

"Consider this book your private chef and shopper." — Glenn Beck

Amy Choate & Annie Miller

naked { whole foods
revealed }

Nutrition

Photography by Marilyn Choate



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“I have been struggling with food for years now. What America has to realize is that we have exchanged convenience for health. Our food is killing us. I know because it was truly killing me.

“Virtually no one has access to a private chef to do all the research, shopping, and cooking for you. Consider this book your private chef and shopper. It is packed with all the answers my wife and I sought when my doctors told me I had to change the way I ate.”

—GLENN BECK, nationally syndicated radio host, founder of TheBlaze television network, and twelve-time #1 bestselling author

“As a chef, I am always looking for more depth of flavor in any dish. *Naked Nutrition* has captured that true flavor of the ingredients while still focusing on healthy living. In a world of mass produced, modified, and low-nutritional value foods, the recipes in this book are incredibly flavorful and filled with years of research and knowledge from Amy and Annie. It is a must-read in any kitchen.”

—RYKER BROWN, executive chef, Park City, Utah

“Annie and Amy have put together a solid introductory reference for those new to eating real, healing, whole foods. Suited not only for beginners, this reference will take those more experienced with whole foods cookery to new vistas in both technique and ideas for innovative, tasty meals that don’t break the budget.”

—HEATHER MARGARET, MD, family and lifestyle medicine Jemez Springs, New Mexico

“The greatest nutritional ideas of any generation are when the most raw and unadulterated foods are reintroduced as modern health breakthroughs. Amy and Annie have assembled a book of delicious food essentials that will be deemed as real advances in both culinary excellence and nutritional wisdom.”

—DR. SPENCER WADE, chiropractic physician

To every courageous daughter of Eve willing to hear the naked truth and act accordingly



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Foreword

The title for the book, *Naked Nutrition—Whole Foods Revealed*, came in a moment and was meant in jest. To my surprise and consternation, it stuck. Despite considerable efforts to come up with a more sensible title, nothing makes our point better than the present title.

Nutrition is *the* great irony of our culture. It is one of our most severe challenges, yet it is simple to obtain if you know how. As for my journey and that of my wife, which led us through considerable illness, we were never more than a few feet away from the nutrition that we needed, although it might as well have been a million miles away. We, and everyone close to us, could not see it. It would take many years of suffering for the answers and awareness to gradually come.

It is beyond the scope of this book to cover all aspects of wellness or everything that our circumstances and experiences have taught us. What we hope to do is present the reader with a more natural philosophy upon which to base diet and lifestyle choices. The beautiful thing is that it's not hard or complicated once you get the hang of it. It is like learning to swim: anyone can do it if they understand the basic principles and have spent a little time practicing. Upon achieving the basic ability, the person will then be able to spend the rest of their life enjoying the water and having fun in it rather than fearing it, or worse, drowning in it!

The key is found in nature and its God-given “blueprint,” or nature not subjected to the “denaturing” influence of unenlightened human enterprise. Therefore, nutrition is more likely found growing alongside a trail in the forest than on a supermarket shelf. People often say they have “tried everything,” but most of the time they have only tried what can be purchased with money. A simple herbal tea taken consistently and some regular deep breathing can cost you nothing and change everything. Our society has a difficult time accepting that such simple things could help, let alone cure a disease. We are unfortunately like the children of Israel in the wilderness who had but to look at the serpent on the cross to be healed, but would not because of the easiness of the way.

Within the natural world, healing is built into the system and works naturally, if not miraculously. Energizing sunlight, invigorating air, life-giving water, and wholesome herbs from the earth comprise the four vital elements of life and will work within our four bodies: spiritual, mental, emotional, and physical. If these elements are left with their blueprint intact, they will heal us and create the circumstances in which life can be lived to its fullest!

Man, in his idolatry, remakes the elements into something inferior. This happens in so many ways it can take a lifetime to figure out. Wherever this occurs, sickness, disease, and suffering are the outcome in exact proportion to the degree of the aberration. Don't misunderstand me—man has a place in nature; he is God's crowning achievement within nature! But man has agency and may choose contrary to the natural order; he can break the blueprint of that with which he interacts, including himself. At the present time, we are in a difficult position. The energy of today is killing us. It is in the water, the movies, the books, the politics and government, the conversation, and—particularly—it is what's for dinner.

We have our work cut out for us. There is much that we have created in our lives and communities that we must now undo. This generation knows more than any other that something is terribly wrong and we did not inherit the strength and vitality that is our birthright. We feel that there is more. This book is a step in that direction and we hope a significant one, with more to follow.

So back to the title—*Naked Nutrition*, meaning food in its simple, wholesome, and live state. *Whole Foods Revealed*, meaning to remove the veil from our eyes that prevents us from seeing where the nutrition is and how to utilize it ... a revelation.

—Joshua Choate

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The Elephants in the Room

Elephant #1—Meat

Anyone reading this book will sooner or later recognize we have not included meat, dairy, or eggs. Furthermore, we make the argument that the ideas and recipes in this book represent a healthy approach to diet and lifestyle. Does this mean we are vegans? No, it does not. This is not a vegan cookbook and we have accordingly not used the term “vegan” or “vegetarian” anywhere in the work. The appropriate term for this kind of cookbook, or our chosen term, is “plant-based.” This means we do everything we can to rely on plants for our nutritional and cultural eating needs because it is our desire to spare the life of the animals, if we can, whether from slaughter or a lifetime of captivity.

It is necessary, however, to balance this ideal with the reality that nutrition can be elusive and requirements vary from individual to individual and circumstance to circumstance. It is up to the individual to discern what their needs are, and act accordingly. There are many who claim removing animal products was the best thing they ever did, and others who claim it almost killed them.

Feelings can be very strong between those who feel we should not eat meat and those who feel we should. Unfortunately, this leads to a very tangible intolerance on the part of both groups. For example, we chose to open a nutritional food market (at our own great expense) that did not sell any animal products. Every other market and food establishment in our community was already “meat-based”; there was absolutely no need for one more. So we opened our market, but the amount of opposition we faced as a result of not selling animal products was shocking to us. There were many times we pondered closing the doors so we would no longer be in the cross-fire of this singular issue.

The reverse situation is also true. Many vegans and vegetarians promote their way as the only “right” way. This leads to a condition where individuals are not free to determine, or feel, what is right for their situation.

Plant-Based is the neutral ground between these two extremes. Certainly, we know of no group making the argument that plant nutrition (generally speaking) isn’t healthy and should not be eaten. It is well established that the plant kingdom offers us some, if not most, of our best options for nutrition. Therefore, the question is, do we need animal products, and if so, to what extent? By what principle can we guide our actions and decisions in relation to this question?

The plant-based philosophy offers a reasonable answer. Favor the plants first and then eat what animal products seem necessary, if any. This is a philosophy that can placate all but the most extreme. It leads to respect and tolerance on both sides. It justifies mindful hunting, or farming of animal products, but holds the seeds of a world where perhaps animal-based foods are greatly reduced or even eliminated, should society (not a single group or person) ultimately prove it is possible and decide it is preferable.

This philosophy, however, is not complete without addressing a critical topic which, unfortunately, has been overlooked by today’s world. It is the key to plant-based lifestyle

and is the “other” elephant in the room.

Elephant #2—Herbs

Very few people consistently use herbs for nutrition. How unfortunate is it that people who decide to give up animal products, in most cases, fail to implement the type of plant-based diet that would truly take care of their nutritional needs? In a culture that struggles to understand and obtain nutrition, eliminating any one kind of food from the diet only holds the possibility of creating greater deficiency. This is one main justification for the eating of meat in the first place; we may need something that it contains to stay alive and be healthy.

The number one overlooked aspect of nutrition, in our experience, is herbal nutrition. The word “herb” may really apply to any plant. However, when we use the term, we refer to a distinct group of plants known especially for their medicinal or nutritional value. Additionally, these herbs are wildcrafted or often cultivated using more natural methods to maintain their integrity.

These herbs may grow in your backyard or out in the countryside, without need of being planted or watered. They come of their own accord, following some natural process (that we are usually fighting against in the quest for a more uniform lawn or farm). If a person uses discretion, they can be purchased with money from reputable vendors, but they don’t typically come with logos, studies, advertisements or celebrity endorsements.

Herbs grow in every climate and region. They have grown and been available to all eras and all cultures. They have universally been the best source of essential nutrition to the animal races, including the human race. When cultures become “so sophisticated” that they disregard natural herbal nutrition, it indicates a systemic failure and hints at cultural demise. Collectively speaking, in the quest to maintain health, we try every last thing we can think of, but fail to consistently obtain and apply natural, whole, herbal nutrition.

In our experience, if we obtain quality herbs and consistently deliver them to the bloodstream (easily done with herbal tea, but certainly not limited to), the body is fed and causes of disease can be removed. There are many kinds of herbs, many of which are absolutely delightful, including berries, nuts, seeds, leaves, roots, bark, flowers, sap, nectar, stems, and so on.

Conservative estimates claim at least 20,000 types of edible plants (herbs) exist, and this number would likely go into the hundreds of thousands, if we could catalog and study them all. What untold possibility exists outside of the relatively few cultivated (and modified) plants (and the even fewer animals) that we ingest today?

This book is offered in all due humility. We have labored to keep the tone civil and open. Personally, we have dug deep into the world of plant nutrition, particularly the herbs themselves, and found exciting results—results that could change everything. We wish to share the possibilities with you, the reader, and see if it doesn’t enhance your ability to take care of yourself and your family. Just think, the world was once considered flat; this idea underpinned everything else that was understood. Imagine the great freedom and possibilities for those who knew the truth!

What we can say, with credibility, is what we have seen with our own eyes. We have counseled many people on the nature of herbs and how they may be successfully approached. We have particularly endeavored to make them part of a natural, enjoyable lifestyle, rather than a detestable medicine. We have seen people improve or completely recover from conditions that modern medicine deemed chronic or unhealable. And even better, we have seen it happen in a way that does not depend on modern infrastructure or vast amounts of money. If there is any truth to the plant-based philosophy founded in herbal nutrition, is there not a large incentive to explore it and gain whatever benefit is to be had?

In conclusion, we will not chide you when you eat a hamburger. In fact, it's possible we would join you under certain circumstances. In return, please don't make fun of our salad and tea, or feel threatened by them. They may be an answer you are seeking.

—Josh & Amy Choate

Amy's Story

I thought I was going to die. Actually, it would have been easier to die. To continue the intense suffering was more than I thought I could endure. I was twenty-one, serving a mission for The Church of Jesus Christ of Latter-day Saints. It was no small miracle to make it through each day, as my body persisted onward through severe addiction and exhaustion. The only thing that kept me going was sheer willpower. I didn't know something was wrong until a few days before I was sent home; I assumed life felt this difficult for every missionary.

Let me back up a bit. My name is Amy Ward Choate. I was raised in a large Mormon family, the seventh of nine children. I did gymnastics, dance, sports, music, and all the things many American children and youth do. I was robust, active, and physically well.

However, the year after coming home from my mission prematurely, I was mostly bedridden. I did not understand the principles of health or the natural laws that govern it, and my body was paying the price of ignorance. It was a momentous event when I had enough energy to take a shower. I struggled with severe depression. My body ached so badly that I dreaded the long nights of painful sleep. Parts of my body became numb. I gained a lot of weight. My sugar cravings were incessant and insatiable; I was addicted to sugar like a fish needs water. I came to understand that I was severely ill, which was helpful; in the beginning I couldn't recognize that. Yet I still failed to understand that I was nutritionally deficient, in the extreme. As a result I was at rock bottom, more than just physically. I began to wonder each day if I would be sick for the rest of my life or how long my life would last.

I was diagnosed with many things, and for a while I went along with the testing, medicines, and therapies. Nothing seemed to help. One day a woman from my church called and suggested a doctor with whom she had been working. Going to see this doctor was my maiden voyage into holistic medicine. His first protocol was a huge shift in diet: specifically a whole-food diet free of sugars (not even fruit), yeast, most flours and grains, and all processed foods. For the next year, I ate with complete discipline, thanks to the cooking of my mother. Within that year, the weight easily dropped, the depression began to lift, and the pain ceased. It was a start. My journey toward wellness progressed, and I was able to return to BYU to complete my degree in jazz piano. Though the exhaustion had not completely disappeared, I was moving forward and finding answers.

When I was twenty-four, I met Joshua Choate. He had experienced similar challenges in his early twenties that also required him to come home early from his mission for the church to which we both belong. We shared a deep interest in health and wellness. We married four years later and united our efforts and doubled our progress. Our entire marriage has been an exploration of the human soul (body, emotion, mind, and spirit) and the things that bring freedom to the soul. We have found incredible success! As I grow a year older each birthday, I feel I am continuously growing younger. I feel alive. I feel strong. I love the new me and look forward to understanding more of what and who I am. I love being a mother and wife, and I seek in earnest to teach my children the things I am continually learning about the power of nutrition. The naked truth may save them from the

suffering I once knew. And while it isn't always easy to sustain our food culture, particularly at social gatherings, food and nutrition are a choice.

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”^[1] I want my children to learn to treat their bodies as temples.^[2] Over the years I have found the cleaner I am from the inside out, the more clearly I can discern intuition. I trust the voice in my heart, which I never before discerned with such clarity. Trusting my heart has brought continued peace and healing.

I find it strange that people always want to know what caused the illness. Now when I tell my story I just say I had a really bad case of “Amy.” It's the truth. A diagnosis doesn't matter. I have come to believe nothing is chronic; no one has anything but emotional, mental, and spiritual imbalances posing as physical symptoms. Taking the label of a medical diagnosis is taking a life sentence of victimhood. It doesn't matter what I had or how I got to the place of sickness, it only matters that I made the choices to change it with God's help. Now my mission is to facilitate freedom from addiction and sickness by helping others understand the principles of “soul” nutrition. Nutrition not just for the body but for the mind, heart, and spirit.

The topic of naked nutrition has been taught in many gardens throughout history. I learned it in my own father's garden as a young child. While planting seeds, I looked up and said, “Dad, are we planting flowers or dinner?”

What are you planting? Seeds for remarkable health and happiness? If not, I invite you to start on your own journey. Nutrition is the most quantifiable and controllable place to start. It offers immediate results. Start by making good choices and practicing discipline today. It may feel difficult at first, but the rewards to your soul will be remarkable. You “shall run, and not be weary; and shall walk, and not faint.”^[3] You'll have less instance of sickness, and will experience clearer thinking and more meaningful conversations guided by intuition. In short, you will be able to accomplish the work God has in store for you. I promise you will feel something if you will make the commitment to keep your body cleaner from here forward.

Notes

1. 1 Corinthians 3:16, King James Version of the Bible.
[\[return\]](#)
2. “Guard and protect it [your body]—take nothing into it that shall harm the organs thereof because it is sacred. It is the instrument of your mind and the foundation of your character.” [Patriarchal blessing of Boyd K. Packer, 15 January 1944, 1] “The Instrument of Your Mind and the Foundation of Your Character,” Boyd K. Packer, February 2, 2013, https://speeches.byu.edu/talks/boyd-k-packer_instrument-mind-foundation-character.
[\[return\]](#)
3. Isaiah 40:31, King James Version of the Bible.
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Annie's Story

I am a wife and a mother of six children. My life is absorbed with and dedicated to doing my best for those seven loves of my life. You know—feeding, laughing, teaching, praying, reading, singing, doctoring, crying, correcting, inspiring, and above all, loving. It is diapers, dishes, laundry, Band-Aids, snuggles, baths, and stories. How happy I am that I made the decision to become a mother! Mothers, we are on this journey together, and I want to share some pearls that have made my life easier and brought me joy. My husband and I have made the conscious choice to live simply, to give our children good books, plenty of time outdoors, uplifting music, family time, and good, clean food.

Mothers can kindle within children's hearts a desire to become their best and help them avoid diversions that derail their character building. Unless they are protected until their characters are molded and solidified, they may never reach their full potential. Along with their complex physical bodies, they (and we) have emotional, mental, and spiritual selves. Since I believe the foundation for a whole and healthy person may be rooted in the way we take care of our physical bodies, perhaps these musings are not so foreign to a cookbook.

As a girl, I appreciated the taste of wholesome food because my parents and grandparents always grew lovely gardens, but I did not understand anything about food. Spring brought fresh asparagus and late summer fat, juicy tomatoes. Vinegar-soaked cucumbers with salt and pepper and sautéed zucchini sprinkled with fresh herbs were always among my favorites. From my Grandma Deanne's home I could expect a little dish of fresh raspberries drizzled with cream or homemade applesauce sprinkled with cinnamon—after I ate my vegetables, of course.

My food education began as a newly married young woman. I clearly remember my mother-in-law helping me stock my kitchen cupboards with canned and boxed foods, which I brought with me from my days as a single college student.

As she handed me the cans from the box on the floor, she asked, "Are you sure you want to use these?" I answered a little nervously, "Yes, I think so ... Why?" Very kindly she tried to explain that there were ingredients such as preservatives, flavor enhancers, and dyes which made these products potentially harmful. I had never considered such a thing! Without question, I believed her and took each can and box and threw them into the garbage. My education continued as I discovered how to flavor dishes with fresh herbs, and I found I had a passion for cooking with the best ingredients. I began to realize food is not just something to put in our bellies. It can be the building blocks for a sound mind and body.

I have also learned to be wary about more than just junky food. We are living in a time of cheap amusement and entertainment. Advertisers constantly tout new, cheap thrills. Children are taught to be consumers at a young age, so wise parents will help their children to be content with what they have and to enjoy and appreciate simplicity. As far as food is concerned, I like real for them—a date or an apple rather than sugar-coated, artificially flavored, neon-colored "treats." God has created so much bounty and variety! If our children are always given things in dazzling artificial wrappers, they may miss what

has been given in simplicity and wholeness. The danger is that they may never be content, always seeking for the next thrill, the latest trend, the newest consumer “bling.”

Let us use the power of good, clean food in building our children’s minds and characters. Let us help them learn to choose what is real and good, and not what is simply enticing, I hope my children and yours learn to appreciate the simple things in life so they will be content. May we find joy in living and giving our children simplicity, for it is enough.



The Birth of *Naked Nutrition*

I met Amy in 2011 at an institute for health and holistic living in Montana. Immediately, we recognized a familiar and special connection. Two years later, we reconnected by arranging to become neighbors.

Amy and her husband, Josh, were busy running their business, Natural Philosophy (an organic market and yoga studio). On a whim, Amy and I did a trial run vending food for a summer event. The menu was so successful that Natural Philosophy opened an organic soup and salad bar based on the food principles behind the recipes. During this process, mothers and caregivers expressed their desperation to incorporate more real food into daily living. The demand for the recipes grew rapidly; the obvious thing to do was write a cookbook.

Naked Nutrition serves as a tool to aid you in transitioning your food lifestyle to one that nurtures your body, emotions, mind, and spirit. When we talk about naked nutrition, we speak of food in its pure form, as God created it: no fillers, no dyes, no additives, no preservatives, no flavor enhancers, no stabilizers, and no nonsense. Real food is the foundation of life and contains everything we need to thrive. When correctly prepared, wholesome foods are the building blocks necessary for a strong and successful life.

This book is more than just a cookbook; it is a celebration of the beauty and bounty of the masterful creations of God. What He has created is enough. It is *Naked Nutrition*.

—Annie Miller





Musings of a Conscientious Mother

1. **Eat Plant-Based.** “Eat food. Not too much. Mostly plants.”^[1] If there is one thing upon which we can all agree, it is that plants are good for us. “Plant-based” describes a diet based predominantly or completely on plant-based foods. It implies minimization or removal of animal products as the main focus on the plate. A step further is the whole food plant-based lifestyle, or what Annie and I term “naked nutrition.” Eating white flour, white sugar, and white pasta is plant-based but lacks the nutritional integrity the food once had in its whole and naked state. Whole food, plant-based eating may prove to be the most powerful thing you do. I know many people who control symptoms of disease with this diet lifestyle.
2. **Focus on Nutrition, Not Calories.** Almost daily, I get asked what I think the most important dietary change is. My husband and I teach an easy and quick breakdown of nutrition with an emphasis on plant-based food preparations. Listed in order of importance:
 - a) Live Liquids (without fiber) such as herbal tea, fresh juice, sun water, kombucha, water kefir, and Rejuvelac (see “Techniques”). If you make no other changes in your diet but this one (especially herbal tea), you will notice results.
 - b) Simple Solids—raw foods in their solo state, full of enzymes.
 - c) Whole Food Combinations (mostly raw), or in other words, combinations of simple solids and live liquids to create exciting dishes and meals with sprouted grains, nuts, seeds, fruits, vegetables, oils, and herbs.
 - d) Wet Heat—foods that are gently cooked or steamed. A good soup is just an infusion of herbs and vegetables—a more complex tea of sorts—and can do such wonderful things for warming the body on a cold day.
 - e) Dry Heat (baked food)—use this group sparingly. It’s generally harder to digest, but is an important category for those who want to transition their diet because it gives some options outside of prepackaged grocery store items.
3. **“If it’s a plant, eat it. If it was made in a plant, don’t.”** This statement from Michael Pollan’s *Food Rules*^[2] can change your life. Making this dietary change will bring improvement to the immune system, more stability of emotions, improved mental clarity and body function, and increased ability to discern intuition. Read labels and remove all synthetic ingredients including dyes, preservatives, additives, and “artificial” and “natural” flavorings from the diet.
4. **Quality Matters.** Remember that old adage “You get what you pay for.” Naturally grown food (organic or similar) is worth the money. Nutritional levels can be significantly higher while food toxicity levels can be drastically reduced or entirely eliminated.^[3] When we made the shift to organically principled food, we noticed that we actually started eating less. Our bodies were satiated on less food because we were getting more nutrients. We especially noticed this when we had stints of returning to lesser quality food—it just took more to feel satisfied. Eating proper

foods should leave you feeling light and energetic. Start discerning how you feel after you eat or drink pure nutrition. You will be delighted by the outcome.

5. **Know farms, know food. No farms, no food.** Shopping local and knowing the farmer is the best avenue to food quality and honesty. With the rise of farmer's markets and CSA's (community supported agriculture) in the nation, there has never been a better or less expensive time to get amazing foods. You can quickly and easily create relationships with local farms that espouse your food values. Find your match and stock up!

When you don't know the farmer, some certification is generally better than no certification. The government's organic certification process is not the most reliable way to verify food quality, but it indicates the following:

- Reduced exposure to pesticides
- No use of chemical fertilizers, dyes or synthetics at any stage of the plant's life (before growth, after growth, or during processing)
- The product contains no genetically modified ingredients or industrial solvents, and was not radiated, which kills good bacteria and lactic acid cultures[4]

Right now, estimates suggest that more than 80 percent of packaged foods in grocery stores contain GMOs.[5] Seriously consider eliminating all genetically modified foods from your diet.

6. **Enjoy the Benefits of Raw.** Life begets life. If you would like to experience more life energy, then eat more living, raw foods. They contain the enzymes needed for optimal food and nutrient absorption. When enzymes are in place, the digestive system is given a substantial break, and energy is free to perform other processes in the body. When I was on a completely raw diet, three weeks into the lifestyle I found that I would naturally awaken between 4:30 and 5:00 a.m. ... with energy. Now, while I don't maintain a strictly raw diet, I try to maintain a highly raw diet for its powerful benefits.

7. **Eliminate Carbohydrate Conundrum.** Plant-based eating has the potential to be detrimental when carbohydrate loading occurs. Filling up on breads, cereals, crackers, as well as white potatoes, can lead to breakdown of the intestinal wall, nutrient deficiencies, digestive issues, anemia, fatigue, and the list goes on.

When you do eat complex carbohydrates, consider sprouting and/or fermenting them. Be mindful of the overall quantity you are consuming and whether this is supporting the body or burdening it.

8. **Get to Know Some Wild Edibles.** Catnip, pine needles, rosehips, alfalfa, dandelion, plantain, purslane, mallow, yellow dock, stinging nettle, clover, and fruit tree leaves are all edible. Be sure they aren't sprayed! You will feel more security in the world if you know a handful of plants and how to use them. They may just save your life.

9. **Budget Wisely.** I often hear people say, "I can't afford to eat the way you do." This drives me nuts. Budgeting allows me to have the special things I want in my pantry. I

thought it would be pricey to change over to whole real food. When I took my family cold turkey into the world of naked, unprocessed foods, our food costs remained the same. I quickly found that it wasn't more expensive to eat clean, honest food so long as I made sensible purchases and avoided the more expensive packaged foods.

Additionally, making supportive food choices now will save you money on your overall wellness in the long run. So far, my children have not needed to visit a doctor's office. That has certainly saved us some money. Contrary to what it may seem, a food budget also encourages creativity. I remember in my early marriage, we had thirty-four dollars for the month's food. We budgeted pure water first, then broke the rest down for four weeks of produce. We happened to have a pantry with some grains and legumes, and so we relied on that. Believe me, I got creative.

10. **Buy in Bulk.** Buying in bulk is the best deal for your money. We try to buy staple items in large quantities. I budget one bulk item each month and then fit the essentials into the remaining budget. After a few months of stocking the essential pantry items, you'll have a rotating storehouse. The price tag will seem big at first glance, but honestly, the savings are worth it. Look for a group of people who are interested in some of the same items and create your own food co-op, or find a local food co-op. Most natural food stores and conventional grocery stores will offer a discount for buying in cases or bulk on special orders. Azure Standard is a national food co-op that we use on a monthly basis. Ask around and see what is available in your area.
11. **Interpret Food Vibration.** We are energetic beings, with energy coursing through our bodies at all times (check out some Kirlian photography to see how it looks). Food has an energy blueprint as well. In *Naked Nutrition*, we seek for the highest vibrations of food. There are a number of ways to raise the vibration of both you and the food you eat: expressions of gratitude, enjoying food in a state of peace and joy, creating beautiful food that captivates all the senses, growing and taking care of the food in a way that is in harmony with nature, and so on.

However, there is still one challenge: If we don't actively experience new energy and raise our own energy, we will continue to be addicted to the vibration of the foods that keep us stuck. During my second pregnancy, I found that I craved more red meat than is generally good for any person, pregnant or not. However, I knew that my body was sending me a signal for something in that local and pure meat, so I ate a lot of it, and without guilt. By the third pregnancy, I had learned a lot about herbs, and I never once craved anything but apples and herbal tea. What I began to realize was that my body was amazing; it would send me signals based on what I had experienced in the past. Whatever I had needed in the red meat, I found in the herbal tea. I have never since craved red meat. I hypothesize that my body craves the foods offering the highest vibration I have experienced.

As you make dietary changes, you may still crave the vibrations of old patterns and food. Listen to those cravings by trying to find other forms of nutrition with the highest energy vibration possible. Let your intuition guide you, and in worst case scenarios, if you revert to lower vibration foods, simply express gratitude for the food and ask God to bless it for your good.

12. **Recognize Food Intuition.** There are so many opinions, studies, authorities, and diets out there that sifting through it all can be time consuming, frustrating, and contradicting. Instead, acknowledge your own authority. No one knows what is better for you than you. There is power in taking responsibility for your body and actions. People who play victim to doctors, government, or society by not fixing their problems will never truly get well in body, emotion, mind, or spirit. Heighten your intuition by recognizing it exists, and then listen to and trust it, not just regarding foods that will support you, but in all aspects of your life. Have courage to start listening to that inner voice, and I promise you will see change in your diet as well as other areas of your life.

13. **Food Is Not the Only Source of Nutrition.** Some of our most important nutrition comes from the sun. For years, yogis derived nutritional benefits from sun gazing, sun infused water, and sunlight. If your health and energy levels make you wonder whether your food is satisfying all your body's needs, I'm here to say food is only one part of your body's nutrition and needs. Evaluate your lifestyle and consider:

- Activities that get you outdoors into more sunlight as well as opportunities for movement and wholesome “re-creation”
- Breathing habits—do you breathe well enough to support the health you're seeking? Try some yoga or meditation.
- Drink your nutrition (instead of always eating for nutrition). Simple, homemade herbal teas are some of the best nutrition I've experienced.

The best supplements are not purchased in a store—they are found in nature. Recently, I shared a yoga class with a woman who complained of awakening to night sweats every night for fifteen years. After class, I showed her some simple herbs for tea that I love for overall nutrition. She started the tea immediately and later told me that she slept six of seven nights that week. Real nutrition allows the body to perform its functions properly.

14. **Breathe for Digestion.** If you want to digest your food for better nutrition and feel more calm and connected in general, here is a list regarding the physiology of breath to inspire you to consciously breathe:

- Every cell is dependent on oxygen.
- Without enough oxygen, cell function declines, causing pain and disease. If brain cells do not receive enough oxygen, emotional distress results.
- One of the most common problems resulting from shallow breathing is poor digestion. (The intestines have been likened to the second brain.)
- Regular deep breathing directly cleanses the lungs of toxic debris.
- Conscious breathing shifts the body out of “fight or flight” mode, which mode can destroy the body over time.
- One-third of people do not breathe well enough to sustain normal health.[\[6\]](#)

15. **Institute Family Dinner.** Some researchers have referred to family dinner as the “family sacrament.” “Studies show that children in families that eat dinner together at least three times a week have better grades, lower rates of addiction, less depression,

healthier eating habits, and fewer eating disorders.”[7] Similar studies have found that working parents who regularly participate in family dinners generally feel more successful as professionals. It’s not about serving a luxury meal but about taking time to be together. Give your loved ones the gift of your time and attention—at the dinner table.

Get your children involved in menu planning, food preparations, setting the table, and clean up. I like to give my children a voice about food ideas and listen to their input. If it is a new recipe, I ask them to take a “courtesy bite.” They then give me a thumbs-up, thumbs-down, or thumbs in the middle. When I receive a neutral thumb or thumbs-down, I ask what they would do to make it better or change it. They usually give me a very reasonable response and I try to implement it. However, I don’t make a different meal for them when they don’t like it.

We usually just eat and talk at the dinner table but sometimes we get spiffy and play restaurant. We serve the children (or they serve us) with food from a menu. They love this activity. It makes the food seem special, even if it is something they have had one hundred times.

Annie has a beautiful philosophy that children don’t need amusement park food to feel the joy of food. In fact, if meals are full of rich foods, they will never learn to appreciate the simplicity and beauty of foods in their naked state. In a metaphoric sense, teach children to enjoy a regular walk in the woods (simple foods) and that the occasional trip to an amusement park is reserved for very special times (special foods).

16. **Food Is Joyful.** Take time to sit down, eat slowly, enjoy good company, and laugh about life. Eating in an environment of relaxation and rest is critical to proper digestion. It stimulates the parasympathetic nervous system, or the “rest and digest” part of the body. Meals eaten quickly, under stress and on the go, stimulate the sympathetic nervous or “fight or flight” system, and proper assimilation and digestion are limited. Try to make dinner a place of calm and peace and minimize controversial conversations. “Better is a dinner of herbs where love is, than a stalled ox and hatred therewith” (Proverbs 15:17).
17. **Food Is Art.** It is worth the added effort to make a meal beautiful. Stimulating all the senses with food presentation will lead to better digestion and a more joyful eating experience. I’ll never forget the way my mother would lay fresh pansies on steamed blades of asparagus. Bless her artistic soul.
18. **Express Gratitude.** It’s been said that prayer changes things. I believe it. Take time to express gratitude to God or a Higher Power for the food, no matter how simple or stately its form. Even a simple verbal expression of gratitude has power to change both you and the food. Negative thoughts and words can do more harm than may be already inherent in the food. If you choose to eat junk, accept the choice and just forgive yourself. Shame and guilt are incredibly damaging to the human soul. An enlightening read on this topic is *The Hidden Messages in Water* by Masaru Emoto.
19. **Avoid Late-Night Eating.** When we get home late in the evening and the children

are hungry, we make a pot of herbal tea to drink and go to bed. Rather than actual hunger, my family is usually looking for something to fuel the body processes to keep going into the late night hours. When you burn the midnight oil, you also burden the balance of the body and then start to crave things that would put you further out of balance (sugar, carbohydrates, and so on). Indulging during those hours just leads to food and other addictions. Instead, turn the lights down, sip some tea, and go to bed. Allow the body to devote its energy to the processes of repair, detoxification, and rest rather than digestion. You will awake with a clearer mind and more energy in the morning.

20. **Counter Complaints of Hunger.** True story: sometimes within one hour after lunch my children start complaining of hunger. I have learned that my own desire to eat and also that of my children is often a hidden cry of boredom. As a nation, we eat as a hobby—for something fun to do. It’s fast, easy, cheap, and requires no mental focus. If we can’t turn to food for entertainment, the next step on the path is some other stimulating addiction. The best treatment for this behavior is to foster some creative and fulfilling hobbies, get some much needed rest or reprieve, or spend time with things that have their original blueprint or are in a natural form. For example: taking a walk in nature, getting some sunshine, or reading a paper book instead of an electronic device (which emits negative radiation, is made of plastic, and potentially alters the balance of your endocrine system, all which remove you further from your own natural blueprint).
21. **Persuade, Don’t Force.** I openly admit that I have burned a lot of bridges in my pilgrimage with naked foods. I have been labeled a “food snob” and have unintentionally caused hurt in meaningful relationships. I probably deserved the verbal jabs because I wasn’t wise enough to know how to eloquently and genuinely express my personal goals. There is not one right way to handle the topic of food with family, friends, and society. However, being honest and genuine is important. Recognizing that this is your chosen journey is critical. To force others to take the journey with you just won’t work. If the dietary changes ruin a marriage, is it worth it? A proverb comes to mind: “It is better to dwell in the wilderness, than with a contentious and an angry woman” (Proverbs 21:19). Don’t allow food differences to ruin important relationships. However, no true friend or family member would deny your personal growth and the chance to be well. So when confronted about your diet decisions or when put in an awkward situation, try this one on for size: “Jenny, you know how I love your triple-chocolate-dipped marshmallow-crème truffles. Maybe you didn’t know that I have been experiencing some low energy for a while. I suspect that if I change my food habits, I will have more energy as a mother. Would you mind if I passed up your truffles? I’d love to just sit and talk.

Here’s one more: “Honey, I have been contemplating a change in my diet for a while now. I would like to stop my sugar cravings. If I change the way I eat, I think I can overcome those cravings, get more nutrition, and lose weight. Would you give me your blessing to try this? It may mean that I don’t eat the same foods with you at mealtimes, but we’ll still eat together. You can even try my food, if you like” (with a wink). And, honestly, he probably will try it after a while. He will probably even like

it. He may even ask for more.

In a nutshell, here's how it works:

- Express acknowledgement of them and the situation.
- Kindly inform them of your reason for making the change, for example: desire to break a sugar addiction, take better care of your body, lose weight, and so on.
- Hypothesize what you hope will come of it, so the goal is obvious.
- Ask for permission. Although you don't need it, it will soften their heart to ask permission to pass up the food offering or move forward with your plan.
- Help them feel that your relationship is more important than the food.

Bring this conversation out only when the instance is called for; if you talk about food all the time, people will begin to think you really are only what you eat. Most the time, I find it is most peaceful to remain incognito until that moment arrives. Note that sometimes, even when you politely respond this way, you may still be treated as an alien. It doesn't win everyone every time.

—Amy Choate

Notes

1. Michael Pollan, *Food Rules* (New York: Penguin Books, 2009), xv.
[\[return\]](#)
2. *Ibid.*, 41.
[\[return\]](#)
3. “The Organic Effect,” The Swedish Cooperative Union, accessed July 28, 2015, <https://youtu.be/oB6fUgmyKC8>
[\[return\]](#)
4. According to an article in *Gold Mine Natural Food Co.*, (December 1992, 35), “A child cannot survive on only irradiated food. Because the intestinal flora becomes sterile and the natural lactic-acid culture there is gone, the child is unable to assimilate nutrition. It will starve to death, and the parents and doctors do not realize the reason for it. Only those who have studied the important role of bacteria in the assimilation of nutrition are able to understand the consequences in full.”
[\[return\]](#)
5. Estimates suggest that as much as 80 percent of US-processed food may contain an ingredient from a GE crop, such as corn starch, high fructose corn syrup, corn oil, canola oil, soybean oil, soy flour, soy lecithin, or cottonseed oil. (Hallman WK, Hebden WC, Aquino HL, Cutie CL, Lang JT, *Public Perceptions of Genetically Modified Foods: A National Study of American Knowledge and Opinion*, Food Policy Inst. Publ. RR-1003-004. New Brunswick, NJ: Rutgers University, 2003).
[\[return\]](#)
6. Felice Austin, *Awake As In Ancient Days: The Christ-Centered Kundalini Yoga Experience* (Santa Cruz, NM: Madison & West, 2014), 110–11. Bold print added.
[\[return\]](#)

7. "Making Dinner Together Time," M. Sue Bergin, *BYU Magazine*, Winter 2009, <http://magazine.byu.edu/?act=view&a=2355>.
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Pantry Suggestions

This is a dream list. Do not get discouraged or overwhelmed as you read this. I never have everything on this list at one time. I am grateful for this because I recognize I have had to become a more creative cook. I may have a few ingredients from each section and surprisingly, we eat very well.

If you are working with a tight budget, choose one or two items from each category. You do not need to purchase everything at one time.

The bolded items are essentials in my kitchen. This may be a useful guide to help you get started.

Quality Reminder: We always prefer Certified Organic or equivalent quality if we can get it. In certain cases, such as dried fruits, we won't buy non-organic because this almost always means the fruit is sulfured. As much as possible, research the nature of the food and how it is processed in order to determine how important Certified Organic is or isn't. We have found some wonderful non-certified organic sources, but in each instance we have typically called the grower or producer and satisfied ourselves with how they grow and process the food and its overall quality and purity.

—Annie Miller

dried fruits

Apples

Bananas

Berries: blueberries, cranberries (apple juice sweetened), currants

Coconut, shredded & chipped (unsweetened, without preservatives)

Dates/date rolls

Figs

Mangoes

Pears

Pineapple

Prunes

Raisins

frozen fruits

Bananas

Blackberries

Blueberries

Cherries

Peaches

Raspberries

Strawberries

oils

Coconut oil—extra virgin cold pressed

Olive oil—extra virgin cold pressed

Sesame oil—raw and unrefined

raw nuts and seeds

Almonds

Brazil nuts

Cashews

Chia seeds

Coconut, flaked, shredded (unsweetened, without preservatives)

Flax seeds

Hemp seeds

Pecans

Pine nuts

Pumpkin seeds

Poppy seeds

Sesame seeds

Sunflower seeds

Walnuts

sweeteners and salt

Agave nectar, raw salmiana

Celtic sea salt

Coconut nectar

Coconut sugar, raw

Himalayan salt

Honey, local raw

Maple syrup, organic, grade B

Molasses, unsulphured blackstrap

sprouts

Adzuki

Alfalfa

Broccoli

Cabbage

Clover

Fenugreek

Garbanzo/Chickpea

Mung Bean

Radish

Sunflower

miscellaneous

Agar Agar, powder or flakes

Almond butter

Apple Cider Vinegar, raw with live culture or “mother”

Cacao powder, raw

Coconut aminos

Coconut flour

Essential oils and extracts (lemon, lime, orange, peppermint, cinnamon)

Kelp, dulse or seaweeds

Lucuma powder

Maca powder

Nutritional yeast, flakes or powder

Peanut butter

Psyllium husk, whole or powder

Sesame tahini, raw

Vanilla extract/powder, pure

grains

Barley

Brown rice

Buckwheat

Kamut

Millet

Oat groats

Popcorn

Quinoa

Spelt

Wheat

legumes

Beans

Lentils

Split peas

spices

Basil

Bay leaves

Black pepper

Cayenne pepper

Chili powder

Cinnamon

Cloves

Cumin

Curry powder

Dill

Garlic powder

Ginger

Mustard powder

Nutmeg

Onion powder

Oregano

Parsley

Sage

Thyme

White pepper

herbs

Alfalfa

Chamomile

Fennel

Ginger root

Lavender

Lemon balm

Licorice root

Mullein

Nettles

Peppermint

Red clover

Red raspberry

Red rooibos

Rose hips

Spearmint

Yarrow

Food Substitutions for a Naked Nutrition Kitchen

by Amy

Whenever possible, look for local organically principled or biodynamic options first.

Artificial Sugars (such as acesulfame potassium [Sunett or Sweet One], aspartame [Equal or NutraSweet], sucralose [Splenda®]): substitute green stevia powder or leaf (not white processed stevia powder).

Baking Soda: use nahcolite baking soda (in its natural form from the earth as sodium bicarbonate) instead of something produced synthetically. Among other brands, Bob's Red Mill and Frontier carry it. Most baking soda undergoes a chemical processing; look for a brand that expressly notes they don't process the soda with chemicals.

Baking Powder: use aluminum-free baking powder. For a homemade version, use 1 part baking soda, 1 part arrowroot powder, and 2 parts cream of tartar (all available from Frontier in bulk). For more information on baking soda, see "Baking Soda." For more information on arrowroot powder, see p. 162.

Boxed Cereals: eat raw granola using nuts and seeds.

Butter: use coconut oil or room-temperature coconut butter. Not all coconut oil is the same—look for unrefined, raw coconut oil. I love Tropical Traditions and Coconut Secret. Tropical Traditions Gold Label is wet-milled, unrefined, and handmade. It has a beautiful coconut taste and smell. To add butter flavor in soups, baking, or raw snacks, add organic or non-GMO nutritional yeast to taste.



Canned Foods: use homemade stocks, beans, sauces, and so on that have been prepared or frozen. Canned foods contain metals from the can.

Caramel Flavoring: use lucuma powder.

Cheese and Butter Flavors: use organic or non-GMO nutritional yeast.

Chewing Gum: cut it out of the diet completely. Why? When you chew, the pancreas is stimulated to produce enzymes for breakdown of the incoming food. Chewing gum does not allow the digestive system a chance to rest. The pancreas gets overworked and your energy is spent creating enzymes for nothing. Talk about crying wolf!

Citrus Juice: use 1 drop lemon, orange, lime, grapefruit, or another citrus essential oil in 1 tablespoon water or live sauerkraut juice. The zest from the peel also infuses citrus flavor. Use zest generously.



Cocoa Powder: use raw cacao powder. Chocolate has stimulant properties. Personally, when taken within a couple hours of sleep, I experience crazy dreams at night. I choose to eat it sparingly, regardless of studies that report it as a superfood.

Coffee: use roasted chicory root, brewed as a tea. Combine chicory with other roots like roasted dandelion or roasted maca for more flavor.[1] Pour 8–10 ounces of boiling water over 1 tablespoon roots. Steep for 10 minutes. Strain and drink.

Colors/Dyes: substitute fresh fruit or vegetable juice concentrate, turmeric powder, and beet powder. See pp. 20–22 for more detailed food coloring instructions.

Condiments: replace condiments with homemade versions from recipes from this book or online. Store-purchased condiments are loaded with sulfites, dead vinegars, dyes, artificial and natural flavors, hydrogenated oils, sugar, and a host of other additives and preservatives.

Cooked Tomato Products: use sun-dried or dehydrated tomatoes, soaked in water for 10 minutes, and then processed or blended, with a little water, to a paste or sauce consistency.



Corn Syrup: use raw agave, maple syrup, or blended date paste (see “Sugar”).

Cornstarch: use arrowroot powder.

Dairy Products: substitute nut and seed milks and homemade nut-based cheeses, sour creams, yogurts, and cream cheese, without additives and preservatives.

Eggs: use chia, psyllium husk powder, or flax seed. Use 1 tablespoon ground chia, psyllium husk powder, or flaxseed to 3 tablespoons water/liquid or 1 teaspoon whole chia or flaxseed to 1 tablespoon water or liquid. Whisk, and then allow the seeds or powder to sit in the water until the water is absorbed before using. Be sure to grind your own flax in a blender or coffee grinder, since the powder loses its oils quickly and becomes rancid. Freeze the leftover powder for later use. When using flax, golden flax seed has the lightest flavor and color. An amazing egg substitute (flax gel egg replacer): 5 tablespoons flax seeds simmered in 3 cups water for 30 minutes, unlidged. Strain gel and freeze in ice cube trays in 1 tablespoon amounts. Use 3 cubes to replace 1 egg. Thaw before adding to recipes.[\[2\]](#)



Energy Drinks: drink a tea concoction made of herbs high in B vitamins (alfalfa is #1, followed by nettle, red clover, hops, catnip, and hawthorn) with a shot of cayenne or

ginger added to the drink. If you feel you must have the stimulant, Yerba mate has caffeine but won't create the same adrenal crash like processed energy drinks nor contain the synthetic vitamins. Brew the tea as normal, 1 teaspoon tea per cup of water. For a simple energy tea, make a mix of 4 parts alfalfa, 3 parts spearmint, 2 parts nettle, 1 part red clover, 1 part hawthorn, 1 part ginger root, and 1/8–1/4 teaspoon cayenne, added after the other herbs have steeped. Drink a quart a day, throughout the day. See p. 4 for a more detailed tea explanation.

Flavorings (imitation, artificial, and natural): the real deal is best. You can also substitute high-quality organic essential oils or extracts. Organic is important with essential oils, since this is a concentrated item and the pesticides will also be concentrated. Of all the oils on the market, I prefer Primavera oils, Shirley Price oils, or Mountain Rose Herbs oils. Start with 1 drop at a time, until you reach the desired flavor. Peppermint, orange, lime, lemon, rosemary, ginger, and cilantro are the most common flavors I use.

Flour: use a sprouted heirloom wheat such as spelt, Kamut© (khorasan), einkorn, or emmer. Gluten-free flours include millet, amaranth, buckwheat, quinoa, coconut, or nut and seed flours.

Grains are not in season until they have been allowed to sprout to a sufficient state. In gluten grains, seasonality occurs when gluten is completely broken down and the grain becomes a plant. An excellent flour option: plants that have grown to their seasonality or maturity and then dried and ground into flour, such as coconut, wheatgrass, or barley grass powder. Some superfood powders also work as flour, such as maca, lucuma, and mesquite.

Fruits (dried, non-organic): use organic dried fruits or dried fruits that are not preserved with sulfur or sulfites. Non-organic dried fruits do not always list preservatives on the label and are generally preserved with sulfur.

Fruit Juice (pasteurized): drink homemade fruit juice or organic juice without natural flavors, additives, or added sugar.

Jell-O and Gelatin: use agar flakes or powder. In most cases, substitute 1 teaspoon agar powder for 1 teaspoon gelatin powder. When converting agar flakes to powder, use 3 parts flakes to 1 part powder. Most chefs use 1 teaspoon powder or 1 tablespoon flakes per 1 cup liquid. That is a little firm for me; I like 3/4 teaspoon agar powder per 1 cup liquid for firm set and 1/2 teaspoon powder per 1 cup liquid for soft set. The most cost effective form is powder (see p. 24 for color options and recipe ideas).





Kool-Aid® & Colored Sugar Drinks: use real fruit juice, smoothies, tea, fruit sweetened Rejuvelac. For adding color, see “Colors/Dyes.” As for the extra sugar in packaged drinks and Kool-Aid®, if the blood isn’t able to properly exchange minerals with the sugar, it robs the muscles of minerals, and then the bones.

Nuts and Seeds (roasted): use raw nuts and seeds that have been sprouted and dried in a dehydrator. They will come out crunchy and surprisingly similar to roasted nuts. Salt or season if desired. Lightly toasting or baking raw nuts and seeds at home is also preferable to pre-roasted.



Pasta or Noodles (grain- or legume-based): use spiralized/julienned raw or cooked vegetables, kelp noodles, or cooked spaghetti squash.

Pickles (preserved with vinegar): use live fermented pickles in salt brine, either homemade or a brand like Bubbies®.

Rolled Oats: replace with raw or steamed oat groats that have been sprouted, sun or

dehydrator dried, and then run through a Marga Grain Flaker Mill. The oats from a store have generally lost their oils and offer little nutrition to the body.

Table Salt: use natural salt found by eating papaya, celery root, and rutabaga vegetables. Also pink Himalayan or ancient seabed salt are desirable, as they contain trace minerals. Beware that refined table salt often has anti-caking agents added. If there is a concern regarding lack of iodine, add black walnut herb to herbal tea or add kelp and other seaweed vegetables into the diet.

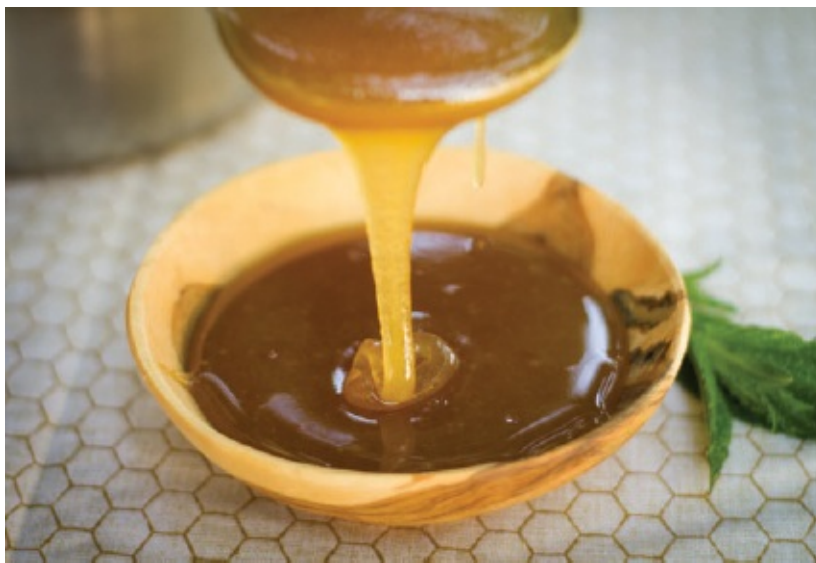
Shortening: use chilled coconut oil (see “Butter”)

Soda: kombucha, water kefir, Rejuvelac, and herbal teas.

Soy Sauce: use unpasteurized live soy sauce called Nama® Shoyu or coconut aminos.

Spices and Herbs: use local, wild crafted, or certified organic herbs. If not using these, the plants are potentially irradiated or exposed to undesirable chemicals.

Sugar: try blended dates or unbleached whole date sugar, raw local honey, dark colored maple syrup, unsulfured blackstrap molasses, coconut nectar, blended dried fruits, figs, unrefined and unbleached organic whole cane sugar, or coconut palm sugar, and occasionally raw agave nectar.^[3]



Vegetable Oils (using methods of extraction other than pressing [corn, canola, soybean, sunflower, safflower, peanut]): use cold or expeller pressed (a non-chemical extraction process) plant oils such as extra virgin olive, raw sesame, coconut, or avocado. Some other oil options for raw food preparations also include pumpkin seed, flax seed, evening primrose, black currant, borage, walnut, and wheat germ oils. For oils to heat, I prefer to use coconut, since it is mostly a saturated fat, which makes it less susceptible to damage. Extra virgin cold pressed olive oil is also a good choice since it is less prone to oxidation.

Vinegar: use live vinegars with the “mother” (the mother is the bacterial colony created in the fermentation process). Good substitutions include raw unfiltered apple cider vinegar or raw coconut vinegar. Use vinegar sparingly. Another vinegar substitute is live or fermented sauerkraut juice. Use liberally!



Wine: use organic or biodynamic grape juice, not from concentrate, with live sauerkraut juice (Bubbies® is a good brand) or neutral-flavored kombucha, added to taste.

Yeast (commercial, dry active): use natural or wild sourdough starter.

Notes

1. Heather Crosby, “Meet Roasted Chicory Root—A Health Boosting Caffeine-Free Coffee Alternative,” YumUniverse, accessed June 19, 2015, <http://yumuniverse.com/meet-roasted-chicory-root-a-health-boosting-caffeine-free-coffee-alternative>.
[return]
2. “Flax Seed Egg Replacer—An Egg Substitute That’s Almost Magic,” veganbaking.net, accessed June 19, 2015, <http://www.veganbaking.net/recipes/egg-replacers/flax-seed-egg-replacer>.
[return]
3. Agave nectar is somewhat controversial. Here is a short read that states how I generally feel. Keep in mind, sugar is sugar. Like any sugar, be moderate in agave consumption and choose the best product you can find. Susan Powers, “Agave: Hero or Villain,” *Rawmazing*, March 31, 2010, <http://www.rawmazing.com/agave-hero-or-villain>.
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Kitchen Equipment Possibilities

by Amy



Blender: This is one of the most helpful tools for incorporating easy nutrition. You do not need a high-end, high-powered blender to create most of the recipes in this book. On the less expensive end (\$20–40), usually an Oster or Hamilton Beach, will do the job. However, the efficiency of a high-powered blender (Vitamix or Blendtec; \$300–500) has made it worth the purchase for me. Most nut milks (if the nuts/seeds are soaked) will work

in a lesser quality blender, but coconut milk from dried coconut and high-fiber green drinks really need a high-power blender.

Food Processor: A huge time saver in the kitchen, and important for preparing vegetables, raw dishes, sauces, nut butters, raw crackers, vegetable ferments, and even live juices if you don't have a blender. The most user friendly and efficient model I've used is Cuisinart. For a family, it is worth investing in a larger model (at least 11-cup capacity, \$140). However, it is also nice to have an inexpensive small model for small batches of foods, so the food will catch in the blades. If you can get a model with a julienne attachment, do it. At times when I haven't had my blender with me, I have successfully used an inexpensive food processor to achieve very similar results. If you go the secondhand route, be sure the processor comes with the "S" blade and a grating or slicing plate.



Dehydrator: A dehydrator is invaluable during harvest season and for making raw crackers and snacks. I used to do a lot of canning, until I realized that we needed more live foods through the fall and winter. Now, each fall we dry fruits and vegetables non-stop. All year long we make cookies, crackers, granola, and nut and seed mixes in the dehydrator. I have the basic economy 9 tray Excalibur (\$200). I like the Excalibur because the trays are square and a lot of food can be fit into one dehydrator.

Teflex sheets: These are a flat, nonstick sheet that go on the dehydrator tray to keep food from falling through the mesh (until food is solid enough to be moved to the mesh for further drying). Teflex is most commonly used for foods like fruit roll-ups, crackers, wraps, and so on. I bought an imitation brand set of sheets on Amazon for \$40 for 9 sheets.

Juicer: Really nice juicers can cost between \$300–1000, or more. If you can't afford that, any juice is better than no juice. I recognize that if you want the optimum nutrition and enzymes from the juice, paying more will deliver that. However, many people feel the health benefits with just a simple juicer. Another note on this: if you can afford a food processor, put lots of greens, other vegetables, and fruit into the processor with a small amount of water and process for a few minutes. With a nut milk bag, strain the juice, and

you have a beautiful green drink. Add additional water and whatever else you like in your drink (to taste) since this isn't as concentrated as juice.

Spiralizer: Maybe the most enjoyable kitchen tool I own, this implement turns vegetables and fruits into raw or cooked pasta shapes. Most spiralizers come with at least 4 cutting options: angel hair pasta, spaghetti pasta, a large noodle pasta, and if you take off the changeable blade, you get thin streams of vegetable. Children especially enjoy using this tool, and it takes about 30 seconds to spiralize an entire beet or zucchini. I own two spiralizers, a Benriner Cook Help Vegetable Spiralizer (about \$35) and a Paderno Vegetable Spiralizer (\$50). Be sure to find the latest model with 4 blades (makes 5 distinct cuts).



Nut Milk Bag: This is a tightly woven cotton or synthetic fiber bag for straining nut milks or fiber from juices. It's helpful for making plant-based sour cream and cream cheese as well. A clean cotton dish cloth or paint strainer bag (available at hardware stores like Home Depot for \$2.50 for a 2-pack) works as well. Some people use cheesecloth. I find that cheesecloth is cumbersome and messy. Ideally, a bag with a drawstring is most efficient (about \$10 online).

Mandoline Slicer: Definitely a helpful tool for creating uniform, thinly sliced vegetables and fruits. Look for a slicer that has pins and a hand guard to hold the food as you run the food back and forth over the blade. These can be quite dangerous, so a set of cutting gloves might be advisable.

Marga Mulino Grain Flaker: It's a stainless steel tabletop grain roller. It has several settings for creating cracked grain, finely rolled grain, and coarse rolled grain. It's a wonderful tool, since oils from processed or rolled grains evaporate within a few days of being rolled. I use it specifically for oats. Once the grain is rolled, freeze the leftover oats to maintain the oils.

Knives: A respectable chef's knife runs about \$30 online or in many kitchen stores and is well worth the investment. If you start with a good chef's knife and paring knife, you are set to do most food prep. It's also a good idea to sharpen your knives regularly.

Kitchen Shears: These are great for cutting herbs and more. It's handy to have a pair of durable scissors in the kitchen. Often Costco carries a set of 4 or 5 for \$10–15.

Mixing Bowls: I prefer to use only glass, ceramic, or stainless steel simply because they

are made of things from the earth and tend to still have a natural blueprint; I'm going for a vibe in my food. However, I do love stainless steel bowls with rubber on the bottom so the bowl stays put during mixing. Every kitchen needs a combination of different-sized bowls.

Cast Iron Dutch Oven: This is helpful for getting a deeper flavor when baking vegetables in the oven. I just have a regular 12-inch Camp Chef Dutch oven, which I use on the stovetop for soups as well. I used to think it was a pain to clean, but now I simply rinse it (no soap), dry it immediately so it doesn't rust, and then rub it down with some oil. Look for a preseasoned oven—preferably one without raised décor on the lid. It is harder to clean and keep from rusting.

Preseasoned Cast Iron Griddle: If you plan to make tortillas, this round shallow pan is great. It makes a huge difference in the outcome of the tortilla, since the cast iron holds the heat evenly. Clean the same way as the Dutch oven. (In many cases, the lid to a Dutch oven can be turned upside down and used as a tortilla pan.)

Rice Cooker: Look for the Miracle brand, which has a stainless steel bowl (\$65). It is helpful for cooking rice, quinoa, millet, amaranth, and virtually any whole grain. Unlike cooking on the stovetop, it ensures you won't burn the grain.

Crock-Pot: This is a great tool for preparing legumes and soups ahead of time and at low heat. Check for a lead-free glaze on the bowl.

Teakettle: I used to use an electric teakettle for convenience, because it heated water in about a minute. However, when it broke I just started using a saucepan to heat water. It takes longer, but it's a purer method because there is no plastic involved. Additionally, I also like teakettles that are completely stainless steel (no black plastic). All-Clad makes a really beautiful teapot that runs about \$100.

Measuring Cups and Spoons: I prefer stainless steel and glass. If I just need a small amount of coconut oil warmed, my favorite All-Clad measuring cups act like tiny pans. Both the cups and spoons are solid and the handles don't bend. However, whatever you already have in your kitchen will certainly do the job.

Strainers: It's helpful to have a big fine strain and a large strain colander, as well as a medium and small strainer. When soaking grains, nuts, and seeds, these are helpful for rinsing the acids and enzyme inhibitors from the soaked seeds. My favorite large colander came from Ikea and was around \$15.

Sprouting Screen: this is a stainless steel mesh circle that fits perfectly with the ring of a wide-mouth mason jar. They make sprouting very easy. We also use them for straining one or two quarts of loose-leaf tea. We have several kicking around the kitchen at any given time. The brand we like is Down to Earth Sprout Screen. They run anywhere from \$2.50–\$3.50 each.

Salad Spinner: Wet lettuce can ruin a good salad dressing. A salad spinner will fix this problem in a cinch. They run \$10–20, although you can get one from Ikea for \$4. For me, the bigger the better because we go through a lot of greens at our house. In a pinch, you can shake and dry wet lettuce in a clean dish towel.

Immersion Hand Blender: another fluff tool, but super handy. It's the fastest way to blend stocks, soups, and fruits into a creamy consistency, without removing the food from the original pan. Look for one with a stainless steel stick. I like the Cuisinart (\$35–\$60).

Peeler: Here's another indispensable kitchen tool. Obviously, it's a good implement for peeling vegetables, but it can also be used for making pasta strips for vegetable pasta or salads.

Julienne Peeler: This creates little vegetable matchsticks. If you don't have a spiralizer, this is the next closest thing to vegetable noodles. It's fun for soups and creating pretty salads. I broke the teeth on a few models until I found the Titan brand. I still broke the stainless steel teeth, but it took a few years of daily use for it to happen. To find any higher quality than Titan (\$20), you'll need to look at a professional peeler.

Mason Jars: These glass jars are absolutely indispensable in a kitchen. Use them for making sun water and sun teas, storing leftover milks and drinks, sprouting, fermenting vegetables, creating Rejuvelac, and brewing herbs as teas or tinctures. A variety of sizes is helpful. I find that the 1- and 2-quart jars, with wide mouth openings are my favorite.

Silicone Molds: These bring shape and lively fun to snacks, "Gell-O," cookies, and other treats. If you are using room temperature food or liquid, the most inexpensive molds I have found are from Ikea (\$10). They are supposedly silicone ice cube trays, but I use them for snacks and treats.

Jelly Roll Pan or Cookie Sheet: A good stainless steel (be wary of any aluminum implement) pan with an edge is necessary for baked goods and the flatbread recipe in this book.

Parchment Paper and Parchment Muffin Cups: This is a must when working with non-gluten grains like buckwheat and millet. Otherwise, the batter will not come out of the pan. When possible, I like to use non-bleached parchment. Rolling cookie dough between two sheets of parchment will give you a more uniform texture and will save you a dough headache. It's the easiest way I know to roll out shape cookies.

Cake Pans: I have two stainless steel round cake pans (Norpro on Amazon for \$10 per pan) for cakes and smaller round flatbread pizzas. Not necessary by any means but nice to have.

Muffin Pan: For gluten-free, no-additive baking, the texture is the best with mini muffins. Be sure to have mini-parchment cups! For the frugally minded, if you save the cups, they can be reused several times.

Springform Pan: This is ideal for making cheesecakes and raw dishes that require setting, but need to eventually come out of the pan. Little tart pans with a removable bottom also fall into this category. Places like Ross and TJ Maxx often have great deals on springform pans (\$7–\$10).

Stockpots: These are indispensable items for a kitchen. If you have to choose just one, be sure to choose high quality stainless steel and go for big. I've never regretted having too big of a pot, but I have regretted not having a bigger pot. There are some great deals on

commercial quality pots at webstaurant.com. A 16-quart pot made of 18/8 stainless steel with an aluminum core can be found for \$46.

Cookie and Alphabet Cutter Shapes: If you plan to feed children, these are a must. Choose small, 1-inch cutters for cookie and alphabet shapes. They are fun for cutting vegetable shapes for soups (cut zucchini, carrots, potatoes, and so on in round discs, then cut the letter or shape out) and for tortilla crackers and other cookies and snacks.

Sprouting Trays: Sprouting can be done in glass mason jars; however, if you want tall, straight sprouts, you'll enjoy a sprouting tray. It makes observing the sprouts easy, and the care of the sprouts is very easy as well. A mini sprouting set allows for fresh food on camping and backpacking trips. I use the Sprout Master brand. They run \$10–\$40, depending on number and size of trays.



Pizza Cutter: This is a must-have for scoring raw crackers and for pizza!

Other Helpful Kitchen Tools: spatulas, garlic press, grater, micro planer, citrus reamer, and nutcracker.

techniques

Sun Water

Herbal Teas

Sprouting Grains, Nuts, and Seeds

Rejuvelac

Beans

Lentils

Traditional Sauerkraut

Milks (technique with recipes)

Coconut Milk

Nut Milks

Sesame Milk

Frostings

Gell-O



Sun Water

by Amy



In my experience, exposing water to direct sunlight has therapeutic effects. It is also a natural purification method, especially in cases of chlorinated water.

Fill one or more glass jars with water (filtered or unfiltered). Expose the jar to direct sunlight for at least 20 minutes and up to several hours (either lidded or unlidded). Store in an amber colored jar if the water is for later use (the water will lose the sun's charge over time).



Herbal Teas

by Amy



Why herbal TEA?

Daily herbal tea consumption has led my family to notice more energy, better focus, deeper sleep, less need to snack, and less eating in general. We just don't feel as hungry! And, even better, we feel nourished and satisfied.

In our culture, where most people are living the Standard American Diet (SAD), it is generally expected that most Americans' colons are overburdened and malfunctioning. To understand why tea is so powerful to the body, we must first look at some basic anatomy.

The colon is, in effect, a juicer. In an ideal body, as the colon squeezes remaining liquid from the food passing through, the liquid is absorbed through the colon wall and into the body for nutrition. If the colon is full of mucus or encrusted with build-up from inappropriate foods, its ability to absorb nutrition is diminished. Now, let's look at herbal tea; an herb is infused or steeped in pure water, then strained. Because there is no fiber, the liquid passes from the stomach into the upper intestine, where it is immediately absorbed into the blood stream. The effect is pure nutrition, without expending energy to digest the bulk. It gives your digestive process a rest and frees up energy for other body processes, while still delivering needed nutrition.

Although we have wonderful experience with herbs, we are not doctors. It is important that you do your own research, testing, and discerning of what is right for you and your family when it comes to any medicine or therapy. We recognize that there are many differing opinions in regard to herbs. We have done our best to give you what has worked personally for us, as well as the people that we esteem as mentors. We have found profound success with these recipes and techniques and know that you will find something in this section to be a valuable resource for you. What works for one may not necessarily work for another person. We trust that you will be blessed with intuition and the discernment to follow it. Prayer or thoughtful meditation will lead to the answers you need

personally. There is no better authority for your own body than you. Apply yourself to study, listen to your intuition, trust yourself, and you will have success!

General Practice for Tea Making:

1 tsp. dried herb to 1 cup water

1 Tbsp. fresh herb to 1 cup water

1 “part” is any desired measurement, just be consistent within the recipe (1 tablespoon, 1 cup, and so on)

Three Methods of Tea Making

Heat Method: Place herbs in glass jar, and pour very hot water over herbs. Steep for 5–30 minutes, strain, and then sweeten if desired. Drink.

Time Method: Place herbs in glass jar and room temperature water. Wait for 4–8 hours. Strain. Drink.

Sun Tea Method: Place herbs in glass jar with any temperature of water. Place jar in direct sun. Let steep for 1–4 hours. Strain. Drink. (Caution: Some nutrients are photo sensitive and can be broken down in direct sun light. If you use the sun tea method, it is recommended you alternate with the other methods back and forth. This will create contrast between the resulting teas and allow you the opportunity to discern which tea your body prefers more.)

Instructions

Drink 1 quart (4 cups) or more throughout the day, swishing with saliva. For maximum nutritional benefit, drink tea six days on, one day off. Although many people feel an effect quickly, give tea at least 2–3 weeks of regular consumption to provide nutrition and feel the benefits.

Tea Baths

Drinking through the Skin

Pour steeped and strained tea or 4 tablespoons–1 cup of dried tea leaves in a tea bag in your bath water. Soak in the water 20 minutes or more. This helps with dehydration during summer months, is especially helpful during and after pregnancy, and brings nutrition and calm to little and big bodies!

Tea baths are especially good after injuries. They bring quick nutrition to the mending tissues and organs by direct entry through the skin and into the blood.

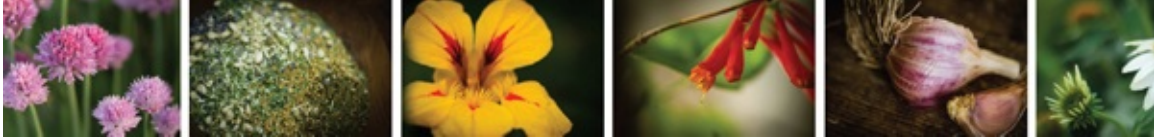
Relaxing and Mending Tea Bath

1 part chamomile

1 part lavender

1 part calendula

1 part comfrey leaves



Candy Cane Tea

By Amy

This makes a wonderful Christmas gift, wrapped in a little mason jar with tea making instructions attached. Blend or food process (with the “S” blade) the vanilla beans into small pieces or powder for this recipe. I’ve found that a high-speed blender needs at least 7 beans to catch the blades appropriately. If you don’t add the vanilla, this recipe still tastes wonderful.

2 parts peppermint leaf

2 parts red raspberry leaf

¼ part vanilla bean, ground (or vanilla powder)

Mix herbs and store in a glass container until use.

Calcium Tea

By Amy

Many people who have trouble sleeping at night or experience restless leg syndrome are often lacking nourishment needed for proper sleep. This recipe is based on the herbal calcium recipe of the late herbalist, Dr. John R. Christopher. It is very helpful for those who suffer with varicosities, since lack of calcium can lead to breakdown of veins and capillary walls.

6 parts horsetail grass

4 parts comfrey leaf or root (nettle leaf may be used as a substitute)

3 parts oat straw

1 part lobelia

2 parts spearmint or licorice root

1 part chamomile

Mix herbs and store in a glass container until use.

Christmas Tree Tea

By Amy

Makes 1 quart

Not only is this tea loaded with vitamin C, but its appearance is also stunning. We often

just trim a piece of an evergreen from our yard and forage for rose hips from local bushes. They are easily found in the Mountain West, but any berry, like elderberries or barberries, make a nice addition.

4 cups water

2–3 inches of pine (both needles and branch)

2 tsp. rose hips

2 tsp. red rooibos

Mix herbs and store in a glass container until use.



High Nutrition Tea

By Amy

This tea is an absolute staple in my household. It benefits EVERYONE, men and women, children and elderly. Here's a quick look at some of the nutrition: Alfalfa is plentiful in vitamins A, C, E, and K and has potassium, iron, and calcium. It contains vitamins A, C, and E, and easily assimilated calcium and iron, B complex vitamins, phosphorus, and potassium. Nettles are abundant in chlorophyll and contain vitamins A, C, D, and K, calcium, potassium, phosphorus, iron, and sulfur in high amounts. Lastly, red clover contains calcium, chromium, magnesium, phosphorus, potassium, and B complex vitamins, including B-12. It acts as a blood purifier and offers gentle cleansing of the liver and internal organs.

2 parts red raspberry

2 parts alfalfa

1 part nettles

1 part red clover

1 part flavorful herb of choice (peppermint, spearmint, lemongrass, ginger, licorice root, and so on)

Mix herbs and store in a glass container until use.

Note: If you are using this tea during pregnancy, it can be nutritionally helpful to add ¼ part squaw vine (this is the emmenagogue that helps to prepare you for your birth, shortening the time of labor, and so on). You can begin adding squaw vine between 30–32 weeks gestation, but not before that point.

Peppermint Salt Water Taffy Tea

By Amy

The nutritional profile of this tea is noticeable. It contains vitamin B-12, has properties

helpful in cleansing mucous membranes, and is a circulatory stimulant. Marshmallow root is often used to help nursing mothers acquire a richer, more satisfying milk, and it softens calcifications in the body so that waste is expelled easily. Eleuthero contains compounds that help the body respond more quickly to stress. In addition to tasting good, peppermint aids with relaxation, headache relief, and digestive upset. A subtle but delicious tea!

12 parts peppermint leaf

6 parts hops flowers

3 parts marshmallow root

2 parts eleuthero root

1 part vanilla bean, ground (vanilla powder)

Mix herbs and store in a glass container until use.

Sprouting Grains, Nuts, and Seeds

by Amy



Why Sprout?

Sprouts are one of the most concentrated natural sources of vitamins, proteins, and enzymes. They are nutritional powerhouses. This makes them a perfect addition to salads, soups, wraps, and any imaginable meal. They are biogenic, or alive, which means when planted, they will create new life and transfer their life energy to your body. Other raw foods like fruits and vegetables are considered bioactive, meaning they are full of nutrition, but not capable of creating new life. Sprouts are truly special; when you eat a sprout you are eating a little bundle of life at its peak of nutrition. If you add one new technique to your kitchen, this should be it! Sprouting seeds are easy to store, inexpensive, and create the potential for living food at any time or during any emergency.[1]

Sprouting brings grains, nuts, and seeds into season. When food is in season, it provides the best nutrition for the least amount of digestive effort. There is a cycle for all food to be in season. Eating the mature plant (wheat or barley grass, for example) or the offspring of the mature plant (fruit or vegetables) is eating it in season. A second reason for eating in season is that it has an alkaline-forming effect on your entire system. With an acidic diet, the acid buffering systems of the body break down faster, opening the door to disease.[2] Wheatgrass is alkaline. Wheat grain is acidic. Sprouted wheat is somewhere in the middle depending on sprout time and becomes successively more alkaline as it moves closer to maturity.

Sprouting or soaking all whole grains, and most nuts and seeds, is necessary for improved nutrition. Natural protective compounds give the seeds a long shelf life, protection from insects and pathogens, and better storage of nutrients. These compounds (like phytic acid and enzyme inhibitors) create difficulty in the digestion process. Soaking and sprouting awakens the seeds, nutrients are multiplied, enzyme inhibitors are neutralized, and digestibility increases.

Notes

1. “In India, during 1938, severe crop failures and food shortages were responsible for thousands of deaths due to scurvy and famine. It wasn’t until January 1940 that a plan that aimed to solve the problem was announced. Each of the over 200,000 people in the program was given an ounce of dried sprouted grain or chick peas twice a week. After four months of sprout rationing, there were no reported cases of scurvy, and by the end of April the plan was deemed no longer necessary. However, by the end of September 1940—during the five months that followed the program—there were over a thousand more deaths due to scurvy than there had been the year before. In January 1941 the sprouting program was reintroduced, this time to 140,000 people. Once again, scurvy cases dropped to nil after 4 months.” Ann Wigmore, *The Sprouting Book* (New York: Avery, 1986), 3.
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2. Dr. Ben Kim, “The Truth About Alkalizing Your Blood,” Dr. Ben Kim’s Blog, July 4, 2014, <http://drbenkim.com/ph-body-blood-foods-acid-alkaline.htm>.
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Soak & Sprout Chart[1]

Not necessary to soak

Hemp

Pine nut

Pistachio

Soak 1–4 hours

(does not sprout)

Brazil

Cashew

Macadamia

Soak 4–6 hours

Alfalfa

sprouts in 4–6 days

Buckwheat

sprouts in 2–3 days

Cabbage

sprouts in 4–5 days

Clover

sprouts in 4–5 days

Mustard

sprouts in 4–5 days

Pecan

does not sprout

Radish

sprouts in 4–5 days

Sesame

sprouts in 1–2 days

Watercress

sprouts in 4–5 days

Walnut	does not sprout
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Soak 8–12 hours

Barley	sprouts in 2–4 days
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Fenugreek	sprouts in 3–5 days
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Flax	does not sprout
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Lentil	sprouts in 2–5 days
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Millet (unhulled)	sprouts in 2–3 days
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Mung bean	sprouts in 2–5 days
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Pumpkin	sprouts in 1–2 days
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Quinoa	sprouts in 1–2 days
--------	---------------------

Rice	sprouts in 3–5 days
------	---------------------

Sunflower	sprouts in 1–2 days
-----------	---------------------

Soak 12–16 hours

Adzuki	sprouts in 3–5 days
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Almond	does not sprout
--------	-----------------

Chick Pea	sprouts in 2–3 days
-----------	---------------------

Corn	sprouts in 2–3 days
------	---------------------

Green Pea	sprouts in 2–3 days
-----------	---------------------

Oats	sprouts in 2–3 days
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Rye	sprouts in 2–5 days
-----	---------------------

Triticale	sprouts in 2–5 days
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Note: I often soak gluten grains for 24–48 hours, changing the water once or twice. I find they sprout faster when soaked longer. It may have something to do with heirloom grains maintaining a blueprint for long-term storage, which means that they take longer to sprout. Wheat that has been stored for long periods of time, especially in metal cans with an oxygen absorber, may not sprout because grains need to breathe like everything else and when you suffocate them, they die. Consider making Rejuvelac with those grains.

Notes

1. These sprouting times combine my personal experience and Ann Wigmore’s charts. For more detailed sprouting information, refer to Ann Wigmore’s sprouting book. Ann Wigmore, *The Sprouting Book*, (New York: Avery, 1986), 56–59.

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Two Sprouting Uses

1. Fresh sprouts for eating and juicing. These sprouts grow a small, medium, or long tail. They remain alive with all elements (earth, water, air, and light) intact. They provide optimal nutrition.
2. Preserved sprouts (dehydrated or sun/heat dried). If you intend to sprout something to use later (sprouted wheat for flour or seeds for a dry granola), dry the sprouted seeds in a dehydrator under 115 degrees or outdoors in the heat and sunlight. Sprouts preserved for later use are just soaked or slightly sprouted before drying.

Basic Care of Sprouts

The goal is to keep sprouts moist while allowing for adequate drainage and circulation. One of the most common reasons for spoilage happens when sprouts are allowed to sit in their drain water. Consistent, regular rinsing and good draining leads to happy sprouts. In warm weather, soaking times are generally less and sprouts will need more frequent rinses in cool water so they don’t spoil. However, if you see tiny hair like “growth” on the sprouts, it’s more than likely root hair (especially with broccoli, radish, brassica, and grain). This is not mold. When you rinse the sprouts, they will disappear as they lay down against the main root again. It’s a good sign that your sprouts are growing well.

Tip: It is helpful to soak or sprout nuts, seeds, and grains in large batches and then dry them for later use when a recipe calls for them. Always refrigerate or freeze dried sprouts and sprouted flour to maintain freshness.

Sprouting Equipment

Bowls or jars for soaking grains, nuts, and seeds

Choose one: mason jars, 2-quart wide mouth; medium to large stainless steel mesh strainers; or sprouting trays

Sprout screens, sprout lid, or non-toxic breathable fabric with a rubber band to secure the cloth on top of the jar

Bowls or a clean dish drain for propping sprouting jars; or for holding mesh strainers full of sprouts

A good scrub brush for cleaning sprout trays between harvests

How Much Grain, Nut, or Seed Do I Soak or Sprout?

For small seeds like alfalfa and broccoli, use 2–4 tablespoons of seeds or just enough to cover the bottom of the jar.

For bigger seeds like beans, sunflower seeds, almonds, and grains use ½–1 cup of seeds for a 2-quart (half- gallon) jar.

For large batches of grains, nuts, and seeds, any amount will work as long as there are enough bowls and jars available for soaking and sprouting.

How Do I Soak My Whole Grains, Nuts, and Seeds?

The process is VERY simple. Soaking times vary depending on the grain, nut, or seed.

Step 1—In a mason jar, cover the grains, nuts, or seeds with water. Make sure there is plenty of water to allow for the seeds to swell. Leave the bowl or jar on your countertop at room temperature for 8–12 hours or time specified on the soaking chart. (See soak/sprout chart.)

Step 2—When soak time is complete, drain the liquid and rinse well. If the soak time is more than 12 hours, drain and rinse seeds and then add fresh soak water.

How Do I Sprout My Whole Grains, Nuts, and Seeds?

Step 1—In a mason jar, cover the grains, nuts, or seeds with water. Make sure there is plenty of water to allow for the seeds to swell. Leave the bowl or jar on your countertop at room temperature for 8–12 hours or time specified on the soaking chart. (See soak/sprout chart.)

Step 2—Drain the liquid. Rinse the sprouts in a mesh strainer with cool water.

Step 3—Transfer sprouts to a mason jar or sprouting tray (or leave in the mesh strainer). Cover the mason jar with the sprout lid or breathable fabric. Inside another bowl or clean dish drain, prop the jar to a 45-degree angle, allowing for proper air circulation and drainage. Keep out of direct light.

Step 4—Rinse the grains, nuts, or seeds 2–3 times a day until sprouts are ready. (Rinse more frequently in warm months to keep sprouts cool and moist). Drain well.

Step 5—Repeat step 4 for 1–4 days or until the sprouted grain, nuts, or seeds have grown the desired length of tail and taste slightly sweet.

Step 6—Allow sprouts a couple hours in the sun (not direct light) to stimulate chlorophyll production.

Step 7—Seal sprouts in a glass jar or plastic bag in the refrigerator. They keep up to 10 days.

How Do I Preserve or Dry Grains, Nuts, and Seeds?

Sunlight/Heat Method

Dry grains, nuts, and seeds on a large cloth outdoors. A trampoline is perfect for circulation and sunlight. A cloth on concrete will also work. By drying in the sun, the seeds are purified of possible mold (frequently found in grain seed). Wait 5–7 hours for seeds to dry, more for overcast days.

Dehydrator Method

Place rinsed grains, nuts, and seeds on mesh dehydrator trays. Dry at 110 degrees for 5–7 hours.



Rejuvelac

adapted by Amy from a recipe of Ann Wigmore

Prep time: 15 minutes | Start to finish: 3-6 days



Rejuvelac is my first choice for a probiotic drink not only because it is easy to make, but it is also inexpensive; it only requires clean water and grain.

Rejuvelac is a live food in which the carbohydrates are broken down into simple sugars and the proteins into amino acids. It is rich in probiotics, enzymes, eight of the B vitamins, and vitamin E and K. It is also valuable as a catalyst for inoculating nut and seed milks with the cultures that create plant-based cream cheese and yogurt.

Note: A wide-mouth sprout screen makes this recipe a cinch!

Ingredients and Equipment

- **water**
- **1 cup grain (Any that will sprout; usually wheat, rye, quinoa, or millet. Soft white wheat and quinoa give the lightest flavor. If you have old grain that won't sprout, you can still make rejuvelac. Follow the same instructions, but omit steps 6–8. After step 9, cover the mason jar, as described in step 6.)**
- **mason jar, wide mouth, 1- or 2-quart**
- **sprout screen, or clean breathable cloth and rubber bands**

Step 1—Rinse the grain in tap water.

Step 2—Strain the grain and transfer to a quart glass jar.

Step 3—Cover the grain with water. Make sure there is plenty of water to allow for the seeds to swell. Leave the bowl or jar on your countertop at room temperature.

Step 4—Allow grain to soak. (Gluten grains for 24–48 hours, changing the water once. Gluten-free grains for 8–24 hours.)

Step 5—Strain the grain, and rinse well in cool water until the water runs clear. Drain well.

Step 6—Transfer grain to the mason jar. Screw sprout screen on or secure breathable cloth with rubber bands.

Step 7—Turn the jar upside down at a 45-degree angle. (Put the jar in a different bowl and allow it to rest against the side of the bowl. Do not allow the jar to be fully upside down, sitting in the strained water.)

Step 8—Rinse and drain the grains 2–3 times a day for 1–2 days. Keep the sprouts in a low-light, room temperature environment.

Step 9—Add 4 cups water to the jar when tails (roots) start to appear. Return the jar to a low-light, room temperature environment and wait 24–48 hours (sometimes 1–2 days longer in cold conditions). Watch for signs of fermentation: cloudy water, little bubbles, and a tart lemony smell. When you see, taste, or smell these signs, strain the liquid into another glass jar and use immediately or refrigerate for 7–10 days.

Step 10—For a second batch, rinse and drain the sprouted grain. Pour 4 fresh cups of water over the grain. Wait again, this time for 16–24 hours. Watch for the signs mentioned in step 9. Strain the liquid into another glass jar and use immediately or refrigerate for 7–10 days.

Recipe Ideas

Drink plain, chilled. If at first you don't like it, try, try again. It will grow on you! It's worth the effort.

Lemonade: Add juice of 2 lemons, 2 limes, and honey to taste to 4 cups rejuvelac. Stir well. For beautiful presentation and added flavor, try adding 1 cup sliced strawberries or raspberries.

Berry Bliss: Blend 2–3 cups of berries, fresh or frozen, with 1–2 cups rejuvelac. Add honey to taste.

Gingerade: Peel 2–4 inches of fresh ginger root. Finely grate peeled ginger into a blender. Add 2–4 cups rejuvelac. Blend. Add a pinch of cayenne and honey or agave to taste.

Cream Cheese: Soak 2 cups cashews for at least 1 hour. Rinse and drain. Blend cashews in a blender with $\frac{1}{2}$ cup rejuvelac until a thick cream forms. Prop a mesh strainer over a bowl. Place an open nut milk bag in the strainer, and pour the cashew cream into the nut milk bag. Close the bag. Let sit at room temperature for 24 hours. Remove cashew cream cheese from bag and refrigerate up to 1 week or freeze until ready to use. Use as a 1 to 1 replacement in any cream cheese recipe.

Beans

by Annie

Any bean is enjoyable with shredded cabbage, chopped vegetables, and a delicious dressing. They are inexpensive, easy to store, and are filling. When beans are sprouted, they become more like a vegetable, and “wind” issues are eliminated while nutrition is enhanced.

Preparing Beans

Soak desired amount of beans in water for 24 hours, with 1-2 teaspoons apple cider vinegar. If time isn't a consideration, after 24 hours of soaking, sprout beans (see pp. 10–11) for 1-2 additional days.

Cooking Beans

Water to bean ratio: 4 cups water per 1 cup beans.

Place beans in a slow cooker or stock pot. Cover with water. Add 4 bay leaves and 4 cloves minced garlic.

Slow Cooker: cook beans on low 8–10 hours or on high 5–6 hours, or until tender.

Stockpot: bring beans to a boil and then turn heat down to a gentle simmer. Cook for 3–4 hours, or until soft. Note that old beans can take much longer to cook.

When beans are fully cooked, salt to taste.

Freeze or refrigerate any unused beans.

Lentils

by Amy



Lentils are incredibly versatile. I find it is helpful to soak a large amount of lentils for 12 hours and then rinse and drain them. Transfer drained lentils to a large bowl loosely covered with a round dinner plate. Place the covered bowl in the refrigerator. The lentils will sprout slowly over the coming days and will continue sprouting for several weeks. This method allows me to have plenty of sprouted lentils for cooking or eating raw at any given moment, without planning. The longer the sprout, the sweeter the lentil becomes because it is more akin to a vegetable than a legume.

We love lentils for soups, salads, tacos, and any meal where sprouts can be added. Black lentils are my favorite. If cooking with lentils, there are numerous ways to flavor them after basic preparation. Here are some tasty variations.

Helpful Measurements:

1 cup dry lentils = 2–2½ cups sprouted or cooked

1 lb. dry lentils = 2¼ cups dry

1 lb. dry lentils = 4½ servings cooked lentils (½ cup servings)

1 lb. dry lentils = 5 cups cooked

BASIC PREPARATION

1. Soak lentils 8–12 hours, rinse, and drain. For more nutrition, continue sprouting before cooking (see p. 8 or the lentil introduction on the opposite page). Otherwise, continue to step 2.
2. Put lentils (any amount) in a large pot and cover with water by ½–1 inch.
3. Bring to a boil, and then turn down and simmer, covered, on medium heat for 30–45 minutes, until lentils are soft. Don't stir or the lentils may become mushy.
4. Turn off heat, salt to taste, and then stir in spices to steep for 10 minutes, with lid on.

Possible spice combos for 2 cups dry or 5 cups soaked or sprouted lentils:

Basic Lentils

(Bay Lentils)

2–4 bay leaves

1 Tbsp. onion powder

Mexican

2 bay leaves

1 Tbsp. onion powder

1 tsp. garlic powder

4 tsp. cumin powder

½–1 tsp. chili powder

Optional additions:

1 Tbsp. favorite Mexican herbal mix

1 Tbsp. Essential Seasoning recipe (see p. 72) salt to taste

Indian

2 Tbsp. curry powder, less if the curry is very spicy

1 Tbsp. onion powder

1–2 tsp. cumin powder

1 tsp. garlic powder

fresh grated ginger root, to taste

salt to taste

Chinese

1–2 Tbsp. Chinese 5 spice

1 Tbsp. onion powder

salt and pepper to taste

Note: the more the seasonings are heated, the less the intense their flavor.

Traditional Sauerkraut

adapted by Annie from a recipe of Andrea Choate

Serves: 24 | Prep time: 1 hour | Start to finish: 4–7 days



EQUIPMENT

Kitchen scale

3 half-gallon wide mouth (2-quart) jars

1 kraut masher (wooden) or a French rolling pin

1 (2-gallon) crock or very large mixing bowl

3 smooth, clean rocks the size of golf balls or extra-large marbles (to hold the cabbage down in the jar).

INGREDIENTS

5 Tbsp. pink Himalayan salt (1 Tbsp. + 2 tsp. per 3 lbs. batch of shredded cabbage)

9 lbs. organic green cabbage, shredded (about 6 dense medium cabbages)

To assure a clean cabbage, remove outermost cabbage leaves and discard. Then remove 2–3 additional leaves of each cabbage and set aside. Chop all cabbage heads in half (down the middle). Cut out the core at the bottom.

In your food processor, shred enough cabbage to make 3 pounds. Put in the crock or large bowl.

Sprinkle and toss with 1 tablespoon + 2 teaspoons of salt. With clean hands, stir well until salt is well incorporated throughout the cabbage.

With your wooden masher or rolling pin, begin to pound the cabbage in the crock until it begins to release its own juice. Scrape the sides of the crock continuously so that all of the cabbage gets mashed evenly. The juice will begin to slosh.

Empty the mashed cabbage into one jar. Cabbage should be packed firmly about 3 inches from the top of the jar. (If you get it too full, juice will spill over the sides when you open the lid to let the gasses out.)

Be sure the juice submerges the packed cabbage. With a clean outer cabbage leaf, spread it out to cover the entire surface of the shredded cabbage in the jar.

You will need a rock, marble, or something heavy enough to hold the cabbage down to keep it submerged in the juice. If oxygen is allowed to get to the cabbage, it will grow mold.

Repeat process for remaining cabbage and place jars on counter with lid on firmly but not tightened fully.

Every morning and night, release the fermentation gases by unscrewing the lid. This is a quick action. Simply untwist, and then twist closed again.

If your house is warm, the cabbage will ferment quickly (about 4 days). During cooler months, it may take up to 7 days or more. The sauerkraut is complete when the jar is opened and you cannot hear the gas escape or see any bubbles make their way to the top. The kraut will look still and sound silent. There should also be a slight change in color. It will turn from a light bright green to a more dull yellowish color.

Store in the refrigerator or a cold dark place up to 6 months.

MILKS

Coconut Milk

by Amy

Coconut milk is perfect for any recipe that calls for milk or cream. Always use unsweetened coconut flakes or shreds without preservatives. If you can, get organic coconut since inorganic may be irradiated or treated. Use as a 1 to 1 milk or cream replacement in any recipe.

Serves: 4–6 | Prep time: 5 minutes | Start to finish: 5 minutes

Light Coconut Milk

4 cups pure water

½-1 cup coconut flakes

Regular Coconut Milk

4 cups pure water

2 cups coconut flakes

Heavy Coconut Milk

4 cups pure water

3 cups coconut flakes

Coconut Cream

Equal parts pure water and coconut flakes

To make a stiff coconut cream: refrigerate cream 8 hours or ferment cream, lidded, for 2-3 days at room temperature.

IF YOU WANT A SWEET COCONUT MILK WITH MORE DEPTH, ADD

4–6 dates (pitted) or 2 date rolls or 2 Tbsp. sweetener

Pinch of high quality salt

1 vanilla bean, pinch of vanilla powder, or ½ tsp. pure vanilla extract

Add coconut, water, and if desired, dates, salt, and vanilla to blender. Blend until vanilla bean is fully integrated and coconut cream begins to separate, about 90 seconds for a high-speed blender or 5–7 minutes for a standard model blender. Strain.

Straining Methods

Nut milk bag: Pour the milk through the bag and strain.

Cotton or linen dish towel: Lay a clean dish towel over a wide bowl and carefully pour milk into the towel. Gather the edges of the towel and twist the cloth, wringing the milk into the bowl.

Note: after refrigeration, oils will separate to the top, and you can re-blend the milk or vigorously shake it. Discard coconut pulp or refrigerate or freeze for later use in cookies, muffins, and so on.

Coconut Flour: To make coconut flour, spread coconut pulp on teflex dehydrator sheets or on a cookie sheet. Dehydrate at 110 degrees for 2–4 hours (or until dry) or bake at lowest oven setting, stirring occasionally, until dry. Blend flour in a high-speed blender for a very fine flour. Store in the freezer.



Nut Milks

(raw almond, raw brazil, raw hazelnut)

by Amy

Serves: 4–6 | Prep time: 5 minutes

Use as a 1 to 1 milk replacement in any recipe.

5 cups pure water

½ cup–1 cup raw nuts, soaked 8 hours and rinsed well

IF YOU WANT A SWEET NUT MILK WITH MORE DEPTH, ADD

4–6 dates (pitted) or 2 date rolls or 2 Tbsp. sweetener

pinch of high quality salt

1 vanilla bean, pinch of vanilla powder, or ½ tsp. pure vanilla extract

Add nuts, water, and if desired, dates, salt, and vanilla to blender. Blend until vanilla bean and nuts are fully integrated, about 90 seconds for a high-speed blender or 5–7 minutes for a standard model blender. Strain.

Straining Methods

Nut milk bag: Pour the milk through the bag and strain.

Cotton or linen dish towel: Lay a clean dish towel over a wide bowl and carefully pour milk into the towel. Gather the edges of the towel and twist the cloth, wringing the milk into the bowl.

Refrigerate or freeze the nut pulp for later use in cookies, muffins, and so on.

Sesame Milk

by Amy



Sesame seeds are high in calcium. They have a slightly bitter undertone; use fewer seeds than when making other nut or seed milks. Soaking the seeds will lessen their bite.

1/8–1/4 cup raw sesame seeds

4 cups water

FOR A SWEET MILK WITH MORE DEPTH, ADD

4–6 dates (pitted) or 2 date rolls or 2 Tbsp. sweetener

pinch of high quality salt

1 vanilla bean, pinch of vanilla powder, or 1/2 tsp. pure vanilla extract

Blend sesame and dates into a powder, if starting with dry seeds. Add remaining ingredients and blend until smooth. If starting with a soaked or sprouted seed, blend all ingredients until creamy. No need to strain for either wet or dry seeds.

Annie's Tip: Add 2 tablespoons sesame seeds to coconut milk to achieve the nutrition from sesame but keep the flavor mild.

Frostings

by Amy



Serves: 36 | Prep time: 15 minutes | Start to finish: 3.5 hours

BASIC CASHEW FROSTING

1½ cups raw cashew pieces, soaked at least 1 hour

½ cup unsweetened heavy coconut milk or nut milk (see p. 17)

3 Tbsp. coconut oil

4–5 Tbsp. honey or agave, more to taste

2 tsp. pure vanilla extract or 1 vanilla bean, optional

¼ tsp. salt, plus a pinch

FIRM CASHEW FROSTING (TO THE BASIC FROSTING, ADD BY HAND)

½–1 cup arrowroot powder, added by tablespoons until desired consistency is reached

The basic cashew frosting is a soft pudding frosting. The firm frosting recipe is for stiff decorating frosting. Keep in mind, the frosting will continue to thicken and set up in the fridge after several hours. For firm set frosting, be sure to stir the arrowroot powder into the frosting by hand (do not machine blend arrowroot powder into the frosting).

Rinse cashews. Add the basic frosting ingredients, and desired flavor and color variations to a blender. Blend until creamy and smooth. For firm frosting, stir in the arrowroot by

hand. Transfer to refrigerator to set up, if desired. At least 3 hours refrigeration will give the best results; however, frosting can be used immediately after blending or adding arrowroot powder.

Flavor Variations

Chocolate: add $\frac{1}{4}$ cup cacao powder and additional sweetener (to taste) to the basic frosting recipe. For a firm chocolate frosting, use $\frac{1}{4}$ cup cacao, 10 tablespoons arrowroot powder, and 1-2 tablespoons additional sweetener. (Maple syrup complements chocolate well.)

Lemon: add lemon essential oil to taste (2–5 drops) or 1–2 teaspoons lemon extract. Add zest of one lemon after blending.

Orange: add orange essential oil to taste (2–5 drops) or 1–2 teaspoons orange extract. Add zest of one orange after blending.

Lime: add lime essential oil to taste (2–5 drops). Add zest of two limes after blending.

Mint: add peppermint essential oil to taste (2–5 drops) or 1 teaspoon peppermint extract

Coconut: add 1 teaspoon pure coconut extract

Almond: add $\frac{1}{2}$ teaspoon pure almond extract, more to taste

Cardamom: add 1–2 teaspoons cardamom powder

Color Variations

When working with more than one color of frosting, it is helpful to make a large batch of basic or firm frosting and then add a concentrated amount of the desired color variations to small portions of frosting. Small amounts of colored fruit and vegetable powders are also helpful in attaining color easily (beet, carrot, turmeric, chlorella, strawberry, raspberry, and blueberry).

To make colored frosting: blend $\frac{1}{2}$ cup heavy coconut milk with foods listed below to achieve colors. Then, strain the milk through a nut milk bag or clean dish cloth and proceed with the frosting recipe using colored milk to replace the basic frosting's milk.

Pink: $\frac{1}{4}$ of a grated beet blended just until milk is the desired color or 1-2 cups strawberries

Yellow: Mix $\frac{1}{8}$ – $\frac{1}{4}$ teaspoon of turmeric powder into to the basic frosting recipe. Add 1-2 tablespoons carrot juice for a darker yellow.

Greens: Bright green, use 1 cup packed kale or spinach. For dark green, blend 1 teaspoon chlorella powder into the basic frosting recipe.

Blue/Purple: $\frac{1}{2}$ –1 cup of blueberries. (More berries will give a deeper color.) No need to strain milk.

Orange: 1 cup rough-chopped carrots.

Non-Cashew Variation:

If a non-cashew frosting is preferred, consider using the recipes for Zebra Stripe Gell-O Pudding (see p. 23), Coconut Whipped Cream (see p. 160), or Annie's Quick Maple Lemon Glaze (below).

ANNIE'S QUICK MAPLE LEMON GLAZE

2 Tbsp. maple syrup

2 Tbsp. coconut oil, softened

2 Tbsp. arrowroot powder

6 drops lemon essential oil or ½ tsp. lemon extract

By hand, whisk all ingredients together in a bowl.

Gell-O

by Amy

Serves: 4 | Prep time: 10–15 minutes | Start to finish: 1 hour

BASIC GELL-O RECIPE

(MAKES 2 CUPS)

Very firm-set Gell-O use 1¾ tsp. agar powder or 3½ tsp. agar flakes

Soft-set Gell-O use 1 tsp. agar powder or 1 Tbsp. agar flakes

2–4 Tbsp. sweetener (honey or agave)

2 cups fruit juice (apple or white grape juice are good base flavors for traditional Gell-O, or use another juice to achieve a specific flavor)

This is the basic recipe to make a gelatin-style salad, snack, or dessert. It sets up faster than gelatin and will even set up at room temperature. However, be aware that agar is different from gelatin, so the result will be quite different than what you might expect. If you love using agar, the least expensive way I've found to acquire it is through Frontier Foods. It runs about \$30 a pound.

In a saucepan, whisk together agar, sweetener, and juice. On medium heat, bring to a simmer, and stir continuously until agar and sweetener are completely dissolved, 2–3 minutes. Taste for sweetness, and adjust as desired.

Pour agar mixture into a dish or mold. Place in the refrigerator for 60 minutes to set.

Variations:

Herbal Gell-O: Use firm-set Gell-O recipe. Replace the juice with any premade herbal tea or infused water (mint is nice). Proceed with recipe as normal, adjusting sweetness to taste. Pour into heart or other fun shaped flexible molds. Or pour into a casserole dish, allow to set, and then cut out shapes with cookie cutters.

Flavored Gell-O: Try adding a few drops of citrus (or another essential oil) or ½ teaspoon of coconut, almond, or another pure extract. Whisk into the mix after removing pan from the heat. Additionally, using different fruit juices in the basic recipe will create wonderful flavor and color on their own. Try pineapple, cranberry, cherry, and pomegranate. Also, citrus zest looks beautiful and infuses the Gell-O with extra flavor.

Colored Gell-O: In addition to different fruit juices for coloring, you might try blending 1 cup of fruit juice or liquid with the recommended amounts of fruit and vegetables below. Then strain and substitute colored liquid for 1 cup of the Gell-O liquid.

Pink/Purple: ½ of a beet

Yellow: Add ¼ teaspoon of turmeric powder (no straining necessary)

Green: Blend 1 cup packed kale or spinach

Blue: Blend 1 cup blueberries

Orange: Blend 2 cups roughly chopped carrots

Gell-O Puddings:

Zebra Stripe Gell-O Pudding



CHOCOLATE STRIPE

2 cups regular coconut milk (see p. 17)

⅓ cup dark maple syrup

1 tsp. pure vanilla extract

¼ cup cacao powder

⅓ cup coconut oil

1½ tsp. agar powder

pinch of salt

CREAM STRIPE

2 cups regular coconut milk (see p. 17)

2 tsp. pure vanilla extract or vanilla powder

1–3 drops essential oil or ½ tsp. extract of peppermint or orange, optional

¼ cup honey

pinch of salt

2 Tbsp. coconut oil

1½ tsp. agar powder

Puddings work best when coconut and nut milks are used as the base liquid. Use ¾ teaspoon agar powder or 2¼ teaspoons flakes per 1 cup liquid. The Zebra Stripe Gell-O Pudding showcases basic vanilla and chocolate puddings. Follow the instructions below for both puddings. Note: Make, set, and blend chocolate and cream stripes separately.

In a saucepan, whisk all ingredients (except essential oils or extract) together over medium heat. Bring to a simmer and stir continuously until agar and sweetener are completely dissolved, 2–3 minutes.

Pour agar mixture into a dish or mold. Place in the refrigerator for 30–60 minutes to set. After agar has set, transfer to a high-speed blender and blend until smooth. Blend essential oil or extract into the cream.

In goblets, alternately layer stripes of chocolate and cream. Garnish with berries or mint leaves. Best served immediately or chill until ready to serve.

beverages

Liquids provide the most potent ingestible nutrition available. In a world where most people's colons are not functioning at capacity, bypass the colon completely and give it a rest by incorporating live liquids. The liquid absorbs from the upper intestine directly into the blood where it delivers immediate nutrition.

We have included beverages for all occasions: warm drinks; cool, refreshing drinks; healing drinks to nourish and support the body.

[Big Mack's Green Slurp](#)

[Super Detox Smoothie](#)

[Pumpkin Spice Potion](#)

[Mint Melon Cooler \(pictured\)](#)

[Elijah's Coconut Sesame Swig](#)

[Sweet Spring Tonic](#)



Big Mack's Green Slurp

by Annie



Serves: 6 | Prep time: 5 minutes | Start to finish: 5 minutes

4 cups kale

4 cups water

1 lime (juiced)

1 frozen banana

1 cup frozen berries (blackberries, blueberries, or raspberries)

1 avocado

1 tsp. vanilla powder, extract, or small piece of vanilla bean

6 pitted dates or 3 date rolls

Green drinks deliver great nutrition in a few slurps. I purposely do not make green drinks overly sweet because I want my children to enjoy it even if it is not dessert-like. Lime and

vanilla dress up any green drink.

Rip kale leaves off of the rib (stem). Chop and pack in blender. Combine remaining ingredients and blend until smooth. Add ½ cup of ice for a chilled drink. Slurp away!

Naked Truth: Kale has abundant magnesium and B vitamins. It strengthens the nervous system and builds the blood.

Super Detox Smoothie

by Amy

Serves: 4 | Prep time: 5 minutes | Start to finish: 5 minutes

1 bunch cilantro or parsley

1 large leaf Swiss chard

1 banana

1 big or 2 small apples, cored

6 dried apricots

2 Tbsp. honey, optional

2 cups pure water

¼ tsp. vanilla powder

pinch of salt

Studies indicate that parsley and cilantro are capable of removing both radiation and heavy metals from the body. If you spend time in front of a computer or on a cell phone, or you are subject to a lot of car exhaust, this recipe is for you! Drink slowly, mixing with your saliva. If you experience a headache and runny nose, slow down the dose, spreading it out over the day.

Place all ingredients in a high-speed blender and blend until smooth. Add more water to reach desired consistency.

Naked Truth: Apricots contain iron, which is used in the production of red blood cells and for oxygen transportation throughout the body.

Pumpkin Spice Potion

by Annie

Serves: 4 | Prep time: 15 minutes | Start to finish: 15 minutes

4 cups regular coconut milk (see p. 17)

1 tsp. pure vanilla extract

¾ cup baked, steamed, or boiled pumpkin or yellow fleshed squash

¼ cup honey

½ tsp. pumpkin pie spice

¼ tsp. ginger

¼ tsp. nutmeg

¼ tsp. salt

2–3 drops orange essential oil or 1 Tbsp. orange zest

2–3 drops cinnamon essential oil or ½ tsp. cinnamon

This creamy holiday drink is a great way to celebrate the season. It is wonderful gently warmed or chilled.

Add all ingredients to the blender. Blend until smooth. Garnish with a sprinkle of cinnamon, cloves, or nutmeg.

Mint-Melon Cooler

by Annie



Serves: 4 | Prep time: 10 minutes | Start to finish: 10 minutes

4 cups cubed watermelon

2 sprigs fresh mint

½ lime, juiced

This melon drink is perfect as a quick thirst quencher for a summertime brunch. It also freezes as a nice popsicle.

Put all ingredients in the blender and blend until mint is no longer visible. Add more lime or mint if desired. Serve chilled.

Naked Truth: Watermelon contains electrolytes, which satisfy the body during periods of heavy heat and sweating.

Elijah's Coconut Sesame Swig

by Annie



Serves: 4 | Prep time: 10 minutes | Start to finish: 10 minutes

4 cups water

½ cup shredded coconut (unsweetened, without preservatives)

2 Tbsp. cacao nibs or 1 Tbsp. powdered cacao

2 Tbsp. honey

1 Tbsp. sesame seeds

½ tsp. cinnamon

¼ tsp. nutmeg

¼ tsp. salt

My son enjoys experimenting with coconut and sesame milks. He flavors them with cinnamon, anise, cardamom, and nutmeg. This drink is one of his favorites and I enjoy it

too. Try a swig!

In blender combine all ingredients and blend on high until smooth. Pour milk through a nut milk bag or a strainer. Refrigerate or freeze the pulp for later use in cookies or muffins.

Enjoy warm or chilled.

Sweet Spring Tonic

by Amy



Serves: 4 | Prep time: 15 minutes | Start to finish: 15 minutes

8–10 peppermint stalks

2–3 cups packed greens such as comfrey leaf, stinging nettles, alfalfa, red clover, and raspberry leaves (In a pinch, use kale and spinach leaves.)

1 lemon, juiced

1–2 limes, juiced

¼ cup honey, more to taste

4 cups water

This tastes like a delicious lemonade and will quickly infuse your blood with nutrition. Everyone's response to this drink is great surprise; they can't believe "crazy" greens taste so good. It's worth the adventure outdoors to locate the plants. Be sure to wear leather gloves for picking the leaves of stinging nettles.

Wash and then food process greens (and stalks, if you like) with 1 cup water until greens are well broken down. Alternatively, blend the greens with 4 cups water in a blender. Strain liquid through a nut milk bag or clean dish cloth into a wide bowl. Transfer liquid to a mason jar, add lemon juice, lime juice, and honey. Stir or shake until honey is distributed. Adjust sweetness to taste. Refrigerate.

Naked Truth: Wild green leaves are among the most nutrient-dense foods.

breakfast

I was taught to start my day off with a hearty breakfast. As a child, sugar cereals and boxed cereals were a special Christmas day treat, mostly for financial reasons. Now, with my children, we choose not to eat them. What a blessing! A better option is cooked grain cereals and breads using gluten-free grains (millet, buckwheat, amaranth, and quinoa). However, living on those will not ultimately support the body. Try to save cooked cereals for a special occasion instead of relying on them. Transition to breakfasts of raw granola using nuts and seeds with homemade milks. Last, and honestly, the best transition I've experienced is to start the day with very little to eat, mostly just light foods or drinks. This third transition includes green drinks, smoothies, tea, or fruit for breakfast.

[Adam's Apple Granola \(Grain-free, pictured\)](#)

[Sweet Cinnamon Cereal](#)

[Fiesta Berry Breakfast \(Grain-free\)](#)

[Cranberry Orange Granola \(Grain-free\)](#)

[Mango Millet Pudding](#)

[Totally Squash-ed Breakfast Pudding \(Grain-free\)](#)

[Hearty Breakfast Casserole \(Grain-free\)](#)



Adam's Apple Granola

(grain-free)

by Amy



Serves: 10–12 | Prep time: 20 minutes START TO FINISH: no soaking, baked—40 minutes; with soaking, de-hydrated—24 hours

3 cups raw pumpkin seeds

3 cups raw sunflower seeds

3 cups raw cashew pieces

3 cups coconut chips (unsweetened, without preservatives)

2 cups shredded coconut (unsweetened, without preservatives)

1–2 apples, coarsely chopped

½ cup honey

½ cup maple syrup

1 Tbsp. cinnamon

1 Tbsp. vanilla extract

½ tsp. salt

1–2 cups raisins or dried cranberries

This makes a great trail mix as well as breakfast cereal.

Measure seeds, nuts, and coconut into a large bowl. Set aside.

Food process or blend apple, honey, maple syrup, cinnamon, vanilla, and salt to a smooth mixture. Pour over nuts, seeds, and coconut. Add raisins and stir, coating mixture well. Dehydrate on teflex sheets at 145 degrees for one hour. Transfer to mesh sheets and reduce heat to 105 degrees for 10–12 hours or until dry.

Alternatively, bake the granola on parchment lined cookie sheets at 350 degrees for 15 minutes. Remove from oven and stir well. Return to oven for 5–10 minutes, watching

closely so the coconut does not brown. At first sign of browning, remove granola from oven and allow to cool to room temperature on cookie sheet.

Naked Truth: Apples have amino acids to rebuild brain cells.

Sweet Cinnamon Cereal

by Annie



Serves: 8 | Prep time: 10 minutes | Start to finish: 15 minutes

½ cup raw pecans

½ cup raw almonds

½ cup raw sunflower seeds

½ cup raw pumpkin seeds

½ cup buckwheat

1 cup shredded coconut (unsweetened, without preservatives)

10 pitted dates or 5 date rolls

½ cup raisins

1½ Tbsp. honey

1½ Tbsp. coconut oil

2 tsp. cinnamon

⅛ tsp. salt

This cereal is similar to granola, but the texture is different. The bulk of this cereal is made of seeds and coconut. You will increase the nutrition of the cereal if you sprout and dehydrate the pecans, almonds, sunflower seeds, pumpkin seeds, and buckwheat. When in a pinch, if these ingredients are not sprouted, the cereal will still be delicious. I try to always have sprouted nuts and seeds on hand to easily throw into a recipe.

In food processor, combine nuts, seeds, buckwheat, and coconut. Process to a chunky powder.

Add dates, raisins, honey, oil, cinnamon, and salt. Stir well. Serve with milk and apples, berries, or bananas.

Naked Truth: Buckwheat has rutin, which builds the capillaries and veins; this leads to less spider and varicose veins.

Fiesta Berry Breakfast

(grain-free)

by Annie



Serves: 8 | Prep time: 10 minutes | Start to finish: 15 minutes

6 grated apples

1 lemon

1 cup shredded or flaked coconut (unsweetened, without preservatives)

1 cup fresh or frozen berries

1 cup raw almonds, roughly chopped

½ cup flax seeds

½ cup raw sunflower seeds

6–8 dates, pitted and chopped

1 pomegranate, seeded (optional)

2 tsp. cinnamon

½ tsp. ground nutmeg

I love having this simple, light meal to add variety to the breakfast routine. A muffin, smoothie, or tea goes nicely with this breakfast. You will find it is versatile and easy to modify depending on the nuts, seeds, spices, or berries you add.

Quarter the apples and grate them into a large bowl, using either a hand grater or the grating plate of a food processor. Put the washed lemon through the machine and grate the whole lemon. (If you do not have a food processor, zest and juice the lemon by hand.) In a bowl, combine all ingredients and serve.

Naked Truth: Berries are high in anti-oxidants, which fight free radicals in the body.

Cranberry Orange Granola

(grain-free)

by Amy



Serves: 10–12 | Prep time: 15 minutes | Start to finish: 15 minutes

5 cups coconut chips (large coconut shreds) (unsweetened, without preservatives)

1 cup raw pumpkin seeds

1 cup raw sunflower seeds

½ cup raw sesame seeds

⅓ cup flax seeds

1 cup raw cashew pieces

1 cup dried cranberries

1 cup dried raisins

2 tsp. cinnamon

2 tsp. powdered orange peel or 1–2 Tbsp. orange zest

2 tsp. vanilla powder or 1 tsp. pure vanilla extract

½ tsp. salt

6–8 drops orange essential oil or 3–4 Tbsp. orange zest

¼ cup maple syrup

¼ cup honey

This is a family favorite when served with fresh coconut milk. I often mix and match sweeteners in this recipe. For best results, the seeds and cashews should be soaked and completely dried and then added to the mixture, but this recipe is delicious even if you're using unsoaked seeds and nuts.

Put all ingredients except maple syrup and honey into a large bowl. Mix well. Gently warm and stir maple syrup and honey in a small pan on low heat until syrup mixture is thin and fluid. Pour syrup over the dry mix. Stir until granola is coated with the syrup and ingredients are well incorporated. Store lidded in a glass container for flavors to permeate. Tastes best after 24 hours. Although this granola is shelf stable, refrigerate for longer shelf life and better nutrition.

Mango Millet Pudding

by Amy & Annie



Serves: 8–10 | Prep time: 15 minutes | Start to finish: 2 hours

2 cups millet

5 cups water

1 tsp. salt

3–4 cups milk of choice (see pp. 17–19)

¼–½ cup sweetener (honey, agave, coconut nectar)

½ cup flax or chia seeds

salt to taste

6–12 drops lemon, lime, or orange essential oils or 1–2 tsp. extracts

2 cups fresh or frozen cubed mangos (or another fruit or combination of fruit)

This is a delicious pudding breakfast, dessert, or side salad. For a dessert, use more sweetener. The fruit combinations are endless. Try strawberry mango, blueberry mango, and so on. Also, try combining the listed essential oils and extracts for a cocktail of flavors.

Heat the millet, water, and salt in a large saucepan. Bring to a boil, and simmer over medium-low heat until water is evaporated and millet is soft, about 25 minutes. Or cook millet in a rice cooker with water and salt.

Add 3 cups milk, sweetener, chia or flax, and a pinch more salt to the cooked millet. (Add 1 more cup milk for a thinner consistency pudding.) Check sweetness; when desired sweetness is achieved, add essential oils or extracts and mix in the fruit. Refrigerate at

least 1 hour before serving. The flax seed will swell to create a pudding texture.

Naked Truth: Mangos have vitamin A and are a powerful for strengthening sight, bones, teeth, and tissues.

Totally Squash-ed Breakfast Pudding

(grain-free)

by Amy



Serves: 4 | Prep time: 25 minutes | Start to finish: 40 minutes

5–6 cups orange-fleshed squash (about 1 medium butternut), steamed and mashed

2 Tbsp. coconut oil

½ cup nut or seed milk (see pp. 17–19)

¼ cup honey or maple syrup, more to taste

¼ tsp. salt

1½ tsp. cinnamon or pumpkin pie spice

If working with a thick-skinned squash, an easy method of preparation is to cut the squash in large chunks. Steam in 2 inches water until soft, about 25 minutes. When sufficiently cooled, spoon squash flesh from skin.

Put all ingredients into a blender and blend until creamy or mix in a bowl by hand with a potato masher or a fork until mixture is creamy.

Serve warm.

To dress up this pudding, try this:

1 cup coconut flakes (unsweetened, without preservatives)

2 Tbsp. raw honey

2 Tbsp. coconut oil

1 Tbsp. lucuma powder

1 tsp. cinnamon

¼ tsp. nutmeg

1 tsp. vanilla powder or extract

In a frying pan, mix all ingredients. Cook over medium heat, stirring frequently, until golden brown and caramelized, 5–7 minutes. Sprinkle over squash pudding.

Hearty Breakfast Casserole

(grain-free)

by Annie



Serves: 8 | Prep time: 20 minutes | Start to finish: 1.5-2 hours

8 raw medium red or gold potatoes, grated

1 sweet potato, grated

½ onion, minced

½ red bell pepper

½ yellow bell pepper

½ green bell pepper

SAUCE

1 cup raw cashews, soaked at least 1 hour

3½ cups water

2 cloves garlic

4 tsp. salt

1 tsp. garlic powder

1½ tsp. onion powder

½ tsp. black pepper

In my old life I would have used canned “cream of something” to make a casserole, but I will not use canned “cream of anything” anymore. Soaked raw cashews are a beautiful way make a cream sauce if you are lactose intolerant or are trying to do with less dairy in your diet. We eat this meal for breakfast or dinner, depending on the way I prepare the potatoes and sweet potato. For breakfast, grate the potatoes, and for a dinner or au gratin casserole, thinly slice the potatoes.

In a processor, grate potatoes and sweet potato. Place in 9 x 13 baking dish. Finely chop or food process (with the “S” blade) bell peppers and onions until well minced. Spread bell peppers and onion evenly on top of the potatoes.

Rinse and drain cashews, and place in blender with water, garlic cloves, salt, garlic powder, onion powder and black pepper. Blend until sauce becomes smooth and creamy. Pour over potatoes in casserole dish.

Cover with parchment paper and bake at 350 degrees for 1–1½ hours. Garnish with fresh chopped cilantro.

salads & dressings

Salads

Salad is often the crowning piece on the table because it showcases the most variety, color, taste, and texture. Salads exemplify naked nutrition in every way, especially with one of our dressings. There will never be an end to the variety and possibility of salad. Even if you eat the same salad every day, the dressing alone is enough to keep you entertained. At least we think so. We've spent a lot of time studying salads, especially with men. We hope you find that your big and little men learn to love salads the way our big and little men do. On many occasions, we have had other mothers and grandmothers stop us in wonder and comment on the sheer volume of salads our four- and five-year-old sons eat.

Dressings

With a special dressing, any food can be made gourmet. Sometimes we think dressings are only for salads. I love to keep dressings on hand at all times because I can turn a tortilla topped with shredded cabbage into a mouth-watering meal, just by drizzling with a little dressing. Another trick to eating a lot of fresh food is to always have a couple of dressings in the fridge. If the dressing has a high proportion of vinegar or acid base, it will keep for long periods when refrigerated. Learn to make dressings from "scratch." Your food will taste so much better, you will feel better, and you will eliminate a lot of potential junk from your diet.

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The “Man” Salad

by Amy

After marriage, I discovered that not all men can live on salad. After a few years of trial and error, Josh and I figured out the salad that satisfies a man. There are 3 main components to creating the “Man” Salad:

Sprouted Lentils/Beans: they are a heavy food and require more work to digest, which creates heat in the body and thus acts similar to meat in the body.

Sprouted or Toasted Seeds

Rich & Creamy Nut-Based Dressings

Getting Started

1. Create a salad base with greens: 4–6 ounces of greens, per plate for an adult.
2. Add sprouted seasoned lentils or beans (see p. 14).
3. Add a combination of vegetables, ensuring there is at least one root vegetable (carrot, radish, onion, beet, sweet potato). Here are some ideas:

avocados, dressed in lime juice

beets, skins off or left on, spiralized or grated

carrots, julienned or spiralized

chard, cut into ribbons

collards, cut into ribbons

corn, raw and cut off cob

cucumbers

ginger, freshly grated

herbs, fresh, chopped fine or cut into small pieces

jicama, cubed

kale, cut into ribbons

olives (black or green, without ferrous gluconate, a color enhancer)

onions, thinly sliced

peas, thawed under warm water and then drained

peppers, colored

pickles (raw, fermented)

sauerkraut (raw, fermented)

sprouts (radish, alfalfa, buckwheat, pea shoots, sunflower greens, broccoli)

tomatoes

zucchini or yellow squash, sliced and quartered or spiralized

4. Drizzle with a dressing of choice (see pp. 57–61)

5. Top with sprouted, toasted, or baked seeds (see pp. 136–37)

Enjoy a hearty salad!

Avocado Berry Summer Salad

by Amy



Serves: 6-8 | Prep time: 20 minutes | Start to finish: 20 minutes

Salad

10 cups spring mix lettuce or 2 (5-oz.) containers

3 cups strawberries, sliced (1 pound)

1 cup blueberries

2–3 avocados, cubed

Dressing

½ cup apple cider vinegar, raw

½ cup honey or coconut nectar

2 Tbsp. grated onion or a 2-inch × 2-inch piece

1 tsp. salt

½ tsp. mustard powder

2 Tbsp. raw sesame seeds, optional (creates a thicker dressing)

½ cup olive oil

1 Tbsp. poppy seeds

fresh cracked black pepper, to taste

A light salad for spring or summer months. If you don't have berries, throw in some diced red peppers, coarsely chopped nuts or seeds, tomatoes, cucumbers, and dried cranberries.

Place salad ingredients in a large bowl.

Blend or process vinegar, honey or coconut nectar, onion, salt, mustard powder, and sesame seeds until creamy. While machine is running, drizzle olive oil into the dressing. Add poppy seeds and briefly process again, just to incorporate seeds. Add black pepper to taste.

Toss dressing on the salad or serve on the side. Refrigerate any remaining dressing. Remaining dressing will keep 14 days in the refrigerator.

Naked Truth: Avocado is full of good fats essential for brain and nerve function.

Little Italy Pesto Salad

by Amy



Serves: 6–8 | Prep time: 30 minutes | Start to finish: 90 minutes

This salad is reminiscent of my visits to Italy and is an ideal way to utilize bountiful basil harvests. For a tasty non-dressing pesto, follow the pesto recipe but omit the olive oil and reduce salt to 1 teaspoon.

1 cup fresh cauliflower florets

2 tsp. lemon juice

½ tsp. salt

black pepper

10 cups packed baby arugula or 2 (5-oz.) cartons

2 cups cherry tomatoes, sliced in half lengthwise

1 (10-oz. can) black olives, drained

Salad

Food process cauliflower with the “S” blade or very finely chop cauliflower into a rice texture. Pour lemon juice into cauliflower. Add salt and a few grinds of black pepper. Stir cauliflower rice and set aside.

Place arugula, tomatoes, and black olives in a large bowl.

¾ cup raw sunflower seeds, soaked at least 1 hour

2 Tbsp. lemon juice

2 cloves garlic

1½ tsp. salt

½ cup raw sesame oil

2 Tbsp. nutritional yeast flakes

2½ cups packed basil leaves (3–4 large handfuls or 1 [4-oz.] carton)

½ cup olive oil

¼ cup hemp seeds, optional

Pesto

Place sunflower seeds, lemon juice, garlic, salt, sesame oil, and nutritional yeast in a food processor or blender. Process just until chunky.

Add the basil and process again until basil is broken down, but some seed chunks still remain. (You may need to stop and scrape the mixture down).

By hand, stir in the olive oil and hemp seeds.

Finish assembling the salad by adding the cauliflower rice to the salad. Toss the pesto into the salad, ensuring contact on all the lettuce and vegetables. Serve immediately.

If making this salad in advance, keep the dressing separate and toss just before serving. Pesto dressing will keep refrigerated for 5–7 days.

Avocado Choate Boats

Savory Choate Boat with Tomato and Sweet Choate Boat with Mango

by Amy



Serves: 3 (each serving is 2 boats: 1 salty and 1 sweet) Prep time: 15 minutes | Start to finish: 15 minutes

The Choate boys all love avocado boats. Serving salad in the avocado skin makes this dish fun.

6 Roma tomatoes

1½ avocados

salt and pepper to taste

sesame seeds, raw or toasted

fresh parsley, thyme, or cilantro for garnish, optional

Savory Boats

Dice tomatoes. Place in a medium bowl.

Cut avocados in half lengthwise. Remove avocado flesh from skin, leaving skin intact. Cube the avocado and mix with tomatoes. Repeat with remaining halves.

Salt and pepper the tomato mix to taste and spoon into 3 avocado shells. Garnish with sesame seeds and fresh thyme, parsley, or cilantro.

2 mangos

1½ avocados

1 Tbsp. honey

1 Tbsp. lime juice

vanilla powder, optional

fresh mint, for garnish, optional

Sweet Boats

Cube mangos. Place into a medium bowl.

Cut avocados in half lengthwise. Remove avocado flesh from skin, leaving skin intact. Cube the avocado. Repeat with remaining halves.

To avoid oxidation, quickly fold the cubed avocados with the mangos.

Whisk honey and lime juice together and drizzle over the avocados and mangos. Gently fold the mixture. Spoon into avocado shells, sprinkle with vanilla powder, and garnish with a fresh mint sprig.

Summer Harvest Salad with Fresh Basil

by Annie



Serves: 8 | Prep time: 20 minutes | Start to finish: 20 minutes

3 tomatoes, wedged

1 large cucumber, sliced

1 onion, diced

1 avocado, cubed

1 cup fresh basil, chopped

1½ tsp. salt

¼ tsp. black pepper

3 Tbsp. olive oil

2 Tbsp. apple cider vinegar, raw

1 lime, juiced

If you are in the mood for light and savory, this is the salad you need. It's perfect for a garden party brunch or served as a nice side for the family.

In a large bowl combine tomatoes, cucumber, onion, avocado, basil, salt, and pepper.

In a separate small jar or dish, mix olive oil, vinegar, and lime juice. Pour onto the vegetables and toss lightly.

Shaved Vegetable Salad with Zingy Ginger Dressing

by Amy



Serves: 2 large or 6 small salads | Prep time: 30 minutes | Start to finish: 30 minutes

I love the early spring greens, asparagus, and herbs. This salad is perfect for the seasons of garden harvest. If you don't own a vegetable spiralizer, no worries. A peeler will do fine.

SALAD

6 raw asparagus spears

1 yellow summer squash

2 small zucchini

2 large carrots, peeled

1 inch of daikon radish, peeled

1 bunch cilantro

1 cup cashews, whole and raw

4–6 green onions, sliced on the diagonal in small pieces

1 cup snow peas, left whole or sliced on the diagonal in small pieces

½ cup dried cranberries or pomegranate seeds

2 Tbsp. black or white sesame seeds, for garnish

Salad

Break bottom 1–2 inches of asparagus off each blade. Lay asparagus spears flat on a cutting board. With a peeler, shave long thin slices from bottom to top of each spear.

With a peeler, shave or spiralize remaining vegetables.

Finely chop the cilantro (upper stems and leaves). Toss all salad ingredients together. Pour dressing over salad or serve on the side. Garnish with sesame seeds.

DRESSING

2 Tbsp. white sesame seeds

¼ cup raw sesame oil

¼ cup honey

¼ cup coconut aminos

¼ cup fresh lime or lemon juice, plus zest from lemon or limes

1 tsp. ginger powder

2 tsp. apple cider vinegar, raw

Dressing

Process or blend all ingredients until mostly creamy. Add additional coconut aminos to thin the dressing, if desired. Keeps 7 days in the refrigerator.

Raw Apple Pie Salad

by Amy



Serves: 6–8 | Prep time: 10 minutes | Start to finish: 10 minutes

This is an unconventional salad. Within a few hours, the raw apples soften as if cooked, but enzymes and higher nutrient values are retained when raw. For something different, the salad easily turns into delicious apple pie!

Filling

¼–½ cup dark or grade B maple syrup

½ lemon, juiced, or 1 drop lemon essential oil

2 tsp. cinnamon

¼ tsp. nutmeg

2 date rolls or 4 pitted dates (creates a thicker coating sauce), optional

1 vanilla bean or ½ tsp. vanilla extract

dash of salt

6–8 apples

½ cup raisins or dried cranberries (apple juice sweetened)

¼ cup shredded coconut (unsweetened, without preservatives)

Filling

Blend or food process the maple syrup, lemon, spices, dates, vanilla, and salt until smooth. Pour into a large bowl.

Cut the apples into wedges or pieces; keep the skins intact. After each apple is cut, place apple pieces in the syrup mixture and coat them to keep apples from oxidizing.

Fold in raisins or dried cranberries. Adjust sweetness to taste, and drizzle more maple if desired.

Sprinkle coconut over the top of apples for a snowy garnish.

Raw Apple Pie Variation

Follow steps for raw apple pie salad, without the coconut garnish. Food process salad ingredients into a chunky texture. Set aside.

Crust

3 cups nuts or combination of raw nuts (almonds, cashews, Brazil nuts, pecans, coconut)

6–8 dates or 4–5 date rolls

1 tsp. coconut oil

2 Tbsp. honey

½ tsp. salt

Crust

Pulse all crust ingredients in a food processor until crumbly. Crust is ready when you can form a ball of mixture and it holds together. If it does not stick, add honey or chopped dates 1 tablespoon at a time and process again until mixture sticks together. Press crust into the bottom of a pie pan. (This crust can be used for any raw pie.) Refrigerate or freeze until use.

Pour the apple pie mixture into the crust. Sprinkle shredded coconut over the pie. Refrigerate until ready to serve, or place in the dehydrator for 2 hours at 110 degrees before serving.

Pomegranate Sweet Potato Salad With Wassail Dressing

by Amy



Serves: 6–8 | Prep time: 30 minutes | Start to finish: 60 minutes

Salad

4 small to medium sweet potatoes, peeled and cubed in ½-inch pieces

2 Tbsp. olive oil

½ tsp. salt

1 pomegranate, seeded

½ cup dried cranberries

1 cup finely sliced purple cabbage ribbons

1 (5-oz.) container spring lettuce or 5 cups packed lettuce

Wassail Dressing

¼ cup raw sesame or light flavored oil

¼ cup maple syrup

¼ cup pineapple juice

¼ cup apple cider vinegar, raw

½ tsp. vanilla powder or ½ tsp. pure vanilla extract

½ tsp. cinnamon

10–12 drops orange essential oil or zest of 2 oranges or 1 tsp. orange extract

¾ tsp. salt

¼ tsp. nutmeg, optional

sprinkle of allspice

This is a beautiful cold salad with a delightful holiday appeal. It pairs perfectly with a simple soup, since the sweet potatoes make it a hearty salad. The longer the salad marinates, the better it tastes. Be sure to use olive oil instead of coconut oil to sauté the sweet potatoes, or you'll end up with hard oil in your salad.

Sauté the sweet potatoes in olive oil and ¼ teaspoon salt, until tender. Transfer to a refrigerator until they reach room temperature.

Whisk all dressing ingredients together.

Toss sweet potatoes, pomegranate, cranberries, cabbage, and ¾ cup of the dressing together. Allow to marinate in the refrigerator until ready to serve.

Arrange spring lettuce on a tray or individual salad plates. Spoon sweet potato mixture onto salad greens. Drizzle salads with remaining ¼ cup wassail dressing. Salt and pepper to taste. Enjoy!

Lemon Lavender Dressing

by Amy



Serves: 8 | Prep time: 10 minutes | Start to finish: 10 minutes

½ cup raw cashews, soaked at least 1 hour

½ cup fresh lemon juice

¼ cup fresh lime juice

½ cup raw sesame oil or light-flavored oil

½ cup honey

2 Tbsp. natural sauerkraut juice, optional

2 tsp. salt

2 Tbsp. dried lavender flowers

2 tsp. lemon zest (about 2 lemons)

This dressing is best with a simple salad of spring lettuces, cucumbers, sprouts, and seeds.

Rinse and drain cashews. Place cashews, lemon juice, lime juice, oil, honey, sauerkraut juice, salt, and 5 teaspoons lavender flowers in a blender or food processor. Process until creamy and smooth. Add remaining 1 teaspoon lavender flowers and lemon zest. Blend briefly or stir by hand, just to incorporate. Refrigerate. Keeps 7 days in the refrigerator.

Citrus Asian Dressing

by Amy

Serves: 16–18 | Prep time: 20 minutes | Start to finish: 20 minutes

1½ cups raw sesame oil

2 lemons juiced (about ⅓ cup)

3–4 limes juiced (about ⅓ cup)

3 drops lime essential oil or 3 tsp. lime zest

¼ cup coconut aminos

2 Tbsp. grated ginger root

6–8 garlic cloves

½–¾ cup honey, coconut nectar or agave

2½ tsp. toasted sesame oil

2 tsp. ginger powder

1 tsp. garlic powder

1 tsp. onion powder

1–2 Tbsp. raw white or brown sesame seeds, optional

This dressing doubles as a tangy sauce over vegetables or simple main dishes. It makes a large batch; consider halving the recipe.

Blend all ingredients until smooth. Add additional sweetener, to taste, if desired. For a thicker dressing, add 1–2 tablespoons sesame seeds and blend again until creamy. Keeps refrigerated 14 days.

Naked Truth: Ginger root is a circulatory stimulant, which helps the blood and lymph transport toxins out of the body.

Herbed Garlic Dressing

by Amy

Serves: 12–14 | Prep time: 10 minutes | Start to finish: 10 minutes

2 cups raw sesame oil or a combination of raw sesame and olive oil

1 cup raw sunflower seeds

½ cup apple cider vinegar, raw

¼ cup Bubbies brand sauerkraut juice

8–10 cloves garlic, small-to-medium size

1 Tbsp. salt

12–14 black peppercorns

2 Tbsp. Herbs de Provence

If you don't have Herbs de Provence on hand, here's a beautiful mix:

10 parts thyme

10 parts rosemary

8 parts marjoram

6 parts savory (winter savory is best)

3 parts dried lavender flowers

This is an incredibly rich and savory dressing; it is my personal favorite. Not to mention that it is loaded with garlic, a natural antibiotic to the body. If using very fresh garlic, start with 3 cloves and work up from there.

Place oil, seeds, vinegar, sauerkraut juice, garlic, salt, and peppercorns in blender. Blend just until creamy (about 20 seconds in a high-speed blender). Do not overblend.

Add Herbs de Provence to the dressing and pulse briefly (5 seconds) to incorporate the herbs.

During refrigeration, oil may separate from the sunflower seed “cheese.” Stir before serving. Keeps refrigerated 14 days.

Honey Black Pepper Dressing

by Annie

Serves: 20 | Prep time: 10 minutes | Start to finish: 10 minutes

3 cups olive oil

1½ cups apple cider vinegar, raw

3 cloves garlic

3 Tbsp. honey

2 Tbsp. black pepper

3 tsp. salt

3 tsp. onion powder

½ cup raw sunflower seeds

This is very good on rice, quinoa, steamed veggies, and potatoes.

Blend everything except sunflower seeds until smooth. At the end, add sunflower seeds and pulse until chopped. Maintain some seed chunks in the dressing. Keeps 2 weeks refrigerated.

Honey Mustard Vinaigrette

by Amy

Serves: 14–16 | Prep time: 10 minutes | Start to finish: 2–3 hours for seeds to swell

1 cup raw sesame oil

¾–1 cup honey, agave or coconut nectar, to taste

½ cup apple cider vinegar, raw

½ white or purple onion

1 Tbsp. onion powder

1 Tbsp. pink salt

1 tsp. mustard powder

⅛ tsp. turmeric powder

2 drops lemon essential oil or 1 Tbsp. lemon zest, optional

⅛ cup raw sesame seeds, optional

1 Tbsp. poppy or chia seeds

Although many men may like sweet dressings, this is really a woman's dressing. If you are preparing lunch for the ladies, this is a perfect pick. It goes especially well with green salads that have berries or fruit added.

Blend all ingredients except poppy or chia seeds in a high-speed blender until smooth. Gently pulse poppy or chia seeds just until distributed throughout dressing. Dressing will thicken within 2–3 hours. For an immediately thick dressing, blend 2 tablespoons raw sesame seeds before adding poppy or chia seeds. Keeps refrigerated 14 days.

Salad Idea: Create a fruity coleslaw by adding 1–2 tablespoons orange zest or 3–5 drops orange essential oil and ¼ teaspoon almond extract to the dressing recipe. For the coleslaw, shred some cabbage, toss in a handful of dried cranberries, apples, chopped almonds, colored peppers, and cilantro.

Sunflower Ranch Dressing

by Amy

Serves: 12-14 | Prep time: 10 minutes | Start to finish: 10 minutes

1 cup raw sunflower seeds

1¾ cups water

½ cup raw sesame oil

¼ cup Bubbies brand sauerkraut juice or ¼ cup Bubbies dill pickle juice or 2 Tbsp. lemon juice

3 Tbsp. apple cider vinegar, raw

1–2 cloves garlic

1 Tbsp. onion powder or 2 Tbsp. onion granules

2–3 tsp. sea salt, to taste

1 tsp. garlic powder

1 tsp. dried dill or 1 small handful fresh dill

1 heaping tsp. dried sweet basil

a few shakes of kelp granules or powder, optional

1–2 tsp. honey, to taste, optional

¼ cup fresh or 1 Tbsp. dried parsley

Perfect for a simple children's lunch of carrot sticks and ranch. Use leftover dressing to make kale chips (see p. 134).

Blend everything but parsley in a blender or food processor until smooth. If using a food processor, add the seeds and oil first, blend to a cream, and then add the other ingredients and process for 5–6 minutes until creamy. If desired, add additional water and salt to reach desired consistency and intensity of flavor. For a sweeter ranch, add 1–2 teaspoons honey. Blend again. Gently pulse the parsley into the final dressing, just to incorporate. After refrigeration and before serving, stir to incorporate water again. Keeps refrigerated 3 days.

Naked Truth: Sprouted sunflower seeds and kelp contain iodine, which supports the thyroid gland.

Cilantro Lime Ranch Variation

inspired by

Chef Megan Quitberg

To the original Sunflower Ranch recipe, add

1 bunch cilantro, leafless part of stem discarded

1–3 tsp. honey, to taste

2 limes, juiced (about 3 Tbsp.)

Basic Olive Oil Vinegar Dressing

by Annie



Serves: 12 | Prep time: 5 minutes | Start to finish: 10 minutes

Basic Dressing

½ cup apple cider vinegar, raw

1½–2 tsp. salt

1 cup olive oil

1–2 cloves garlic, minced

Additional Ideas

2 Tbsp. honey

1 Tbsp. grated ginger

½ tsp. oregano, basil, rosemary, thyme, or black pepper

¼ red onion, minced

2 Tbsp. coconut aminos

Follow the basic recipe as the foundation and then add herbs, honey, mustard, pepper, or minced onion for a different dressing every time you make it. This dressing is great on cooked brown rice or quinoa topped with vegetables. It would also be great on steamed beets, green beans, or brussels sprouts.

Basic Dressing

Add vinegar and salt in a quart jar. Put lid on and shake so salt is well mixed. Add olive oil and garlic. Shake once more.

Keeps in refrigerator for several weeks.

breads

There is a reason this is the shortest section in the whole book; when used regularly, the colon does not easily tolerate grain flour. For increased nutrition when using all raw grains, nuts, and seeds, remember to soak or sprout them. Unsprouted grains are not yet in season, like a summer fruit in snowy December (for more information on this and for sprouting instructions see pp. 8–11). Breads can play a role in transitioning your diet away from more detrimental prepackaged items, so we've offered a few options. When you eat grains, pair them with plenty of fresh vegetables! The alkalinity of the vegetables can offset the more acidic nature of the grains.

Banana Bite Muffins (with Nut Pulp)

Good Fortune Flatbread

Herbed Buckwheat Millet Flatbread with Cashew Basil Butter

Fruit Puree Muffins (pictured)

Simple Sprouted Wheat Tortillas



Banana Bite Muffins (with Nut Pulp)

by Amy



Serves: 36 mini muffins, 18 regular muffins

Prep time: 20 minutes | Start to finish: 50–70 minutes

4 bananas, mashed

½ cup honey or maple syrup

½ cup soft coconut oil

3 Tbsp. chia seeds

1 tsp. pure vanilla extract

1½ cups nut flour

1½ cups leftover coconut or nut milk pulp, very lightly packed

¼ cup lucuma powder, optional

1 tsp. salt

1 tsp. baking soda

parchment baking cups

Muffins are a great way to use leftover nut milk pulp. If you don't have pulp, substitute an additional 1½ cups nut flour. The amount of moisture remaining in the nut pulp will play a factor in the bake time and texture of these delicious muffins.

Mash the bananas with a fork.

In a blender, blend honey or maple syrup, coconut oil, chia, and vanilla until mostly smooth. (Without a blender, cream previously listed ingredients, including bananas, together.)

Mix remaining 5 ingredients in a bowl. Food process these ingredients if using pulp that was frozen.

By hand, mix bananas, wet blended ingredients and dry flour/pulp mixture together.

Spoon batter into parchment baking cups lining a muffin tin. Bake at 350 degrees for 25–35 minutes for mini muffins or 40–50 minutes for regular muffins. Tops will be browned.

Good Fortune Flatbread

by Annie



Serves: 24 | Prep time: 15 minutes | Start to finish: 1 hour

1 cup millet

1 cup buckwheat

1 cup shredded coconut (unsweetened, no preservatives)

3¾ cups water

½ cup coconut oil

½ cup honey

1 Tbsp. anise

1 tsp. nutmeg

1 Tbsp. cinnamon, plus more for sprinkling on batter

1 tsp. salt

1 tsp. vanilla

3½ cups dried fruit, chopped (apricots, apples, raisins, dried cranberries, currants, or dates; any combination will do)

1 cup raw pecans or walnuts, chopped

This is a nice holiday bread and is delicious served with a cashew frosting. Flatbread is best eaten fresh out of the oven. The bread freezes well and may be toasted in a toaster for later use. For best nutrition, soak the millet and buckwheat overnight.

If using soaked grains, rinse well and drain. Place all ingredients except dried fruit and nuts in a blender and process until batter is smooth. Pour batter into two jelly-roll pans lined with parchment paper. The batter should be ¼-inch thick in the pan. Parchment paper is necessary or the batter will stick to the pan. Sprinkle batter with chopped fruit and nuts and a little cinnamon. Bake at 350 degrees until cracks form throughout the bread and it

pulls away from the sides.

Herbed Buckwheat Millet Flatbread with Cashew Basil Butter

by Amy, inspired by EdiblePerspective.com



Serves: 12 | Prep time: 10 minutes | Start to finish: 1 hour, 10 minutes

Flatbread

1 cup raw buckwheat groats

1½ cups millet

3 cups water

1 large onion

⅓ cup olive oil

3 Tbsp. honey or agave

1½ tsp. garlic powder or 4–5 cloves garlic

2 Tbsp. oregano

1 Tbsp. rosemary

1½ Tbsp. basil

1 Tbsp. thyme

1–2 tsp. salt

1 Tbsp. nutritional yeast flakes for sprinkling on batter

additional salt for sprinkling on batter

Cashew Basil Butter

1½ cups raw cashews, soaked at least 1 hour

½ cup water

1¼ tsp. salt

fresh basil, ½ cup packed or 1 large handful

This bread is so versatile. I love it as an open-faced sandwich with cashew basil butter and loads of fresh veggies, sprouts, and a drizzle of delicious dressing. For more flatbread variations, try omitting the Italian herbs and substituting Essential Seasoning (see p. 72), curry powder, cajun spices, or your favorite seasoning blend.

Blend all ingredients in a high-speed blender until smooth. If grains were pre-soaked, a regular blender will also work. Line pans with parchment paper (parchment must be used; buckwheat sticks terribly). Pour batter into pan, keeping it a thin layer, about ¼-inch thick. Sprinkle batter with nutritional yeast and salt. Bake on middle rack for 40 minutes at 375 degrees.

Cut bread in squares with pizza cutter. Or top with pizza toppings and bake again for a pizza. Store in an airtight container or freeze any unused bread.

Cashew Basil Butter

Rinse and drain cashews. Blend or food process cashews, water, and salt until creamy. Stop to scrape down sides as needed. Add fresh basil and pulse gently, enough to incorporate well but still have some pieces of leaves. Adjust salt to taste. Spread on herbed flatbread.

Fruit Puree Muffins

by Annie



Serves: 12 | Prep time: 15 minutes | Start to finish: 40 minutes

1½ cups sprouted wheat, spelt or Kamut flour

1 tsp. baking soda

½ tsp. salt

½ cup coconut oil

½ cup honey or coconut sugar

1 cup pureed fruit (fresh, bottled, or frozen)

Bananas, apples, plums, or peaches are the most common fruits I use in this recipe. This tasty muffin is great with soup or for breakfast. It would also be an easy snack for camping or picnicking.

Mix together flour, baking soda, and salt. In a separate bowl, combine softened oil, honey or coconut sugar, and pureed fruit. Add fruit and oil to dry ingredients and stir until well mixed. Fill muffin tins $\frac{2}{3}$ full. Bake at 350 degrees for 18 minutes.

Simple Sprouted Wheat Tortillas

by Amy



Serves: 10–12 | Prep time: 30 minutes | Start to finish: 1 hour

When we first transitioned away from bread made with yeasts, this was our staple. We made a large batch of dough once a week to put in the refrigerator. Throughout the week I would roll them out as needed (which makes for a quick meal). The children would cut shapes out of them for crackers. Slowly, over time I have moved to making them only a handful of times a year, and they are still an absolute favorite. When paired as a wrap or taco with lots of vegetables and greens, they become the vehicle for a salad instead of the main event.

3 cups sprouted wheat flour (see pp. 10–11), divided in half, plus ¼ cup extra as needed

1 tsp. salt

1 cup boiling water, or concentrated herbal tea water

½ cup extra virgin olive or raw sesame oil

Mix 1½ cups flour with salt and hot water. Work the dough until elastic strands appear.

Add the oil and mix well.

Add remaining flour and mix or knead until all flour is completely integrated and dough is elastic. If the mixture is a little stiff, add more water 1 tablespoon at a time. If it's too wet, mix or knead it for 2–3 minutes more before adding extra flour. No additional oil is needed; the balance is between the dry flour and water. The goal is to maintain as much water as possible, while still being able to easily handle the dough.

When the dough is the texture of soft bubble gum, divide into 10–12 pieces and seal in a plastic bag or lidded pan.

Heat a cast iron skillet to just less than medium heat.

Roll each piece of dough into a thin circle on stone, stainless steel, or another smooth surface. (Not wood, it will stick.)

Place the tortilla on the pan. It should cook quite quickly, 20 to 30 seconds. Flip it every 10 seconds or so. (If you get large air bubbles while cooking the tortilla, you have achieved tortilla nirvana.)

Layer the cooked tortillas on a plate so that they soften while they stack together. Keep unused tortillas in an airtight container in the fridge for 5–7 days.

condiments & sauces

Condiments are the “cherry on top” when it comes to food. Condiments make food special. Sadly most commercial condiments are some of the worst foods for you. They are shelf stable, therefore, loaded with preservatives and enhancers. You will greatly improve the quality of your kitchen if you learn to make your own.

Basic Creamy White Sauce

Essential Seasoning

Creamed Alfredo Sauce

Cilantro Pesto

Tangy Raw Cranberry Sauce

Versatile Hummus

Raw Tomato Ketchup

“Nomato” Ketchup

Fresh 'n' Zesty Salsa

Nacho Southwestern “Cheese” Dip



Basic Creamy White Sauce

by Amy

Serves: 8–10 | Prep time: 15 minutes | Start to finish: 15 minutes

1 cup raw cashews, soaked at least 1 hour

4 cups water

¼ cup arrowroot powder

1 tsp. salt

fresh cracked pepper and additional salt, to taste

To me, this sauce tastes exactly like my parents' cream sauce for creamed peas and new potatoes. It is an incredibly versatile recipe and makes a great base for creamed soups, vegetable casseroles, and steamed vegetables. The general rule of thumb for using arrowroot as a thickening agent is 1 tablespoon powder per 1 cup of liquid.

Rinse cashews. Place them in a blender with water, arrowroot powder, and salt. Blend until cashews are completely broken down.

Transfer to a saucepan. Turn heat to medium and whisk constantly until sauce thickens and begins to boil. Allow to boil for 15–20 seconds, and then remove from heat.

Use immediately as a white sauce substitute or make “Creamed Peas & New Potatoes.” Refrigerate 5 days or freeze up to 6 months.

To make Creamed Peas and New Potatoes: Scrub and cube 3–4 pounds of baby red potatoes. Cover with water in a pot. Sprinkle ½ teaspoon salt and stir. Cook potatoes on medium heat for 10–15 minutes, just until tender. Drain potatoes and transfer to a large bowl. Place 2 cups frozen peas in a colander and run under hot water, just to defrost. Drain peas and add them to the potatoes. Pour cream sauce over peas and potatoes (as much or as little sauce as desired). Add salt to taste and a generous portion of freshly cracked black pepper.

Essential Seasoning

by Amy

Prep time: 5 minutes | Start to finish: 5 minutes

2½ Tbsp. paprika

2 Tbsp. salt

2 Tbsp. garlic powder

2 Tbsp. cumin powder

1½ Tbsp. onion powder

1½ tsp. black pepper

2 tsp. cayenne

1 Tbsp. dried oregano, optional

1 Tbsp. dried thyme

This recipe is based heavily on Emeril Lagasse's "Essence" seasoning, thus the similar name. It is a great substitute for taco, fajita, Cajun, and other spicy seasoning mixes. It is really delicious in flatbread batter (see p. 66).

Mix together and store lidded in a glass jar. Keeps indefinitely.

Creamed Alfredo Sauce

by Annie



Serves: 6 | Prep time: 10 minutes | Start to finish: 15 minutes

2 cups raw cashews, soaked at least 1 hour

2 cups water

2 Tbsp. arrowroot powder

1 clove garlic

2 tsp. salt

1½ tsp. onion powder

½ tsp. white pepper

¼ tsp. nutmeg

dash of cayenne pepper

Rinse and drain cashews. Combine all ingredients in a blender and process until creamy and smooth. Cook sauce over medium heat, stirring constantly. Allow sauce to boil 30 seconds. Remove from heat and serve over zucchini squash, steamed peas, steamed broccoli, green beans, asparagus, or cauliflower. Keeps refrigerated 5 days.

Raw Alfredo Sauce Variation

By Amy

Blend 1 cup raw cashews (soaked at least 1 hour then rinsed and drained), 1 cup water, 1 Tbsp. Bubbies brand sauerkraut juice, 1 tsp. salt, 1 clove garlic, and 1½ tsp. nutritional

yeast flakes. Serve over spiralized vegetable noodles. Keeps refrigerated 3 days.

Cilantro Pesto

by Amy



Serves: 5–6 | Prep time: 15 minutes | Start to finish: 15 minutes

1 cup raw sunflower seeds

2 bunches cilantro, bottom stem removed; keep the part of the stem with leaves

¼ cup raw sesame oil

¼ cup olive oil

1½ tsp. salt, to taste

5 cloves garlic

1 lime, juiced

1–2 tsp. honey

1 Tbsp. nutritional yeast (optional)

Place all ingredients in food processor with the “S” blade. Process until mostly smooth, but with some chunks of sunflower. Adjust to taste with salt and honey.

Refrigerate until ready to serve. Eat with flat bread, as a salad topping, or on raw crackers. Keeps refrigerated 3–5 days.

Naked Truth: The powerful nutrition in cilantro and parsley is especially helpful for

detoxing heavy metals and radiation.

Tangy Raw Cranberry Sauce

by Amy & Annie



Serves: 4–6 | Prep time: 15 minutes | Start to finish: 15 minutes

1 cup dates, pitted (Soak dates in 1 cup warm water for 10 minutes if they are hard. Strain.)

2 cups cranberries

1 orange, with zest

2–3 apples, pitted and chopped in large pieces

OPTIONAL INGREDIENTS

1–2 Tbsp. honey

1 tsp. cinnamon

1–3 tsp. ginger, freshly grated, to taste

½–1 cup coconut or nut milk (see p. 17)

For a more traditional sauce, disregard the optional ingredients. For the tangy version, add the optional ingredients. If you have leftover sauce, use it with Pumpkin Stripe Parfait (see p. 149).

Pulse dates into small pieces in a food processor with the “S” blade. Add cranberries, orange, orange zest, and apples. Or lightly blend in a blender, keeping sauce a chunky texture. Taste test. For a traditional sauce, stop here.

For a tangy sauce, add honey, cinnamon, and ginger (a little at a time, by taste) to food processor. Adjust to desired sweetness.

Refrigerate until ready to serve. Garnish with orange zest. Keeps refrigerated 5 days or

frozen 6 months.

Creamy Variation: Add milk one tablespoon at a time, gently pulsing in the processor until desired creaminess and consistency is reached (keeping texture slightly chunky). Freeze in a small molded pan or a 9 x 5 bread pan. To remove from pan, gently run pan under warm water to loosen the edges. Tap the pan and turn out onto a tray or plate covered with beautiful lettuce leaves.

Versatile Hummus

by Amy



Serves: 10 | Prep time: 20 minutes | Start to finish: 30 hours

2 cups garbanzo beans, sprouted and cooked (see pp. 8–11)

1 tsp. apple cider vinegar, raw

½ cup water

¼ cup sesame seeds

1 Tbsp. olive oil

1 Tbsp. lime juice or 1 Tbsp. water with 1 drop lime essential oil

¾–1 tsp. salt, to taste

¼ tsp. garlic powder

¼ tsp. onion powder

¼ tsp. cumin powder

¼ tsp. chili powder

For a fun variation, try adding one or several of these:

1–2 handfuls spinach

½ cup chopped cilantro

1 small avocado

½–1 small jalapeño

¼ red bell pepper, chopped

more salt to taste

This hummus is perfect because it is heartier than a dressing dip. I like to prepare large batches of garbanzo beans and freeze them so I have them on hand. If you go to the trouble to cook the beans, consider making “White Minestrone with Carrot Hummus” within a short time frame. Helpful hint: 1 cup dry garbanzo beans = 3 cups cooked.

Place garbanzo beans and all other ingredients (basic and variations) in a food processor with the “S” blade. Process until smooth. Adjust salt to taste. Serve immediately or refrigerate up to 5 days.

Raw Tomato Ketchup

by Annie

Serves: 24 | Prep time: 15 minutes | Start to finish: 15 minutes

1 cup sun-dried tomatoes, soaked in 1 cup water for 10–15 minutes

2 Tbsp. apple cider vinegar, raw

2 Tbsp. honey

2 dates, pitted

⅛ medium-sized beet

1½ tsp. salt

1½ tsp. onion powder

1 tsp. garlic powder

⅛ tsp. clove powder

You will never need store-bought ketchup again. When using tomatoes I like them raw. I grow my own tomatoes and dehydrate all of them. I love having sun-dried tomatoes year round. They are easy to rehydrate and use in many recipes.

Place all ingredients, including soak water in blender and process until smooth. Store in refrigerator. Keeps well in refrigerator 7–10 days.

“Nomato” Ketchup

by Amy



Serves: 24 | Prep time: 15 minutes | Start to finish: 15 minutes

1 cup cooked pumpkin or squash puree

2 heaping Tbsp. diced beet

½ cup agave

⅓ cup apple cider vinegar, raw

2 tsp. salt

1½ tsp. onion powder

pinch of allspice

⅛ tsp. ground cloves

¾ tsp. psyllium husk powder, optional

½ tsp. unsulfured blackstrap molasses

1/8 tsp. cumin

This recipe is nightshade-family-free, so tomatoes aren't included. If you don't have a high-speed blender, substitute 1/2 teaspoon beet powder for diced beet.

Blend all ingredients in a high-speed blender until creamy. Use immediately or refrigerate up to 5 days.

Note: To make perfect roasted potatoes (or a french fry variation), cut potatoes or sweet potatoes into 1-inch cubes (or wedges for fries) and place in a bowl. Drizzle olive oil over the potatoes. Sprinkle generously with salt. Try adding a shake of dried parsley flakes. Stir potatoes to ensure even coating of oil. Pour potatoes onto a cookie tray and cook 35–40 minutes at 400 degrees, stirring occasionally. Alternatively, place potatoes on a cookie sheet and then transfer to a medium hot grill to cook. Cook until potatoes are tender and edges are golden brown. Serve with ketchup!

Note: To make sun-dried tomatoes, slice in-season fresh tomatoes (Roma work best) into 1/4-inch slices. Place in a bowl. Sprinkle with salt (the preservative) and mix tomatoes. Do a taste test; if they taste salty, there is enough salt. Lay tomato slices on teflex sheet on the dehydrator. Turn dehydrator to 145 degrees for 1 hour, and then turn down to 110 degrees for 12 hours. Remove tomatoes from teflex and continue drying on dehydrator mesh sheets for another 12 hours, or until completely dry. Store in glass jars at room temperature.

Fresh & Zesty Salsa

by Amy



Serves: 10 half cup servings

Prep time: 20 minutes | Start to finish: 20 minutes

1 large red onion (or 1 cup coarsely chopped)

2 large bell peppers, any color (or 3 cups coarsely chopped)

1 large carrot, grated

½ bunch of cilantro, washed (bottom stem removed; keep the part of the stem with leaves)

12 Roma tomatoes, cut into large pieces (about 6 cups)

1 lime, zested and juiced

1–3 drops lime essential oil (optional)

2–3 tsp. pink Himalayan salt

1½ tsp. onion powder

1½ tsp. cumin powder

½ tsp. garlic powder

¼ tsp. chili powder

1 tsp. honey or agave (if your tomatoes are very ripe or in season, omit)

In a food processor with the “S” blade, process onions, peppers, carrots, and cilantro

together into a chunky texture (small pieces but not fine). Set aside in a large bowl.

Add the tomatoes to the processor and process to a chunky texture. Add tomatoes to the bowl of onions and peppers. Add the lime zest and juice, lime essential oil, salt, onion powder, cumin powder, garlic powder, chili powder, and honey. Stir well. Adjust salt to taste.

Serve immediately or refrigerate covered until ready to serve. Keeps refrigerated 5 days.

Nacho Southwestern “Cheese” Dip

adapted by Amy from a recipe of Sunnyrawkitchen’s *Delightfully Raw*



Serves: 6–8 | Prep time: 10 minutes

Start to finish: 8 hours with soaking

1½ cups raw sunflower seeds, soaked 6–8 hours

1½ cups roughly diced red or orange bell pepper

½ cup water

1 medium carrot, roughly chopped

2 large garlic cloves

3 Tbsp. lime juice

1 tsp. lime zest

2 Tbsp. nutritional yeast flakes

2½ tsp. Essential Seasoning (see p. 72)

1½ tsp. salt

½ tsp. cumin powder

½ tsp. onion powder

This dip pairs well with any Mexican or Southwestern-style dish. It is also great with vegetable sticks or as the sauce for making kale chips (see p. 134).

Rinse and drain sunflower seeds. Add all ingredients to a blender and process until smooth

and creamy. Add water to reach desired consistency. Serve immediately or refrigerate up to 5 days.

soups

Soups are wonderful for cold weather or when the body's temperature needs a little boost. They are basically a tea: an infusion of nutrients in liquid, but with soup you get the fiber as well.

When preparing soups or other stovetop cooked dishes, a nice alternative to sautéing vegetables in oil is the steam fry method. If the soup calls for a sauté, simply fill the bottom of the stockpot with a small amount of water (about 1/4–1/2 cup or 1 inch of water in the bottom of the pan). Get the water quite hot, add the vegetables and salt, cover, and allow vegetables to steam cook until mostly tender.

[**Alphabet Vegetable Soup**](#)

[**Beautiful Beet Borscht**](#)

[**Creamed Asparagus Soup**](#)

[**Butternut Pear Soup**](#)

[**Lissie's Garden Tomato Soup \(pictured\)**](#)

[**Ginger Carrot Sunshine for David**](#)

[**Cream of Potato & Leek Chowder**](#)

[**Lentil Curry Medley**](#)

[**New Mexi-Potato Posole**](#)

[**White Minestrone with Carrot Hummus**](#)

[**Carrot Hummus**](#)



Alphabet Vegetable Soup

by Amy



Serves: 6–8 | Prep time: 30 minutes | Start to finish: 1 hour

2–3 onions, roughly cut

2 celery stalks, sliced

2–4 cloves garlic, minced

1 Tbsp. salt

2 Tbsp. olive oil

¼ cup fresh parsley, or 2 Tbsp. dried parsley

½ tsp. turmeric

8–10 cups sliced or chopped vegetables of choice (carrots, celery, potatoes, and so on)

4–6 fresh sage leaves or 1 tsp. dried sage

2–3 bay leaves

honey, to taste

1 zucchini (for alphabet letters), optional

This is the classic plant-based version of chicken noodle soup. My children love to cool this soup by adding frozen peas.

Steam fry (in ¼ cup water) or sauté onions, celery, garlic, and salt in olive oil until onions are translucent, 5–7 minutes.

Transfer onion sauté to blender. Add 2 cups water, parsley, and turmeric. Process until smooth. Return stock to the pot.

Add 4–6 additional cups water (less for a thicker broth, more for a thinner), prepared vegetables of choice, sage, and bay leaves to the pot. Bring to a boil. Turn heat down and simmer until vegetables are tender, 10–15 minutes.

Optional Alphabet Letters

While soup is simmering, make alphabet letters by thinly slicing zucchini in rounds. With small 1-inch cookie cutter shapes or alphabet letters, cut into each zucchini round. Place on a tray and set aside. Use either or both the alphabet letters and shadow cut.

Five minutes before serving, add shapes or alphabet letters to the soup to cook. Salt and pepper soup broth to taste (it will need more salt). If the variety of chosen vegetables leave the soup slightly bitter, add honey 1 teaspoon at a time to reach desired balance.

Remove sage and bay leaves. Serve immediately. If not serving immediately, reserve cut letters for when soup is reheated.

Beautiful Beet Borscht

by Annie



Serves: 12 | Prep time: 25 minutes | Start to finish: 45 minutes

3 Tbsp. coconut or raw sesame oil

1 onion, diced

4 medium-sized beets, grated

1 medium green cabbage, shredded

5 carrots, grated

3 garlic cloves, minced

2 Tbsp. salt

5 medium potatoes, cubed

3 bay leaves

1 tsp. ground cloves

1 tsp. dried parsley

2 Tbsp. honey

½ cup lemon juice

In a large stockpot, sauté onion, beets, cabbage, carrots, and garlic in oil until vegetables are slightly tender. Stir 1 teaspoon salt into sauté mixture.

Add the cubed potatoes and bay leaves with enough water to cover the top of the vegetables. Cook on high heat and bring to a boil. Once soup is boiling, turn heat to low and let simmer with the lid on, until potatoes are tender.

Remove from heat and add remaining 1 tablespoon + 2 teaspoons salt, cloves, parsley, honey, and lemon juice. Lid the pan and let the herbs steep 5 minutes, or until ready to serve. Garnish with horseradish, Sunflower Ranch or Herbed Garlic dressings (see pp. 57–61), and baked seeds (see p. 137).

Lentil Curry Medley

by Amy



Serves: 10–12 | Prep time: 15 minutes | Start to finish: 45 minutes

4 cups black lentils

4 cups water

4 small sweet potatoes, cubed

6–8 medium carrots, peeled and sliced in rounds

4 tsp. salt

4 cups heavy coconut milk (see p. 17)

½ tsp. turmeric powder

4 tsp. curry powder

½ tsp. cumin powder

1 tsp. onion powder

½ tsp. garlic powder

2 Tbsp. coconut oil

1 tsp. apple cider vinegar, raw

If your curry powder is hot, start with less and work up. My favorite curry mix is Frontier's organic curry. For best nutrition, soak the lentils overnight.

Rinse and drain lentils. In a large stock pot, add lentils, water, sweet potatoes, carrots, and 3 teaspoons salt. Simmer on medium heat until lentils are soft, about 30 minutes.

Blend half of the soup in a blender until creamy. Return blended soup to the pot and stir.

Add coconut milk and turmeric, curry, cumin, onion, and garlic powders.

Add coconut oil, apple cider vinegar, and remaining 1 teaspoon salt. Pepper to taste.

Garnish with diced red onion, cilantro, or hemp seeds.

Butternut Pear Soup

by Amy



Serves: 6–8 | Prep time: 30 minutes | Start to finish: 45 minutes

3 yellow onions, chopped

3 carrots, sliced

2 Tbsp. coconut oil

1 Tbsp. + ¼ tsp. salt

1 medium butternut or 6–8 cups orange flesh squash, cut in large cubes

2 cups heavy coconut cream (see p. 17)

1 tsp. honey

1 vanilla bean or ½ tsp. vanilla

1 tsp. ginger powder

½ tsp. nutmeg

½ tsp. cinnamon

⅓ tsp. ground cloves

1 Tbsp. honey

1 tsp. apple cider vinegar, raw

salt and pepper to taste

2–4 pears, cubed

When I created this soup, I had a bunch of young boys, 4–6 years old, at the house. I tried this recipe on them, thinking it might be a bit too gourmet for them to appreciate. I got thumbs up from all of them!

In Dutch oven, sauté onions and carrots in coconut oil with 1 tablespoon salt until tender, about 5–8 minutes.

Peel and cube squash. Add squash to the sauté and cover with water (about 5 cups). Boil until tender, then blend until creamy smooth.

Prepare coconut cream with 2 cups water and 2 cups coconut, 1 teaspoon honey, vanilla, and ¼ teaspoon salt.

Add coconut cream, ginger, nutmeg, cinnamon, cloves, honey, vinegar, and salt and pepper to taste. Add pears and heat through.

Garnish with a slice of fresh pear and sprig of parsley.

Creamed Asparagus Soup

by Annie



Serves: 16 | Prep time: 25 minutes | Start to finish: 45 minutes

1 onion, diced

6–8 celery stalks, sliced

2 Tbsp. coconut oil

6 carrots, sliced

1 large sweet potato, cubed

6 potatoes, cubed

1 bunch asparagus, sliced

½ cup raw cashews, soaked at least 1 hour

1½ Tbsp. salt

1 tsp. onion powder

½ tsp. nutmeg

½ tsp. white pepper

There is really something special about a delicious creamy soup. Several of the soups I make in the colder months are creamy and rich and satisfying to the belly and soul.

Sauté onion and celery in oil until tender. Add carrots, sweet potato, and potatoes. Cover with enough water to barely cover the vegetables (about 6 cups). Bring to a boil and then turn to low and let simmer until potatoes are tender. Add asparagus and let simmer 10 minutes more.

Rinse cashews and combine in blender with 2 cups of soup stock and cooked vegetables. Blend until very smooth and pour back into the pot. Stir.

Add salt, onion powder, nutmeg, and white pepper and let sit lidded a few minutes to let flavors steep. Stir and enjoy!

Lissie's Garden Tomato Soup

by Annie



Serves: 16 | Prep time: 15 minutes | Start to finish: 35 minutes

- 1 onion**
- 4 large carrots**
- 1 zucchini**
- 1 yellow squash**
- ½ bunch celery**
- 5 medium tomatoes**
- 2 cloves garlic, peeled**
- ¼ jalapeño (optional)**
- 2 Tbsp. coconut oil**
- 1½ quarts water**
- ½ cup raw cashews, soaked at least 1 hour**
- ¼ cup honey**
- 3 Tbsp. apple cider vinegar, raw**
- 2 Tbsp. basil**
- 1½ Tbsp. salt**
- 2 tsp. onion powder**
- 1 tsp. white pepper**
- ½ tsp. nutmeg**

Chop all vegetables into large pieces.

In a large stockpot, heat the oil and add all the chopped vegetables. Sauté 5 minutes. Add enough water (about 1½ quarts) to cover the top of the vegetables. Bring to a boil. Then turn to low and let simmer until veggies are tender. In a blender, blend cooked vegetables until smooth. Return blended vegetables to the pot.

Rinse cashews and combine a scoop of cooked vegetables in the blender. Blend until creamy smooth. Add vegetable cream back into the soup and stir well to incorporate.

Add honey, vinegar, basil, salt, onion powder, white pepper and nutmeg. Put the lid on and steep until ready to serve. Stir and enjoy!

Ginger Carrot Sunshine for David

by Amy



Serves: 8–10 | Prep time: 20 minutes | Start to finish: 45 minutes

4 cups regular coconut milk (see p. 17)

½ tsp. salt

1 Tbsp. honey

2 lbs. carrots (16–18 medium-to-large carrots), peeled and chopped in rounds

3 white or yellow onions, cut in large chunks

¼ cup coconut oil, divided in half

1 Tbsp. salt

ginger root, 3–4 inches, peeled and finely grated

Brightly colored and flavored, this soup will warm your heart and soul. For a fun garnish, lightly toast organic coconut flakes in a pan until golden, 5–10 minutes.

Prepare regular coconut milk with ½ teaspoon of salt and 1 tablespoon of honey.

In a Dutch oven, sauté carrots and onions in 2 tablespoons coconut oil. Sprinkle 1 tablespoon of salt over sauté mix, and cook until vegetables are tender but still firm, about 8–10 minutes. Add water to fill bottom of Dutch oven (about 3 cups), and boil vegetables until soft. Place in blender and process until creamy smooth. Return to Dutch oven pan.

Add prepared coconut milk to creamy carrot mixture and stir. Add remaining 2 tablespoons coconut oil and grated ginger root. Reheat, letting ginger steep in soup 5–10 minutes. Add salt and pepper, and more freshly grated ginger to taste.

Cream of Potato & Leek Chowder

by Amy



Serves: 12–15 | Prep time: 30 minutes | Start to finish: 1 hour

Cream Chowder Variations

To the original recipe, add 1–2 cups precooked wild rice to the final soup for an elegant change.

To make any creamed soup or chowder, sauté onions or celery in place of the leeks. In addition to or in place of the potatoes, add vegetables such as corn, carrots, green beans, peas, summer squash, and fresh herbs.

1 lb. leeks (3 large leeks)

5 lbs. white fleshed potatoes (about 15 medium-to-large potatoes or 15 cups cubed potatoes)

10 cups water

3 Tbsp. oil (olive or coconut)

2 Tbsp. + 1 tsp. pink Himalayan salt

1½ cups raw cashews or sunflower seeds, soaked at least 1 hour

3 Tbsp. nutritional yeast flakes

¼ tsp. freshly ground pepper

2–3 tsp. apple cider vinegar, raw

1–2 tsp. honey

The magic ingredient of this soup is the nutritional yeast, which lends a slightly cheesy and a buttery undertone to plant-based recipes. Also, it is critical to use a high quality salt. I prefer pink Himalayan salt, since it boasts having every trace mineral. You can literally taste the difference! In this soup, cashews will give a richer cream, but sunflower seeds also do quite nicely.

Trim bottoms and any soft upper part of the leeks. Keep the crisp greens. (They are often discarded but are loaded with flavor and nutrition.) In general, when working with leeks, take the outer layer off, like an onion. Slice in half lengthwise, and wash between the layers, keeping them intact for easier cutting. Slice leeks in approximately ¼–½-inch portions horizontally, cutting the white base, and then up into the greens.

Heat olive or coconut oil on medium heat in a Dutch oven or stockpot. Add the leeks and 1 tablespoon salt. Stir to coat the leeks with oil and salt. Cover the pot with a lid. Cook leeks 8–10 minutes, or until soft. When done, set aside.

Wash and cube the potatoes. Place cubed potatoes in a separate pot from leeks. Add 8 cups water (or to cover) and 1 tablespoon salt. Bring to a boil, and then turn to medium heat and simmer until potatoes are tender, about 10 minutes. When potatoes are done, turn heat to warm.

Rinse cashews. Add 2 cups filtered water, cashews, and 1 cup cooked potato water to a blender. Blend until creamy.

Add the blended cashew cream and the leeks to the boiled potatoes in their cooking water. Stir well.

Add 1 teaspoon salt, pepper, and nutritional yeast. Create a brighter soup flavor by adding a small amount (1–3 teaspoons) of apple cider vinegar. To warm the soup's flavor, add a small amount (1–2 teaspoons) of honey. Add the vinegar and honey in ½-teaspoon increments, and taste test.

Salt and pepper to taste. Garnish with fresh chives or finely chopped leek greens.

New Mexi-Potato Posole

by Annie



Serves: 10 | Prep time: 20 minutes | Start to finish: 45 minutes

1 onion, diced

2 cloves garlic, minced

2 Tbsp. olive oil

10 medium potatoes (red or gold), cubed

1 Tbsp. + ¼ tsp. salt

8 tomatillos

½ jalapeño

1 bunch cilantro

1 Tbsp. honey

1 tsp. sage powder

1 tsp. onion powder

1 tsp. garlic powder

GARNISH

½ green cabbage

5 avocados

4 limes

2 Tbsp. dried oregano

In a large pot, sauté onion and garlic in oil. When the onion is translucent, add potatoes and 1 teaspoon of salt. Cover with enough water to barely cover the potatoes. Bring to a boil, and then turn to low and let simmer until potatoes are tender.

In a separate small pan, add the tomatillos and jalapeño to 2 cups of water. Bring to a boil, and then turn to low and let simmer until tomatillos are tender.

Combine tomatillo mixture (do not drain) with cilantro, honey, sage, onion powder, garlic powder, and 2¼ teaspoons salt in blender. Blend on high until well mixed. Pour blended mixture into the pot of cooked potatoes. Steep for 10 minutes to allow the flavors to blend.

Serve each soup bowl generously topped with finely shredded cabbage, sliced avocado, and fresh squeezed lime. Sprinkle with dried oregano.

White Minestrone with Carrot Hummus

by Amy

Serves: 6–8 | Prep time: 20 minutes | Start to finish: 1 hour

2–3 onions, roughly chopped

4 cloves + 2 cloves garlic, minced

1 Tbsp. + 2½ tsp. salt

8 large carrots, peeled and cut in rounds

2 Tbsp. olive oil

4 cups cooked garbanzo beans (or any white bean—see p. 14)

4 cups shredded green cabbage

2 cups sliced rounds of zucchini or yellow squash

2 celery stalks, sliced

1 tsp. dried oregano

½ tsp. black pepper

1 Tbsp. dried basil

1 tsp. thyme

1 Tbsp. nutritional yeast

1 tsp. apple cider vinegar, raw

2 tsp. honey

2 cups spinach, kale, or nettles, cut into ribbons

This isn't really a "white" soup, but since there aren't any tomatoes (typical of a minestrone), it isn't red either. My children love this soup with zucchini and squash, but if you have little eaters with strong preferences, steam any "undesirable" ingredient in another pan and blend into the final soup. If you can find fresh nettles, they make this soup extra special. If not, add ¼ cup dried nettles. Mountain Rose Herbs carries them inexpensively.

In a stockpot, steam fry or sauté onions, 4 cloves garlic, 1 tablespoon salt, and 1 cup of the carrot rounds in oil until onions are translucent, 5–7 minutes.

Transfer sauté mix to blender and add 2 cups water and 2 cups garbanzo beans. Blend until creamy. Return sauté mix to stock pot.

Add 8 cups water, remaining carrots, cabbage, zucchini or yellow squash, and celery. Bring to a boil, turn heat down, and simmer until vegetables are soft, about 15 minutes.

Add remaining 2 cups garbanzo beans, oregano, pepper, basil, thyme, 2½ teaspoons salt, vinegar, honey, remaining 2 cloves minced garlic, and spinach, kale, or nettle ribbons.

Simmer 5 minutes.

Serve immediately, garnished with a dollop of carrot hummus and fresh herbs or cool to room temperature and freeze for later use.

Carrot Hummus

by Amy



2 Tbsp. oil

1 cup cooked garbanzo beans, preferably sprouted (see p. 14)

½ large carrot, coarsely chopped

¼ cup water

¼ tsp. salt

1 tsp. dried basil or ¼ cup fresh basil leaves, packed

¼ tsp. black pepper, or to taste

Food process all ingredients until mostly smooth. Spoon 1–2 tablespoons on top of white minestrone soup or serve individual portions on the side (for guests to add to soup independently). Refrigerate any remaining hummus.

light main dishes

Food doesn't need to be heavy to feel like a meal. This section is loaded with simple recipes that will not leave you trying to unbutton the top of your britches. Especially in the warmer months, it is handy to have a number of lighter recipes.

[Colorful Avocado Quinoa Salad](#)

[Southwestern Sweet Potato Salad](#)

[Avocado Lime Black Rice](#)

[Honest-to-Goodness Potato Salad](#)

[Thai Confetti Rice with Plum Sauce \(pictured\)](#)



Colorful Avocado Quinoa Salad

by Amy



Serves: 8–10 | Prep time: 30 minutes | Start to finish: 1 hour

SALAD

2 cups quinoa

½ tsp. salt

3 cups water

2 green onions, sliced on the diagonal

2 colored peppers (red, yellow, or orange), diced

2 carrots, peeled and julienned

1 bunch cilantro or flat leaf parsley, washed and leaves removed from stems

1 cup frozen peas, thawed

1 (10-oz. can) black olives, drained

4 dried mango filets (organic or unsulfured), cut with scissors into small pieces

1 cup dried cranberries or 1 pomegranate, seeded

2 avocados

As with many other fruits and vegetables, most of the phytonutrients in avocados are closest to the skin. To take advantage of them, slice the avocado in quarters lengthwise. Remove the pit. Gently peel the skin from each quarter of the avocado.

Rinse quinoa well, under warm running water for 3–5 minutes. Strain.

Cooking option one: Place quinoa in a rice cooker with salt and water.

Cooking option two: Add water, salt, and quinoa to a pan. Bring to a boil, and then turn down to medium-low heat and let simmer, covered, for about 30 minutes or until water evaporates and quinoa looks swollen. Fluff with a fork, turn off heat, lid the pan, and allow to steam 5–10 minutes. Transfer to a large bowl.

Place remaining salad ingredients (except avocado) on top of the quinoa. Move to the fridge and cool to room temperature.

Pour dressing over salad and toss well, coating vegetables and quinoa. Cube avocados and gently fold into salad just before serving. Salt to taste.

Serve slightly warm or chilled.

DRESSING

⅓ cup fresh juice from a combination of limes and lemons, plus their zest

½ cup olive or raw sesame oil

2–3 Tbsp. honey

1 tsp. coriander powder

1½ tsp. cumin powder

1 tsp. onion powder

½ tsp. salt

¼ tsp. fresh ground black pepper

Whisk all ingredients together in a bowl.

Southwestern Sweet Potato Salad

by Amy



Serves: 10–12 | Prep time: 30 minutes | Start to finish: 1 hour

SALAD

1 cup black rice

3 cups + 4½ cups water, divided

2 sweet potatoes, peeled and cubed

1 cup millet

2–4 Tbsp. olive oil

1 bunch cilantro, de-stemmed and chopped

1 red bell pepper, cut into strips or diced

1 purple onion, diced

1 cup frozen corn, thawed, or raw off the cob

2 Tbsp. olive oil

salt to taste

1 avocado, cubed

1 lime

MARINADE

½ cup olive oil

3 Tbsp. onion powder

2 tsp. garlic powder

¼ cup lime juice (3–4 limes) or 1–2 drops lime essential oil

¼ cup cumin powder

1 tsp. honey or agave

1½ tsp. salt

This salad tastes wonderful served warm or cold. It pairs nicely with a drizzle of Cilantro Lime Sunflower Ranch Dressing (see p. 60).

Cook black rice in rice cooker or on stove top: 3 cups water to 1 cup of rice with 1 teaspoon of salt.

If the rice cooker has a steamer basket, steam the sweet potatoes while the rice cooks. Watch and remove the steamer basket when sweet potatoes are soft. Otherwise, steam or sauté (in 2 tablespoons olive oil) sweet potatoes on stove top until tender about 15 minutes, and then remove from heat.

Add 2¼ cups of water and millet in saucepan with 1 teaspoon of salt. Bring to a boil, and then simmer over medium-low heat until water is evaporated and millet is soft, about 25 minutes. Fluff with a fork and stir in 1–2 tablespoons of olive oil into millet to coat it and keep it from drying out.

Whisk or blend all marinade ingredients. Mix millet and black rice together. Fold sweet potatoes, cilantro, bell pepper, purple onion, and corn into the millet and black rice. Pour marinade over the mixture. Gently mix well to coat grains and vegetables. If mixture is dry, drizzle more olive oil and fold again, repeating until desired moistness is achieved. Salt and pepper to taste. Garnish with avocado slices and lime wedges.

Avocado Lime Black Rice

by Amy



Serves: 6-8 | Prep time: 30 minutes | Start to finish: 1 hour

5 cups water

2 cups black rice (Heirloom Forbidden Black Rice) or rice of your choice

½ tsp. + 1¼ tsp. salt

2 Tbsp. lime juice

1½ tsp. cumin powder

2 tsp. onion powder

2 Tbsp. light flavored oil, such as raw sesame

3 avocados

1 bunch cilantro (bottom stems removed; keep the part of the stem with leaves), optional

I have to credit my sister-in-law Lorelee for getting this recipe into the book. She acted like she had entered a celestial realm after she first ate this. My boys especially like this one with Sunflower Seed Ranch (see p. 60).

Place water, rice, and ½ teaspoon salt in rice cooker. Alternatively, place water, rice, and ½ teaspoon salt in a medium saucepan. Bring water to a boil, and then turn heat down to a simmer, lidded for 35–40 minutes. Carefully watch water level so rice doesn't burn.

Whisk remaining salt, lime juice, cumin, onion, and oil together in a medium bowl.

Finely chop cilantro. Set aside.

When rice cooking is complete, transfer rice to a large bowl to cool. When cool, pour lime

juice mixture over the rice and stir to coat the rice. Gently fold cilantro into the rice. Cube avocados and fold in last. Serve warm or cold.

Honest-to-Goodness Potato Salad

by Annie



Serves: 8 | Prep time: 15 minutes | Start to finish: 25 minutes

5 potatoes, cubed

3 tsp. salt

3 pickles, diced

1 cup sauerkraut, chopped

½ onion, diced

3 celery stalks, diced

½ cup pickle or sauerkraut juice

1½ tsp. dill weed

1 tsp. dried parsley

½ tsp. garlic powder

½ tsp. onion powder

½ tsp. celery seed

black pepper to taste

fresh dill and parsley, optional

Summer means picnics with potato salad. This salad is quick, loaded with probiotics, and very flavorful. Bubbies raw pickles and sauerkraut are the best for this recipe if you don't have homemade ferments. Make this salad while potatoes are still warm to allow for better mashing and flavor infusion.

Steam potatoes with 1 teaspoon salt in 2 cups of water. When tender, drain water and transfer potatoes to a large bowl. Add pickles, sauerkraut, onion, and celery.

In a small bowl, mix together pickle juice, 2 teaspoons salt, dill, parsley, garlic powder, onion powder, celery seed, and black pepper. Pour over potatoes and stir well. Mash the potatoes lightly with a potato masher.

If you have fresh herbs, use them generously (¼ cup each of parsley and dill chopped finely). Serve warm or cold.

Thai Confetti Rice with Plum Sauce

by Amy



Serves: 10–12 | Prep time: 40 minutes | Start to finish: 90 minutes

Confetti Rice

1 cup black rice

2 cups light-colored whole grain rice of choice

3 + 5 cups water

1 tsp. salt

2 cups julienned carrots

2 cups finely sliced purple cabbage

1–2 red, orange, or yellow sweet peppers, diced

½ gold beet, spiralized or grated

1 cup fresh basil, sliced into ribbons

2 limes, zested

2–4 cloves garlic, minced, optional

2–4 inches ginger root, grated, optional

Rice Marinade

¾ cup olive oil

6–8 drops orange essential oil, or 2–3 Tbsp. orange zest, or ½ tsp. pure orange extract

2–3 Tbsp. lime juice (2 limes)

1 tsp. salt

1 Tbsp. coconut nectar or honey

¼ cup live sauerkraut juice

Plum Sauce

¼ cup raw white sesame seeds

¼ cup raw sesame or olive oil

⅓ cup coconut aminos or nama shoyu (live soy sauce)

¼ cup honey or coconut nectar

10 dried plums (about ¼ cup)

1 Tbsp. lime juice (or juice of 1 lime)

1 clove garlic

½ tsp. toasted sesame oil

fresh grated ginger, to taste

If you don't have black rice, any rice will do. For a grain-free version, omit the rice, toss the vegetables in one-third of the marinade recipe, and then proceed with the collard wraps as directed. Depending on the potency of your garlic and ginger, start with small amounts of each in the rice mix and add more to taste.

Cook light rice and black rice separately. Use 3 cups water for 1 cup black rice and 5 cups water for 2 cups whole grain rice. Add ½ teaspoon salt to each pan of rice or rice cooker and stir. Bring rice to a boil; then turn to medium heat and cook 40–60 minutes until the water is absorbed and rice is tender. When rice is done, allow to cool, and then combine rice, fluffing and mixing gently with fork.

Whisk rice marinade ingredients in a small bowl. In a separate bowl, combine chopped vegetables, basil, lime zest, minced garlic, and ginger. Pour marinade over vegetables. Fold marinade and vegetables into rice.

Place all plum sauce ingredients in a blender or food processor with the “S” blade. Process until creamy and smooth.

Serve each bowl with a dollop of plum sauce.

Thai Confetti Wrap Variation

Remove the stems from 12 collard leaves. Spread a generous layer of plum sauce over the backside of each leaf. Fill the leaves with the rice mixture. Roll the leaf into a wrap. Refrigerate until ready to serve.

hearty main dishes

Food gathers our families together. I enjoy having my loved ones gathered round my big table with beautifully prepared food awaiting us. May you feel the gratitude we do as we create and prepare these things for our family's nourishment and enjoyment. May you also seek out real food to serve your loved ones and remember the source from whence it came.

[Loaded Chopped Veggie Wraps](#)

[Quinoa Sweet Potato Patties with Garden Green Beans](#)

[Creamy Dutch Oven Root Vegetables](#)

[Cauliflower Rice](#)

[Ginger Vegetable Stir-fry with Cauliflower Rice \(No Soy\)](#)

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Loaded Chopped Veggie Wraps

by Annie



Serves: 10 | Prep time: 20 minutes | Start to finish: 20 minutes

2 ears of corn

½ cauliflower, diced

4 radishes, diced

1 cucumber, diced

1 red bell pepper, diced

3 green onions

½ bunch cilantro

1 cup lime juice

3 Tbsp. olive oil

2 tsp. nutritional yeast flakes

2–3 tsp. salt

Sprouted Wheat Tortillas (see p. 69)

This is a nice summer dish loaded with veggies and flavor. Enjoy as a summer side alone or as the filling in a sprouted tortilla.

Slice corn from the cob. Dice cauliflower, radishes, cucumber, bell pepper, and onions. Chop cilantro finely and combine first seven ingredients in a bowl.

Whisk lime juice, olive oil, nutritional yeast, and salt together. Pour over chopped vegetables and mix well.

Fill tortillas with chopped veggies.

Quinoa Sweet Potato Patties With Garden Green Beans

by Annie



Serves: 12 | Prep time: 20 minutes | Start to finish: 35 minutes

2 cups quinoa, cooked

2 cups sweet potatoes, cubed

½ cup white or yellow onion, minced

3–4 green onions, chopped

½ cup dried cranberries

1 tsp. salt

½ tsp. onion powder

½ tsp. garlic powder

1 Tbsp. buckwheat flour

2–3 Tbsp. coconut oil

These make a great breakfast, lunch, or dinner. Buckwheat flour holds these patties together beautifully.

Steam sweet potatoes in 1 inch of water on medium heat until tender. Drain and mash potatoes.

In a large bowl, mix cooked quinoa and sweet potato. Add minced white onion, green onions, cranberries, salt, onion powder, garlic powder, and buckwheat flour. Let mixture sit 5 minutes to allow flour to absorb moisture.

In a nonstick frying pan, heat oil on medium. Form batter into balls about the size of a golf ball. Gently flatten into patties and place into hot oil to fry for 3 minutes on each side.

Transfer patties to a lightly oiled cookie sheet and bake at 350 degrees until browned (about 15 minutes).

Serve with a creamy dressing (see pp. 57–61).

Garden Green Beans

by Annie

Prep time: 10 minutes

Start to finish: 15 minutes

1 lb. green beans

1½ tsp. salt

3 Tbsp. olive oil

3 Tbsp. apple cider vinegar, raw

2 tomatoes, diced

½ purple onion, diced

Remove the flowering ends from the green beans. Snap beans in half. Steam beans in 1 cup of water until beans are tender. Retain some crispness in the beans.

Drain water from beans. Add salt, oil, vinegar, tomatoes, and onion. Stir well.

Creamy Dutch Oven Root Vegetables

by Annie

Serves: 10 | Prep time: 30 minutes | Start to finish: 2–2.5 hours

VEGETABLES

10 potatoes, cut in halves

8 large carrots, cut in large pieces

2 peeled sweet potatoes, cut in large pieces

1 large onion, chopped

CREAM SAUCE

1 cup raw cashews, soaked at least 1 hour

3 cups water

1 Tbsp. salt

1 Tbsp. nutritional yeast flakes (optional)

2 tsp. onion powder

½ tsp. black pepper

2 cloves garlic

Cut vegetables and place in Dutch oven.

Rinse and drain cashews. Blend all sauce ingredients until smooth and pour over raw vegetables. Lid the Dutch oven and bake at 350 degrees for 1½–2 hours.

Creamy Curried Vegetables Variation

Blend 1 tablespoon curry powder and 2 tablespoons honey into the cream sauce.

Cauliflower Rice

by Amy

Serves: 4–6 | Prep time: 15 minutes | Start to finish: 25 minutes

1 cauliflower head, washed and broken into medium pieces

1 onion, coarsely chopped

1 carrot, coarsely chopped

1 Tbsp. olive oil

1 tsp. salt

1 tsp. fresh or dried parsley

salt and pepper, to taste

Process onion and carrot in a food processor with the “S” blade until you reach the consistency of rice.

On medium heat, heat the olive oil. When you flick water at it and it pops, sauté onion and carrot mix in the oil, lidded, for 3 minutes.

Process cauliflower to rice consistency, and then add to the carrot sauté. Sprinkle salt, stir, lid the pan, and cook for 5–8 minutes more, or until mixture is soft like rice.

Turn off heat, add the parsley. Salt and pepper to taste.

Ginger Vegetable Stir-Fry with Cauliflower Rice (No Soy)

by Amy



Serves: 6 | Prep time: 25 minutes | Start to finish: 45 minutes

¼ cup olive or coconut oil

7–8 large carrots, peeled and cut into sticks

2 heads broccoli, cut into florets

4 stalks celery, sliced

1 red pepper, sliced

½ cup raw pumpkin seeds

1½ tsp. salt

¼ cup raw cashews (optional)

1 tsp. ginger powder

1 tsp. apple cider vinegar, raw

3–4 inches fresh ginger, grated

½ cup coconut aminos

2 tsp. toasted sesame oil

2 Tbsp. honey

This sauce can be served over any rice, quinoa, millet, or grain base of your choice. I personally prefer it with the cauliflower rice, which is deceiving because there is no rice in this recipe!

Heat olive or coconut oil in a wok or wide-based pot on medium heat. Listen to the oil;

flick a little water in it occasionally. When it pops, add chopped vegetables, pumpkin seeds, and salt, then stir to coat vegetables in the oil. Sauté vegetables about 10 minutes, or until desired tenderness.

When the vegetables are cooked, turn off the heat and add cashews, ginger powder, apple cider vinegar, grated ginger, coconut aminos, toasted sesame oil, and honey. Stir well, and let the stir-fry steep 5–10 minutes.

Serve over cauliflower rice. Garnish with more fresh grated ginger, sesame seeds, and cilantro.

Fiesta Taco with Creamed Corn

by Annie



Serves: 12 | Prep time: 20 minutes | Start to finish: 1.5 hours

CREAM SAUCE

$\frac{3}{4}$ cup water

$1\frac{1}{2}$ cups raw cashews, soaked at least 1 hour

2 tsp. salt

1 tsp. cumin

$\frac{1}{2}$ tsp. nutritional yeast flakes

$\frac{1}{2}$ tsp. garlic powder

1 tsp. onion powder

$\frac{1}{4}$ tsp. chili powder

3 Tbsp. lime juice

black pepper to taste

TACO FILLING

5 cups raw or frozen sweet corn

1 small onion, diced

1 green bell pepper, diced

1 red bell pepper, diced

½ bunch cilantro, chopped finely

½ head cabbage, shredded or lettuce, chopped

12 Sprouted Tortillas (see p. 69)

Sunflower Ranch Dressing (see p. 60)

1 (10-oz.) can black olives, drained

This is a great side dish, but we love it best as part of a taco on sprouted corn or whole wheat tortillas. It's also nice served with chopped tomatoes and avocados.

Rinse soaked cashews and combine all sauce ingredients in the blender. Blend until smooth.

If the corn is fresh off the cob, then you may leave it raw. If you are using frozen corn or prefer fresh corn lightly steamed, prepare it in a separate pan over the stove. When lightly steamed (5 minutes on medium-to-low heat), drain and put in a large bowl. Add diced onion, peppers, and cilantro. Mix cream sauce into vegetables.

Add cabbage and creamed vegetables to a tortilla. Top with ranch dressing and olives. Serve warm or cold.

Fresh Herbed Flatbread Pizza

by Amy & Annie



Prep time: 30 minutes | Start to finish: 1 hour

CRUST

1 Herbed Buckwheat Millet Flatbread recipe (see p. 66)

TOMATO SAUCE

1½ cups sun-dried tomatoes

1½ cups water

½ tsp. molasses, blackstrap unsulfured

1 Tbsp. honey

1½ tsp. salt

1½ tsp. onion powder

½ tsp. garlic powder

6 tsp. Italian Seasoning or combine the following six items:

1 tsp. basil

1 tsp. oregano

1 tsp. thyme

1 tsp. savory

1 tsp. marjoram

1 tsp. rosemary

CASHEW CHEESE CRUMBLE

1 cup raw cashews, soaked at least 1 hour

1 clove garlic, minced

½ tsp. salt

This is a fast version of pizza. It looks long and hard, but don't worry, it's quite simple.

Tomato Sauce

Soak the sun-dried tomatoes in water for 10 minutes.

Drain the tomatoes, reserving the liquid.

Place soaked tomatoes, 1 cup of soak water, molasses, honey, salt, onion, and garlic powders in a blender. Blend until smooth. Add Italian seasoning. Blend briefly to incorporate. Set aside until ready to spread on pizza crust.

Pizza Toppings

Chopped and sliced fresh basil, parsley, olives, tomatoes, peppers, onions, pineapple, and other vegetables and herbs of choice.

Cashew Cheese Crumble

Rinse cashews. Briefly process the cashews and garlic to a chunky texture in a food processor with the "S" blade. Transfer mixture to a small pan, sprinkle salt over the crumble, and gently warm the cashew and garlic.

Spread sauce on cooked flatbread and add raw toppings. Sprinkle cashew cheese crumble over the pizza. Serve immediately.

Guaco-Tacos (Squash Tacos)

by Annie



Serves: 8 | Prep time: 20 minutes | Start to finish: 45 minutes

TACO FILLING

- 1 clove garlic, minced**
- 1 onion, diced**
- 1 red bell pepper, diced**
- 2 Tbsp. coconut or raw sesame oil**
- 1 zucchini, grated**
- 1 yellow squash, grated**
- 2 tsp. salt**
- 1 tsp. cumin**
- ½ tsp. onion powder**
- ½ tsp. oregano**
- ¼ tsp. chili powder**

GUACAMOLE

- 2 large avocados, diced**
- 1 lime, juiced**
- salt to taste**

TACO FIXINGS

8–12 Sprouted Wheat Tortillas (see p. 69) or sprouted corn tortillas

Mexican sprouted lentils (see p. 14)

3 tomatoes, diced

If you are transitioning from a heavy meat diet to one of more vegetables, you'll love Guaco-Tacos. Load them with avocados for healthy fats.

In a large skillet, sauté garlic, onion, and bell pepper in coconut or raw sesame oil over medium heat.

When onion and bell pepper are tender, add zucchini and yellow squash. These become tender very quickly when grated. Only sauté 3–4 minutes (squash becomes watery when sautéed too long).

While squash is cooking, add salt, cumin, onion powder, oregano, and chili powder. Stir until flavors are well incorporated.

Mash avocados with a fork. Add lime juice and salt, and stir until well mixed.

Place taco filling on a warmed Sprouted Wheat Tortilla or a corn tortilla lightly fried in coconut oil. Top with sprouted lentils, guacamole, and diced tomatoes. Garnish with black olives and parsley or cilantro.

Gratitude Wild Rice with Honey-Glazed Carrots

by Annie & Amy



Serves: 8 | Prep time: 30 minutes | Start to finish: 90 minutes

4 cups water

2 cups wild rice

2 tsp. salt

1 onion, chopped

1 bunch celery, chopped (4–5 cups)

2–3 Tbsp. raw sesame or coconut oil

1½ Tbsp. sage powder

1 Tbsp. nutritional yeast flakes

FOR EXTRA FESTIVITY (OPTIONAL)

½ cup fresh parsley, chopped

1 cup apricots, chopped

1 cup raw nuts, chopped

1 cup dried cranberries

HONEY GLAZED CARROTS:

14–16 carrots (or 2 lbs.), preferably rainbow carrots

2 Tbsp. coconut oil

½ tsp. salt

¼ cup honey

2 Tbsp. stone ground mustard

1 tsp. onion powder

1 tsp. olive oil

Bring water to a boil. Add rice and 1 teaspoon salt. Let simmer on low until water is absorbed, about 45 minutes.

Sauté onion and celery in coconut or sesame oil until onion looks translucent. Sprinkle with sage, nutritional yeast, and 1 teaspoon salt. Once rice is cooked, mix this sauté evenly into rice. Add festive extras, stir, lid the pot, and steep until ready to serve.

Cut each carrot in half lengthwise. If carrots have their greens, trim them to 1 inch. Place carrots flat side down on a baking sheet. Rub carrots in coconut oil and sprinkle with salt. Bake at 350 degrees 30–40 minutes, or until carrots are soft. Keep warm until ready to serve.

Whisk honey, mustard, onion powder, and olive oil together. Drizzle honey glaze over carrots.

Sun-Dried Tomato Lasagna or Spaghetti

by Amy



Serves: 4–6 | Prep time: 25 minutes | Start to finish: 30 minutes

SUN-DRIED TOMATO SAUCE

2 cups sun-dried tomatoes or 2 (3-oz.) packages

2½ cups water (for soaking tomatoes)

2–3 cloves garlic, minced

3 onions, diced

2 Tbsp. olive oil

½ tsp. salt

1 tsp. dried oregano

2 tsp. dried basil

½ tsp. dried winter savory

a handful of fresh herbs, optional (thyme, marjoram, basil, oregano)

pinch of cayenne

2–4 Roma or small tomatoes, quartered, optional

2–6 tsp. honey, to taste

salt and pepper, to taste

olives, sliced

If you plan to make the lasagna, use less water for a thicker sauce. Sun-dried tomatoes vary in saltiness, so be sure to wait until the end to salt the sauce. Also, the amount of honey will vary from time to time because sugar content depends on the seasonality and variety of the tomato. Lastly, if adding olives, look for brands like Santa Barbara that don't use ferrous gluconate as an additive.

Soak sun-dried tomatoes in a bowl with water until soft (10–20 minutes). Save the water.

Sauté garlic and onions in olive oil and salt. Cook until translucent and soft, about 5–8 minutes. Keep sauté warm until tomato sauce is done.

Food process the soaked tomatoes, dried and fresh herbs, and cayenne until chunky. Add fresh tomatoes and pulse until mostly smooth. Add the tomato soak water ½ cup at a time to reach desired flavor and consistency. Additional water may be necessary if sauce is thick. Combine the tomato sauce with the warm sauté and stir.

Salt, pepper, and add honey to taste. Add sliced olives last.

Pasta Variation

1 recipe sun-dried tomato sauce

6–8 small zucchinis or 2 spaghetti squashes

For zucchini, spiralize or peel strips with a peeler.

For spaghetti squash, cut each squash in half, place on a baking tray and bake at 350 degrees for 45–60 minutes, until a fork easily pierces squash flesh. Scoop squash's spaghetti strings into a serving bowl after baking.

Pour sauce over squash of choice and serve garnished with fresh basil and hemp seed.

Fresh Lasagna Variation

4–6 small zucchinis

1 recipe sun-dried tomato sauce

1 handful fresh basil

2 tomatoes, sliced

cashew basil butter (see p. 66)

With a peeler, shave zucchini into long strips. Fold in half and cut in two pieces (each piece will now be 3–4 inches long). Lay 3 strips next to each other, edges slightly overlapping. Spoon tomato sauce over the first layer of zucchini strips. Add another layer of zucchini strips, and then spoon cashew basil butter over the zucchini. Add another layer of zucchini and layer fresh basil leaves and tomato slices. Continue adding layers of zucchini, alternating with tomato sauce and basil butter. Finish with basil butter on top and garnish with fresh basil and hemp seed. Serve immediately.

Garlic Beets over Quinoa with Fennel Pepper Cabbage

by Annie



Serves: 8 | Prep time: 15 minutes | Start to finish: 30 minutes

FENNEL PEPPER CABBAGE

2 Tbsp. coconut oil

½ onion, diced

½ green cabbage, chopped in large pieces

1 tsp. salt

½ tsp. black pepper

1 tsp. fennel powder

1½ tsp. sage

½ tsp. onion powder

GARLIC BEETS & QUINOA

2 medium beets, grated

1 cup quinoa (yields 3 cups cooked)

1½ cups water

½ tsp. salt

1 batch Herbed Garlic Dressing (see p. 58)

I always have cabbage in my refrigerator. It is affordable, versatile, stores well, and adds a quick fresh element to many dishes.

Heat oil in skillet, and add onion and cabbage. Sauté on medium heat until cabbage browns a little. Add salt, pepper, fennel, sage, and onion powder. Stir, and then keep warm until ready to serve.

Steam beets (cook in ½ cup water) until soft, 7–10 minutes.

Cook quinoa in water with salt, lidded, on medium-low heat for 30–40 minutes, or until water has absorbed. Alternatively, cook in a rice cooker. When quinoa is done, fluff with a fork, lid pan, and set aside.

Arrange a plate of quinoa, top with steamed beets and a side of fennel pepper cabbage. Drizzle herbed garlic dressing over the top of the beets and quinoa. Serve hot.

snacks

Snacks are part of life. Every gathering and activity is connected with food. Children are offered soda pop, candy, popsicles, chips, and the list goes on. We have worked to change our traditions to celebrate with foods that are wholesome. We hope some of our family's snack ideas will make their way into your family's celebrations.

[Almond Butter Bites](#)

[Nuts Gone Raw](#)

- [Cinnamon Maple Walnuts](#)

- [Cacao Almonds](#)

- [Salted Maple Almonds](#)

- [Honey Mustard Walnuts](#)

[Easy Cheesy Herb Skewers](#)

[Ella's Enchanted Popcorn Balls](#)

[Sweet 'n' Easy Date Dip](#)

["Real" Fruit Snacks](#)

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[Savory Kale Chips](#)

[Maple Orange Peel Candy](#)

[Tasty Seed Toppers](#)

- [Sprouted Seeds](#)

- [Baked Seeds](#)



Almond Butter Bites

by Annie



Serves: 30 | Prep time: 15 minutes | Start to finish: 15 minutes

2 cups almond butter

3 Tbsp. honey

½ tsp. salt

2 Tbsp. maca powder or 1 Tbsp. lucuma powder

2 Tbsp. date or coconut sugar

1 tsp. vanilla extract or powder

1 cup coconut flakes (unsweetened, without preservatives)

½ cup rolled oats

½ cup cacao nibs or dried cranberries

Since I made the change in my food lifestyle, I cannot bring myself to buy packaged cookies. I have come close at times when in a pinch for something, but I can never go through with it. I know I do not like others serving my children junk food, so I cannot in good conscience serve junk to others. This little almond treat is delicious and nutritious and I feel so good serving it.

In a bowl or food processor with the “S” blade, mix the almond butter, honey, salt, maca or lucuma, sugar, and vanilla. After the batter is well mixed, add the coconut, oats, and cacao nibs by hand. Mix well.

Roll into balls, or press flat into a baking dish and cut into squares. Refrigerate or freeze

until ready to serve.

Nuts Gone Raw

by Annie



Serves: 4 | Prep time: 15 minutes | Start to finish: 24 minutes

CINNAMON MAPLE WALNUTS

2 cups raw walnuts

6 tsp. cinnamon

1 tsp. salt

2 tsp. vanilla powder or extract

5 Tbsp. dark maple syrup

2 Tbsp. coconut flour

CACAO ALMONDS

2 cups raw almonds

3 Tbsp. cacao powder

1 tsp. salt

1 tsp. vanilla powder or extract

3 Tbsp. dark maple syrup

2 Tbsp. coconut flour

SALTED MAPLE ALMONDS

2 cups raw almonds

1 tsp. salt

2 Tbsp. dark maple syrup

2 Tbsp. coconut flour

HONEY MUSTARD WALNUTS

2 cups raw walnuts

2 Tbsp. honey

4 tsp. stone-ground mustard

¼ tsp. paprika

¼ tsp. onion powder

dash of cayenne pepper, optional

1½ tsp. salt

2 Tbsp. coconut flour

These nuts make great gifts, snacks, hiking foods, or toppers on ice cream. If you will soak the nuts first and allow the sprouting process to begin, they will provide more nutrition and have an irresistibly light crunch. Sprouted, dehydrated nuts are so delicious that they never last long around my house. For all of these variations, the coconut flour should be added last; it helps all the other flavors “stick” to the nut. To make coconut flour, see p. 17.

Instructions for all Nuts Gone Raw

Soak nuts 8–12 hours, and then rinse and drain. In a bowl, mix all ingredients except soaked nuts and coconut flour. Then, add soaked nuts to the syrup mixture. Add coconut flour last and mix again. Pour onto dehydrator teflex sheets and dry 20–24 hours (or until crisp) at 115 degrees, flipping nuts midway through dehydrating.

Easy Cheesy Herb Skewers

by Amy



Serves: 6–8 | Prep time: 15 minutes | Start to finish: 1 hour

½ cup raw sunflower seeds, soaked 8–12 hours

¼ cup live sauerkraut with juice (Bubbie’s brand or homemade), or ¼ cup lemon juice

¼ cup nutritional yeast flakes

1 tsp. salt

1½ tsp. onion powder

½ tsp. garlic powder

½ tsp. dry mustard

3 tsp. Italian seasoning

⅛ tsp. black pepper, freshly cracked

1 garlic clove

1½ cups water

1½ Tbsp. agar powder

This cheese may be thinly sliced with a cheese cutter to top crackers. It also makes a great lunch box snack.

Have ready a 9 × 5 bread pan or small square container.

Blend all ingredients with 1 cup water until smooth.

Combine remaining ½ cup water and agar powder in a saucepan and simmer until agar is completely dissolved, about 3 minutes. Whisk frequently.

When agar is dissolved in water, add it to the sunflower seed mix. Blend until creamy.

Pour into a square container and refrigerate. Allow to set for 30 minutes.

Slice into 1-inch cubes and serve on toothpicks or with relish tray offerings.

Ella's Enchanted Popcorn Balls

by Annie



Serves: 10 | Prep time: 15 minutes | Start to finish: 30 minutes

8 cups popped corn

1 cup dried fruit (chopped apricots and apples, dried cranberries)

½ cup coconut flakes (unsweetened, without preservatives)

½ cup nuts, chopped

½ cup honey

¼ cup coconut oil

¼ tsp. nutritional yeast flakes

½ tsp. salt

1 tsp. cinnamon

1 tsp. vanilla powder

salt to taste

During the Christmas season, it is tradition to visit grandma's and leave with a popcorn ball. These make a delicious holiday treat for any occasion.

In a large bowl, mix popcorn, dried fruit, coconut flakes, and nuts.

Mix honey, coconut oil, nutritional yeast, and salt over medium heat in a sauce pan. Stir continuously until color changes to golden brown and mixture becomes frothy and bubbly, about 7–8 minutes. Pour over popcorn. Stir in cinnamon and vanilla. Salt to taste. Allow

popcorn to set for 10 minutes. Shape into balls.

Sweet 'n' Easy Date Dip

by Annie



Serves: 6

Prep time: 5 minutes

Start to finish: 5 minutes

16 dates or 8 date rolls soaked in warm water for 5 minutes

½ cup coconut oil, melted

2 tsp. lucuma powder

½ tsp. nutritional yeast flakes

½ tsp. salt

My children love this date dip with apples. They really think they are eating caramel, so naturally I love it too!

Drain water from dates, melt coconut oil, and combine all ingredients in food processor. Process with the “S” blade until well mixed. Enjoy with sliced apples or bananas. Keeps in refrigerator up to one week.

“Real” Fruit Snacks

Adapted by Annie from a recipe of Raising Jane Journal



Serves: 10 | Prep time: 15 minutes | Start to finish: 16–24 hours

1 cup sliced fruit, fresh or frozen

2 cups juice

½ cup honey

2 tsp. agar powder

arrowroot powder, to coat the fruit snacks

COMBINATION IDEAS

FOR THE FRUIT

strawberry, mango, blueberry, raspberry

FOR THE JUICE

apple, grape

When my children are toddlers, they begin attending nursery at church, and fruit snacks seem to be the standard treat. What toddler would not take a fruit snack with glee? Candies with dyes and artificial flavors make no sense to me. I ask my children if they would eat paint, and they reply with an emphatic no. So I ask them, “Would you eat food with paint in it?” I know, a bit dramatic, but I want them to think about what they put into their mouths. These fruit snacks are the perfect replacement for the fake thing.

In a medium saucepan, bring sliced fruit, juice, and honey to a boil. As mixture cooks, break fruit into small pieces using a potato masher. Once mixture reaches a boil, reduce heat and simmer for 2–3 minutes. If you prefer seedless fruit snacks, blend fruit, juice, and

honey in a blender. Strain seeds through a nut milk bag or clean dish towel. Then proceed as directed above.

Whisk in agar powder and boil for 3 minutes without stirring. Remove from heat, pour into an oiled 9 × 13 casserole dish, and chill in the refrigerator for 1 hour.

Transfer the fruit snack mixture to a cutting board and cut into cubes (if necessary, run a knife along the edges of the pan to loosen the mixture). You may also cut into small squares in the pan and use a spatula to remove them from the baking dish.

Toss cubes in arrowroot powder and arrange the cubes on teflex dehydrator trays, sides not touching.

Set dehydrator to 110 degrees and dehydrate fruit snacks for 16–24 hours, depending on preferred dryness.

Peanut Butter Granola Snacks

adapted by Amy from a recipe of Emily Petty



Serves: 16 | Prep time: 20 minutes | Start to finish: 20 minutes

1½ cups regular rolled oats

½ cup raw sunflower seeds

¼ cup chia seeds

⅓ cup coconut flakes (unsweetened, without preservatives)

½ tsp. powdered vanilla

pinch of salt

1 tsp. nutritional yeast flakes

½ cup natural peanut butter, no sugar or oil added ¼–⅓ cup raw honey

Whenever I make these, I hide them in the freezer to ration carefully. Doesn't work. It's like there is some kind of sixth sense in my family that there are peanut butter snacks in the house.

Mix all dry ingredients in a large mixing bowl. Add the peanut butter and honey. Mix with a spatula (or your hands) until fully incorporated. Press the mixture into an 8 × 8 baking pan for bars or roll into balls and make granola bites. Pressing granola into molds looks nice as well.

Refrigerate for a few hours. Cut into 16 bars or pop out of molds, and store in an airtight container in the fridge.

These also freeze really well! For a change, add raisins, dried cranberries, or cacao nibs. Just about anything goes!

Savory Kale Chips

by Amy



Serves: 20 | Prep time: 20 minutes | Start to finish: 6–8 hours

2–3 bunches kale, washed and destemmed, then ripped into chip-sized pieces

1 recipe of any creamy nut or seed based dressing of your choice

My favorite version of kale chips uses the Nacho–Style Southwestern “Cheese” Dip or a ranch dressing.

Wash and salad spin the kale. Transfer kale to a large bowl. Gently massage desired dressing into kale with hands and place it on teflex dehydrator sheets.

Dehydrate at 110 for 3 hours. Then flip the coated kale onto the mesh sheets and continue dehydrating until completely dry, about 3 more hours.

Store in airtight container in a cool, dry place.

Maple Orange Peel Candy

by Annie



Serves: 6 | Prep time: 10 minutes | Start to finish: 24–36 hours

1 tsp. vanilla powder or extract

2–3 Tbsp. honey or maple syrup

peels from 3 oranges and 3 lemons

Mix vanilla powder into honey or maple syrup. Massage vanilla and sweetener into the orange and lemon peels.

Dehydrate 24–36 hours at 110 degrees (or until completely dry and slightly crispy).

Tasty Seed Toppers

Sprouted seeds and baked seeds

by Amy



Prep time: 20 minutes | Start to finish: 18 hours

3 cups raw pumpkin seeds

3 cups raw sunflower seeds

2 cups raw sesame seeds

2 Tbsp. salt

Sprouted seeds

These seeds are the more nutritional version of baked seeds. Season them any way you desire, or try a variation below. It takes a lesser amount of raw sprouted seeds to satiate hunger, as opposed to the baked seeds, because the food acts more like a medicine in the body. Pumpkin seeds are known to help eliminate parasites. We love seeds as a snack, on soups and salads, or on open-faced flatbread sandwiches.

Soak seeds overnight, for 8–12 hours. Rinse well, washing away viscosity from the pumpkin seeds.

In a bowl, mix the salt and the seeds. Place 2 cups of salted seeds on a dehydrator teflex sheet. Spread the seeds evenly across the sheet. Then repeat the process for the remaining seeds.

Dehydrate 1 hour at 145 degrees. Then turn dehydrator to 105 and continue to dehydrate

until seeds are completely dry, another 4–8 hours. Store in a glass jar at room temperature.

Variation 1: mix 1 teaspoon cayenne when adding the salt.

Variation 2: omit the salt and add 2–4 teaspoons Essential Seasoning (see p. 72).

Prep time: 5 minutes | Start to finish: 40–50 minutes

3 cups raw pumpkin seeds

3 cups raw sunflower seeds

2 cups raw sesame seeds

¼ cup water

2 Tbsp. salt

Baked Seeds

On a cookie sheet, mix dry seeds with water. Add salt or favorite seasonings and stir to coat the seeds. Spread out on the cookie sheet. Bake at 350 degrees for 40–50 minutes, stirring often, until seeds are golden. Cool and store at room temperature.

If you soak the seeds before baking them, bake time increases by about 1 hour. In this case, you won't need to add 4 tablespoons water.

desserts

When transitioning from the typical American diet to quality, wholesome foods, desserts may be the scariest category to change. Knowing the ingredients are pure and clean makes dessert even more delicious. These desserts are sure to please and even surprise you. Who knew healthy could taste so good?

[Coconut Shortbread Dream Cookies](#)

[Old-Fashioned Gingerbread Cookies](#)

[Lucy's Lime "Not-So-Cheesecake"](#)

[Fresh Pears in Star Anise Syrup](#)

[Salted Caramel Macaroons \(pictured\)](#)

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[Tropical Chill \(Blender Ice Cream\)](#)

[Pumpkin Stripe Parfait](#)

[Dreamy Cream Layered Parfait \(Fruit 'n' Cream, pictured\)](#)

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Coconut Shortbread Dream Cookies

by Annie



Serves: 24 | Prep time: 10 minutes | Start to finish: 20 minutes

1½ cups shredded coconut (unsweetened, without preservatives)

½ cup raw cashews

½ cup buckwheat flour

1 tsp. lucuma powder

¼ tsp. salt

⅓ cup maple syrup, agave, or honey

1 Tbsp. coconut oil

½ cup whole raw pecans

These cookies rival pecan sandies. They are a must-try.

Food process coconut, cashews, vanilla, buckwheat flour, lucuma, and salt in a processor with the “S” blade until coarsely powdered.

Add sweetener and coconut oil to food processor. Process until well combined.

Roll into small balls and gently press to flatten slightly. Top with a whole pecan pressed into the middle. Or press 1 tablespoon dough into each hole of a mini muffin pan and press a pecan into the center.

Bake at 350 degrees for 12–15 minutes, watching carefully for lightly browned edges. Do not overcook! Let cool on pan because the cookies are delicate when warm. These are nice at room temperature or chilled.

Old-Fashioned Gingerbread Cookies

by Amy



Prep time: 30 minutes | Start to finish: 60 minutes

½ cup pitted dates, pitted or date rolls

½ cup raisins

1½ cups raw almonds

1½ cups coconut flakes (unsweetened, without preservatives)

2 Tbsp. coconut oil

1 tsp. cinnamon

2 tsp. ginger powder

1 Tbsp. lucuma powder

2 tsp. molasses (unsulfured blackstrap)

¼ cup honey or maple syrup

1 tsp. vanilla extract or powder

⅛ tsp. clove powder

pinch of salt

My children love these cookies raw.

If dates or date rolls and raisins are hard, soak them in warm water for 10 minutes.

With “S” blade, process almonds with coconut flakes. Process until mixture is a rough flour consistency. Alternatively, this can be done in a blender.

Drain dates and raisins, if soaked.

To the food processor, add dates or date rolls, raisins, coconut oil, cinnamon, ginger, lucuma, molasses, sweetener of choice, and vanilla. Process until all ingredients are well incorporated and dough is mostly smooth.

Between 2 pieces of parchment paper, roll the dough $\frac{1}{8}$ -inch thick. Freeze dough for 10 minutes, or until firm. This makes the dough easier to handle for cookie cutting.

Remove dough from freezer and cut out shapes.

For raw cookies, dehydrate at 105 degrees for 12–16 hours or until desired crispness is achieved.

For baked cookies, line a cookie sheet with parchment paper and bake cookies at 325 degrees for 8–10 minutes for softer cookies, or 12–15 minutes for hard cookies.

Lucy's Lime "Not-so-Cheesecake"

by Annie



Serves: 8 | Prep time: 15 minutes | Start to finish: 60 minutes

CRUST

6 dates or 3 date rolls

1 Tbsp. coconut oil

½ cup shredded coconut (unsweetened, without preservatives)

½ cup almond flour

1 tsp. lucuma powder

¼ tsp. nutritional yeast flakes

¼ tsp. salt

CREAM FILLING

1½ cups raw cashews, soaked at least 1 hour

½ cup coconut cream (see p. 17)

½ cup pure maple syrup

½ cup lime juice

¼ cup coconut oil

½ tsp. vanilla extract or vanilla bean powder

¼ tsp. salt

My daughter Lucy chooses this for her birthday cake. This “not-so-cheesy” cheesecake is rich, creamy, tart, and perfectly sweetened. Top with any berries or sliced fruit. Please note, this does not replace your vegetables.

Make the Crust

Soak the dates in warm water for 5–10 minutes. Drain the dates well and put in food processor with the “S” blade. Melt coconut oil and add to the dates. Food process dates and oil until blended thoroughly.

Add remaining crust ingredients and process until well mixed. Lightly oil bottom of the pie pan. Press crust into pan and place in freezer, until firm (about 20 minutes).

Cream Filling

Drain and rinse the cashews. Combine all of the cream ingredients in the blender and blend until smooth. Pour into the frozen crust and place back in freezer until cream filling sets up (about 30 minutes). When cheesecake is firm, arrange fruit on the top and serve. Keeps well in the refrigerator.

Fresh Pears in Star Anise Syrup

by Amy



Serves: 2 | Prep time: 10 minutes | Start to finish: 10 minutes

¼ cup dark maple syrup

¼ cup water

1½ tsp. arrowroot powder

¼ tsp. vanilla powder or pure vanilla extract

5–6 star anise

This recipe is fast and elegant. If you like black licorice, you will love this simple dessert. It's the perfect balance for something light and satisfying after dinner.

Add all ingredients except anise to a small saucepan. Whisk to incorporate the arrowroot powder. Once incorporated, add the anise.

Place pan on burner, and turn heat to medium, stirring syrup continuously. Once syrup begins to boil, turn heat off, whisk for a few seconds, then set pan aside to cool.

Slice 2 pears lengthwise. Trim outside rounded edges so the pear slices will lay flat. Arrange pears on a plate. With a rounded teaspoon, gently core out a well and remove seeds. Drizzle each pear slice with syrup, and then spoon more syrup into the well. Drop anise around pears for added décor. Serve immediately or refrigerate up to 2 hours before serving.

Salted Caramel Macaroons

adapted by Amy from a recipe of noveauraw.com

Serves: 40 | Prep time: 20 minutes | Start to finish: 1 hour

LIGHT MIX

2½ cups shredded coconut (unsweetened, without preservatives)

¼ cup raw cashews

¼ cup honey or agave

2 Tbsp. lucuma powder

1 tsp. vanilla powder

½ tsp. nutritional yeast flakes

¾ tsp. salt

2–3 date rolls or 3–4 dates, pitted (if the dates are hard, soaked in water for 10 minutes and then drained)

Add all ingredients in a food processor. Process with the “S” blade until date rolls or dates are completely broken down but mix is still coarse. Transfer to a large bowl and set aside.

HEAVY MIX

3½ cups shredded coconut (unsweetened, without preservatives)

¼ cup raw cashews

3 Tbsp. lucuma powder

1½ tsp. vanilla powder

1 tsp. nutritional yeast flakes

¾ tsp. salt

5 date rolls or 4–5 dates, pitted (if dates are hard, soaked in water and then drained)

¼ cup honey or agave

1 cup whole raw cashews, for garnish

Add all ingredients to a food processor. Process with the “S” blade until the mix is completely broken down and sticky.

This little cookie is sure to impress. I think it has won even the most challenging taste palates. Originally a Café Gratitude recipe, it began as something amazing, so it's pretty hard to do wrong with it. The recipe is divided into a light mix and a heavy mix. When they are mixed together, the cookie's texture is something between melt in your mouth and chewy. These macaroons taste best chilled, but handle room temperature fine. They freeze well.

Combine heavy and light mixes well. Break up any chunks or pieces with fingers.

Place one cashew in the bottom of a round tablespoon or the holes of a sucker pop mold. (The mold is a much faster method). Firmly press some macaroon mix on top of the cashew and into the tablespoon or mold. Fill the spoon or mold completely. Slide or pop macaroon out of spoon or mold and place on a cookie sheet or plate. When plate is full, refrigerate or freeze macaroons. Repeat until all mixture is gone.

Lemon Pie: Follow original recipe except half the lucuma powder and reduce salt to $\frac{1}{4}$ teaspoon in both light and heavy mixes. Add 8–10 drops lemon essential oil (to taste) or 2 teaspoons lemon extract to the final mix.

Mint Chip Grasshoppers: Follow original recipe except half the lucuma powder and reduce salt to $\frac{1}{4}$ teaspoons in both light and heavy mixes. Add 6–8 drops peppermint essential oil (quality of peppermint oil highly varies, so add to taste) or 1 teaspoon peppermint extract, and $\frac{1}{2}$ cup cacao nibs to the final mix. Melt a high quality dark chocolate and drizzle over tops of macaroons.

Orange Crème: Follow original recipe omitting lucuma powder and reduce salt to $\frac{1}{4}$ teaspoon in both light and heavy mixes. Add 8–10 drops orange essential oil (to taste) or 2 teaspoons orange extract and 1 tablespoon orange zest to the final mix.

Perfectly Peach Pie

by Annie



Serves: 8 | Prep time: 20 minutes | Start to finish: 1.5 hours

CRUST

1 cup coconut flakes (unsweetened, without preservatives)

2 Tbsp. buckwheat flour

¼ tsp. salt

½ cup pecans

6 dates or 3 date rolls

¼ cup softened coconut oil

Crust

In food processor with the “S” blade, combine coconut, buckwheat flour, salt, and pecans.

Process until nuts are broken very small. Add dates or date rolls and softened coconut oil. Spin in processor until a ball forms.

Press crust into a well-oiled pie pan and bake at 350 degrees for 12 minutes. After baking, place crust in the freezer.

CREAM FILLING

1 cup cashews, soaked preferably 1 hour

½ cup heavy coconut milk (see p. 17)

¼ cup coconut oil

¼ cup honey or maple syrup

1 tsp. vanilla powder or extract

⅛ tsp. salt

Cream Filling

Rinse and drain cashews. In a blender, combine all cream ingredients. Blend until very smooth. Pour into frozen pie crust and place in freezer to set.

PEACH SAUCE

2 cups peeled peaches, mashed

½ cup water

1 Tbsp. arrowroot powder

2 Tbsp. honey

⅛ tsp. nutmeg

1 drop lemon essential oil or ⅛ tsp. almond extract

4 ripe peaches, sliced

Peach Sauce

In a small saucepan, combine mashed peaches, water, arrowroot, and honey. Stir on medium heat until mixture boils and is thick. Remove from heat and add nutmeg and lemon oil or almond extract.

Once cream filling is firm, slice the raw peaches on top of the cream filling. Pour the peach sauce over the raw peaches and place back in the freezer to allow the sauce to chill and become firm.

Once firm, transfer to the refrigerator. Serve cold.

Tropical Chill

(Blender Ice Cream)

by Amy



Serves: 4–6 | Prep time: 10 minutes | Start to finish: 10 minutes

1 cup heavy coconut milk (see p. 17)

2 large frozen bananas

6–8 dried mango filets (about 1 cup packed or 5 ounces)

2 cups ice

This soft-serve ice cream is loved by children and adults. I usually plan to make 2 batches because everyone always wants more. If you don't have frozen bananas, use regular bananas and it will be a creamy pudding instead. Be sure to use organic or unsulfured mango filets. Nearly all dried fruit is preserved with sulfur, even though it is not noted on the label. If you don't have dried mangos, 3 cups frozen mangos will give a delicious outcome. Omit the ice and add a little extra sweetener or ¼ teaspoon green stevia powder.

High-powered blender method: Place all ingredients in a blender and blend until smooth and creamy.

Food processor method: Place bananas and mangos in processor. Process until bananas are creamy and mangos are chipped in small pieces.

Add milk in small increments until mango is completely broken down and incorporated.

Add 2 cups ice and process again until ice is completely incorporated. Makes about 2½ cups.

Serve immediately or freeze 30 minutes, stirring occasionally, and then serve.

Pumpkin Stripe Parfait

adapted by Amy from a recipe of rawmazing.com



Serves: 6 | Prep time: 45 minutes | Start to finish: 4 hours

GINGER WHIPPED CREAM

½ cup raw cashews, soaked at least 1 hour

½ cup water

¼ cup coconut oil

2 Tbsp. fresh ginger, grated

2 Tbsp. honey or agave

pinch of salt

PUMPKIN LAYER

¼ cup heavy coconut cream (see p. 17)

½ tsp. vanilla powder or ½ tsp. pure vanilla extract

2 cups steamed, baked, or boiled pumpkin or yellow squash (banana, acorn, hubbard, and so on)

¼ cup honey or agave

1 Tbsp. flaxseed

½ tsp. cinnamon

¼ tsp. nutmeg

pinch of salt

*A beautiful and unique dessert! If you prefer whipped cream without cashews, substitute the coconut whipped cream recipe from *Dreamy Cream Layered Parfait* (p. 160) and stir in 2 tablespoons freshly grated ginger after removing cream from the stovetop.*

When all layers are ready, layer pumpkin, cranberry, and ginger cream in narrow goblets or glasses. Finish with ginger cream on top.

Garnish parfait with chopped nuts or orange zest. Freeze or refrigerate until ready to use. This dessert can be prepared several days in advance.

Ginger Whipped Cream

Rinse and drain cashews. Blend all ingredients in a blender until very smooth. Allow at least 3 hours in refrigerator to thicken and set.

Pumpkin Layer

Prepare heavy coconut cream. Add all pumpkin layer ingredients to the blender and blend until smooth. Place in refrigerator for 15–30 minutes to thicken slightly.

Cranberry Layer

See recipe for Tangy Raw Cranberry Sauce (see p. 75).

Dreamy Cream Layered Parfait (Fruit 'n' Cream)

by Amy



Serves: 6 | Prep time: 30 minutes | Start to finish: 4 hours

CASHEW CREAM

1½ cups raw cashews, soaked at least 1 hour

1½ cups water

¾ cup coconut oil

⅓ cup honey or agave

¼ tsp. salt

½ vanilla bean or 1 tsp. pure vanilla extract

1 tsp. lemon extract or lemon essential oil to taste; or 1 tsp. almond extract

1–2 tsp. lemon zest, optional

COCONUT WHIPPED CREAM

4 cups regular coconut milk (see p. 17)

2 tsp. agar powder

½ cup honey

1 tsp. pure vanilla extract

¼ tsp. salt

¾ tsp. nutmeg or 1 tsp. almond extract or 1 tsp. lemon extract (choose just one)

½ cup coconut oil

FRUIT (ANY SOLO OR COMBINATION EQUALING ABOUT 3 POUNDS):

3 cups sliced strawberries or 3¾ cups whole strawberries = 1 pound

2 cups sliced peaches or 3 medium peaches = 1 pound

2½ cups fresh blueberries or 1 pint = ¾ pound

2 cups fresh raspberries or 1 pint = ¾ pound

*This is a light dessert, perfect for summer months of fresh seasonal fruit. Choose just **one** cream variation: cashew cream or coconut whipped cream. To get a very creamy outcome, a high-powered blender is best for this recipe.*

Cashew Cream

Rinse and drain cashews. Place all ingredients except lemon zest in a blender. (Only use the whole bean if you have a high-powered blender. You can cut the bean in half and scrape the vanilla caviar out of the bean if using a food processor. Blend until smooth and creamy.

Add the lemon zest and pulse briefly, just to incorporate. Refrigerate cream for at least 3 hours, until gently stiff. Longer refrigeration will give a stiffer cream.

Coconut Whipped Cream

In a pot, add coconut milk, agar powder, honey, vanilla, salt, one of the three flavors (nutmeg, almond, or lemon), and coconut oil. Whisk continuously over medium-high heat until oil melts and cream begins to boil. Allow to boil 1–2 minutes and remove from heat. Whisk again and allow to sit at room temperature or in the refrigerator to set up; 1–2 hours at room temperature and about 45 minutes in the refrigerator.

When set, scoop cream into a blender and blend until smooth. If a stiffer cream is desired, transfer to the refrigerator to chill and firm up, 1–3 hours.

Fruit

In a glass bowl or small goblet, layer fruit and then a small layer of cream, alternating fruit

and cream until you reach the top of the bowl or goblet. Finish the top layer with cream, and garnish with a small arrangement of fruit. Powdered vanilla, lemon zest, or mint leaves create a beautiful garnish as well.

Refrigerate until ready to serve.

Note: This recipe makes enough cream for 3 pounds of fruit. If time is a consideration, instead of creating individual portions, fruit may be placed in a bowl with cream sauce and folded gently for a parfait salad.



LEMON GLAZE (1 BATCH)

1 batch coconut cream (see p. 17)

1 Tbsp. fresh lemon juice

1 tsp. vanilla extract

1 tsp. lemon extract

⅓ cup honey or agave

⅛ tsp. salt

½ tsp. agar powder

6–8 Tbsp. arrowroot powder

Make coconut cream. Refrigerate cream 12 hours or ferment cream, lidded, for 24–48 hours at room temperature, until cream stiffens. Skim 1 cup of cream from the top of the coconut cream. Whisk coconut cream, lemon juice, vanilla, lemon extract, honey or agave, and salt together.

Measure ½ cup of coconut water (liquid separated from the coconut cream) and agar powder into a saucepan. Cook over medium heat stirring constantly with a fork, until mixture begins to boil. Remove from heat and blend agar mixture into the lemon glaze.

By hand, add arrowroot 1 tablespoon at a time until a thin glaze consistency is achieved.

Lemon Lovers Coconut Cake

by Amy

Serves: 8 | Prep time: 30 minutes

START TO FINISH: Cake: 1 hour;

Lemon glaze: 12 hours without fermentation, 24-48 hours with fermentation

CAKE

¼ cup chia seeds

¼ cup lemon juice

½ cup maple syrup or honey

½ cup coconut oil

1 Tbsp. lemon zest (about 2 lemons)

2 cups shredded coconut (unsweetened, without preservatives)

1¾ coconut or nut milk pulp

4 medium-to-large overripe bananas, mashed (not blended)

1 tsp. vanilla extract

¾ tsp. salt

1 tsp. baking soda

2 cups or 1 pint fresh raspberries, for garnish

1 lemon, for garnish

This cake is very moist, but also very dense; the texture is possibly unlike any cake you've previously experienced! It's delicate, so chill the cake before transferring from the pans to a display plate. For special events, mash some berries into the glaze between the cake layers. Last, if you need a fast glaze option, use Annie's "Quick Maple Lemon Glaze" (see pp. 21).

Mix chia seeds, lemon juice, and maple syrup or honey.

Melt coconut oil over low heat. Remove from heat when oil becomes liquid. Add lemon zest to coconut oil.

Place shredded coconut in food processor or blender and very briefly process into rough coconut.

With a fork, stir chia mixture and break up any clumps.

Add all cake ingredients, except baking soda, to a bowl. Stir by hand until ingredients are well mixed. Allow the batter to rest for 10–15 minutes, until chia has swollen.

Line the bottom of two 9-inch round cake pans with parchment paper. (With a pen, trace

around the pan on the parchment and cut out the circle.)

Stir in baking soda. Divide batter equally between the pans. Batter will be thick; spread it around the pans. Bake at 350 degrees for 55–60 minutes. Edges will be well browned and the cake tops golden. Chill cake before glazing.

Garnish glazed cake with fresh raspberries and thin slices of lemon. Serve at room temperature.

Peanut Butter Bites

by Annie



Serves: 24 | Prep time: 15 minutes | Start to finish: 25 minutes

¼ cup coconut flour

½ cup buckwheat flour, freshly ground

½ cup millet, freshly ground

½ tsp. salt

2 Tbsp. nutritional yeast flakes

1 cup natural peanut butter, no oil or sugar added

⅔ cup honey or agave

1 tsp. vanilla powder or extract

2 Tbsp. maple syrup

These divine little bites are akin to the peanut butter Easter eggs I remember having as a child and easily replaces them.

Food process flours, millet, salt, and nutritional yeast together with “S” blade. Add peanut butter, honey, vanilla, and maple syrup and process again until smooth. Or process all ingredients in a stand mixer.

Roll into small balls or press into small shaped molds. Freeze. After 20 minutes, remove peanut butter bites from the molds, place on a plate and return to the freezer.

Break ½ of a pure dark chocolate candy bar into pieces in a small glass bowl. Place that bowl in a pan with 2 inches of water in the bottom (double boiler method). Slowly heat the water until chocolate melts.

Dip tops of frozen peanut butter bites in melted chocolate and sprinkle with a dash of

coarse salt. Best served chilled.

Temptation Toffee

by Annie



Serves: 24 | Prep time: 20 minutes | Start to finish: 1 hour

1 cup raw almonds, walnuts, or pecans, chopped

½ cup honey

¼ cup coconut oil

¼ tsp. nutritional yeast flakes

½ tsp. salt

This yummy candy is extra special wrapped in paper with ends tied.

Line a 9 × 13 baking dish with parchment paper and sprinkle nuts evenly in it.

Place the remaining ingredients in a saucepan over medium heat. Stir continuously until color changes to golden brown and mixture becomes frothy and bubbly, about 7–8 minutes.

As soon as color changes, pour over chopped nuts. Cool in a refrigerator or allow to cool at room temperature. When caramel reaches room temperature, oil a knife and cut candy into small squares or roll into balls.

For harder toffee candy, let the syrup cook 10–12 minutes on medium-low heat, stirring constantly. The color will change to a darker brown.

Sugar Cookies

by Amy



Serves: 48 | Prep time: 20 minutes | Start to finish: 1 hour

2 Tbsp. chia seeds

¼ cup fresh orange juice

½ cup coconut oil, melted

¾ cup honey

1 tsp. vanilla extract

¼ tsp. salt

2 oranges, zested

5½-6 cups almond flour, lightly packed

1 Tbsp. baking powder

In my early transition to a whole foods plant-based lifestyle, I wanted a cookie for special family occasions. I created this recipe, almost out of desperation. The children absolutely love rolling and cutting the cookies. This recipe makes a great fruit pizza crust.

Soak chia seeds in orange juice, 15–20 minutes until seeds are swollen.

Place coconut oil, honey, vanilla, salt, and chia soak with orange juice in a high-speed blender. Blend until smooth. Gently pulse orange zest into mixture. Transfer to a large bowl.

Place 5½ cups flour and baking powder in a bowl, and mix.

Combine flour and baking powder with the wet mix in a bowl and stir by hand. Only add extra flour (1 tablespoon at a time) if the mix is still wet.

Divide dough into 3 equal portions. Between 2 sheets of parchment paper, roll each portion ¼-inch thick. Cut dough with cookie cutters. Line a cookie sheet with parchment. Transfer cut cookies to the cookie sheet.

Bake cookies at 350 degrees for 7–10 minutes, until edges are barely golden.

See pp. 20–21 or p. 150 for frosting ideas.

(Sprouted) Wheat Flour Cookie Variation

Increase honey to 1 cup. Omit chia seeds and substitute 6 tablespoons of flax gel egg replacer (listed as an egg substitute in “Food Substitutions for a Naked Nutrition Kitchen.”) Reduce flour to 3 cups, adding additional flour 1 tablespoon at a time as needed.

A Handful of Helps (Home Remedy Ideas)

Antibiotic water: Slice 4–6 medium cloves of garlic and place in 1 quart of pure water to infuse for 3–4 hours. Place in direct sunlight for added potency. Strain garlic and drink liberally as needed.

Bug bites: Use the juice or crushed leaves of elderberry, walnut, plantain, or lilac leaves to assist in keeping bites and stings to a minimum; or use crushed onion wrapped on bite.

Burns: Use ice to remove heat. Mix bentonite clay with water and 1–2 drops of lavender oil to make a paste and place on burn. Wrap as needed with a cold, wet cloth. Keep clay moist. For serious burns, use equal parts of wheat germ oil, comfrey powder (root or leaf), and raw honey. Make a paste and cover wound generously. Wrap wound in a large leaf (cabbage, lettuce) and breathable cloth to keep from sticking to the burn and to retain moisture. Reapply 2–3 times daily on top of previous application.

Cough/croup: Take lobelia tincture and teas in conjunction with a natural antibiotic. Rub eucalyptus and peppermint essential oils (mixed with carrier oil of olive or coconut) on chest and feet.

Cuts/bleeding: Pour ground cayenne pepper directly onto wound repeatedly until bleeding stops. Or apply fresh or dry comfrey root or leaf powder to help stop bleeding. The comfrey can be put directly on the wound. If comfrey is dry, pour over wound; if comfrey leaves are fresh, tear into pieces and mash leaves. Then apply on wound. Use bandage to keep comfrey in place. Use yarrow (blue) essential oil to stop internal or external bleeding.

Diaper rash: Generously sprinkle bentonite clay directly on rash.

Earache: For immediate relief, put 3–5 drops fresh raw onion juice into ear.

Eczema: Use chickweed tea or salve.

Fever: Drink yarrow tea or prune juice, to flush the bowels; place ¼-cup powdered ginger in a hot bath and soak 20–30 minutes.

Flu Symptoms/body aches: A ginger bath opens circulation, which opens capillaries and pores for elimination of toxins. Stir ¼ cup powdered ginger into bath water.

Strep throat: Apply tea tree oil (therapeutic grade) directly to the throat and tonsils; take frequent spoonfuls of manuka honey to bathe the throat (cayenne pepper and fresh minced garlic can be added to the honey); spread eucalyptus essential oil on bottoms of the feet and one drop in the mouth. Take natural antibiotic (garlic water) every hour.

Sunscreen/sunburn: Use ¼–½ cup coconut or jojoba oil mixed with 4–6 drops lavender essential oil.

Teething: Rub clove essential oil (diluted) on gums; sip chamomile or catnip tea for generalized relief; use an amber teething necklace.

Upset stomach/vomiting: Drink fennel or parsley tea or fennel essential oil in water.

Resources

Azure Standard Bulk & Organic Food Delivery

Most every food listed in this book, and some kitchen implements, are sold through Azure. Check to see if they have a monthly drop point close to your home.

79709 Dufur Valley Rd.

Dufur, OR 97021

(971) 200-8350

www.azurestandard.com

IndriVanilla

High quality, fair-trade, organically principled vanilla beans and vanilla powder

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www.mountainroseherbs.com

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435-213-3585

www.naturalphilosophy.life

A Whole Lotta Love & Acknowledgments

Amy

XOXO to my husband, Josh, who has walked the path of nutrition with me and also for being the gentle, wise, and inspiring voice of reason during the unfolding of this book. You've always given me wings to fly, Josh. Thank you. Also a huge high-five to my sons Adam, David, and Asher, for eating my food, even when it doesn't work out like I planned.

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A huge thank-you from me to all the unseen angels editing, cooking, and babysitting, who have played a part in this book! Bless you.

Glossary

Agar Agar: Made from seaweed and has no flavor. It is highly alkaline and is used extensively in Asian and French cuisine for thickening and gelling. It is similar to gelatin; however, don't expect the same results. It creates a firmer mold and sets up at room temperature. It is also used as a thickener for soups, preserves, ice creams, and desserts. It doesn't have calories, carbohydrates, sugars, or fats, and it aids the body in dissolving cholesterol. If you enjoy using agar, the least expensive way to acquire it is from Frontier Foods. It is about \$30 a pound.

Agave nectar: Made from the plant known in Mexico as aguamiel, or "honey water." To make the agave nectar, sap is extracted, filtered, and heated at a low temperature, which breaks down the carbohydrates into sugars. Because of the low temperatures used in processing many varieties (under 118°F), raw foods enthusiasts generally regard agave nectar as a raw food. See foot notes for "Sugar" in "Food Substitutions for a Naked Nutrition Kitchen" for further reading.

Arrowroot powder: A natural powdered root starch that is white in color and very lightweight. Arrowroot powder may be used as a thickening agent for gourmet dishes, and is well known for its use in crystal clear fruit glazes and jellies.

Bubbies sauerkraut: A live sauerkraut with naturally occurring probiotics. Bubbies is a brand name. They are famous for making raw delicious pickles and sauerkraut using wholesome ingredients.

Buckwheat: In spite of what its name suggests, buckwheat is not a cereal grain but rather a fruit seed that is related to rhubarb and sorrel. It is a great alternative for people with gluten intolerance and is also alkaline forming.

Cacao powder: A powder made by grinding unroasted cocoa beans. Cacao is known for having antioxidant properties. Often used as a cocoa replacement in recipes.

Coconut aminos: A soy-free soy sauce substitute. Coconut aminos are amino acids harvested from the sap of a coconut tree. For raw cooking, coconut aminos are extracted from sap that has been sun-dried and mixed with unrefined sea salt.

Dulse and kelp powder/flakes: Edible seaweeds harvested for their high mineral content and nutritional value.

Himalayan pink salt: One of the purest salts available. Himalayan pink salt is a hand-mined salt that is derived from ancient sea salt deposits. Regular consumption of Himalayan pink salt provides essential minerals, and trace elements, balances electrolytes, supports proper nutrient absorption, eliminates toxins, balances the body's pH, and increases circulation.

Jicama: A root with a yellow and papery exterior and a creamy white inside that has a crisp texture resembling raw potato or pear. The flavor is sweet and starchy, reminiscent of apples and sugar peas. It is usually eaten raw, sometimes with salt, lemon, or lime juice and chili powder.

Kombucha: A fermented tea made by adding a culture of bacteria and yeast to a solution of tea, sugar, and sometimes fruit juice and other flavorings. It's often referred to as "mushroom-tea" because during the brewing process, the bacteria and yeast grow into a mass that resembles a mushroom cap.

Lucuma powder: Lucuma comes from a tree fruit in South America, which is dried at low temperatures and powdered. It is a low glycemic index sweetener and boasts having beta-carotene, niacin, zinc, potassium, calcium, magnesium, and iron. It has maple and caramel undertones.

Maca powder: A part of the radish family and is native to the Andes mountains of South America. It is known for containing a wide variety of nutrients, minerals, and amino acids. Some of these include selenium, potassium, calcium, iron, and magnesium. It helps with balancing hormones and is considered an adaptogen in the body.

Nutritional yeast: The fermented by-product of inactive yeast growing on beet sugar. As a ferment, it has naturally occurring B vitamins. However, B vitamins are also added, thus making it similar to a supplement. It is salty and gives a great cheesy or even buttery undertone to dishes. Use organic or non-GMO nutritional yeast.

Psyllium: Psyllium seed husks come from the seed stalk of the common plantain. Psyllium is sometimes used in recipes in order to thicken mixtures because it becomes mucilaginous when wet. May be used as an egg replacement.

Vanilla powder: Ground vanilla beans. It lends a "magic" to the underlying flavors in recipes and has a different shade of vanilla flavor than vanilla extract.

Vegetable powders: Beet, strawberry, chlorella, carrot, spinach, and cacao. Dehydrated and blended into a fine powder, these foods make excellent food coloring replacements.

Water kefir: Symbiotic grains of bacteria and yeast that ferment a specific liquid, in this case, a sugar-water-fruit liquid. It produces a mild, light, and refreshing, slightly fizzy beverage.

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About the Authors



Amy Choate

AMY WARD CHOATE co-owns Natural Philosophy (tea house, organic market, and yoga studio) and is the founder and original chef of Natural Philosophy's organic salad bar. Her passion for the plant-based, whole food lifestyle is due to her complete recovery from debilitating depression and illness that occurred during her service as a missionary for The Church of Jesus Christ of Latter-day Saints. She holds a bachelor of music degree in jazz (piano) from Brigham Young University. Amy currently resides in Logan, Utah, with her husband and three boys.



Annie Miller

ANNIE H. MILLER is a seriously devoted wife to Lincoln Miller and mother to their six children. Her love for wholesome food was deeply rooted in her as a young girl while visiting the homes of her grandmothers. Their meals were always homegrown and deliciously fresh from the garden. As a young married woman, she began to learn from her mother-in-law that not all prepared/canned/packaged foods are nutritious. She began to prepare most everything from "scratch" and learned to unlock the magic of food by using fresh herbs and spices. Annie loves to help others find the path to wholesome and delicious food options for their families.

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