spelt flour
1/3 cup soy flour

1/2 tsp sea salt
Grind the nuts. Blend all the dry ingredients by hand and add 1/2 cup water.
Dough should not be sticky, if it is, add a little more flour.
Roll between sheets of wax paper until very thin (about 1/6"), transfer to piepan. Discard wax paper.

Prick with fork and bake at 375°F until golden brown.

NO FLOUR - NO BAKE CRUST

1 cup shelled raw almonds soaked 5 hours in 2 cups of water
1/4 cup pitted dates, soaked 1 hour in 1/8 cup of water
1/4 cup shredded unsweetened coconut
1/2 tsp ground cinnamon.
Drain almonds, discard water. Drain dates.
Grind almonds, dates and cinnamon together in a food processor until sticky and coarse.
Mix in coconut.
Press into bottom and sides of a 9" pie plate. No need to bake.

COCONUT CRUST

Mix 1 cup coconut with 1 Tbsp whole wheat pastry flour and enough nut milk or water or coconut milk to hold it together.
Press thinly into a 9" pie plate.
Bake at 375oF for 8-10 minutes or till light golden. It burns easily so be careful.

ALMOND-WHOLE WHEAT

1 1/2 cup ground raw almonds
2 Tbsp whole wheat pastry flour (or spelt or gluten free flour)
2 Tbsp water
1/4 tsp salt
Mix almonds, flour and salt together.
Add water and mix lightly.
Press into pie pan.

Bake at 350°F about 15 minutes watching it doesn't burn.

CRUMB CRUST FOR TOPPING

When used on top of sliced apples this becomes Apple Brown Betty.
2 1/2 cups quick oats
1/2 cup whole wheat pastry flour or spelt flour or gluten free flour
1/3 - 1/2 cup chopped raw nuts
3/4 tsp ground coriander
1/3 cup honey
Mix all together well, and place mixture on sliced apples, patting lightly.
This will make topping for 2 pies to be baked.
This is also a good basis for toppings for homemade ice cream.

Bake at 350°F until light golden brown.

EASY PIE CRUST

1 cup sunflower seeds
1/4 cup of any flour
Dash sea salt
2-4 Tbsp liquid (water, rice milk etc)
Optional:
1/4 cup sesame seeds, almonds or walnuts
Cinnamon and/or nutmeg (optional)
In blender or food processor grind sunflower seeds to medium consistency.
Add flour and salt, blend in.
Add liquid and optional ingredients if desired.
Mix thoroughly. Pat into pie plate.

BLACK BOTTOM CRUST

3/4 cup shredded unsweetened coconut
1 cup black mission figs soaked 2 hours in 1/3 cup water
1 Tbsp carob powder
Drain figs, reserve water. Blend figs and carob until creamy, adding some of the reserved water if needed.
Stir in coconut.
Press dough into bottom and sides of 9" pie plate.
This does not need cooking.

OATMEAL-ALMOND

1 1/2 cup oatmeal
3/4 cup ground raw almonds

1/4 cup ground raw sesame seeds
1/3 - 1/2 cup water
1/4 tsp sea salt
Mix dry ingredients, then add water.
Mix lightly and dust with oatmeal flour.
Roll out crust and put in pie pan.
Bake at 375°F for 10-15 minutes watching it does get too brown.
It is best to bake the crust, then add a slightly cooled filling. Fruit filling works well here.

FROZEN PIE CRUST

1 cup dates
1/2 cup unsweetened coconut
1 tsp lemon or orange rind
1 cup chopped raw walnuts
Barely cover dates with water. Blend to make a very thick paste.
Add coconut and lemon or orange rind and blend or stir.
Spoon and spread into a pie pan. Make a thin crust.
Press chopped walnuts all over and freeze.
For fillings try sliced berries in coconut cream (see recipe) - just put into the frozen pie crust and serve.

CASHEW OAT CRUST

1 cup ground raw cashews
1 cup whole wheat pastry or spelt flour or gluten free flour
1 cup ground oats
3/4 cup water (more if needed)
1/2 tsp sea salt
Mix all together to make the crust. You may add unsweetened coconut to make enough for 1 pie crust.
Bake at 375°F until light brown.

RAISIN COCONUT

3/4 cups raisins soaked 1 hr in 1/4 cup water.
Blend till smooth.
Stir in 1/2 cup shredded unsweetened coconut.
Spread evenly onto bottom and sides of pan or plate.
This doesn't need cooking but you may fill the crust and bake it if you wish.

SUNFLOWER SEED CRUST

1/4 cup hulled raw sunflower seeds soaked 5 hours in 1/2 cup water.
3/4 cup raisins soaked 1 hour in 1/2 cup water
1/2 tsp ground cinnamon.
Drain seeds and raisins. Grind seeds and 1/2 cup of the raisins in a food processor.
Mix in cinnamon.
Press into bottom and sides of a 9" pie plate.
Does not need baking.

CHIAPATTI OR TORTILLA CRUST

Couldn't be easier!
Just take a whole grain chapatti or tortilla and lay it flat on a pie pan. It's ready for the filling and baking.

GRAPE NUTS CRUST

1/2 cup grape nuts cereal
1 can (16oz) crushed unsweetened pineapple
2 cups fat free cottage cheese or quark
1 Tbsp fruit juice 1/2 tsp vanilla
1 Tbsp unflavored gelatin
Toss the grape nuts with fruit juice.
Sprinkle into pie plate.
Press onto bottom and part way up the sides of the plate.
Brown under broiler for a minute before adding any filling.

2. PIE FILLINGS

The question is always, how thick does the filling need to be so that when you cut into the pie, it holds it's shape and doesn't run out into the pie shell. You will quickly find out if you do these routinely that the filling needs to stand up slightly in the pan when you are finished cooking, much like a soft jam.

STANDARD LEMON PIE FILLING

2 cups cold water
6 Tablespoons cornstarch
1/2 cup lemon juice
1 Tbsp lemon zest/rind
1/4 cup honey
In pot, mix the water with the cornstarch, heat, adding the lemon and honey. Cook for about 15 minutes until it is nice and thickened. If too thick, add a little cold water. If not thick enough, mix 1/4 cup cold water with more cornstarch and then add to the cooking mixture, continue cooking until the desired consistency is reached. Consistency should be close to jam, not watery.
Pour into a baked pie shell.

A DIFFERENT LEMON PIE FILLING

1 cup pineapple juice
1 cup fresh orange juice
4 Tbsp fresh lemon juice
1/4 cup water
1/4 tsp sea salt
1/3 cup plus 1 Tbsp arrowroot or cornstarch
10 dates
1 Tbsp cashews
Place all in a blender and blend smooth. Cook on low heat, stirring constantly until mixture thickens. Let cool, pour into a baked pie crust.
If stronger lemon flavour is desired, use 3/4 cup orange juice and 1/2 cup lemon juice.
1/2 tsp ground lemon peel/zest can also be added for more flavour.

Alternative to try:
Put 1 cup pineapple juice in a kettle, add 1 Tbsp powdered agar. Soak 5 minutes. Simmer until dissolved. Put the rest of the ingredients in a blender and blend very smooth. Add the agar mixture while the blender is running and pour into a baked pie shell.

FRESH FRUIT PIE

Use any or all of these fresh or frozen fruit:

> **pitted cherries, raspberries, blueberries, plums, mangoes, strawberries, blackberries, peaches, pears, apples, apricots.**

You can cook the filling in a pot and add it to a cooked pie shell. To cook it in a pot, put the fruit (chop large pieces) in a pot, add about 2-3 tablespoons cornstarch to 1/2 cup cold water and then mix it into the fruit. Add a pinch of salt and then cook about 15 minutes until thickened and the cornstarch is clear.
OR
Mix 2 cups fruit juice with 3 tablespoons cornstarch in a pot, cooking until thickened. Pile the raw fruit into a baked pie shell, then pour the thickened sauce over the fruit.

Precooking the pie shell and adding the cooked filling after assures you of getting the right consistency and thickening that you want.

PUMPKIN PIE

Simmer 1 3/4 cup dates with 1 cup water.
<u>Blend this with:</u>
3 cups soy or rice milk
10 cups cooked pumpkin
1/2 cup cornstarch
1/2 cup whole wheat or spelt flour or gluten free flour
1 1/2 tsp sea salt
3 tsp vanilla

3 tsp cinnamon
1 tsp ground cloves
1 tsp ground nutmeg
2 tsp powdered ginger
1/2 cup honey
Makes 2 quart bowls full of filling for 3-4 pies.

Bake in pie shell at 425^{o}F for 15 minutes, then 350oF for a further 40-45 minutes. If you are unable to watch the clock for the timing, cook at 350oF for 1 hour but if the center is not firm, continue cooking until you can put a toothpick into the center of the pie and it comes out clean.

APPLE PIE FILLING

8 apples cored and sliced
1/2 cup raisins
1/2 cup chopped dates
1/2 Tbsp coriander powder (optional)
1/2 tsp anise or 1 tsp cinnamon
2 teaspoons arrowroot powder (or cornstarch) dissolved in 1/4 cup water.
Pinch sea salt
Cook apples with raisins and dates until tender. Add the rest, stirring and cooking until clear and
thickened.
Pour into baked pie shell or one that doesn't need baking.

APPLE CRUMB PIE - no bake

<u>Filling:</u>
7 medium apples
3/4 cup pitted dates soaked 1 hour in 1/2 cup water
3/4 cup ground raw almonds
1/4 cup currants
1/4 cup shredded unsweetened coconut
1 Tbsp grated lemon peel
1/4 tsp ground clove
1/2 tsp cinnamon
1 Tbsp lemon juice
Coarsely grate 4 apples. Cut 2 more into bite sized slices.
Drain dates and puree with lemon peel, cinnamon and cloves. Mix together with the grated apples and sliced apples, 1/2 cup ground almonds and currants. Fold onto pie shell, pat down lightly.
Cut remaining apple into thin wedges, sprinkle with lemon juice and arrange in a circle in the center of the pie.
Mix remaining ground almonds with coconut and sprinkle over top of pie.
Refrigerate and serve as soon as possible.

MINCE PIE

1/2 cup minced raisins
4 medium apples sliced
4 prunes, pitted and chopped
1 orange
1/3 cup apple juice
1/4 cup pure maple syrup
1/4 cup honey
1/2 tsp cloves
1/2 tsp cinnamon
Use a 10" pie crust for top and bottom. A chapati makes a good crust in a pinch.
In a medium saucepan simmer raisins, prunes, apples and juice for 5 minutes.
Wash the orange,and grate the peel, adding it to the simmering fruit (juice the rest of the orange). Cover, cook until apples are very soft.
Stir in the maple syrup and honey, cinnamon and cloves.
Fill pie crust, cover with another chapati and bake for 30 minutes at 450^{o}F.

LEMON CREAM PIE

2 1/2 cups apple juice
3 Tbsp honey
1/2 cup lemon juice
1/4 cup almond nut butter
3 Tbsp prepared agar agar
Make your favorite pie crust (see pie shell recipes).
Now blend the above ingredients in a blender and pour into the pie shell. Refrigerate.
If you want more creamy texture, after you chill the mixture, before putting it into the crust, blend the mixture in a blender again, and chill a second time.
Note: if you don't have agar agar, you can experiment using cornstarch or tapioca but you will have to cook those for about

10 minutes in some liquid before adding it to the pie mixture.

CASHEW BANANA CREAM PIE

3/4 cup cashews
18 dates
2 1/2 cup water
3 bananas
1 1/2 tsp vanilla
1/2 tsp sea salt
4 Tbsp arrowroot or cornstarch
Unsweetened coconut
Blend all except the bananas and coconut until nice and smooth.
Add one more cup of water and blend thoroughly.
Cook over low heat until mixture thickens. Cool.
Slice bananas and place on the bottom of a coconut pie crust, then cover with half of the cooked filling. Add another layer of sliced bananas and then cover with the remaining filling.
Sprinkle with coconut and chill.

LEMON TORTE

16 oz organic soft tofu, drained
1/4 cup honey
2 Tbsp lemon zest or grated rind
2 Tbsp lemon juice
2 tsp vanilla
Blend, then pour into a pie pan.
Bake at 325-350^{o}F for 45-60 minutes until firm and lightly brown.
Chill. Serve with fresh fruit.

DARK CHOCOLATE PIE

Crust:
1/2 cup unsweetened shredded coconut
1 1/2 cups almond flour
2 Tbsp coconut oil (or other healthy oil)
2 Tbsp maple syrup
1/4 tsp salt
Pie filling:
1 cup coconut milk
12 oz bitter chocolate, finely chopped
1 tsp vanilla extract
Stevia to taste
Topping:
1/2 cup unsweetened coconut flakes
1/2 cup unsalted coarsely chopped nuts such as walnuts, almond or macadamia.
Pinch sea salt.
To make the crust, process the ingredients in a food processor then evenly press the dough into the bottom and up the sides of a pie plate.
Bake at 350^{o}F until golden and firm (about 15 min). Cool at least 1 hr.
To make the filling:
Put the chocolate in a bowl. Bring coconut milk to boil in a saucepan and t hen pour over the chocolate. Let stand a minute, then add in the vanilla and stevia to taste.
Pour the warm chocolate mixture into the cooled crust.
Lightly toast the nuts and coconut in a dry frypan or oven until coconut is light golden, then sprinkle on top of the pie.
Chill for at least an hour before serving.

ICY TREATS

POPSICLES

You can buy the 'holders' to make popsicles, or just get wooden popsicle sticks and use ice cube trays to make the popsicles.
Most any type of fruit juice can be used, or you can blend a variety together.
If you are using ice cube trays, let the popsicles partially freeze and then put the wooden sticks into the partially frozen mix so they can stand upright..

Here's an interesting layered popsicle you can try:

1 cup crushed pineapple
1/2 cup chopped peaches
1/2 cup crushed raspberries
2 cups juice (orange, apple, grape, or whatever you wish)

Put the pineapple on the bottom of the popsicle, then the peaches in the middle and the raspberries on top.
Fill the mold with fruit juice and freeze until partially set.
Put a stick in each popsicle and freeze solid or for about 5 hours.
These can be kept in the freezer up to 1 month.

The easiest frozen popsicle of course is called "Monkeytails":
Just put a banana, skin and all, into the freezer. When frozen solid, peel and eat, or perhaps dip it in a sauce or jam.

Many people just take fruit juice and pour it into the ice cube trays to use as popsicles. Fast and easy.

FRUIT SORBET

Use any kind of fruit: strawberry, banana, melon, raspberry, kiwi.
Mash and freeze. Serve in delicate attractive glasses.

Here's a nice one to try:
1 cup apple juice and 2 cups frozen raspberries. Blend all but 1/4 cup of the raspberries. Freeze.
Spoon into 4 dessert bowls. Top with the reserved raspberries. Garnish with a mint leaf if you have any available. You can serve this immediately or freeze and partially thaw before serving.

Here's another:
1 medium papaya (peeled, seeds removed and cubed)
1/8 cup lemon juice
4 medium oranges juices (or 1 cup orange juice)
1/4 large pineapple cubed and frozen
Put the papaya into a blender with the other ingredients. Blend at high speed until smooth. Serve immediately.

PINEAPPLE SLUSH

2 1/2 cups crushed pineapple
3 frozen bananas
2 1/2 cup grapefruit sections
1 Tbsp orange juice concentrate
Blend and serve.

GREEN APPLE-GINGER SORBET

2 medium tart green apples (like Granny Smith type)
2 cups apple juice
1 Tbsp fresh lime juice
1 Tbsp minced ginger root
Honey to taste
Fresh mint sprigs - garnish.
Peel, core, thinly slice 3 apples, set remaining apple aside to use as garnish.
In blender, blend sliced apples and juices until smooth, add ginger root and pulse to mix.
Taste and add honey to taste for sweetener (or whatever sweetener you like using).
Transfer to ice cream maker and follow the instructions.
When done, spoon into chilled bowls and garnish with apple slices and mint sprigs.

If you don't have an ice cream maker, just put it in a covered bowl and freeze until ready to eat.

EASY ICE CREAMS

Run fruit through your juicer, then freeze solid. Here are some examples:

1. 3 frozen medium mangoes, cut into chunks with 5 frozen medium bananas (discard any fruit skins, pits)
2. 4 frozen medium peaches with 2 frozen medium bananas (discard any fruit skins, pits)

BLENDER STRAWBERRY ICE CREAM

4-5 ripe frozen bananas (without skins)
10 oz frozen strawberries
6 oz frozen apple juice concentrate (unsweetened)
Optional: 1/2 - 3/4 cup raw cashews
Put apple juice in blender with cashews. Blend
Add water to the 1/2 cup mark.
Add strawberries and blend.
Add the frozen banana pieces a few at a time until mixture is as thick as soft ice cream and it won't blend any thicker.
Serve right away or freeze for later.

PINEAPPLE ICE CREAM

1/4 cup water
1 can (20 oz) frozen unsweetened pineapple chunks (or fresh)
1/4 cup cashew nuts
1/4 tsp fresh lemon juice
1/2 tsp pure organic vanilla extract
1 Tbsp fine unsweetened coconut
Blend water and cashews. Add flavorings and frozen pineapple with juice. Blend and serve at once.
May be made ahead, kept in freezer 30-45 minutes and it will retain its soft consistency.
For variation: Use raspberries in place of pineapple and add 1/2 cup of dates, blend all.

BANANA ICE CREAM

Blend frozen bananas with just enough nut milk to make the blender go.
Add vanilla flavoring.
Freeze and serve.
Another way to make banana ice cream: Just run frozen bananas through your juicer. Instant banana ice cream!

EASY ICE CREAM

1 can coconut milk
1/3 cup honey
Fruit (your choice)
Blend and freeze. If you wish it sweeter, increase honey. If too sweet, decrease the honey.
If you want to use different sweetener, try a few drops of Stevia.
Freeze and serve.

MAPLE ICE CREAM: Use the Easy Ice Cream recipe but substitute maple syrup for honey and add walnut or pecan pieces after blending.

PEACH-BERRY FROZEN CREAM PIE

Crust:
3/4 cup raisins, soaked 1 hr in 1/4 cup water
1/2 cup shredded coconut
Blend raisins with soaked water in blender at medium speed until smooth. Stir in coconut.
Spread evenly on the bottom and sides of a 9" pie plate. Smooth evenly along rim.
Filling:
6 ripe medium size sliced peaches
1 cup ripe strawberries
2 large bananas, peeled
2 Tbsp shredded coconut
1 Tbsp lemon juice
Blend peaches, strawberries, bananas and lemon juice together at medium speed until smooth.
Pour into the pie shell and spread evenly. Sprinkle coconut over top. Freeze for at least 5 hours (until solid).
Can be kept in freezer up to 1 week.
Many like to transfer the pie to the

refrigerator 2 hours before serving to soften slightly.

BANANA-FROZEN ICE CREAM PIE

Crust:

1 1/4 cups black mission figs soaked 1 hr in 3/4 cup water
1/2 cup ground almonds
1/2 tsp pure organic vanilla extract
Drain figs, reserve liquid.
Blend figs and vanilla at medium speed until smooth, adding a little of the soak water if necessary.
Stir in ground almonds.
Spread evenly onto bottom and sides of 9" pie plate. Smooth evenly along rim.

Filling:

4 ripe medium bananas, peeled
4 frozen medium bananas (peeled)
1/4 cup black mission figs, soaked 1 hour in 1/2 cup water
1/2 cup shredded coconut
1/4 cup slivered almonds
2 tsp pure organic vanilla extract
2 Tbsp carob powder (optional)
Blend all bananas, figs, fig soak water, carob powder and vanilla together at medium speed until smooth.
Pour into pie shell, smooth evenly.
Sprinkle coconut in a circle over center of pie and in another circle around edge of pie.
Sprinkle almonds between circles of coconut.
Freeze pie 5 hours or until solid. Can keep in freezer up to 2 weeks.
Many like to put the pie in the refrigerator for 2 hours to soften it a little before eating.

ICE CREAM CAKE

18 frozen bananas
12 cup black mission figs soaked 1 hr in 3/4 cup water
1/2 cup chopped walnuts
2 cups apple cider or juice
1 tsp pure organic vanilla extract
Run all but 2 bananas through a juicer or blender.
Quickly stir in vanilla and pour into 8" spring form pan.
Smooth top of cake so it is completely flat. Freeze 4 hours or until solid.
Blend the figs, fig soak water, at medium speed until smooth. Break remaining bananas into chunks, add to blender.
Blend at high speed until creamy.
Take cake from freezer, remove sides of pan. Smooth top and sides of pan.
Smooth top and sides of cake with spatula, frost cake quickly with fig mixture.
Top with sprinkled walnuts.
Return cake to freezer.
Can be kept 2 weeks in freezer.
You may wish to put in refrigerator 2 hours before serving to soften slightly depending on how firm your freezer freezes.

ICE CREAM LAYER CAKE

You need lots of bananas for this one.
1 cup currants
1 cup chopped almonds
1 cup shredded coconut
2 cups frozen strawberries or raspberries
22 frozen bananas
1/2 cup fresh sliced strawberries or crushed raspberries
1/2 cup chopped walnuts
3 cups apple cider or juice
1 cup black mission figs soaked 1 hour in 1/2 cup water
3 Tbsp water
Optional: 2 Tbsp carob powder
Mix almonds, coconut and currants together.
Moisten with water and press mixture into bottom of 9"X12" pan.
Run 6 frozen bananas and 2 cups frozen strawberries or raspberries through a juicer or blender.
Mix in fresh berries.
Spread evenly over almond mixture in pan.
Set in freezer.
Run 10 more bananas through the juicer or blender.
Take the cake from the freezer and spread this mixture over the top layer of the cake and return to the freezer.
Blend figs, fig soak water at medium

speed until smooth.
Run 6 bananas through juicer or blender and mix with carob-fig sauce and chopped walnuts.
Take pan from freezer and spread this last mixture over the top.
Smooth flat with spatula. Return cake to freezer and freeze 4 hours or until solid.
Loosen from pan by immersing bottom and sides of pan in warm water.
Invert on serving platter, lift off pan. Keep cake in freezer, can be kept for 2 weeks.
Many like to transfer cake to refrigerator 2 hours before serving to slightly soften.

ICE CREAM PIE

Make pie crust from one of the crusts listed in this book.
3 cups frozen strawberries
1 1/2 cup frozen banana pieces
1 cup orange juice or pineapple juice
Blend all at high speed until smooth. Keep frozen until serving time.
Pour the filling into the pie crust and freeze.
Garnish with coconut or sliced strawberries.

CHOCOLATE GELATO

3 cups coconut milk (or almond milk)
Pinch sea salt
2/3 cup agave or honey
3/4 cup unsweetened cocoa powder
1 1/2 Tbsp cornstarch
Heat coconut milk with the salt and sweetener in a saucepan over medium heat until it comes to a simmer.
In a separate bowl, wisk together the rest of the milk with the cocoa and cornstarch and then add to the heated milk. Increase heat and bring to a boil (stir constantly).
Boil and stir for 1 minute. Strain into a clean bowl and let cool to room temperature.
Cover with piece of plastic wrap and refrigerate until cold (6+ hours) or put into a freezer for 1 hour.
Pour into an ice cream machine and process for 30 seconds until it is firm. Put into a covered container and freeze until it is hard.

COOKIES

If you want light cookies, use whole wheat pastry flour or light spelt flour instead of regular whole wheat flour. If you are making gluten free, try using buckwheat flour which is very light, along with some teff or rice flour. You can also use cornstarch or potato starch as alternatives when making gluten free to give it lightness. The healthiest wheat flour is made from Einkorn or Red Fife Flour, you can get this from "Organic Matters" in B.C. - they deliver.

You may use non-stick cookie sheets and pans, or line them with parchment paper.

If you can't find organic honey, the next best choice is unpasteurized honey.

For GLUTEN FREE: Xanthan gum and/or guar gum should be used to thicken and emulsify gluten free baking. If you don't use, the result may be a pile of crumbs. Xanthan gum is made from fermenting corn sugar. If you use too much xanthan gum you may notice a heavy, gummy or slimy texture in your baked goods.

Guar gum is from the seed of a bean-like (legume) plant, it is high in soluble fiber and is 8 times more powerful than cornstarch as a thickener. Guar gum may upset the gastro in some people because of its high fiber content.

For breads use 1 tsp of either xanthan gum or guar gum per cup of flour.

For cakes, muffins, quick bread recipes: add 1/2 tsp either to 1 cup of flour

For cookies/bars: add 1/2 tsp or less or either to 1 cup flour used.



USING GLUTEN FREE

We have gathered a lot of different gluten free mixes. See which ones you like:

1.
2 part white rice flour
2/3 parts potato starch flour
1/3 part tapioca flour
2 tsp xanthan gum

2.
2 cup millet flour
1 cup sorghum flour
1 cup cornstarch,
1 cup potato starch
1 cup tapioca starch
5 tsp xanthan gum

3 All purpose blend
2 cups millet flour
2/3 cup garfava (bean) flour
2/3 cup potato starch
2/3 cup arrowroot starch
Xantham gum

4.
1 cup cornstarch (or tapioca starch or arrowroot powder)
1 cup potato starch (or tapioca starch or arrowroot powder)
1 cup of very fine white rice flour (or sorghum flour or buckwheat flour)
1/2 cup corn flour, millet flour, sorghum flour or brown rice flour
1/2 cup tapioca starch (or cornstarch or arrowroot powder)
4 tsp xanthan gum (or guar gum)

5. light cakes
1 cup white rice flour
1 cup sorghum or buckwheat flour
3/4 cup cornstarch
1 1/2 tsp xanthan gum

6. For making MUFFINS, an example might be:
2 cups brown rice flour
2 cups white rice flour or teff
1 1/3 cups potato starch (not potato flour)
2/3 cup tapioca starch or flour
4 tsp xanthan gum or guar gum

OATMEAL COOKIES

2 cups rolled oats
1/2 cup raisins
1 cup whole wheat flour
1/2 cup sunflower seeds
1/2 cup maple syrup or honey
1 tsp cinnamon
1/4 tsp sea salt
2/3 cup orange juice or apple juice
Mix all together. Add more liquid or dry ingredients to get a nice cookie texture. The drier, the crunchier. Form flattened cookies on a non-stick cookie sheet.
Bake at 350^{o}F about 15 minutes.

SNOWBALLS

1 cup cooked dates
5 Tbsp Tahini (sesame) paste
1 cup chopped walnuts
1 cup grape nuts or healthy granola cereal
3/4 cup sunflower seeds
1/2 cup dried pineapple bits
2 tsp lemon peel
2 tsp orange peel
1 tsp pure vanilla extract
1 tsp sea salt
Shredded Coconut
Mix all together except the coconut. Shape into balls and roll the ball around in the coconut to coat. Refrigerate until ready to use.

GOLDEN MACAROONS

3 cups grated carrots
3 cups dates pureed in water
3/4 cup soy or spelt flour
1 1/2 cup chopped walnuts
3 tsp almond flavouring
1 1/2 tsp sea salt
Stir everything together lightly. Place on non-stick cookie sheets.
Bake at 350-375^{o}F about 10 minutes or until slightly brown.

FRUIT BALLS

1 cup dried apricots

1/2 cup each: raisins, pitted prunes, pitted dates, coconut, nuts
Grind the apricots, raisins, prunes, pitted dates together.
Add the rest and mix well.
Form into balls and roll in finely chopped nuts or coconut.
Refrigerate.
Another version: grind everything, then mix with a little honey and lemon juice.

CAROB SNOWBALLS

5 Tbsp nut butter (any of peanuts, hazelnuts, almonds or mixed)
1 cup each: grapenuts cereal or granola, dates, raisins), cooked and cooled
3/4 cup sunflower seeds
2 cups chopped hazelnuts
3/4 cup carob chips
2 Tbsp carob powder
1/2 cup dried pineapple bits
2 tsp lemon or orange peel
1 tsp sea salt
1 Tbsp pure organic vanilla extract
Mix all together well. Roll into balls. Roll balls in coconut.
Refrigerate to firm up.

COOKIE HAYSTACKS

4 cups shredded coconut
3/4 cup whole wheat pastry flour or gluten free flour
1/3 cup rolled oats
3 cups pitted dates
1/8 cup water
1/2 cup unsweetened orange or pineapple juice
1 1/2 cup raisins
1 2/3 cup chopped walnuts
1/3 tsp sea salt
Blend water, juice, dates, raisins until smooth.
Add dry ingredients. Mix lightly.
Scoop onto non-stick cookie sheet with small ice cream scoop.
Bake until browned 20-30 minutes at 350^{o}F
May use 2 cups dates and 3 cups coconut if desired.

BROWN RICE COOKIES

2 cups cooked brown rice
1 1/2 tsp baking powder
1/2 cup apple sauce
3/4 cup coconut
3/4 cup honey
2 tsp cinnamon
1 Tbsp honey
1 tsp pure vanilla extract
1 cup raw pecans or walnuts, finely chopped
1 cup sifted brown rice flour
Mix together honey, apple sauce, and vanilla.
Fold in cooked rice and coconut.
In another bowl, mix together 1 tablespoon honey, cinnamon and chopped nuts.
Drop cookie dough by teaspoonsful on non-stick cookie sheet.
Sprinkle the top of each cookie with the cinnamon-nut mixture.
Bake in 350^{o}F oven for 20-25 minutes or until cookies are a golden brown in color.

SUGARLESS COOKIES

1 cup dates
1 cup raisins
1 cup water
1/4 cup apple sauce
1 cup spelt or whole wheat pastry flour or gluten free flour
1 tsp baking soda
1 tsp pure organic vanilla extract
1/2 cup chopped nuts
Boil dates, raisins and water for 3 minutes, or until thickened.
Add apple sauce before cooling. Cool thoroughly.
Add remaining ingredients.
Mix well. Drop by spoonful on non-stick cookie sheet.
Bake at 375^{o}F degrees for 10-12 minutes.

KRUNCH BARS

<u>Mix together:</u>
3/4 cup nut butter eg: almond, sesame, peanut, tahini, cashew, pumpkin or a

mixture of any of these:
1 cup honey (or 1/2 cup honey and 1/2 cup maple syrup or brown rice syrup)
1/2 tsp salt
Add:
6 cups of a mixture of ground nuts and dried fruit .
Press flat onto non-stick 9"x 13" baking pan, mixture will be sticky.
Bake 12 minutes at 325°F until edges turn brown. Cool before cutting.
To make raw nut balls use same recipe using raw nut butters and don't bake just roll into balls.

OLD COUNTRY DATE BARS

Make crust of:
4 cups rolled oats
2 cups whole wheat pastry flour
1 cup applesauce
1/2 cup honey
Break up the oats with a rolling pin or in a blender.
Mix in flour and apple sauce.
Add honey and stir just a bit more.
Use less amounts for thinner crust.
Press firmly into non-stick 9" by 13" pan.
Filling:
4 cups dates, packed firmly
then soak for 2 hours in 1 1/2 cups hot water and then mash or blend into paste.
Spread the mixture onto the crust.
Topping:
1/4 cup crushed walnuts
1/4 cup honey
1 1/2 cups coconut
1 cup egg whites
Mix together and spread over filling.
Bake 350°F for 20-30 minutes.

Light Spelt Flour is to spelt flour what Whole Wheat Pastry Flour is to Whole Wheat Flour - a finer texture, better suited for cookies and muffins.

GINGER BREAD COOKIES

3 cups light spelt or almond flour (grind or blend your own if needed)
1/3 cup apple sauce
1 tsp water
1/4-1/3 cup of honey
1/2 tsp allspice
1 tsp ginger
1/2 tsp ground cloves
1/2 tsp cinnamon
Pinch of salt
1 tsp baking soda
Blend ingredients in a bowl. Add more flour if necessary.
Place dough in fridge or freezer for approx. 15 min- 1/2 hour.
Roll dough out and cut with cookie cutters. Bake at 350oF for 10 min.
Notes:
You might try rolling the dough between wax paper if it sticks.

SUNFLOWER RAISIN COOKIES

3 cups soaked, raw sunflower seeds (soaked overnight)
10 pitted dates
1 cup chopped, dried, pre-soaked apricots
1 cup pre-soaked raisins (2 hours), drained on a dish towel
1 cup raw almond butter
1 Tablespoon pure organic vanilla extract
1/2 tsp cinnamon (optional)
Blend all ingredients in food processor to a nutty consistency.
Roll into small balls and flatten out to 1/4" thickness.
Cover and refrigerate for one hour before serving.

ZUCCHINI OATMEAL COOKIES

1/2 cup apple sauce
3/4 cup honey
1 organic egg (optional)
1/2 tsp pure organic vanilla extract
1 1/2 cups grated zucchini
1 1/2 cups whole wheat pastry flour or light spelt flour
1/2 tsp baking soda
1 tsp ground cinnamon
1 cup quick cooking oats
1 cup granola
1 cup raisins (optional)
In medium bowl, mix honey with egg and vanilla, then stir in the shredded zucchini.
Sift together the flour, baking soda and

cinnamon. Stir into zucchini mixture. Finally, stir in the oats, and granola and raisins.
Drop from a teaspoon onto an unprepared cookie sheet. Leave at least 2 inches between cookies.

Bake for 10-15 minutes at 350°F

HALLOWEEN COOKIES - NO WHEAT

1 cup barley flour
1 cup spelt flour
1/2 tsp baking soda
1 tsp cinnamon
1/2 tsp ginger
1/4 tsp each of nutmeg and allspice
3/4 cup pureed, cooked pumpkin, winter squash, or sweet potato
3/4 cup honey
1/2 cup apple butter or almond butter
2 tablespoons apple sauce (optional)

Preheat oven to 350°F.
Combine flours, soda, cinnamon, ginger, nutmeg, allspice in mixing bowl; set aside.
In a separate bowl, combine pumpkin, honey, apple butter and apple sauce. Add wet ingredients to dry mixture.
Drop by tablespoons onto a non-stick cookie sheets. Bake 15 minutes.
Frost with following recipe.

YUMMY YUM HEALTHY FROSTING

1 cup mashed baked yams
2 ounces soft tofu
2 Tbsp maple syrup or brown rice syrup
1 tsp lemon or orange juice
Puree mixture in blender and spread on cooled cookies.

SESAME RICE COOKIES

1 cup Sesame Tahini
1/2 cup honey
1 tsp pure organic vanilla extract
1/2 tsp almond extract (organic if you can find it)
1/2 cup chopped sunflower seeds or ground seeds, or nuts (eg. almonds)
1 cup brown rice flour
1 tsp baking powder
Cream tahini, honey, vanilla and almond extract together, mix in ground or chopped nuts.
Mix rice flour and baking powder. Add to sesame mixture.
Form into balls and place on non-stick baking sheet. Flatten slightly.

Bake at 350°F. for 15-20 minutes or until golden.

BANANA OATMEAL COOKIES

1 1/2 cup light spelt flour
1/2 cup whole wheat flour or pastry flour
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp salt
1 tsp baking powder
1/4 tsp baking soda
3/4 cup honey
3/4 cup apple sauce
1 cup mashed bananas
2 cups rolled oats
Sift together dry ingredients; set aside.
Mix honey, applesauce, bananas and eggs. Beat until smooth. Fold in oats.
Mix with dry ingredients.
Spoon onto non-stick cookie sheet.
(TIP: Let mixed batter stand at room temperature for 10 minutes before baking. This helps cookies "stand up" better.)

Bake at 375°F for 15 minutes.

CARROT & OATMEAL COOKIES

1 cup honey
1/2 cup apple sauce
1 tsp pure organic vanilla extract
2 cups whole wheat pastry or spelt flour (or gluten free flour with ½ tsp xanthan gum added)
2 tsp baking powder
1 tsp salt, or to taste
1 1/2 tsp cinnamon
1 tsp nutmeg
1 tsp allspice
2 cups old fashioned oatmeal
1 cup chopped nuts
2 cups raisins
2 cups grated carrots

Preheat oven to 375°F.
In mixing bowl beat together the honey, apple sauce, vanilla. In a large bowl,

combine the flour, baking powder, salt, cinnamon, nutmeg, allspice and oatmeal and blend well. Then stir in the nuts, raisins and carrots.
Add the liquid ingredients to the mixture and blend well. Add water if the consistency is too dry.
Drop by teaspoonfuls onto a non-stick cookie sheet.
Bake for 12-15 minutes or until the cookies are golden brown.
Cool on wire rack.

CARROT RAISIN COOKIES – *wheat free, not totally gluten free*

4 oz prunes
3 Tbsp water
3/4 cup honey
1 1/2 cup shredded carrots
2/3 cup raisins
2 1/2 cups organic whole wheat pastry or spelt flour, (or gluten free flour with 1 tsp xanthan gum added)
2 cups organic rolled oats
1 tsp cinnamon
Pecan halves
Puree prunes with water in a food processor until smooth. Place in mixing bowl.
Stir in honey, carrots, and raisins.
Add remaining ingredients except pecan halves. Mix well.
Drop spoonfuls of dough on a non-stick cookie sheet.
Flatten slightly. Press a pecan half in the center of each cookie. Bake at 375°F for 15 minutes or until set.
Cool on wire rack.

CRISPY QUINOA COOKIES

(Wheat Free)
1/2 cup honey
1/3 cup maple sugar
3/4 cup organic almond butter or tahini (sesame butter)
1/2 tsp pure organic vanilla extract
1 cup brown rice flour
3/4 cup quinoa flakes
1 tsp baking soda 1/4 tsp salt (optional)
1/2 cup nuts (optional)
Beat honey, maple sugar, nut butter and vanilla until creamy.
Combine rice flour, quinoa flakes, baking soda and salt.
Add to mixture and beat until well blended. If desired, add nuts.
Drop by teaspoonfuls about 2 inches apart on ungreased cookie sheet .
Bake 325°F 10-12 minutes or until golden brown.

ORANGE CRUNCH COOKIES

1 1/2 cup quick oats
3/4 cup whole wheat flour
3/4 cup spelt
(or use gluten free flour to replace whole wheat and spelt, and add ½ tsp xanthan gum)
1 tsp. baking powder
1 tsp. ginger (ground powder)
1/2 tsp. salt
3/4 cup raisins
1 cup sliced almonds
1/4 cup apple sauce or Tahini butter
1/2 cup honey
1/2 cup orange juice
Finely grated zest of one orange
1 tsp. vanilla
Mix oats, flours, baking powder, ginger, and salt in a medium sized mixing bowl.
Add remaining ingredients and mix well.
Place spoonfuls on a non-stick baking sheet.
Use the spoon to flatten each one to about 1/2 inch thick.
Bake at 350°F for 10 minutes or until edges start to brown. Remove to cooling racks. Makes 2 dozen.

SPELT OATMEAL DROP COOKIES

1/2 cup raisins
3/4 cup water
1 1/2 cups Light Spelt Flour (or combination of buckwheat and rice flour with 1 tsp xanthan gum added)
1/2 tsp baking soda
1/2 tsp sea salt
1 tsp ground cinnamon

1 Tbsp wheat or oat bran
1-3/4 cups rolled oats (regular old fashioned)
1/2 cup finely chopped prunes or dried apricots
1/2 cup sunflower seeds (Raw shelled)
1/2 cup walnut pieces
1/2 cup apple sauce or Tahini
1/2 cup honey
Mix all together.
Drop a spoonful for each cookie on a buttered cookie sheet. Bake at 350oF until slightly golden in colour.

GINGERBREAD COOKIES

1/2 cup honey
2/3 cup molasses
1/2 cup apple sauce or Tahini
3 1/2 cup sifted whole wheat pastry flour (or gluten free alternative with xanthan gum)
2 tsp baking soda
1/2 tsp salt
1 1/2 tsp ginger
1 tsp cinnamon
Melt butter, cool it. Add honey, tahini and molasses, blend well.
Stir in flour, baking powder, salt & spice. Mix well.
Wrap in wax paper, chill in fridge. Take out small amount of dough. Roll out 1/4" thick. Cut into shapes.
Bake on greased cookie sheet 375^{o}F 10-12 min. Cool.

FRUIT DROP COOKIES

2/3 cup raisins
2/3 cup dried fruit sweetened cranberries
2/3 cup chopped figs or dates
2 cup whole wheat flour or whole wheat pastry flour or combination of both (or gluten free)
1/2 cup quick cooking rolled oats
1 1/2 tsp cinnamon
1 tsp baking soda
1/2 tsp ground nutmeg
1/2 tsp salt
1/4 tsp ground cloves
1/4 tsp ground cardamom
1/4 tsp ground allspice
3 Tbsp almond butter
1/4 cup apple sauce or Tahini butter
1 cup honey
1/3 cup organic apple butter (optional)
Preheat oven to 350^{o}F.
Place raisins and cranberries in a small bowl, cover with a little hot water to soften fruit for 10 minutes. Drain and pat dry.
Mix raisins, cranberries, apple and figs in a bowl, set aside.
In separate bowl, stir in flour, oats, cinnamon, baking soda, nutmeg, salt, cloves, cardamom and allspice together, set aside.
Using electric mixer, beat the honey with the apple sauce or tahini and almond and apple butters, continue to mix until all wet ingredients are well combined.
Stir flour mixture into the wet ingredients, using a wooden spoon. Stir in the fruit until well combined. Batter will be a little sticky. Add more liquid or oats (or flour) if you wish the consistency different.
Drop golf ball sized spoonfuls onto a non-stick cookie sheet, leaving 2 1/2" between each cookie.
Bake 10-12 minutes or till lightly browned. Cool pans for 5 minutes and then remove from sheet with a spatula.

OATMEAL COOKIES

2 cups rolled oats
1 cup whole wheat pastry flour or gluten free alternative with xanthan gum added
1/4 cup honey
1/2 cup Tahini
pinch sea salt
Mix all together until crumbly. Drop by spoonfuls onto a non-stick cookie sheet and make into size of cookie desired.
Bake 350^{o}F until light brown.

HEALTH COOKIES

Mix dry ingredients together:
2 cups your favorite flour eg. any of spelt, whole wheat, kamut or gluten free blend
1 cup rolled oats

1 cup nuts and seeds such as pumpkin, walnut, sunflower or just use 2 cups of raw mixed nuts
1 cup raisins or currants
1 tsp cinnamon
1 tsp pure vanilla extract
<u>Mix wet ingredients together:</u>
1/2 cup Tahini or apple sauce
1 1/2 cup crushed unsweetened pineapple with juice
1 cup honey
1/2 cup orange juice
Add the dry ingredients to the wet ingredients. Add more orange juice if more liquid is needed.
Spoon batter onto non-stick cookie sheet.
Bake 20-25 minutes at 350°F or until golden brown.

APPLE OATMEAL COOKIES

2/3 cup rolled oats
2/3 cup whole wheat pastry flour
2 tablespoon dried coconut shredded
1 teaspoon allspice
1/4 teaspoon cinnamon
1/4 teaspoon ginger
3/4 teaspoon baking powder
pinch of sea salt
2 Tbsp healthy oil or apple sauce
4-5 tablespoon brown rice syrup or honey
1/4-1/2 cup rice milk
2 tablespoon raisins
1 apple, finely diced
handful of walnuts or pecans
Combine the first eight ingredients and mix well. Stir in the oil, rice syrup and enough rice milk to make a smooth batter. Stir in the raisins, walnuts and apples. Add more oats or flour if the mixture is too wet - or add a little water if the mixture is too dry.
Drop by spoonfuls onto a non-stick cookie sheet and bake in a preheated oven at 350oF for 15 minutes or until the bottoms of the cookies are golden.

SPICY WALNUT COOKIES

2 cups walnuts
1/4 cup honey
1 Tbsp cinnamon
2 egg whites, whisked until frothy Grind nuts and cinnamon in blender or food processor.
Combine with egg whites, Drop by teaspoon onto cookie sheet and bake at 350°F for 15 minutes.

MACAROONS

2 cups coconut (toast in oven or fry pan for 4 minutes to toast)
2 cups grated carrot
1 1/2 cups brown rice flour
1/4 cup Tahini butter or apple sauce
1 cup brown rice syrup
1/4 cup orange juice
1 tsp pure vanilla extract
Zest from 1/2 an orange (zest = grated peel)
Mix all ingredients together.
Use an ice cream scoop to scoop them out onto a non-stick cookie sheet. Try to make sure that any pieces of grated carrot are tucked under the macaroons.
Bake at 400°F for 20 minutes.

BARLEY COOKIES – barley is not gluten free

2 cups barley flour
1/2 teaspoon baking soda
3/4 cup honey, maple syrup or fruit juice concentrate
1/2 cup Tahini butter
1/2 cup dried cranberries or raisins or carob chips
1/2 cup chopped walnuts
Stir together first 4 ingredients. Add cranberries and nuts. Drop in rounded teaspoonfuls onto a non-stick baking sheet and bake at 350°F for 12-15 minutes.
Allow to cool a couple minutes prior to removal from baking sheet.

APPLESAUCE COOKIES

3 cups organic rolled oats
1 cup + 2 Tbsp brown rice flour
3/4 cup honey
1/4 tsp sea salt

1/3 cup chopped dates
1/3 cup chopped pecans
1 cup unsweetened applesauce
1/2 cup Tahini butter
1 tsp pure vanilla extract

Preheat over to 350°F.
In a large bowl, combine oats, flour, honey, dates, salt, dates and pecans. Mix thoroughly, using your hands to separate dates and mix ingredients.
Stir in applesauce, tahini and vanilla and mix well.
Spoon or scoop rounded tablespoons onto non-stick cookie sheet and flatten slightly into disks about 1/2 inch thick.
Bake about 10 minutes, until edges begin to brown.
Repeat with remaining dough.
Variation: Jam Thumbprints Shape as recipe
directs, press thumb prints into center, and bake as directed. Spoon a little fruit or honey
sweetened jam into depression before baking.

PINEAPPLE DATE BARS

20 oz unsweetened crushed pineapple
2 cups chopped dates
3 cups organic rolled oats
1 cup wheat germ
1 cup unsulphured shredded coconut
1 cup chopped walnuts
3/4 tsp salt
1 1/4 cup orange juice
1/4 cup Tahini butter
Combine pineapple and dates in a saucepan. Cook on medium heat until thickened.
Stir frequently. In a large bowl mix the oats, wheat germ, coconut, walnuts, and salt.
Stir in juice and tahini.
Press half of the oat mixture in a non-stick 9"x13"-inch pan. Spread the pineapple mixture on top, and then sprinkle on the rest of the oat mixture. Press down lightly.
Bake at 350°F for 30 minutes or until lightly browned. Cool. Cut into squares.

HEALTHY BANANA COOKIES

3 ripe bananas
1 cup dates pitted and chopped
2 cups quick rolled oats
1/2 cup applesauce
1 tsp vanilla

Preheat over to 350°F. In large bowl mash bananas. Stir in remaining ingredients. Mix well and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet and bake for about 20 minutes until brown.

RAW APPLE RAISIN COOKIES

2 cups sunflower seeds, soaked 4 hours and rinsed
2 Fuji apples, grated
2 large bananas
1/2 cup dates
1 cup raisins
1 tsp cinnamon
1 tbs oil (eg coconut, olive, avocado)
1 cup walnuts, soaked 2 hours, chopped.
Process sunflower seeds and bananas through a Champion juicer with no plate (grate) or use a food processor. Mix all ingredients together in a large bowl. Spoon dough on a
dehydrator tray with a teflex sheet and form into small round cookie. Place cookies close together on the sheets. Dehydrate at 105oF for 4 hours, turn cookies over and remove teflex sheet. Continue dehydrating until desired moisture is obtained, approximately 3-5 hours.

APRICOT PECAN COOKIES

2 1/2 cups chopped dried apricots
4 cups muesli cereal
2 cups coarsely chopped raw pecans
3/4 cup honey
1 Tbsp vanilla
1 3/4 cup raw organic almond butter
1/2 cup chopped dates
Stir all ingredients together. Shape into flat round cookies about 1/2" thick.
Makes 4 doz. cookies.

Refrigerate or freeze cookies immediately.
You can vary the dried fruit to change flavour.
Hint: rinse hands often and keep them moist while forming the cookies. The dough won't stick to your hands as much.

ALMOND RAISIN CRUNCH

1/2 cup almond butter
1/2 cup butter
1/2 cup maple syrup
1/4 cup honey
1/2 tsp almond extract
2 cups light spelt or whole wheat pastry flour (or mix half and half)
3/4 cup crushed almonds
1/2 cup raisins
Mix first 5 ingredients. Add flour, nuts and raisins.
Spoon or use cookie scoop to make individual cookies on a cookie sheet (we use the silicon mat).
Flatten to 1/4" thickness.
Place an almond or two on top for garnish.
Bake at 325^{o}F for at least 15-20 minutes.

CAKES & SQUARES

Note: Cakes using whole wheat pastry flour or light spelt flour instead of regular whole grain flour will make the product much lighter in texture. For gluten free, try a mixture of any of brown rice flour, buckwheat flour, teff flour, cornstarch, tapioca etc. and add 1 tsp xanthan gum for every 2 cups of flour.

RAW BLUEBERRY CHEESECAKE

Crust:

2 cups almonds
3 oz date paste
1/4 tsp vanilla extract
1/3 tsp salt
Blend the ingredients together in a food processor.
Lightly grease the entire inside of the spring form pan with oil. Distribute crust evenly on bottom of pan and lightly compact by hand.

Filling:

3 cups raw cashews that have soaked for at least 8 hours
1 1/2 cups almond milk
1 cup lemon juice with pulp
3/4 cup agave syrup
1 Tablespoons lecithin
3/4 cup oil (eg coconut, olive, avocado)
Add all ingredients to blender except oil and lecithin.
Blend well until smooth and creamy (about 3-5 min).
Add oil and lecithin and blend until well incorporated.
If you want to do a swirling effect on top of the cake, you will need to save 1/2 - 3/4 cup of the filling and mix in 1 cup of blueberries into the rest of the filling before pouring it into the pan.
Refrigerate for 3 hr before serving.

Swirling topping:

Blend reserved 3/4 cup filling with 1/2 cup blueberries. If you want a richer blue colour, add a little blueberry juice. Start to pour the topping very lightly, having a ribbon effect as it falls to the surface of the cheesecake. Make sure to touch parts of the edges, but not the entire edge.
For the swirl, use a chopstick, inserting it just below the surface of the cake and move it around, swirling the fillings into each other. Swirling time is minimal.

Variations:

Ingredients you can add to fillings to change the colour for the swirl are cacao powder, spices, vanilla bean, berries, beet juice or other brightly coloured juice.
You can add almost any kind of fresh fruit to this cheesecake, either inside the cake, or layered on the surface. This cheesecake keeps up for at least four days in the refrigerator, but you can freeze it, and use it later.

CARROT CAKE

2 cups whole grain flour (example: wheat, or spelt, kamut, rice, quinoa)
1 cup honey
3 cups grated carrots
1/4 cup tahini (sesame butter)
1 1/2 cup nuts
2 tsp cinnamon
2 tsp baking soda
1 tsp sea salt
Optional: add 1 tsp allspice and/or cloves for more spicy taste.
Mix wet ingredients and add to the dry ingredients. Mix well.

Bake in a lined or non-stick pan at 350^{o}F for 50 minutes or until a toothpick inserted in the center of the cake comes out clean.

Always use aluminum free baking powder.

REFRIGERATOR FRUIT CAKE

1/2 cup each of chopped dates, figs, dried apricots or peaches, raisins or currants, sunflower seeds, raw nuts
1/2 cup coconut
1/4 cup sesame seeds
1/2 cup honey
1/2 cup apple juice
1/2 tsp nutmeg
1 tsp cinnamon
Combine all except apple juice.
Press into a large glass cake pan or loaf pan lined with wax paper.
Brush top with the Tbsp apple juice.
Let harden in the refrigerator.
May be made several dates in advance of serving.

ZUCCHINI CAKE

2 cups flour (any combo: whole wheat flour, bean flour, pea flour, soy flour, oat flour, kamut or spelt flour)
1 cup raisins
1 cup grated zucchini
1 tsp allspice
3 tsp baking powder
1/2 cup soy or rice milk
1/2 cup maple syrup or honey
Sift the dry ingredients together. Mix the wet ingredients together.
Fold the dry and wet together. Add more rice or soy milk if it needs to be wetter.
Bake at 350^{o}F until a toothpick when inserted in the middle of the cake comes out clean.

NOTE: CAKES using whole grain pastry flour instead of regular whole grain flour will make the product much lighter in texture.

APPLESAUCE CAKE

2 cups whole wheat pastry or spelt flour (or gluten free combination with xanthan gum)
3/4 cup honey
1 cup raisins
1 cup chopped walnuts
1/2 cup crushed pineapple (unsweetened)
1 cup apple sauce
1 tsp baking soda
1 tsp cinnamon
1/8 tsp cloves
1/2 tsp allspice
1/2 tsp nutmeg
1/2 tsp sea salt
Sift dry ingredients together. Mix wet ingredients together. Add both mixtures together.
Pour into a cake pan lined with wax paper or parchment.
Bake at 350^{o}F for 1 hour or until the center is done (test by inserting toothpick into the center of the cake and if it comes out clean, it is done).

Always use unsweetened fruit if it is canned, and unsweetened coconut.

MILLET FRUIT SQUARES

<u>Crust:</u>
1 1/2 cups millet (wash before using)
3 3/4 cups water
1/4 cup honey or maple syrup
1/4 tsp sea salt (optional)
<u>Filling</u>:
1 1/2 cups dried chopped fruit: your choice of apricots, dates, figs, raisins, cherries, cranberries, prunes
4 dried pineapple rings chopped (or another 1/2 cup dried chopped fruit)
4-5 Tbsp lemon or orange or pineapple juice
3/4 cup water
3/4 - 1 cup ground raw nuts or seeds.
Cook millet with water about 45 minutes.
Let cool.
Gently stir in honey and salt and spread HALF of the millet mixture on the bottom of a non-stick 9" X 9" square baking pan (or line a pan with parchment or waxed paper to prevent sticking).
Sprinkle 1/4 to 1/2 cup nuts over the millet mixture.
Bake at 350^{o}F about 10 minutes. Allow to cool.
While the millet is cooking, heat fruit filling in a saucepan on low to medium-low

heat for 30-45 minutes or until fruit is tender an can be easily stirred into a mushy fruit spread. Allow to cool completely.
Spread the fruit filling over the first layer of baked millet.
Now sprinkle on more ground nuts if desired.
Lastly, spread the cooked millet mixture evenly on top of the fruit. Top with any remaining ground nuts or seeds if desired.
Bake another 20 minutes at 350oF until dry and somewhat firm.
Cool completely and chill to help solidify.
Serve at room temperature.
Keeps 6-8 days refrigerated.

CARROT SPICE CAKE

1 1/2 cups whole wheat flour (pastry flour makes it lighter in texture, or use gluten free mixture of flours)
1 1/2 cups water
1/2 cup wheat germ
1 cup grated carrots
1 cup raisins
1/4 cup honey
1 Tbsp molasses
1/4 tsp cloves
1 tsp allspice
2 tsp tahini (sesame paste)
Cook carrots, raisins, honey, tahini and spices in enough water to cover, for about 10 minutes.
Then allow to cool.
Mix together the flour, baking powder, wheat germ and combine the other ingredients including the 1 1/2 cups water.
Pour into 2 small pans that have been lined in wax paper.
Bake 45 minutes at 300^{o}F.

PINEAPPLE CHEESECAKE

1/2 cup organic granola cereal
1 can (16 oz) crushed pineapple
1 Tbsp unflavored gelatin
2 cups fat free cottage cheese or quark
2 Tbsp fruit juice
1/2 tsp pure vanilla extract
Toss cereal with fruit juice. Sprinkle onto pie plate, pressing onto bottom and part way up sides.
Brown under broiler for a minute.
Pour 1/2 cup of the juice from the canned pineapple into a saucepan. Sprinkle gelatin on top to soften, heat to dissolve it.
Place pineapple and remaining juice in a blender, add cottage cheese and vanilla. Blend very smooth.
Combine this blended mixture with the gelatin mixture and pour into the cooled pie shell.
Refrigerate until set.

CHEESECAKE TOPPING

16 oz fresh or frozen unsweetened fruit
2 Tbsp cornstarch
1 cup water
Place fruit in saucepan, mix with the cornstarch and 1/2 cup of the water.
Stir continuously until it boils. Add more water as needed to the right consistency of thickening.
Continue to cook until thickening is achieved and cornstarch is clear liquid. If the taste is too sour, add a little honey and sweeten to taste.
Refrigerate for 30 minutes, then use on top of the cheesecake.

DATE SQUARES

<u>Top and Bottom layers:</u>
1 cup toasted unsweetened coconut flakes
1 cup coconut flour
1/2 tsp baking soda
Pinch cream of tartar
1/4 tsp sea salt
3/4 cup apple sauce
<u>Date Mixture</u>:
500g pitted dates chopped
1/2 cup orange juice plus zest of 1 orange
2 Tbsp lime juice
2 cup water
1/2 tsp vanilla extract
1/2 tsp baking soda
1/4 tsp sea salt
Combine top/bottom layer mixture in food processor and pulse to mix well.

Refrigerate for 20 minutes.
Heat all the ingredients for the date mixture in a saucepan over medium heat for about 5 minutes until it is creamy and smooth. Cool.
Line a 8" square pan with parchment paper and put 2/3 of the top/bottom mixture into the pan.
Bake 350oF for 8-10 minutes until crust begins to turn golden brown.
Spread date mixture evenly over the crust and top the the remaining 1/3 of the top/bottom mixture.
Bake 350oF for about 25 minutes until top is golden brown. Cool before cutting into squares.

APPLE-RAISIN BARS

Crust:

1 1/4 cups whole wheat pastry flour
5 oz applesauce (unsweetened)
2 cups rolled oats
1/2 cup chopped raw almonds
6 Tbsp sesame seeds
1/2 cup honey
1/4 cup water
Combine all except for the almonds. Mix well. Set aside.

Filling:

Peel from 1/2 orange and peel from 1/4 lemon
1 cup raisins
2 oranges
2 cups dried apples, cut into small pieces
1 cup apple juice
2 tsp pure organic vanilla extract
Cut orange peel and lemon peel in pieces and mince.
Peel oranges, cut into chunks and process with fruit peels in blender or food processor.
Put this mixture in saucepan with all other filling ingredients and cook over low heat until very soft. You can add a little water while cooking if necessary to prevent sticking.

To assemble:

Use a 9" X 13" non-stick baking pan or line the pan with wax paper.
Take 2/3 of the crust mixture and press it into the bottom of the pan.
Spread the filling mix over the crust.
Add the chopped almonds to the remaining 1/3 of the crust mixture, mix well, then sprinkle this on top of the fruit mixture and press down to form the top crust.
Bake at 375^{o}F for 35 minutes. Turn the pan around and bake for another 10 minutes. Let cook before slicing into bars.
Makes 30 bars 1" X 2".
Variation: replace apples and raisins with 3 cups chopped dates.

GODDESS BARS

1 cup brown rice syrup or honey
1/2 cup raw almond butter
1/4 cup raw sesame butter
1 tsp vanilla
2 Tbsp spirulina (and kelp if you wish) or gluten free dried greens and mixed berries (eg Raw Superfoods)
Mix the above together in a bowl.
In food processor grind up 4 cups raw mixed nuts and seeds (raisins, almonds, pumpkin seeds, sunflower seeds, sesame seeds, hemp seeds, coconut or whatever you wish.
Add to the first mixture.
Add 3 cups Puffed Millet or Puffed Quinoa.
Place in 9" square pan, cut into squares or roll into balls.

BANANA NUT CAKE

6 ripe bananas
1 cup raisins
1 cup chopped dates
4 cups oatmeal
1/4 cup chopped raw nuts
1 tsp coriander
1/4 - 1/2 cup pineapple juice
1/2 cup shredded coconut (unsweetened)
Mash bananas leaving some pieces.
Add nuts, raisins, dates, salt, coriander and oatmeal.
Mix in pineapple juice very lightly.
Pour mixture into a 9"X12" non-stick pan or one lined with wax paper or parchment paper. Do not pack the mixture in the pan

so firmly to prevent it from rising.

Bake at 350°F until you can insert a toothpick into the center and it comes out clean.

TOFU CHEESECAKE

Blend:

2 cups tofu
1 20 oz can crushed unsweetened pineapple
1 banana
1 Tbsp lemon juice
1 Tbsp vanilla extract
2 Tbsp cornstarch or arrowroot

Crust:

1 cup rolled oats
1/2 cup ground sunflower seeds
1 cup rolled barley
1/3 cup chopped walnuts
1/3 cup ground almonds
1/2 tsp sea salt
1/3 cup or more water

Mix the crust ingredients together, put into a 8" X 8" non-stick pan. Press to cover the bottom of the pan.
Pour the blended ingredients on top and spread evenly.

Bake at 350°F for 20 minutes or until just brown on the sides. You may like to serve with strawberries or other fruit on top.

FRUIT CAKE

1 pound dried pineapple
2 cups chopped dates
1/2 cup each dried apricots and pears
1 cup raisins
1 1/2 cup whole wheat flour (or gluten free flour)
2 Tbsp soy flour
1/4 tsp cardamon & coriander
1/2 cup water (or enough to moisten all dry ingredients)
1 Tbsp fresh lemon peel
3 Tbsp orange juice concentrate
4 Tbsp pineapple juice

Mix all together and pack into non-stick loaf pans. This does not need to rise. You can dust the bottom of the pans with bran to help prevent sticking or use parchment paper.

Bake at 325-350°F for 45-60 minutes.

REFRIGERATOR FRUIT CAKE

1/2 cup each of chopped dates, figs, dried apricots or peaches, raisins or currants, sunflower seeds, raw nuts
1/2 cup coconut
3 Tbsp wheat germ
1/4 cup sesame seeds
1/2 cup honey and 1/2 cup apple juice
1/2 tsp nutmeg
1 tsp cinnamon

Combine all except apple juice and wheat germ.
Press into a large glass cake pan or loaf pan lined with wax paper.
Brush top with the Tbsp apple juice, then sprinkle wheat germ on top.
Let harden in the refrigerator.
Can make several days in advance.

APPLE RICE

1 cup uncooked brown rice
1 tsp sea salt
3 cups apple juice

Cook the above until the rice is done (about 40 minutes).

Cool and add:

1 tsp pure organic vanilla extract
1 tsp almond extract
2 cups fresh grated apple

Then add:

1 cup nut cream/milk and 1 cup coconut

Stir in gently. Chill and serve.

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 20 minutes at (350°F). You can top with rice milk or soy milk if you wish.

SWEET POTATO & APPLE DESSERT

3 sweet potatoes, peeled and thinly sliced
2 green apples, cored and thinly sliced
1/2 cup raisins
1/2 cup raw walnuts, chopped
1 orange juiced as well as the grated rind
1 cup water or orange juice
1 Tbsp cinnamon powder
2 Tbsp honey

Place sliced sweet potatoes and apples alternately in a non-stick baking dish.
Sprinkle raisins and walnuts and cinnamon.
Drizzle orange juice, water and honey over the top.

Cover and bake at 350^{o}F for 45 minutes or until tender.

LEMON BLUEBERRY SQUARES

<u>Crumble:</u>
2 cups quick oats
1/2 cup oat flour
1 tsp cinnamon
1/2 cup applesauce
1/4 cup maple syrup
2 Tbsp lemon juice
1 Tbsp lemon zest
1 tsp vanilla

<u>FIlling:</u>
2 cups frozen blueberries
3 Tbsp lemon juice
2 Tbsp arrowroot or cornstarch
2 Tbsp maple syrup or honey
1 Tbsp lemon juice

Line a 8" x 8" square pan with parchment.
Combine all the crumble ingredients together and mix until you form a thick dough. Reserve 1/2 cup of the dough for the topping, and press the rest into the prepared pan, covering the whole area of the pan.
Put all the ingredients of the filling into a saucepan and bring to a boil. Reduce heat and let it simmer a couple of minutes then remove from heat to cool. Once cooled, pour over the crust evenly.
Sprinkle remaining 1/2 cup of crumble on top and bake at 350^{o}F for 15 minutes until crumble has browned slightly.

Let cool completely before cutting in squares and serving.

MUFFINS

Only use aluminum free baking powder, and organic or unpasteurized honey. If using wheat flour, try Einkorn or Red Fife (get at "Organic Matters" on line in B.C., they deliver. If making gluten free muffins, add 1 tsp xanthan gum per cup of the dried flours.



NICE GLUTEN FREE FLOUR MIX TO USE INSTEAD OF REGULAR FLOUR:

1 cup buckwheat
½ cup Teff
½ cup Amaranth or Quinoa flour
½ cup Oatmeal flour
2 tsp xanthan gum

BANANA MUFFINS

2 1/2 cups whole wheat pastry flour (or kamut or spelt flour or gluten free mixture with xanthan gum added)
1 - 2 tsp baking powder
1/2 tsp baking soda
1 cup mashed bananas (3 bananas)
1/2 cup mashed tofu
1/2 cup raw nuts
1/2 cup water
1/4 cup honey
1 tsp pure vanilla extract

Sift flour, baking powder and soda together.

Place bananas, honey and tofu in a blender or food processor and blend until smooth and creamy.

Stir flour mixture into cream mixture, then fold in nuts and add the extra water. Mix well, but don't over mix.

Spoon into non-stick muffin tins about 3/4 full.

Bake at 375^{o}F for 20 minutes (inserted toothpick in the center should come out clean when it is cooked).

Instead of oil or butter, you can use applesauce which will keep the muffin nice and moist.

BRAN MUFFINS – *this is not gluten free because of the bran*

1 3\4 whole wheat pastry flour or light spelt flour
2 1/4 cup bran
3/4 cup honey
1/2 tsp sea salt
1 Tbsp baking powder
2 eggs
2 mashed bananas
1 cup plain yogurt
1/2 cup healthy oil
1 Tbsp blackstrap molasses
Option:
1 cup of fruit: blueberries or cranberries or raspberries

Preheat oven to 350^{o}F.

Stir dry ingredients (flour, baking powder, salt, bran) together in bowl. Whisk together the egg, butter or oil, yogurt, molasses and honey in another bowl. Gently stir the wet ingredients into the dry ingredients to just mix them together, but don't overmix.

Toss the fruit with 1/4 cup flour to coat them and add them to the muffin mix at the very end, gently mixing them in.

Fill 6 silicon large muffin cups.
Bake for 40-45 minutes but at 23 minutes turn the muffin cups around to change the heat distribution.
A toothpick should be inserted into the center and come out clean when cooked.
Cool as is for 20 minutes, then take out and put on wire rack for several more minutes.

OATMEAL MUFFINS

1 1/4 cups whole wheat pastry or light spelt flour (or gluten free mixed flours with xanthan gum)
1 cup rolled oats
3/4 cup soy or rice milk
4 Tbsp unsweetened concentrated fruit juice
1 Tbsp baking powder
1 tsp baking soda
1 tsp cinnamon
2 tsp lemon juice
Mix the wet ingredients together and the dry ingredients separately together. Now add the dry ingredients to the wet ingredients.
<u>Mix in:</u>
1/3 cup chopped nuts or raisins.
Fill non-stick muffin cups 2/3 full and bake at 350-400^{o}F for 20-25 minutes or until a toothpick comes out clean when inserted in the center of the muffin.

Use 1 1/2 cups whole wheat pastry flour or spelt flour or light spelt flour, or a combination of flours and any other grain such as oatmeal or oatbran, wheat bran.
1 - 2 tsp baking powder
1/2 tsp baking soda
Mix these dry ingredients together. You may sift them if you wish to make the muffin lighter.
Next mix the liquid ingredients together:
1/4-1/2 cup honey or maple syrup or rice bran syrup or agave nectar.
Any nuts, seeds, chopped fruit, spices you wish.
Enough liquid to make a lumpy consistency. For liquid try any of:
Fruit juice
Water
Soy or rice milk

Fill non-stick muffin pans 2/3 full of the mixture. Bake at 350oF for about 20 minutes.
To see if muffins are cooked, insert toothpick into center and it will come out clean when done.
If you find the muffins are too dry, try adding 1/2 cup of applesauce which is what is often used in place of oil in recipes.

NOTE: If you can get a jar of pure maple sugar granules, they are wonderful on top of muffins, cookies and cakes.

SWEET BEAN TARTS

- can use muffin tins
1/3 cup great northern pinto or red kidney beans
2 cups water
1/2 tsp sea salt
1/3 cup honey
2 organic eggs
1/4 cup oil such as coconut oil, avocado oil, grapeseed oil
1/2 cup maple syrup
1/2 tsp nutmeg
1/2 cup raisins
24 tart shells (use what you like for these shells - see pastry section)

Add beans to 1 cup water and bring to a boil for 2 min. Remove from heat, let stand, covered 1 hr.
Drain. Add 1 cup water, salt. Simmer, covered until beans are soft (1 hr). Drain, puree or mash.
Beat together eggs, honey, oil. Blend in beans & maple syrup. Place a few raisins in the bottom of each tart shell. Cover with filling, being careful not to overfill.
Bake 20 min at 350^{o}F.

ORANGE-CARROT AND DATE MUFFINS

1 1/2 cups finely grated carrots
1/2 cup rice milk or soy milk

1/4 cup apple sauce
Juice of one orange
1 tsp vanilla extract
2 1/2 cups whole wheat flour, spelt flour or kamut flour (or use the gluten free flour mix)
1/4 cup honey
2 tsp organic baking powder
1 tsp sea salt
1/2 cup chopped almonds
1/2 cup chopped dates
2 Tbsp orange zest

In a bowl, combine carrots, rice/soy milk, applesauce, orange juice, and vanilla. In a separate bowl, combine flour, honey, baking powder, salt. Mix gently. Combine wet ingredients with dry, then stir in almonds, dates and orange zest. Spoon mixture into lined muffin pans.

Bake at 375^{o}F for 35 minutes. The muffins are done when a toothpick or tester inserted into the center comes out clean. Makes 12 medium or 8 large muffins.

OTHER DESSERTS

CRANBERRY FRUIT SAUCE

1 lb cranberries (fresh or frozen)
4 sliced apples
1 qt water
1 can (20oz) crushed pineapple
1/4 cup frozen apple juice concentrate (heat until soft)
1/2 cup water
Cook cranberries in water till they 'pop'.
Pour off liquid but save it.
Add the other ingredients to the cranberries and cook for a few minutes.
The saved juice may be used adding equal parts of apple, pineapple and orange juice as a base for puddings, jellies etc., thickened with cornstarch or tapioca or arrowroot.

CALIFORNIA FRUIT SOUP

2 1/2 cups pineapple juice
1 1/2 cup apricot nectar
4 bananas or 1 cup whole strawberries
3 Tbsp minute tapioca
1 cup water
A small handful of dried apricots
1 raw apple
4 cups canned peaches (no sugar type) with the juice.
2 Tbsp lemon juice
Cook fruit juice and tapioca until thick.
Add fruit.
Serve in a bowl or pour over toast.
Slice bananas on top.
Nice for breakfast in hot weather.

BAKED APPLE

(very simple, very tasty)
Core a tart (eg granny smith) apple.
Stuff the apple with a mixture of chopped raw walnuts and raisins.
Drizzle maple syrup over the stuffed apple, making sure it goes down into the core that has been stuffed with walnuts and raisins.

Bake the apple for 30 minutes at 350^{o}F or until nicely baked.

FRUIT CANDIES

1 cup chopped nuts
1 cup shredded unsweetened coconut
1 1/2 cups dried organic fruit chopped (eg. apricots, prunes, raisins etc.)
Mix ingredients together with lightly oiled hands to prevent sticking.
Roll the walnut sized balls of the mixture in the shredded coconut.
Place on the waxed paper, cover with more waxed paper. Chill 2-3 hours.

FRUIT LEATHER

Put fruit (strawberries, raspberries, blackberries, blueberries or whatever you like, into a saucepan with a small amount of orange or pineapple juice: about 1 cup or juice to a gallon of fruit).
Crush berries with wooden spoon or potato masher, taking out any seeds you don't want there by pushing through a sieve.
Cook over low heat stirring occasionally until it thickens.
Taste and sweeten with honey if you wish.
A ripe banana may be added if the fruits are very tart.
Spread as thinly as possible (1/4" thick) on non-stick cookie sheet.
Dry in oven at about 120-125oF with oven door open slightly to allow moisture to escape.
If the sun is hot you can place them in the sun for 2-3 days. Give protection from bugs and flies if you are going to do this.
When dry enough you can easily lift an edge from the cookie sheet, put on a cake rack at room temperature so it dries more on both sides. When no longer sticky, dust both sides lightly with cornstarch.
Store in cool, dry place with sheets of wax paper between layers.
This can be stored at room temperature for about a month or kept in the refrigerator for 4 months.

HEALTHY CANDY

ENERGY BARS

1 cup carob powder
1/4 cup toasted sunflower seed
1 cup non-instant powdered soy milk
1 1/2 cup honey
1/4 cup bee pollen
Dash allspice
1/4 cup chopped raisins
Dash cardamon
1/4 cup chopped dry apples
2-3 cups chopped almonds or filberts
1/4 cup toasted sesame seeds
1 1/2 cup finely grated coconut, unsweetened

In large mixing bowl, stir together carob, milk, coconut, bee pollen, chopped raising and chopped dry apples. Add toasted sesame seeds (which you have lightly toasted in an unoiled skillet, stirring constantly over medium heat). Stir in with the other dry ingredients.
Blend in honey together in small bowl with your mixer. If it is a little dry, add a touch of water.
Add to the dry ingredients. You may need to use your hands to get the candy evenly mixed. A dash of allspice and also a dash of cardamon will add just the right flavor.
All mixture to cool in refrigerator for at least an hour. Then form into little bars or bite sized pieces, rolling each one in chopped almonds or chopped filberts.
Keep handy in refrigerator for a quick snack.

SURPRISE MILK BALLS

1/2 cup honey
1 cup uncooked rolled oats
1/2 cup almond butter
1/2 cup finely grated coconut
1 cup non-instant soy milk powder
<u>Surprises:</u>
Whole nuts
Carob coated raisins
Dried fruit
Raisins

Stir honey and almond butter together in small bowl.
Add powdered milk, continue stirring until well mixed.
Add dry rolled oats, kneading in by hand until well blended.
Mold dough into long roll, about 20" long and sliced with sharp knife in slices just a little less than an inch. Then make a little hole with your thumb in each slice. Insert the "surprise" nuts, candy, dried fruit or whatever you like. Shape dough around the surprise into a ball, then roll each ball in grated coconut.

POPCORN BALLS

Pop 1/2 cup of popcorn, mix in with it 1/4 cup raw almonds and 1/4 cup raw walnuts. Spread out on a cookie sheet.
Bring to a boil 1 cup honey, continue cooking until it reaches a light warm brown colour and when a drop is put into cold water, it forms a soft ball (it caramelizes). Don't overcook or burn.
Take off the stove and drizzle over the popcorn and nuts.
When slightly cooled, but still hot, put butter or oil on your hands and start scooping up the mixture, pressing with your hands to make round popcorn balls.
Honey stays hot for a long time so careful not to burn yourself. It needs to be hot enough to form into a ball, but not so hot to burn your hands. The butter on your hands will get transferred to the balls, making them taste even better.
Refrigerate.
<u>Variations:</u> add 1/2 tsp vanilla to honey after it is cooked.

RICE CRISPY BARS

1 cup honey
1 cup almond butter
1 tsp pure organic vanilla extract
3 cups brown rice crispies
1 cup raw almonds

Boil honey, and almond butter. Stir and watch carefully so it doesn't burn.
Add vanilla, rice crispies and almonds. Stir to blend. Press into a greased (10"X16") cookie sheet.
Cool and cut into bars.

NUT CRUNCH BARS

1/3 cup honey
1/3 cup Tahini
1 cup pure granulated maple sugar
1/2 tsp cinnamon
1/4 cup almond butter
1 tsp pure organic vanilla extract
5 cups organic granola cereal
1 cup mixed raw nuts
Heat honey, tahini, maple sugar, cinnamon and almond butter to boiling.
Boil 2 minutes. Remove from heat and stir in vanilla.
Slowly fold in cereal so it is completely coated. Add nuts.
Press into 9"X9" pan with a piece of waxed paper.
Cool 1 hr in fridge. Cut into 24 bars.

BACKPACKER'S BARS

1 can (6oz) frozen orange juice
1/2 cup cut dried apricots
1/2 cup cut pitted prunes
1/2 cup quick oats
1/2 cup raisins
1/2 cup chopped nuts
1/4 cup wheat germ
1/4 cut dates
1 Tbsp sesame seeds
1/2 cup honey
1/2 cup Tahini
1/2 cup maple sugar granules
2 cups whole wheat flour
1 tsp cinnamon
1/4 tsp salt
1 tsp baking soda
1 tsp ginger
Thaw orange juice (don't dilute). Mix with apricots, prunes, oats, raisins, nuts, dates, wheat germ and sesame seeds.
Set aside. Cream honey with tahini, and maple sugar. Stir flour, salt, baking soda, ginger and cinnamon into creamed mixture, stirring well. Then add fruit mixture, mixing well.
Turn onto non-stick 13" X 9" X 2" baking pan and spread evenly.
Bake 325^{o}F for 35 minutes or till toothpick inserted in center comes out clean.
Cool, cut into 3" X 1/2" bars. Wrap in plastic wrap or foil.

ENERGY BARS

1 cup mixed dried fruit
1 cup chopped raw nuts
2 1/2 cups brown rice krispies (usually get at a health food store)
2 cups rolled oats
1/2 cup organic cocoa(optional)
3/4 cup raw almond butter
3/4 cup honey
3/4 cup granulated maple sugar
Mix fruit, nuts, rice krispies, oats and cocoa into a bowl.
In a small saucepan over medium heat melt almond butter, honey and maple sugar until smooth.
Pour over ingredients in a large bowl and mix well. It may be crumbly.
Empty into 9" X 9" baking pan, lined with foil and press firmly and evenly into pan.
Place in fridge to chill for several hours.
Peel off foil and cut into bars. Store in airtight container.

CRUNCH BARS

Mix combination of raisins, cranberries, sesame seeds, pistachio, almonds, sunflower seeds, hemp, flaxseeds, pumpkin seeds. Mix together combination of raw cashew butter and/or almond butter, maple syrup, and honey - enough to make it stick together. Pat into a pan and let sit in the refrigerator for a couple of hours before you cut into squares.

TOFFEE

Cook 2 cups of honey to the tacky, hard ball stage. Careful not to burn.
To see if it is ready as toffee, let a drop fall into a cup of cool water and if it forms

solid, it is ready.
Take off the heat, and add any nuts or raisins you wish.
Pour onto greased cookie sheet.
Put into freezer or fridge for 10-20 minutes. When you take it out, use a lifter and lift out the toffee,
it will break and crack where it desires.
Keep cool.

GRANOLA BARS

2 cups organic granola cereal
1/2 cup pitted, packed dates
1/4 cup water
1 tablespoon tahini (sesame butter) or almond butter.
Put dates, water and tahini in blender.
Blend low, then high. Take out and put in bowl.
Stir in the granola until evenly moistened.
Pat into an 8"X 8" pan.
Bake 350^{o}F for 20 minutes. Gently slice into bars. Return pan to oven, bake for another 15-18 minutes.
Remove from oven, carefully re -cut.
Cook completely before removing bars from pan.

FRUIT N' NUT BAR

1 cup whole raw almonds
1 cup raisins
1 cup pitted dates
1 teaspoon grated lemon peel
1/3 cup finely grated coconut
Blend or grind the first four ingredients as finely as possible.
Sprinkle the bottom of a 8" X 8" cake pan with 1/2 of the coconut.
Press the fruit and nut mixture firmly over the coconut with your hands.
Sprinkle the rest of the coconut on top and press it gently into the mixture.
Chill 2 hours. Cut into bars.

HALVAH

1 cup raw sesame seeds
1 tsp natural honey
Grind seeds in electric grinder.
Pour into a large cup and knead honey into it with a spoon until honey is well mixed in and halvah
has acquired the consistency of hard dough.
Serve as it is or make small balls and roll in sesame seeds, or shredded coconut, sunflower seeds,
wheat germ etc.

SESAME HONEY CANDY

1/2 tsp pure organic vanilla extract
1/2 cup sesame seeds
1/4 cup honey
1 cup finely grated coconut, unsweetened
Melt honey and cook until it starts to turn colour slightly. Stir in sesame seeds and coconut and continue cooking and stirring for 5 min.
Take pan off heat, add vanilla, mixing well.
Cool until it is stiff enough to shape in balls (about 20 min in freezer).
When dough stiff, roll into balls about 1" in diameter.
Store in refrigerator until ready to eat.

BANANA FRUIT LEATHER

6 very ripe bananas
1/2 inch of a slice of lemon
1/4 cup honey
Peel bananas, place in blender and puree.
Add honey and slice of lemon, and process again until thoroughly blended.
Pour onto 2 large cookie sheets that are lined with plastic wrap.
Spread mixture out evenly with back side of large spoon.
Bake or dehydrate 100^{o}F for 12-14 hours.
When done it should not feel the least bit sticky to touch.
Roll into small rolls and cut into pieces.
Variations, add berries to banana.
Sweeten with honey to taste.

CANNING
PICKLING
DRYING

Sauces
Catsup
Vegetables
Jams
Chutney
Relishes

TIPS FOR CANNING FRUITS

Commercial canneries may use lye to remove the skins of fruit, which quickly destroys the vitamin C and many B vitamins. Most commercial canned food is packed with regular table sugars and preservatives. You can do your own canning, using no preservatives or chemicals and using natural honey as a sweetening agent.

To make a honey syrup:

Thin: 1 1/2 cups honey with 4 cups water - yields 5 cups
Medium: 2 cups honey with 4 cups water - yields 5 1/2 cups
Heavy: 3 cups honey with 4 cups water - yields 6 cups

BOILING WATER BATH

Fill the canning kettle over half full with warm water deep enough to cover the containers. Begin to heat to boiling. Wash the jars and place in the canning kettle to sterilize in the boiling water for 20 minutes. Put the rings and seals in a bowl or pot and pour boiling water over them to sterilize.
Set aside until needed.

Prepare syrup if it is being used. If packing in water or juice, prepare the liquid and have it hot, prepare fruit for canning according to your recipe.
Take the sterilized jars from the canning kettle one by one, Pack the raw fruit (or hot) into the sterilized jars to within 1 inch from the top, pour in the hot syrup or hot water to within 1/2 inch from the top. To remove any bubbles from the jars, run a sterilized spatula or knife along the side of the jar, pressing the fruit gently as you do so. Do not move the knife through the middle of the contents as it could create an air pocket. Wipe the sealing edge clean with a hot sponge or towel.
Complete the seal immediately by placing a lid on the jar and screwing it down firmly. Repeat this process until you have filled all the jars in the kettle.

Lower the jars into the kettle - most canning kettles come with a rack for easy loading and removing. The water should be 1-2 inches above the tops of the containers. If necessary add boiling water, but carefully not to pour the water directly onto the containers. Put the lid on the kettle and begin to count the processing time as soon as water starts to boil.

Higher altitudes increase processing by one minute for each 1,000 feet above sea level. Boil gently and steadily.

When processing time is up, remove jars, place on wire rack or folded towel, a few inches from one another to allow for good air circulation and cooling for 12 hours. Don't put them in a draft.
Test seal by pressing; there should be no bubbles in the product after processing.

If the sealing fails, either reprocess with a new lid and/or jar or put in the refrigerator to be used as the first jar to be opened.
Store the sealed jars in a cool, dark, dry, place.

TOMATO SAUCE

Yields: 9 pints
8 quarts tomatoes, peeled & chopped
2 cups each of chopped green peppers and chopped onions
1 cup apple cider vinegar
1/3 cup honey
2 tsp each of sea salt and ground cloves
3 tsp each of allspice and ground cinnamon
Wash tomatoes, dip into boiling water 1 minute, then into cold water to loosen skins for easier peeling.
Chop the tomatoes, put in a large pot, add the vegetables honey and vinegar.
Bring to a boil, simmer slowly covered for 5 hours.
Add spices during the last 15 minutes.
Spoon into hot sterilized jars to within 1/2 inch of the top. Complete the seals.
Process using the boiling water bath for 45 minutes.
This is also very good without the spices.

To blanch fruit (or vegetables): use a stainless steel wire basket to hold the fruit as you lower it into the boiling water for a minute, then immediately into cold water for 5-10 minutes. This loosens the skins to make peeling easy. Fruits lose their nutrients quickly after they are peeled.

SWEET CHILI SAUCE

A favourite - use as condiment with meals.
Makes 12 pints
16 large tomatoes, peeled and chunked
10 sticks celery chopped
30 mushrooms, sliced
1 onion finely chopped (optional)
4 medium chopped green peppers and 4 red peppers, chopped
1 1/2 cup apple cider vinegar
3/4 cup honey
1 tsp cinnamon
2 tsp sea salt
1 tsp each of celery salt and dried basil
1/2 tsp each of dried mustard and ground pepper
Boil all for 1 1/2 hours gently, stirring often.
Pour off excess water.
Ladle into hot sterilized jars. Wipe rim clean, seal and put rims on (complete seals).
Put through the hot water bath for 15 minutes from the point of boiling.
Take out, place on towels and cool. Take rims off and store without rims on a cool dark place.

HOT SAUCE

Yields 9 pints
12 pounds tomatoes, peeled
3 hot peppers chopped
2 stalks celery chopped
6 onions chopped (optional)
2 cups apple cider vinegar
1 tsp chili pepper oil
6 inch stick of cinnamon
1 Tbsp dried mustard
1/2 tsp ground cloves
1/2 cup honey
1/4 cup sea salt
Cook the peeled tomatoes 15 minutes, then drain half of the juice, leaving about 6 cups. Reserve the drained liquid (for drinking or to use for later cooking).
Add the celery and peppers to the tomatoes and simmer for 1 1/2 hours.
Tie the cinnamon stick in cheesecloth; add it along with the remaining ingredients and continue cooking for 1 1/2 hours more. Remove cinnamon.
Pack the sauce into hot sterilized jars to with 1/2 inch from the top. Complete seals and process for 5 minutes using the boiling water bath.

Want it spicier, or hotter? Add 6 jalapeno peppers chopped up to the cooking pot.

TOMATO PASTE

yields 8 half pints
3 quarts peeled and chopped tomatoes
1 1/2 cups chopped bell peppers
2 bay leaves
1 Tbsp honey
1 Tbsp sea salt
1 Tbsp dry mustard

Combine all and bring to a boil, cooking slowly for 1 hour.
Press through a fine sieve.
Return to pot and add 3 cloves of pressed garlic (this is optional if you don't like garlic).
Continue cooking slowly until thick (about 2 1/2 hours).
Pour into hot sterilized jars to within 1/4 inch of top. Complete seals and process using the boiling water bath method for 45 minutes.
<u>Variations:</u>
*** Add basil and oregano to give an Italian flavour.**
*** You can increase the flavour of this recipe by adding lots of chopped onions, celery, a little chopped carrot. Carrot always adds a sweet taste.**

TOMATO CATSUP

Yields 4 pints
1/2 cup chopped celery
18 pounds tomatoes, washed, stemmed
1/2 cup chopped fresh fennel
1/3 cup chopped onions
4 small hot chilies
1 Tbsp dried basil
4 bay leaves
1 Tbsp paprika
3 Tbsp sea salt
1/3 cup honey
2 cups apple cider vinegar
1/4 tsp cayenne pepper
1 Tbsp powdered mustard
1 Tbsp whole peppercorns
1 Tbsp whole allspice
1 Tbsp mustard
1 Tbsp dried basil
Cook the tomatoes, celery and onions until soft. It is not necessary to add water because the tomatoes provide enough juice.
When soft, press the pulp through a sieve to measure about 7 quarts of puree.
Put the tomato puree in a large pot.
Blend the powdered mustard with a bit of tomato liquid to prevent lumping and add it to the mixture. Tie all the spices in a cheesecloth bag and add to the mixture.
Add the salt, honey, paprika and cayenne.
Simmer until thick (about 1 1/2 hours).
Add the apple cider vinegar during the last 15 minutes of cooking.
Remove the spices. Spoon hot into hot sterilized jars to within 1/4 inch of the tops. Complete seals.
Process for 10 minutes in a boiling water bath.

Always use sea salt instead of regular salt or pickling salt. It is higher in nutrients and contains less chemicals.

CANNED WHOLE TOMATOES (Cold Pack Method)

Roma tomatoes work best because they don't have many seeds and have good taste, but any type will do.
2 1/2 pounds tomatoes per quart
1 tsp sea salt per quart
2 tsp apple cider vinegar (or lemon juice) per quart
Scald tomatoes in boiling water, then immerse quickly in cold water and slip off the skins. Cut out the hard cores. Keep the tomatoes and their juice together, add no water.
Pack the tomatoes into hot sterilized quart jars. After every 3 or 4 tomatoes you add to the jar, smash the tomatoes down to release air pockets.
Pack to within 1/2 inch of the top of the jar.
Insert a clean knife down the sides of the jar to release any air bubbles.
Add the salt and vinegar (or lemon juice), clean the rim of the jar and complete the seal.
Process in a boiling water bath for 50 minutes.

CANNED TOMATOES *(Hot pack method)*

2 1/2 pounds tomatoes per quart
1 tsp sea salt per quart
2 tsp apple cider vinegar or lemon juice per quart
Scald tomatoes in boiling water, then

quickly immerse in cold water.
Core and peel.
Put into pan with salt and vinegar or lemon juice and bring to a boil.
Boil 5 minutes, stirring constantly.
Spoon hot into hot sterilized jars to within 1/2 inch of the tops.
Complete seals.
Process in boiling water both for 15 minutes.

STEWED TOMATOES

yields 6 quarts
6 quarts tomatoes
3/4 cup each chopped green and red peppers
1 cup chopped celery
1 cup chopped onion (optional)
3 minced garlic cloves (optional)
2 Tbsp celery salt
2 Tbsp honey
Wash tomatoes. Dip into boiling water 1 minute, then plunge into cold water. Skin (discard skins) and cut into chunks.
Mix all ingredients together, and heat just enough to dissolve honey.
Pack into sterilized jars to with 1/2 inch of the tops. Complete seals, and process using the boiling water bath for 55 minutes.

JAMS

To prevent darkening of fruit while preparing - as soon as fruit is washed and sliced, drop it into a solution of 2 Tbsp lemon juice or apple cider vinegar and 2 Tbsp sea salt per gallon of water. Allow to soak for no longer than 20 minutes, then rinse well in cold water before packing.

BERRY JAMS

9 cups berries
4 cups honey
1 cup water
1-2 cups berry juice
3 sticks agar agar
Soak the agar agar in berry juice and water 15 minutes, then cook over low heat for 15 minutes.
Add the fruit, bring to a low boil. Add honey, bring back to a low boil and cook for 10 minutes.
Spoon hot into hot sterilized jars to within 1/4" from the top. Seal. Process in the boiling water bath for 15 minutes.

TRAIL JAM

You don't have to be camping for this, just want a quick and easy jam.
1 cup berries
1/3 cup honey
1 Tbsp lemon juice
Mash berries in a pan, heat to a boil, add honey and lemon juice. Bring to a good rolling boil and cook for 5-10 minutes until it begins to thicken. Use right away or store in refrigerator in covered container.

PRUNE JAM *Quick and easy, use right away*

2 cups pitted prunes
1 cup cashew nuts
Add water, blend.
To prevent darkening of fruit in the cooking stage - add 1/2 teaspoon crystalline ascorbic acid to each quart of syrup before pouring it over the fruit in the jars. Careful not to leave too much headroom or too little liquid when you pack the jars.

PINEAPPLE APRICOT JAM

1 1/4 cups pitted dried prunes (or 1 cup pitted dates)
1 cup dried apricots
1/2 cup crushed unsweetened pineapple
Simmer prunes and apricots in juice or

water (enough to cover fruit) until soft, or soak overnight.
Blend with pineapple in blender until smooth.
Store in covered container in refrigerator, or freeze until needed.

FILBERT BUTTER SPREAD *Use as spread on bread instead of butter*

1 1/2 cups filberts (hazelnuts)
1 1/4 cup water
1-2 bananas
Pinch sea salt
Put the filberts and water into a blender and blend until smooth. Add banana and salt, blend. This must be stored in a covered container in the refrigerator, but will keep for 2-3 days.

STRAWBERRY JAM

1 cup dates
1 quart frozen unsweetened strawberries
1 medium size can crushed pineapple
3 Tbsp arrowroot or cornstarch mixed with 1/2 cup water.
Simmer dates and pineapple. Blend smooth. Put in a pan, bring to a boil, add the arrowroot mixed with water as the thickening agent.
Mash berries or but them through the blender briefly so they are still in small pieces. Add to the rest of the mixture. Cool.
Freeze if you can't use within 2 days.

STRAWBERRY FREEZER JAM - raw

4 cups mashed strawberries
1/4 cup lemon juice
1/2 cup to 1 cup honey
3/4 cup of water to dissolve the pectin in
4-12 tsp calcium water (comes with Pamona's Universal Pectin)
Place mashed strawberries in a large owl, stir in lemon juice.
Stir in 1/2 to 1 cup honey depending on how sweet you want it.
Boil 3/4 cup water and add 3 tsp Pomona's Pectin (available at health food store or on line). Mix well with a blender for a few minutes.
Stir the hot pectin into the fruit mixture and mix well. Add the calcium water according to the directions on the Pomona's Pectin instructions starting with just 4 tsp. Mix this into the fruit mixture, it starts to gel. Add more calcium water 1 tsp at a time until it reaches the desired gelled consistency (approx 7 tsp calcium water).
Spoon jam into clean glass jars making sure to leave 1/2" head space for expansion when it freezes. Put lids on and freeze. Since the jam wasn't cooked, it isn't too hot and doesn't need to cool before placing it in the freezer. Should last up to one year in the freezer.
To use, remove from freezer and place int he refrigerator, use within a week since it is raw jam and not cooked.

STRAWBERRY FREEZER JAM - cooked

9 cups strawberries
1 1/2 cups honey
1 granny smith apple
1 Tbsp lemon juice
Hull, wash and cut strawberries in half and place in dutch oven. Cut sides of apple from core and grate, leaving skins on and add to pot, add lemon juice, stir then add honey to pot. Stir, heat to boil, then turn down heat to medium low or simmer and let simmer about 1/2 hour until soft then mash with potato masher until no big clumps (almost a puree).
Cook on simmer for about an hour (it never really gets thick).
Spoon hot jam into washed hot sterilized 250 or 500ml jars. Let cool. Put in freezer and bring out of freezer about 20 min or so before serving.
Makes 3 - 500ml jars and 2 - 250ml jars.

RASPBERRY JAM

Yields 3 one-half pints
3 cups raspberries
1 1/2 cups honey
Mash the berries in a saucepan. Heat to a

boil and cook down for 15 minutes.
Add the honey and bring to a boil for 5 minutes. Remove from heat and eat with a wire ship for about 6 minutes.
Spoon into hot jars within 1/4 inch from the top.
Process in boiling water bath for 10 minutes.

GRANDMOTHER'S EASY JAM

Cook on low heat whatever fruit you desire.
Add honey to taste.
Pack in sterilized jars and top with melted paraffin wax (about 1/3 inch thick) to seal. Keep refrigerated until ready to use. If you open the jar and there is any mold, the wax did not completely seal.

APPLE NUT SPREAD

1 peeled orange
2 cored apples
1 cup nuts (cashews or pecans work well)
Blend all, use right away or it can be store covered in the refrigerator for several days.

FROZEN PLUM JAM

2 cups prune plums
1 package Certo or fruit pectin
4 cups honey
3/4 cup water
Pit the plums and put through a food chopper before measuring.
Combine with honey. Let stand 20 minutes, stirring occasionally.
Stir pectin into water; bring to a boil and boil rapidly 1 minute, stirring occasionally.
Remove from heat, add plums and stir about 2 minutes.
Pour into jelly glasses or freezer containers. Cover and let stand at room temperature 24-48 hours or until jellied.
Seal; store in freezer or keep in refrigerator up to 3 weeks.
Makes about 6 glasses.

TIP FOR PACKING FRUIT: ***either use the hot pack or raw pack method. You can get more in when using the hot method because the fruit has shrunk a bit, but the heating causes loss of nutrients.***
Raw packed are more desirable for peaches, apricots, pears, apples which need to be overlapped in the jars to avoid air pockets. Both methods need a boiling water bath.

CHUTNEYS

PEACH CHUTNEY

Makes 8 half pints.
1 1/2 cups honey
1 1/2 cups apple cider vinegar
1/2 cup lemon juice
1 Tbsp sea salt
1 tsp ground ginger
1/4 tsp cayenne
Heat to boiling, then stir in:
4 pounds peaches that have been peeled and chopped
2 green peppers, seeded and chopped
2 sweet red peppers, seeded and chopped
1 cup light raisins
Boil gently 25-30 minutes until thickened.

Whenever possible use Apple Cider Vinegar instead of other vinegars. It is higher in nutrients and far less able to injure tissue.

HOT AND SWEET CHUTNEY

Yield 4 half pints
1 orange
3 peaches (or mangoes or nectarines)
2 Tbsp fresh ginger root, finely chopped
3 apples
2 small hot chilies
3/4 cup raisins
1/2 cup chopped onion (optional)
1 tsp peppercorns

1 tsp whole cloves
1 tsp molasses
1 cup honey
1 cup apple cider vinegar
1 tsp allspice
1 tsp celery seed
1 tsp mustard seed
Chop the fruits and onion into small pieces. Combine with honey, vinegar and water.
Tie the spices in a square of cheesecloth.
Cook everything except the raisins, slowly for about 20 minutes, then add the raisins and continue to cook until thick.
Remove the spice bag, spoon into hot sterilized jars to within 1/2 inch from the tops.
Complete seals. Process for 20 minutes in a boiling water bath.

RELISHES

TOMATO APPLE RELISH

12 tart apples, cored
12 ripe tomatoes chopped
3 red peppers seeded
3 cups honey
3 green peppers seeded
3 cups apple cider vinegar
3 Tbsp sea salt
4 Tbsp ground allspice
1 can (small) water chestnuts, chopped
Chop the fresh fruits and veggies. Add the rest and cook until thick. Spoon into hot sterilized pint jars, leaving 1/2" head space.
Adjust the lids and process in boiling water bath for 10 minutes.
Makes 7 pints.

CRANBERRY RELISH

You can make this a day before using it.
2 cups (1 bag) raw cranberries (fresh or frozen)
3-4 apples eg. granny smith
1 orange, unpeeled - cut up, remove seeds
1/2 cup honey
Put all into a food processor, pulse until finely chopped. If using a blender, chop finely until the desired consistency is reached.
Variation: add 1/2 cup chopped walnuts, finely cut dates.

ZUCCHINI RELISH

Yield 5 pints
4 cups chopped zucchini
1 1/2 cups chopped bell peppers
3 cups chopped carrots
4 1/2 cups chopped onion
2 1/4 cups vinegar
1/3 cup honey
3/4 tsp powdered mustard
1 tsp curry powder
1 tsp celery seed
1/4 cup salt to add to brine
1 tsp turmeric
Combine chopped vegetables and sprinkle with salt.
Let stand overnight in the refrigerator.
Drain and rinse with cold water.
Mix together the remaining ingredients.
Add the zucchini mixture.
Simmer for 20 minutes until the vegetables are just tender but still crisp.
Pack into hot sterilized jars to within 1/2" from tops. Complete seals.
Process for 20 minutes in a boiling water bath.

SALSAS

Salsas are easy to make and can be produced in the moment for the meal. Almost any combination is good, but most people have their favourite combinations of salsas to use with various foods. Here is a list of the various ingredients you can

use.

Chopped tomatoes
Chopped onion
Chopped garlic
Chopped celery
Chopped peppers
Chopped fruit: any of peaches, pineapple, watermelon, papaya, avocado, raisins, mango, apple.
Chopped ginger root
Spices: any of: chili powder (mexican taste), cayenne (hot), chopped mint (tropical),
dillweed (for everything), Salt, pepper chipolte
Juice: apple cider vinegar, lemon or lime juice.
Examples of Salsas:

1. **1 chopped tomato, ½ cup chopped mint, ¼ cup chopped dillweed, 1 cup chopped watermelon, 1/3 cup finely chopped onion, juice of 1 lime, salt and pepper. This is quite nice and refreshing.**
2. **1 chopped apple, 1/4 cup chopped ginger root, 1/4 cup finely chopped onion, 1/2 cup finely chopped celery, apple cider vinegar, a touch of honey, salt.**

DRYING FOODS

Bacteria, molds and yeasts cannot survive without sufficient water. The drying process removes enough water from the plant cells to prevent their hosting the growth of spoilage organisms during storage.

The food's natural acidity (pH factor) determines the amount of moisture that may remain in the dried product. More water may be left in the high acids foods such as fruits therefore they are more resistant to spoilage and micro organisms than the lower acid foods such as vegetables.

Most people agree that the Excalibur Food Dehydrator is a very good choice. Dehydrators come with instructions appropriate for each particular machine.

Dried foods contain about 10-20% of their original moisture. If they contain less they are classified as "dehydrated" or "evaporated".

The faster the drying process, the more vitamins and minerals are retained in the dried product. Amounts of Vitamins A and C are lower in the dried product than in the fresh food product due to the natural oxidation process that occurs when any food is exposed to air.

A HONEY-LEMON DIP can be used for fruits prior to drying to help the preservation of vitamins by slowing down the oxidation process. Since dried foods weight less than they did in the fresh form, the pound for pound vitamin and mineral content is high in dried products.

Select ripe unblemished foods. FRUITS can be dried in pieces or pureed. A puree is poured onto waxed paper to dry eg. fruit leather which is rolled and stored. Foods to be dried need to be washed, trimmed, sliced or chopped. Large pieces like peach halves should be placed in a single, even layer on the drying surface. Foods in smaller pieces like

peas can be spread about 1" deep on drying trays.

Turn food once or twice daily to insure even drying and prevent formation of clumps. Turn large pieces individually and use your hands or a spatula for stirring the smaller pieces.

BEANS and PEAS are commonly dried but BROCCOLI and TOMATOES can also be dried. VEGETABLES (except onions) should be blanched in steam or in boiling water before they are dried to set the colour and stop the ripening process. Blanching by steam is preferable to boiling because boiling dissolves the nutrients in the water.

DRIED HERBS should be gathered in the morning, hung in bundles upside down in the shade to dry. Smaller bundles dry faster. A spot in a warm kitchen or attic which is out of direct sunlight is a good place to dry herbs.

PREVENT DARKENING/HARDENING:
Commercially they are treated with sulphur dioxide, but by using the tips outlined in this cookbook, you can have fresh, healthy looking food without using sulphur dioxide.

BLANCHING:
Foods are first plunged into boiling water or into steam to stop the enzyme action, then into cold water to stop further cooking. Steam blanching saves more nutritive value and flavour than water blanching. Fruits, including peppers and tomatoes, do not require blanching.
Vegetables like peas, spinach, chard and juicy sweet corn should always be blanched. Corn and beans which have been allowed to dry partially before harvesting should not be blanched before spreading on trays to complete the drying process.

CHECKING:
This is a process similar to blanching but quicker. The fruit is given a very quick dip into briskly boiling water, then dunked into very cold water. Then the fruit is drained thoroughly and spread in a single layer on an absorbent towel to remove surface moisture.

WHEN IS IT DRY?
When it feels dry and leathery on the outside but slightly moist on the inside.
Most fruits take at least 6 hours to dry. When it is hot, the fruit contains more moisture so remove a few pieces from the try to cool before you test for dryness. Cut a few pieces in half and if the center has a darker wet colour, it needs to dry longer. Apples, peaches and apricots should be pliable and leathery.

Vegetables should be allowed to dry until they feel brittle. Most vegetables take 4-12 hours to dry and are not harmed if allowed to dry longer. Peas should be shriveled and wrinkled. Corn should be dimpled and slightly transparent and beans should be firm and smooth.

USING SALT TO FERMENT FOODS

- **Dry salting – tossing your vegetables with salt and allowing the salt to draw liquid from the vegetables. For this, the typical amount of salt to be used would be approximately 1 TBS for every 1 1/2 lbs of vegetables. This technique is commonly used for sauerkraut.**

- **Pre-brining – mixing a brine by dissolving salt in water and then soaking the vegetables in the brine. This is followed by draining off the brine and then compressing the vegetables to encourage further liquid to escape the vegetables and cover the vegetables for the fermenting process. A stronger brine of 4 TBS salt for 4 cups of water is good for this. You can use this for kimchi, but the dry salting technique should work fine for this too.**
- **Brining – mixing a brine of salt and water and submerging the vegetables within that brine, commonly used for making pickles. A 2% – 5% brine by weight is most common. See table in Making Your Brine section below. You can use this technique for pickling vegetables that don't lend themselves to being compressed (asparagus, green beans, whole jalapenos, etc.)**
- **Floating Brining – This is a very strong brine (something that if you swam in it, you'd have a hard time not being bouyant). This can work well when you need to pickle and preserve something without needing to refrigerate it afterwards, as in making actual pickles. Once pickled and when ready to eat, you can rinse the vegetables several times to remove some of the salt so as to make the dish/pickle more palatable.**
- **Added Salt – sometimes, when fermenting salsa or something that is more akin to a paste (mustard, horseradish, ketchup, etc.) I'll simply add some salt to the mixture to help keep the environment more stable.**

How much salt to use for a brine?

When mixing a brine within which you will submerge your fermentables, it is common to mix to a salinity level between 1.5% and 5% with the sweet spot being in the 2-3% range. This percentage is actually a proportion by weight, so if you divide the weight of your salt by the weight of your water used, you will come up with the percentage. For example, a brine typically will have approximately 2.5 TBS salt to 4 cups of water:

- **4 cups water – 960 grams – 32 oz**
- **1 TBS sea salt – 19 grams – .67ounce**

Making your brine

To mix 4 cups of brine to various salinity percentages, dissolve the following amounts of salt into 4 cups of water:

2% brine – 1 TBS sea salt
3% brine – 1.5 TBS sea salt
4% brine – 2 TBS sea salt
5% brine – 2.5 TBS sea salt

Which type of salt should I use for fermenting?

- **Use sea salt where possible as it is a naturally formed salt and often contains various nutrients including trace amounts of magnesium, potassium, and calcium. Some of the best salts for mineral values are Himalayan sea salt and the sea salts found on Islands off the Atlantic coast of France.**
- **Pickling salt is fine as well as is kosher salt.**
- **Don't use standard iodized table salt as it contains iodine which can have a negative effect on the bacteria that ferment the food. Also, as part of it's processing, it is stripped of its trace mineral content and is diluted with an anti-caking agent.**

HELPFUL SHOPPING LIST

Vegetables:

lettuce	celery
cucumbers	avocados
tomatoes	bell peppers
beets	green onions
bok choy	beets
carrots	cauliflower
turnip	cilantro
sprouts	spinach
parsley	swiss chard
fennel	mushrooms
potatoes	sweet potatoes
zucchini	butternut squash
acorn squash	yellow/red onions

Fresh fruits:

lemons	limes
oranges	grapefruit
mango	kiwi
apples	peaches
pears	watermelon
plums	strawberries
raspberries	bananas
grapes	pineapple

Dried fruits: mango, raisins, apricots, currants, prunes, dates, figs, cranberries
Pure unfiltered organic apple juice, and other unsweetened juices
Seaweeds if desired to add to salads
Nori seaweed sheets for wraps

CEREALS, BREADS, RICES, FLOURS

Cereals: Ezekiel cereal
Breads: Ezekiel breads Manna breads
Flours: Whole Wheat, Spelt, Kamut, Rye, Barley
Gluten free flours: brown rice, quinoa, teff, buckwheat, amaranth, oat
Bulghur Wheat (to make salads)
Old Fashioned Rolled Oats
Cornstarch, Baking powder (aluminum free), Baking soda
Organic raw almond butter (or organic raw cashew butter, sunflower seed butter, pumpkin seed butter) to make treats or spread on bread
Millet, Couscous, Quinoa, Barley
Rices: Wild Rice, Brown Basmati Rice, Short or Long Grain Brown Rice

PROTEINS
Raw nuts & seeds, flaxseeds, hemp seeds, raw organic trail mix, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds, almonds, walnuts, brazil nuts, coconut and

shredded coconut.
Free range eggs - add raw to your health shakes or smoothies
Raw Milk Cheeses
Dried or canned beans (kidney beans, navy beans, white beans, soy beans, pinto beans, black beans)
Dried or canned lentils

OILS
Oils: Extra virgin olive oil, avocado oil, raw coconut oil. Use organic oils whenever possible.

SWEETS
Unpasteurized honey, organic if possible.
Stevia
Agave Nectar or Syrup
Brown Rice Syrup
Pure Maple Syrup (organic if possible)

TREATS
Raw organic food bars for treats (eg. Lara bars, Zen bars)
Popcorn for air popping
Raw trail mix

FLAVORINGS
Bragg or Tamari Sauce (soy sauce alternatives)
Dillweed, basil, cilantro, oregano, mint, ginger root, cinnamon, cloves, allspice, chili powder, cumin, garlic, cayenne, thyme, marjoram, curry spice, turmeric, nutmeg.
Salt: Celtic sea salt, sea salt, Himalayan salt.
Miso Paste

OTHER:
Green algae powders etc.
Olives, Sundried tomatoes

THE NATURAL HEALING CLINIC



The Natural Healing Clinic opened in Medicine Hat, Alberta (Canada), in October, 1994. It focuses on finding the causes of dis-ease and heavily relies on using food as therapy in the body's natural healing process.

The clinic is a project of the Little Dove Universal Faith Sanctuary, a non-profit charitable organization. The grounds at the Sanctuary where the Clinic is located are filled with natural herbs, fruits, flowers and ponds. No one at the Clinic takes a salary, all are volunteers.

Most clients start with a battery of investigations to determine nutritional deficiencies, food sensitivities, chemical/metal toxicities, fungi, and parasites. Food therapy is the first line of therapy used, followed by cleansing programs, nutritional supplementation, herbal and homeopathic preparations.

The Clinic also focuses on teaching clients about self-healing methods, and on weekends it often hosts various natural healing workshops. For 5 years it produced a local television show called "Healing with Nature" and participated in teaching from time to time at a local College as well as writing articles in various newspapers to help educate the general public.

If you need to reach the Clinic, office hours are Tuesday to Friday 10am – noon, and 2pm to 5pm.

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