

THE  
ALL AMERICAN VEGAN  
COOK  
BOOK

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**the**

**All American Vegan**

**Cook  
Book**



## *Preface*

This is a lifelong compilation of the recipes I've created, used and improved over the years. Through these years I've transitioned to a happy medium of traditional foods, and nontoxic options. This transitional time included many levels of eating, vegan junk-food to gourmet dishes. These are organized in a way that makes creating a menu or making a meal a fun enjoyable experience. This is the first printing of *The All American Vegan Cook Book*.

The purpose of this book is to provide relevant and healthy approaches to eating the traditional American foods in a healthier way. Since the 80's we've had a sharp rise in health related conditions, many of which can be blamed on poor eating habits. These recipes combine modern food sciences with healthful cooking techniques that are both easy to prepare and give good results each time. Improved agricultural practices and nutrient dense foods are improving America's traditional foods. The Kitchen equipment and utensils recommended are there to assure that you receive all the details to get the same uniform results with minimum effort. Detailed instructions and preparation methods are included with each recipe.

A new desire has evolved in our quest for tasty food. America craves more than just flavor, we want health, beauty, and energy from our food as well as the traditional flavors we were raised with. Herbs and spices are used to add their nutritive properties and flavor to each dish. I am in love with many dishes from other countries as well, so these are incorporated in this book as well and adapted to our basic American style cuisine. Nowadays, it's important that everyone in the family cooks, or has the direction to cook at will. It's an asset to know how to cook and this book also provides the detailed directions that make it possible for all levels of chef to follow. My personal nutrition education, and being a nutrition educator has taught me that the meals, daily food intake, and weekly amounts of food vary, and it must all be balanced as well as tasteful.

I use kitchen gadgets and equipment to get the job done quickly, but if you don't have a tool there's always the old fashion way of doing things still. Equipment helps to make preparation pass quickly and provides a sense of play while preparing the food. Cooking is also a wonderful creative artisan endeavor that reflects the time, season, and year. It is a skill that will be shared time and time again as the season and situation fits.

An encyclopedic of information has been incorporated into this cook book. Some of the information you will learn includes meal prepping ahead of time, cost-effective shopping tips, care and sanitation of the kitchen, etiquette table setting and serving, fermenting, and food preserving. You'll learn a lot of ideas for specific meal preparations including picnicking, potlucks, mono-meals, child lunches, and party planning. This book also helps you prepare to have a dinner party of your own. I've included menus and recipes for as many of these special interests as I can think of including camping, celebrations, and vacations.

This book is for all cooks, from beginner to expert, who want to know the fundamentals of cookery and mastery skills of the kitchen. This is a fun adventure of sharing and gratitude that I hope will appeal to you. These recipes have been time-tested, and some are recipes I use very regularly. From my family collection to your home I give you this book to treasure for years to come, or gift the beginning cook for success in the kitchen.

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# Beginners Cooking 101

It's a balancing act. You come up with an idea for dinner by putting your favorites together or you consciously make choices in what you eat and why. It's a balancing act to keep a perfect track record, and being balanced nutritionally is your goal. You need to consider the full day when planning each meal. If you are planning for lunch, consider what was had for breakfast and what's available or planned for dinner.

You are going to love cooking. It's something that can sprout a passion, and creativity that can be shared and enjoyed. Knowing you are doing it right is the reward of eating your own home prepared meals. Knowing what's in the meal, and having chosen each ingredient according to quality and nutrient value is another reward, and feeling good after a meal is the ultimate reward immediately following a healthy meal. No matter what your venue is, it's good to know your cooking skills that apply to different settings.

Imagine how you feel the first time you make a cheesecake and share it at a family gathering—when everyone realizes that it's the best cheesecake they've ever tasted! This is a rewarding feeling, like sharing your mother's favorite recipe with your children, and having it come out just right. You can share so much by sharing a meal. Over the past 20 years I've collected more cookbooks than I've had a chance to try, but I've put the best of all my successful recipes into this encyclopedic recipe book for you to use. I've avoided many hard-to-find ingredients and kept the recipes simple. I've preserved the goodness of breakfast to healthfully share with your family.

## **Now You're Cooking!**

It's a beautiful thing to be able to put together a masterpiece. It's cost-effective to have an elaborate meal when it's made at home. Now you can cook, and invite the family to join you in the kitchen. After all, the kitchen is the heart of the home in so many ways. We have the chance to gather together daily, and regardless of your life calling, cooking will always find a way into your tool belt.

Cook what you love, and follow your passion to develop recipes of your own. You will begin to specialize your cooking to fit your palate, and you will have signature dishes to share on special occasions. Family and friends love to join in conversation in the kitchen even if they are not directly helping with the preparation.

## **Balance in the Kitchen**

You are ready to become a chef of your own kitchen. You will be interested in the rationale behind balancing foods for nutrient density. For the most part, we can consider food colors and varieties a form of nutrient obtaining. The more varied the diet, the broader spectrum of micro-minerals, and phyto-chemicals like flavonoids and anti-oxidants will be in your diet over time. Variety is key, so add varieties of color to your plate palate.

The right balance of food, exercise, and connection is our preventative care you can

provide for yourself at home on a daily account. The goal is to have healthful foods that provide adequate nutrients that are needed and used by the body, so that when those cells need it, the right ingredients are there. A proper diet will encourage growth, good muscle tone, hair texture and color, and even clarity of the eye color as a result sometimes. A proper lifestyle will include exercise, and actions in alignment with your health goals. Connection to your passion, hobby, craft, career, social group or affiliation is also an important element in the lifestyle change.

### Serving Portions

As you practice these recipes, go over the ingredients and reasoning as to why you are using these ingredients. Are you using organic ingredients that have not been adulterated with pesticides, radiation, and genetic modifications? The quality of the ingredients count when considering health. There are foods in each food group that are optimal for nutrition value, and again it's important to practice variety within each food group to avoid a deficiency in other minerals and elements. Here are the food groups the way I use them according to my studies at Bauman College, Pengrove, California:

Foods not only need to be balanced, but they also need to be prepared well in an appealing way. It has been said that half of our appetite is in our eyes, and the other half is our stomach. Food needs to be cooked in the right way to preserve nutrients, and served in an appealing way. This is especially true with children.

Nutrient	Servings & Size	Food Examples
<b>Proteins</b>	6 ounces Vegetable protein	Dark green leafy vegetables, wheat, brown rice protein products, Tofu, Seitan, Seeds
<b>Nuts and Seeds</b>	2—6 tablespoons daily	Chia, Flax, Almond, Walnut, Pecan, Hempseed
<b>Booster foods</b>	Once daily	Spirulina, Cilantro, Parsley, Onion, Garlic
<b>Fruits</b>	1/2 cup 2—5 times daily	Red berries, Blackberries, Blueberries, Lemon, Grapes, Jackfruit
<b>Crunchy Vegetables</b>	1/2 cup serving 3—8 servings daily	Fennel, Celeriac, Jicama, Cauliflower, Raw Beets, Grated Raw Carrots, Radish, Cucumber,
<b>Leafy vegetables</b>	1 cup 3—8 times daily	Kale, Mustard Greens, Collard Greens, Parsley, Dandelion, Kohl Rabi, Swiss Chard

<b>Starchy Vegetables</b>	1/2 cup 1—2 time daily	Cooked potato, cooked beets, cooked carrots
<b>Whole grains</b>	1/2 cup 1 –4 times daily	Whole wheat products (100%), Rice, Amaranth, Millet, Corn, Buckwheat, Kamut
<b>Beverages</b> <b>The total amount of water/fluids required varies based on BMI</b>	1/2 cup Juice 1 cup broth 2 cups tea	Fresh organic pressed juices, Herbal tea, purified or spring water, mineral broth

Preparing a full three course meal will be a rewarding experience, and if it is also cost-effective it is a good reason to make foods ahead of time, or make a large recipe to allow for meal preparing for later use as well as that meal. Whether you are cooking just for yourself, or for a family of 6, you will find the recipes in this book easy to follow and modify as needed. If you see a serving size of 6, and you are cooking for yourself alone, reduce the servings to 2 (recommended) and save any left-overs to reduce food preparation time in another meal. Leftovers can also be used as a side-dish and time-saver.

Chances are, you are already **planning your meals**, and your methods may or may not be going smoothly. The purpose of many of the added descriptions in the recipe directions will help save you time and labor cooking. Standing *in the kitchen*, you are the best prepared to plan your next meal, or more. You can take a look at what's in the refrigerator and what you need to use before the expiration date, then choose those ingredients from the index, so you can find a selection of dishes you can prepare with them. You can then make a list of any added ingredients you will need and hit the markets. Include foods and meals you can make ahead of time and freeze or store. This will help add a variety of food items to the dinner plate. See the index on meal prep to learn more about preparing your meals in advance.

**Keep track of shelf life.** You will want to rotate your canned and dried goods to keep them in good use. Use them before they expire, and replace long term storage goods on a regular schedule. Keep an eye on the amount of space you have to store your equipment, and foods. If you have a large dry-goods pantry you may be planning more recipes that include those foods. Try to keep a balance in the foods you have on hand as well, so not to over-purchase any one particular item. Keep the basic baking ingredients in stock and on-hand in the kitchen. These include flour, sugar, baking soda, aluminum free baking powder, cinnamon, and vanilla.

## Sous Chef

Preparing everything from a weeks' worth of full meals to just preparing vegetables. Preparing to cook is sometimes the most time taking part of making a meal. The oven must be preheated, the ingredients need to be prepared as they will be needed and

measured, and sometimes things need to marinate overnight, or set overnight before serving. The preparation you will be needing to do with each recipe will need to be organized for most cases. If you need to soak an ingredient you will know that it's something to plan for. Nuts, unless directed otherwise, will always be soaked in most recipes. It will be a good practice to have 1 cup soaked and drained nuts in the refrigerator – keeps for up to 3 days to use as needed when rinsing daily. Some specific preparations are listed below. Plan what you would like to have on the menu ahead of time, so you have the preparations done when it's time to create.

<b>Vegetable</b>	<b>Method of preparing</b>
<b>Cutting Bell Peppers</b>	<p>Cut out the stem, and remove the seeds from the top.</p> <p>Slice in half, then stack, with the skin side down against the cutting board. Slice thin strips. If dicing, slice 1/34 inch strips, then holding the strips together in bunches, slice across to get square pieces.</p> <p>Grilling: Grill whole halves, skin side down, then remove the skin after they cool.</p>
<b>Slicing Leafy vegetables</b>	<p>Lettuce and Napa Cabbage: Slice lengthwise placing the tip of a French chef knife down through the tips of the heart, turn once and make two slices from heart to leaf tip. Beginning at the leaf tips, slice across, reserving the leaf tips for another use. Use the slices of lettuce leaves in salads, dressings, garnish or where needed.</p>
<b>Root Vegetables</b>	<p>Cut off the top first. Use a chefs knife to begin cutting the root vegetable from the largest end first, if it is pieces longer than the knife, cut the vegetable down to smaller segments before halving. Thick roots like celeriac can be topped, and placed on the cutting board flat side down. Then slice large slices, divide the masses into layers of slices less than 1 inch, and slice lengthwise, and crosswise in the dice size desired.</p>
<b>Onions</b>	<p>Slice off the root ball first, stopping shy of the last two layers, and peel it away by hand to remove parts of the tough skin. Now slice the top off doing the same. Slice the onion in half, now remove the tough outer layers from each half. Place the halves flat side down, and slice small slices horizontally or lengthwise along the onion. For diced onion, slice to the thickness of desired dice while keeping the position of the onion slices, turn it carefully, and slice</p>

	<p>again. Be careful not to allow the knife to slip. Tough onion skin can cause the knife to slip.</p> <p>*Tears: Reduce onion tears by avoiding nose-breathing while you cut the onion! Wear glasses or goggles that are air tight, and breathe through your mouth while chopping large bunches of onions.</p>
<b>Garlic</b>	<p>Cut the root mass off the individual clove, crush with a chef knife, and remove the outer shell.</p>
<b>Peeling squash</b>	<p>If you can use a potato peeler it's the safest way to remove butternut squash skins. Most squash have a tough outer shell. Some are so tough it's impossible to slice it safely with a knife. The way to handle these is to cut the squash in half, several times, until you have wedges that are easy to cut along the skin line between the edible parts and the skin. Cut wedges to get cubes of: pumpkin, Hubbard, banana squash, and other large dense squash.</p> <p>Don't try to peel an acorn squash or other rigid squash. It will take too much time, and could lead to injury.</p> <p>Kombucha squash and butternut squash both have tasty skins, however the kombucha or red curry squash can be tough at times.</p>

## Cost Effective Shopping

So you are going to the store with a little over \$20 in hand and you want to make a good meal for four people. You can do this! While it's not practical to go to the store daily, the trip to the store should be weekly or bi-weekly. The reason is cost-effectiveness. Many things can be bought in bulk these days, and it can save money if you have the space to store it. Another cost-effective way of buying bulk when you don't have space to store it is to buy as a group. You and a friend, or family member can share the cost of a shopping trip and split the food. This leaves the possibility for saving money buying bulk and taking home a manageable supply.

The key to shopping bi-weekly is to know your menu. You will be able to use foods you have to base your menu on, and then you can shop for any additional ingredients you need. When writing your list of ingredients you should always list the amount you will need, this changes as you add days to the menu / shopping trip. While you are making your list, you may also want to list all vegetables in one area, grains in another, baking goods, and so on according to the store isle system so you can find the ingredients with minimal time and effort.

Shop for organic foods. Up until the 1940's we were being raised on all-organic foods



without any toxins or pesticides in the air. Now we are raised from conception with an exposure to toxins in the environment. The only thing we can do is choose the highest quality, purist form of the ingredient possible. If organic is not available, ask for it. Your grocer wants your business, especially if you are local and shop regularly in the area. They will accommodate your requests. With social media such as Yelp, some businesses are basing their store stocks on the requests and reviews of their customers. Don't be afraid to ask for quality, and don't buy more than you can store.

## Food Storage

While planning, don't buy more than you can store. There's nothing worse than having a large box of baby salad greens stored in the 70 degree house overnight. You won't want to be having that salad the next day. A good way to manage storage is to do a refrigerator check before shopping. On a daily basis, you will want to use foods as close to their harvest date as possible, including olive oil which has a shelf life of 18 months from the date of harvest. You will want to prepare the food just before eating / serving for best results. Some recipes will last up to 3 days in the refrigerator, but you don't want to have it sitting there for 3 days before you get around to eating it. Prepare it the night you will be eating it, and if there are leftovers, save them for the next day, or freeze them for later use. This is a real money saver!

Storing foods with strong **odors** needs to be done in an air tight container. Onions, if left in the fridge, can change the flavor of dairy products, vegetables, and fruits, so keep them in an airtight container, not just plastic wrap. Baking soda can be placed in the refrigerator to absorb some of the odors that food naturally gives off, and it also helps to preserve what's in the refrigerator. Change the box of baking soda out every 6 months or if it becomes wet or damaged. Fish, anchovies, sardines, tuna, and salmon, are also odor producing foods that should be sealed in an airtight container if storing them in the refrigerator.

**Leftovers** must be stored immediately or *within* 2 hours of serving dinner (especially potatoes). Food can become toxic and hazardous in as little as 2 hours in the danger zone temperatures of 50 to 175 degrees. Beans and potatoes are high on the danger list of foods that spoil quickly. Also, there are the foods high in amino acids such as proteins, and flax oil. Keep these in the refrigerator when they are not immediately being used to avoid spoilage. Cooked foods can also be cooled quickly as needed for meal prepping—when planning to cook for storage.

## Setting the table

The table can reflect your mood, the occasion, the season or holidays, and the general style of the time. Set up your dinner table to be functional while not in use for food service. You can have a centerpiece and runner on the table, along with a protective cover for the table cloth as needed to allow for easy clean-up and versatility. The table can also be dressed up for occasions using common shoe boxes or the like, as stands under a second table cloth that is draped over the multi-level boxes. Just be sure that these boxes are secure and stable before placing any food on them, and hot foods should always be on

a solid surface. Centerpieces can be a candle, flowers, or seasonal arrangement of fruits & nuts to snack on between meals. These can be left on the table or moved for the meal depending on the situation.

Be prepared to deliver the heat. Personally, I enjoy a solid oak table that I can trust will not change under heat. While preparing foods I can remove them from the oven and place them onto a hot-plate or designated area on the table quickly because I have the area prepared to remove food from the oven. If you want to remove something from the oven, first take a look around and locate where you will be putting it.

### **Setting the Place Setting**

Proper serving etiquette shows the level of care you put into your cooking at the receiving end. Your guests will be there to receive the food in a way that is fun and appetizing. Lay placemats that accent the meal, have seasonal wildflowers in a vase at the table, and bring the food to the table on serving dishes rather than setting pots on the table. This all heightens the appetizing effect of your food. Have a napkin and glass of water at each table setting. Starting from right to left you will arrange the flatware beginning with the soup spoon, knife, and dinner plate under the salad plate and soup bowl, salad fork, and dinner fork. Place the napkin to the far left of the forks and the glass of water above the dominant hand just at the top edge of the placemat (usually the right side). If you are serving bread before the meal, the bread dish would go above the flatware on the non-dominant hand. Salt and pepper should be at the table, and limited in use in the recipes, to allow for greater control over the salt intake for salt sensitive individuals. Place the bread knife across the plate edge to support it off the table as needed.

### **Serving A Meal**

Serving the meal is your 15 minutes of fame and a chance to divulge the goodness of your recipes. Take care and effort in the appearance of the food being served. The room should be well lit, and the focus should be on the center of the table. This may be easier to do with round tables. You can choose to serve your items a-la-carte in the center of the dinner table so that each person can help themselves to a portion of the foods, this is also known as family style dining. You can also set up a buffet, where guests serve themselves and then go to sit down for dinner. This allows for more room at the table for holiday decorations and celebratory parties. You can also choose to portion out each plate and serve. This works especially well for children and family day care centers.

Nothing is set in stone, be flexible to the desires and situation you have. You may want to have a dinner at the television when an important event is being aired, or you may want to plan a meal to be served at the beach picnic style, so keep an open mind to the situation.

# Meal Prepping

Going out to eat is a treat, so for the rest of the time, bring a meal on the go. Meal prepping lets you be prepared to grab and go on a busy schedule, so you can eat the organic delicious home-cooked meals you want. You can prep just dinners, or just lunches, or all three meals depending on what works for you. Prepping 7 dinners on average will take 2 hours, and save you 8 hours during the week! These come in handy for a number of reasons. If you have lunch at work, if you are a busy person, if you are pregnant/expecting and preparing for those first two weeks home with the baby, if you are caring for a loved one at home, if you are a distant caregiver and you want to provide meals to those you love, and if you have a friend or family member that is ill it's great to have some wholesome meals ready to go.

Meal prepping gives you the freedom to add your favorite foods, side dishes, garnishments, and even extras that is typically forgotten by the time we get dinner to the table. Meal prepping encourages healthy eating, portion control, and frees up time during the week. Be sure to review Serving Portions section before preparing, so you get an idea of the variety you can have with each meal.

## Meal Prep Recipes

Below is a list of almost all of the meal prep recommended recipes in this book, also search “meal prep” in the index for all the recommended meal prep meal locations:

Applesauce

Stewed Apricots

Cornmeal cereal

English Muffins

Tea for Sick Days

Waffles Worth-A-Ton, Waffles, Blueberry filling

Stuffed Mushrooms

Rhubarb Pectin Salad

Mushroom Sauce

Apple bake:

Macaroni and Cheese

Cornbread

Oatmeal Muffins

Stuffed Bell Peppers

Stuffed Onions

Succotash  
Swiss Chard Seared Greens  
Vegetable Pot Pie with Chicken of the Woods Mushrooms  
Burgers Vegetarian  
Ginger Spice Garnish  
Curry Sauce  
Creamy & Quick Hummus  
Mushroom Cream Cheese Spread  
Ketchup  
Iced Sparkling Tea Shrub  
Stuffed Squash  
Dahl  
Potatoes Au Gratin  
Mashed Potatoes  
Stuffing  
Cabbage & Peanut Sauce  
Sauerkraut  
Vegan Cream Cheese

### **Preppy items for meal prep:**

Have the right **tools** , and know what counts when preparing meals ahead of time:

- **Size Matters:** When you have your containers all the same size, it works best in the freezer. Sandwich size works best for single meals. The depth of the containers is best at 3 inches or so, and the material should be glass or bpa free at least.
- **Identify the contents:** Containers can be labeled using a label maker or place tape on your container, and write on the tape with permanent marker. Don't write direct onto plastic with permanent marker – the chemicals can leech through the plastic into the food.
- **Date when it was made:** Always include the date on your containers, so if in doubt, toss it out.
- **Freeze-ability is the key:** You'll need to freeze anything you won't be eating in the next two days. This is important because high water content foods


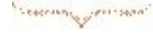
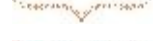
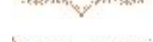



don't thaw well. The food needs to be able to be re-heated and palatable! Don't freeze celery, cucumbers, or melons unless it's going to be used for smoothies. It's best to leave all uncooked foods out of the freezer.

- When prepared right, it will make a delicious meal. Hot kale salads, applesauce, stewed celery and thick hearty vegetable soup over rice, marinated cucumber salad, blackberries cooked in cornbread even does well when thawing and re-heating. So think of how it would look like served hot, because freezing is a form of breaking the cell walls down – similar to cooking, and that's how it will turn out when it's re-heated - cooked.
- Raw food prep can include items such as the flax crackers, fermented foods, cheeses, but will not be freezable (other than the crackers), and their use-by date should be within 3 days from making it. The crackers can last 6 months, but need to be kept in an airtight container. Plastic bags are vulnerable to the grain moth which can easily ruin a large batch of delicious crackers. Large glass jars, or cookie jars are best. Seek out further reading in books that further the journey into the raw foods.

### **Meal Prep Portions for Balance**

A good meal prep will be a complex meal that you would normally not do at home on your own if you were alone. This meal will be nourishing, and provide you with the broadest spectrum of foods you can put together. Creating a bunch of the same meals is an option, but there's the option of making the same recipe with a variety of sauces & sides. This is a chance to incorporate all the valuable nutrition you need, regularly eat healthy meals, and make cost effective food choices. Bauman College in Pengrove, Ca. established the key food groups for holistic nutrition to incorporate as a foundational start as listed below. If you have a personal health goal, follow this backbone of food groups to give you the best variety in your prepared meals. Holistically trained nutrition consultants specify exactly what plants and alternative sources you will need to add in order to correctly manage any health goal in an individualized nutrition approach.

First, choose 1/3 your daily need for all the food groups in the serving portions part of the book. Write these blank spaces on a sheet of paper or use this

	Proteins
	Nuts/seeds
	Fruits
	Crunchy Vegetables
	Starchy Vegetables
	Leafy Vegetables
	Grains
	Booster foods (fermented foods, herbs, and spices)

***Now choose foods from the book that are focused in these areas:***

***Proteins*** can be mainly found in the main course Dinners section

**Nuts/seeds** are found in many recipes, including chia pudding and cheese

**Fruits** can be found mainly in Breakfasts, and Dinner side dishes

**Crunchy, starchy, and leafy vegetables** can be found in Traditional American Vegan Lunches & Potluck Dishes, and Side Dishes

**Grains** can be found in the Breakfast section, under breads, and Breakfast Pancakes

**Booster foods** are included in several recipes, and the Cultures & Preserving Foods section

Whether you are carefully calculating portions, or eyeballing the amounts – just be sure you cover all the above mentioned groups of foods in that one day, or at least over the course of a week with the booster foods. Incorporating all groups into each meal prep box is not necessary, but it is important to know and watch for. Incorporating them all would be quite a complex meal.

### **Favorite meal prep combination:**

½ cup fruit (applesauce, cranberries, poached pears, strawberries in syrup, etc.)

1 cup starchy grains (polenta, field roast, brown rice, quinoa, tabouli, sprouted wheat berries, whole grain pasta, or whole grain bread)

½ cup starchy vegetables (yam, potato, cooked beets, cooked carrots,

1 cup dark green leafy vegetables (steamed spinach, kale & mushroom hot salad, seaweed salad, Brussels sprouts, baby salad greens, steamed nettle, dandelion greens, parsley (added to a sauce), and other green leafy vegetables.

2 tablespoons nuts or seeds (fermented nut cheese, soaked cashews, soaked/rinsed walnuts, chia pudding, chocolate pudding, ground flax topping or blended into the main dish sauces, hempseed sprinkled over the vegetables)

¼ cup crunchy vegetables (grated raw beets, broccoli steamed lightly, cauliflower, thin sliced fennel, carrots, burdock root, daikon radish, water chestnuts, bamboo, red bell peppers, onions, leeks, bok Choy)

**Boosters:** herbs that are fresh, seasonal, organic, and locally found. Pickled foods including whole olives, capers, mushrooms, curry leaves, grape leaves, pickles, fire roasted tomatoes or sundried tomatoes, garlic, ginger, fresh grated turmeric, fresh grated black pepper, pumpkin seed butter, pectin

added to fruits that are served hot such as apples & cranberries, and other boosters can be added at the table like nutritional yeast and flax seed oil which cannot be heated.

*The key to remember with meal prepping is that the items that go into that meal must all be able to be re-heated to the same temperature, and they should all have flavors that go well together. During storage, the flavors of the foods may mingle so it's important to pair the meal right. Leave out anything that cannot be heated like nutritional yeast and flax oil, and make a separate small container for cold foods if it's necessary for salads, and fruits.*



# Kitchen Measurements, Gadgets & Terminology

## Switching Ingredients

Cooking really is a precise chemical balance. You are mixing recipes that have been modified to suit the precise elevation and humidity it was initially cooked in. Some recipes may fail if ingredient amounts are changed, even slightly. So, it's best to use measuring spoons for small measurements, and the closest size measuring instrument to your desired measurement in cups for best accuracy. Following a recipe is the most important part of cooking. You will be able to achieve the same results time and time again when you have the right recipe. If you are at an elevation over 2000 ft. you may need to modify some of these recipes. Otherwise, these will work just fine for you as they were created at an elevation of 500 ft above sea level in the Cascade mountain foothills. These recipes were tested with humidity's between 40 – 80% and work well for their purpose, but the scones can be a bit dry when cooked during low humidity. Feel free to write in the printed book, this is an easy way to have the adjustments accounted for so the next time will be perfect for your specific climate.

Substituting ingredients may be possible, but unless you have an allergy to one of the ingredients it would be best to keep the recipes the same. These recipes are created uniformly, so where flour is required, I'm using organic non-bleached all-purpose flour unless I've stated otherwise. Changing out the ingredients may not work every time, so don't expect to change a recipe and still have it working. Your own sense of what works will let you know what can be done and what can't. In that same sense, don't change out the amounts of ingredients. Measure them with precise measuring instruments. When you measure flour, it is best if it is sifted first so it will measure at the most fluffy level, but this is flexible and sifting can be skipped for time's sake. When measuring, be sure to have it exactly level with the required amount. If it calls for two cups, be sure to level the top of your measured amount (don't leave it in a heaping pile in the middle). This insures the recipe success as well.

Some ingredients are not as forgiving as others. When measuring oils and butters, always use the closest measuring device. Don't use a cup measurement for 1/8th of a cup, use a measuring spoon to measure out 1 ½ tablespoons. Butters can trap air bubbles, and you can end up with less than adequate amounts if prepared by whipping before measuring, so measure at the unprepared state, even with nuts. Measurements with nuts will change with soaking. They increase by almost 1/3 their size sometimes, so always measure dry weight as an unprepared food and don't worry about the changes with oils and nuts. Preparations that are to be done prior to measuring will be seen in the recipe. 1/3 cup onions – chopped (indicates you chop the onions, and measure them chopped). The ingredient list is your key to measurements. It will tell you how to prepare the item, and how much specifically is needed. These measurements can often be done ahead of time, garlic can be sliced, and onions can be minced, and stored in the freezer for later use. A nice thing to do is prepare the onions ahead of time and freeze.

*While cutting a large batch of fresh onions, wear sealed safety goggles and breathe*



*through your mouth to avoid the tears from onions.*

## **Measuring Ingredients**

This is especially important. To have the correct interaction between ingredients and flavor consistent with what is outlined in the recipe ingredients need to be measured accurately. It is also important to be able to measure doneness of the food. Keep an eye on the heat as well, some of these recipes will cook at lower temperatures best, and others keep the standard cooking temperature. As temperature increases, time should decrease. To avoid burning food, have a timer by the oven and set the timer for the minimum time, check on it, and continue to use the timer if added minutes are needed. There are digital oven thermometers that can be used to measure the food temperature and assure proper cooking temp has been reached. These can be found in kitchen supply stores and online for under \$50.

To verify the accuracy of your oven, you will want to have an oven thermometer. Set your oven to 250 degrees, and wait 30 minutes. Open the stove to read the thermometer and your temperature should match what the dial says. Some dials are adjustable, and some propane and natural gas ovens can vary, so it is good to check once yearly. The result is having your food cooked evenly, and not burnt. It will turn out as it is planned for in the recipe.

Some ingredients must be precisely measured. It is very important to always measure baking soda, baking powder, and salt as accurately as possible by using measuring spoons, and leveling the top off. These three ingredients are crucial to the interactions within most recipes where they are used. Other ingredients also need to be measured with accuracy, so use the measuring instrument closest to the size of the required measurement for best results.

Keep order in your kitchen and your kitchen will nourish you with minimal effort. It takes a conscious thought to put your mind to following a recipe perfectly in order to accomplish the perfect results. You want to have your surfaces cleaned, cutting boards out and ready as appropriate, and all the needed ingredients out. It's alright to gather the ingredients in your measuring instruments. The reason you want to put everything together at once by having them out first is so there is a double check method. First, as you gather your ingredients, you are checking that you have got everything. Second, when you are measuring and adding your ingredients, you are checking that you have included all your ingredients. As you work with something, and have no further need for it, set it aside in a designated area for returning to the shelves. This makes clean-up much easier if everything that needs to be put away is in one location ready to go. It could even be a basket, so you can carry it around the kitchen and put these things away. Either way, order is good, and it keeps the kitchen in working order.

# Kitchen gadgets

You may already be familiar with many gadgets available in the kitchen. For every job there can be a complimentary gadget. The coconut for example, has the Coco Jack brand product that makes opening them a snap! Otherwise you will need to follow the directions on opening a coconut with a cleaver before using them in your recipes, and that can be dangerous. Kitchen gadgets not only add safety, they save time as well. You can have rice started in a rice cooker and ignore it until its done while preparing the rest of the meal. Just remember with things like that, they should be started first or ahead of time so that the time needed for cooking finishes at the same time as the rest of the meal is finished cooking. We will go over some gadgets and ways to use the kitchen to make it most effective.

**The Oven:** Use the oven when not in use for a meal, to keep the plates warm, and store the finished dinner entrees so they won't get cold. Turn the oven on Bake and set to 175 degrees to keep food warm, and heat the plates.

**The range top:** Use burners that are still warm from another use to melt the oil in the jar, warm honey, or maintain the temperature of what's in the pan while the rest of dinner is prepared.

**Toaster:** Toast sandwich bread, or quickly heat bread to take the chill of the refrigerator off of it. Lightly toasted bread makes better peanut butter and jelly sandwiches, and many more.

**Ricemaker:** This will come in handy for steaming vegetables or making grains. This will do the cooking and temperature control for you while you prepare the rest of the meal.

**Whisk:** These come in many sizes and I recommend having one large, and one small size whisk. The large whisk is great to sift flour with the other dry ingredients when baking. Whisking soup can also break up some of the well cooked vegetables and give a hearty texture to it. Whisking hot chocolate will get all the lumps out. Whisks are indispensable, and a must-have in the kitchen. Just make sure your whisk is sturdy, or it will not do the job.

**Electric hand mixer:** There is no substitution when you want to save time in making consistently even cookies, or bread. This works well for getting lumps out of pancake recipe mixes, and quick mixing. Mix some fruit preserves into your pancakes for a serving of fruit, and toss in a tablespoon of peanut or pumpkin seed butter for healthy fats and protein for pancakes and waffle recipes. You will notice it is mentioned in those recipes.

**Hand blender stick:** These are a must-have for texture modifications. There is no reason to move hot fluid from one container to another. That will only cause burns if it goes wrong, so keep it in the boiling pot and use an electric hand blender stick to change the texture of the food all at once, evenly and quick.

**Kitchen shears:** Chop dried fruit in a snap. There's always a need for scissors in the kitchen and it's important to have scissors that can easily be cleaned. I recommend using Cutco kitchen shears.. They also slice up marshmallows, and open bags whenever you

need it. Scissors are also good for changing the chop size of a salad if you get it all in the bowl and realize the pieces are bigger than bite size.

**Bowls:** You will need some deep and narrow bowls for quickly mixing sticky things without splattering all over, and you will need some large wide bowls for salads, and mixing dry goods. Small bowls are perfect for mixing smaller amounts of food, and storing leftovers.

**Blender:** I recommend using the Vitamix brand or Blendtec brand. These are strong 3+ horsepower blenders that can get any job in the kitchen done quickly and smoothly with a velvety texture. It's the perfect tool. Other blenders may be able to perform similar but not with the same fine velvety texture. Other blenders will also suffice.

**Dehydrator:** The recommended brand is Excalibur. They come in 5—9 trays, and it can be used for hundreds of things including crackers, chips, cookies, vegi burgers etc.

**French Press:** This is essential in the kitchen. You can use it to press coffee, steep tea, and it has a beautiful serving appearance as a tea pot. You can also use it to make infusions of oil easy because of the press. Ginger glyceride infusions and other herbs can be infused using one of these.

**Knives:** Knives are a very important tool in the kitchen. It's important to keep them sharpened. Having one good set of knives could mean a lifetime of never having to buy more knives. Cutco is my preferred brand. They all take a sharpening well whether using an electric sharpener or rolling stone sharpener which is the next best choice.

**Pots & Pans:** Use stainless steel, or something that won't leach metals into food or scorch in high temperatures. You will need pots & pans that can go from the stovetop into the oven for a broil is best. The pans that withstand 400 degrees plus saves you time. Their handle has no plastic or rubber parts, and it can be iron cast or stainless steel. It is common to go from stovetop to the oven to keep it warm, or broil for a final light crust in the oven. It's dangerous to move hot food from one to another cooking pan, so get the right pots & pans that are free from Teflon, nickel, plastics, and aluminum. When cleaning pots and pans it's easiest to clean cast iron and stainless steel by using a brush attachment on a drill. The stainless steel brush attachment works quickly to remove black burnt on spots, but it will leave a brushed look to the pot.

**Cookie pans & pie pans:** These are essential for most baking. Cookie sheets or sheets of foil are also good for keeping at the base of the oven to catch drips from cooking.

This list can continue on forever. There is almost a tool for each task. For the best results, know your utensils and use them because they will save you time, money and improve the outcome of your recipes.

### **Kitchen Oven Temp Measurements:**

- ★ Very slow oven = 250—275
- ★ Slow oven 275—325
- ★ Moderate oven = 300—375 degrees

- ★ Hot oven = 400—425 degrees
- ★ Very hot oven = 450—475
- ★ Extremely hot = 500—525

### Terminology and definitions used in cooking:

**Barbecue:** To roast on sticks or racks over flame, coal, or under a free flame in the oven broiling/roasting rack. An oven electric unit such as a toaster oven can also be used in some cases. Barbecue also includes basting with a seasoned mineral broth for about 5—10 minutes before removing it from the oven to give it a juicy look and taste.

**Baste:** To moisten foods while cooking which adds flavor and seasoning as well as preventing the drying of the surface of the food. The liquid is usually melted oils and pan de-glazing's, fruit juice, broth, or sauce.

**Beat:** Making a smooth fluffy mixture using a whisk or mixer that lifts and incorporates air into the batter.

**Blanch** (precooking method): This is used to inactivate enzymes on the skins for quick removal. It also removes / reduces bacteria and surface pathogens from the food and aids in the quick and easy removal of thin skinned vegetables like tomatoes, nuts fruits, and vegetables. With **leafy greens** blanch means to submerge under boiling water for roughly 10 seconds, remove, and submerge in ice-water for 1 minute. This brings the color out onto the surface of green leafy vegetables. Cell walls are broken and release the bio-available chlorophyll.

**Beat:** Making a smooth fluffy mixture using a whisk or mixer that lifts and incorporates air into the batter.

**Boil:** To cook in water or liquid at boiling temperature (over 200 degrees). You will notice bubbles rising to the surface in a boil. A rolling boil is many large bubbles rising to the surface, and a simmer is a few smaller bubbles rising to the surface. The boiling temperature of water at sea level is 212 degrees F. The ideal water temperature for making coffee and tea is 200 degrees F or hotter.

**Braise:** Cooking slowly in a pot or pan using a small amount of liquid or steaming on top of the range or oven. Braising is done for short periods of time, and in temperatures from 300 degrees F on up.

**Broil:** Cooking directly under the flame in an oven using the upper heating element, or over open fire like grilling. This is done with the foods in liquid on hot temperatures.

**Cream:** Making something air-free, creaming can be done by using the back of the spoon to press the foods together and incorporate them without including air bubbles.

**Dice:** A size of chopping vegetables and foods to match the typical shape of a dice—small squares ranging from 1 centimeter to 1 inch large.

**Fry:** Cooking with oil. Also called sauté or pan fry. It can also be a deep fry when cooking in oils over 2 inches depth. This is not recommended due to the high heating of the oils

which can change the structure of the oil into a less healthy type of fat. Pan fry is to cook in less than 2 inches of oil, and sauté is to cook in just a little oil.

**Fold:** A process in baking to preserve the air bubbles that have been whipped into the batter. Use a spatula, or whisk to quickly incorporate the final items into the light fluffy batter mixture without breaking the bubbles.

**Garnish:** To decorate and finish your dish with visually appealing foods such as edible flowers, fresh herbs, and typically parsley. Garnishes are a way of boosting the health benefits of the food, allowing people to choose when to eat the garnishments, and the parsley (and other herbs) also aid in digestion, and fresh breath after a meal. Visual appeal is half of the meal I say. Use garnish on each dish and each dish will look professionally done.

**Grill:** Placing food on a grilling rack. This is also called broil. This is done over the temperature of 212 degrees F. Grilling will cause foods to release their liquids, caramelize, and brown. Grill marks caused by caramelized juices on the rack can be delicious as it leaves the flavor of the caramelized bits on the food. Most grilled food is basted with broth in the last 10 minutes for flavor. The reason the barbeque sauce and marinades are not applied earlier, is to avoid charring and burnt pieces in the food, and the flavor of the sauce used will also be enhanced.

**Julianne:** to cut vegetables or food items in match like size strips. Julianne carrots and cucumbers are used in sushi. Julianne potatoes are used in hash browns.

**Knead:** Working with your hands to press, fold, and work dough. This will be done to incorporate ingredients and allow gluten to expand, and incorporate itself through the batter.

**Marinate:** Allowing foods to stand in oil, vinegar, kombucha, orange, or lemon juice for seasoning purposes. Food can be marinated from 4 hours to 24 hours or longer. The longer the food is allowed to marinate, the more seasoning flavor remains in the food.

**Mince:** to chop into very fine pieces. Minced food is smaller than diced food. Minced foods are the size of a pea roughly cut with no particular organization to the shape of each individual piece.

**Pan broil:** Cooking in a frying pan without the cover, allowing the foods juices to leach out and pouring them off as they accumulate. Pan broiling can also be considered searing, or browning.

**Parboil:** Boiling until partially cooked. Parboiling can be done with vegetables in broth, or fruit in juice with a little agave nectar or honey.

**Pare:** To cut away the outer covering of a vegetable. Pears are always best pared.

**Poach:** To cook gently in hot liquid so the shape of the food is retained and the food is totally cooked. Poached vegetables are tender. The temperature needed varies depending on the foods used.

**Process:** This is referred to in preserving and canning foods. To process a food for

preserving refers to the whole time it takes to preserve a food.

**Roast:** Cooking under dry heat, uncovered, in the oven.

**Sauté:** To fry in a small amount of oil or broth. Vegetable broth and liquids other than oils are great options for sauté.

**Simmer:** To cook below the boiling point. This is seen by small occasional bubbles that boil to the surface. 150—200 degrees F will allow the foods to slowly cook.

**Sear:** browning the surface of the food on high heat which is usually done from 450 degrees to 500 degrees on high heat. This is done on the range top for short periods of time at the start of cooking to get a browned crust. Usually searing is 1—3 minutes

**Seasonings:** Too add spices such as salt and pepper. This can be almost anything, but it is typically done in several ways; marinades, dry rubs, and finishing with fresh herbs. Seasoning can also be done at the table. Leave salt as the final seasoning to be added at the table.

**Stew:** Slow cooking over a long period of time. This is typically done over low heat or in a crock pot. It is done to keep the foods warm after final preparations, or slow cooking.

**Stir:** Mixing with a slow circular motion. Typically stirring is smooth, and slow. It does not change the texture of the food.

**Whip:** To rapidly incorporate air into batter to create a foamy result. This is done with meringue to make it stiff.

# Kitchen CPR

When you first start off in cooking, there's so much you will be learning about. It's no fun if you already know everything there is to know about cooking. Learning is half the fun. Every recipe in this book has been tested, and it's outlined for you with step by step instructions that allow you to follow easily and complete as it is intended for success. Begin with the less complex dishes at first, choosing what really will be something you will enjoy having the most.

At first, it's a good idea to have someone in mind who is an expert in the kitchen who can help you out in the case of questions. If someone is not available to help you out, there's surely someone you can contact online, or via the phone for advice. Yahoo answers usually give quick responses, and you can also rely on your gut instinct on what to do as well. If you don't know a term used in the instructions, take a look at the kitchen terminology again. Soon, it will be so clear and easy, you will be an expert in the kitchen, and able to entertain everyone who eats your delicious goodies you produce from your kitchen. Each meal is an opportunity to achieve great success with a brand new recipe from this book.

## Kitchen Safety

Cleanliness is a necessity in the kitchen. Wash your hands before you begin to remove bacteria that can contaminate your food. Contamination happens as soon as you begin preparing your food if you are not careful. Infuse soaps with essential oils that are anti-bacterial such as neem, eucalyptus, and tea tree oil to get your hands and surfaces extra clean. Wash all countertops, range top, pots & pans, bowls, and any utensils you will be using. Once you use them, wash them again as soon as you are done with them. While cooking, wear a clean apron or something that can get slightly dirty. Don't wear the good clothing you will be wearing on your night out. Select your recipe ahead of time, read through it, and make a list of ingredients you will need, and keep it in your possession so you have the list ready when you are at the store.

If you will be baking, pre-heat the oven first, and then proceed with preparing the food. If you work in an organized way to prepare your food, you will prevent food contamination and illness. One of the first symptoms of food poisoning is nausea, and diarrhea. Other symptoms include vomiting, sweats, and general gastric upset with gas. Milder symptoms are common but can also be indicators of food allergies. If you are having symptoms of food poisoning or allergies, begin a food journal that will help you identify several types of foods that you may be allergic to. There is also a pulse test that can be done before and after each meal to identify physiological changes and responses to food. Over the day, taking your own pulse upon awakening, and before and after each meal will give you a bigger picture of what's going on. You will begin to notice a pattern by the third day and then you can begin eliminating suspected foods to see if a better response to food is had. Keep the food journal, so you can identify these things, or test for allergies in the blood through your doctor. Mild allergies will not cause a big reaction, and most of the time it won't show a reaction at all, but the overall IgG (blood test markers)

will be higher than normal and that indicates an allergy.

## **Fire Safety & Hot Liquids**

The kitchen can be pretty dangerous. One of the most dangerous places to be in the home. The kitchen is also the most common cause of house fires. Do not lose track of safety whether you are in or away from the kitchen. You must keep in mind the safety of your home. Observe safety precautions by having plenty of light to see what you are doing. Indirect, but not glaring light is best. Light focused on what you are cooking is best—as in the range top. This prevents burns and hazardous conditions.

Heights can be a safety issue also. If you can't reach the top shelf, use a chair, ladder, or sturdy stool. Don't take a chance by reaching for something higher than your reach. This can result in dropping something heavy on your head. It's a good rule of thumb to keep lighter objects in high cupboards, and heavy items low. Some items that are rarely used such as broth strainers, and crystal bowls can be stored in upper cabinets to keep your working area more functional and reduce the need to get up onto a ladder to reach high cabinets.

Open flame is also hazardous. When using matches, always place them into water—not the garbage can where they would continue to burn. Matches tossed in the garbage will continue to smolder and can spark a fire.

Another hazard in the kitchen is pot handles. The hazard of spilling what you are cooking when it's boiling hot. This can lead to second and third degree burns that can lead to permanent scarring. This is especially true for children. If you have children in the house, always keep the pot handles turned in so they cannot be reached. This is the most common cause of childhood permanent injury and it's completely avoidable. Also, keep range top heat dials covered with a child proof cover to avoid them from being turned on without your knowing. This can prevent burns and house fires.

## **Prevent Burns**

When you go to handle your hot pots and pans, or large crockery that is coming out of the oven, always use pot handles. Good pot handles are large enough to fit your entire hand when completely open. They are thick enough to resist heat, even in moist conditions. They have a water barrier inside them to prevent the transfer of hot fluids—which would also transfer scalding heat. Using the right handles to handle hot items prevents you from burning your hands, or dropping hot scalding foods on the floor. Use pot handles for anything that has been heated. With that in mind it's important to say keep the children out of the kitchen completely while you are cooking. Place barriers, baby gates, or have a system that prevents them from freely wandering into the kitchen. Small children really love to explore, and mimic what parents do—even cooking, and that danger can be prevented with a little planning.

## **Sharps**

Kitchen knives must be all kept in one location, especially when children are present. Always lock the drawer where the kitchen knives are located in. Many children can get



through child proof drawer lockers that allow the drawer to open slightly. Use magnet style child locks that cannot be hacked without the magnet knob. This prevents children from getting their hands into the knife drawer. Keep your work center where you will be working with knives around the cutting board. Never keep knives on the counter top with children present in the home. If you are cut, do not ignore an open wound. Stop what you are doing, cover it, stop the bleeding, and get the medical attention needed before you continue to proceed with cooking. If something is dropped and broken in the kitchen, give that top priority. Clean up broken glass with a broom and dust pan, do not try to pick up large or small pieces, because that's where cuts happen. With the smaller pieces you can go over the swept area with a vacuum cleaner where most brooms and mops don't get good coverage. Gather all of the pieces of glass by using a thick damp cloth or several layers of newspaper. Wrap or bag them in a small bag which will go into the larger garbage bag. This prevents glass pieces from tearing through the bag, or puncturing through when you are removing the trash from the home. Always hold garbage bags away from your body to prevent cuts along the legs from broken items in the garbage.

The spills in the kitchen should be given priority, because once a spill happens, it's easier to clean it immediately rather than waiting till you are done cooking. Spills on the floor should be quickly cleaned to avoid slipping, and further mess from tracking it around the kitchen. If the fluid you spill contains any type of sugar, clean it quickly with soap & water to prevent pesky pests from coming into the kitchen. If you spill oil, wipe with a hot soapy cloth, then wipe the area dry.

## **First Aid**

It is important to keep a first aid kit in the kitchen in a place you will be easily able to access when you need it. The kit should contain wound care items such as gauze, bandages, bacitracin, steri strips (butterfly strips), gloves, and scissors. Another important item to have in or near the kitchen is a fire extinguisher. Keep it in an easy to reach place, and check it each year. Settling occurs with fire extinguishers so have them maintained by a professional. If you have a range top fire that is contained in a pan, put a lid on it. Don't put water on an oil fire—it will cause spattering and it will spread hot burning oil all over the kitchen surfaces. If you get a burn, treat it immediately with ice for 15 minutes, and seek help if it is an area over 3 inches. Let the area air dry—don't put any oils on it. After the burning sensation settles down, and if it has blistered & broken open you may need to put some bacitracin on it. When you bandage blisters, bandage loosely. It's best to leave blisters un-popped since the moisture from your body is there to give nutrients to the damaged cells beneath, and assist in repair. The top of the blister may settle back down and become your primary skin again, or it may come off in one sheet leaving a raw area of skin behind that will need bandaging.

## **Cleaning up your kitchen**

You can clean your kitchen quite quickly if you have followed the organization tips and tricks we have already covered such as, keeping the used items that need to be returned to the pantry in 1 location or basket, cleaning all surfaces after cooking which includes cutting boards, and counter tops. Keeping order and cleanliness in the kitchen is actually a

habit, and once you get a routine, it will be effortless. Just be sure to begin on the right track by completing your job of cleaning. Don't leave things out on the counter tops, it will only attract kitchen pests, mold build up, and bad odors. It will also increase cleaning time since the foods will be dried on rather than fresh, so just clean as you go.

The best way to keep order in the kitchen is to clean as you go. When you empty pots and pans of food into serving dishes, always rinse and scrub them immediately so it will not be a problem for you with dried, crusted on, enamel like food that is hard to scrub off. If something has dried, such as right after pouring something from a hot pan, where food often dries instantly and caramelizes, place some boiling water into the pan and bring it to a simmer for 10 minutes to allow it to re-hydrate, and remove the food residue. You can also use a de-glazing method by placing a quarter cup of wine onto the pan with the glazed on enamel like food residues to help remove the stubborn residue.

### **Effectiveness in the kitchen**

Arrange your work supplies before your start. There is a place for everything in the kitchen and everything has its place. Know how your equipment works, know the proper use of your kitchen appliances that make your life more efficient with minimal effort. Wash and clean everything as you go along. Put the bowls and things that you will be washing, into a side of the sink filled with water to keep the food residue moist, and help with easy removal of debris. Dishes that have large amounts of food residue left over needs to be scraped off into the compost bucket first, then you can place them into the sink that is filled with water.

### **Dealing with grease**

Grease disposal: Don't place greasy oily pans in the sink with the water, because the grease will float to the top, and everything you remove from the water will have a greasy coating of residue. Before dealing with oil and grease, place a spot of soap and hot water into the pan, allow it to sit on the countertop until you are ready to wash. The soap will help remove the grease. Grease is easiest to deal with when it is not soaked in water. Wad up a piece of newspaper to absorb larger amounts of grease. If you are deep frying foods, and you have an excess of grease, it becomes a fire hazard to have large levels of grease in one place, so place it into a glass jar or container to keep it contained before tossing it into the trash. Grease can be composted in small amounts, but it can be a problem for the worms in the compost if you dump large amounts of it in.

### **Cleaning the oven**

Every 6 months you should clean the oven, or when build up and smoke happens. Most oven heating elements have clip-on stays that allow you to lift the element out of the way for cleaning. This can include grease in the oven. You can't burn off the grease safely. The smoke created is bad for the lungs. Wait till the oven is totally cool. Use newspaper to remove large chunks, and then use hot water and soap on a green scouring pad to remove smaller bits. The dried on foods create an enamel inside the oven can be hard to remove. Place a bowl of ammonia in the oven overnight, and scour it in the morning to remove the food enamel. If you want to deep-clean your oven, use a stainless steel wire brush on the

tip of a drill to scour the oven surfaces and it will look like new. You will still need to remove the larger bits of foods as described earlier, as well as wiping, rinsing and drying any remains after cleaning. Any oven cleaning products used will need to be washed off and removed completely before cooking.

## **Composting while cooking**

When you are working at the counter top, use a large bowl or small pail to toss all vegetable scraps. This can be dumped into your compost after you are done in the kitchen. Don't compost large amounts of oil at once or it will disturb the bacterial foundation of your compost. Always empty and clean these bowls after you are done cooking to prevent staining, odors, and kitchen pests.

## **Dishwashing**

You can be really efficient in the kitchen by having all cooking and preparation utensils and bowls clean before serving the meal. Don't turn the dishwasher on during the meal, the noise is not proper to have while enjoying a meal. Wash all utensils before serving or just after the last use. Place dishes and utensils that can't be dealt with immediately into a pot of water. Scrape off any food leftovers into your compost bowl, wash, and place into the dish rack for drying if doing the dishes by hand. Place similar plates together, so once they are dry they are easy to put away all at once together. Same goes with plate ware. Knives should never be placed into the sink, they can become submersed in water, and it's easy to get a cut underwater, leading to an infected cut. Keep knives that need to be cleaned alongside the sink. Refrigerate foods immediately after the dinner. It only takes two hours for bacteria to proliferate enough to lead to food poisoning. After meals, empty the compost bowl into the compost, and take out the garbage. When you are using a double sink to do dishes, have one side filled with hot water, this allows you to keep things submerged and easy to clean. Lift each item out of the hot water, scrub with a soapy kitchen brush, and place into the other side of the sink until all plate ware & utensils are done. Empty the water from the sink, and begin rinsing all items, one at a time. Place everything into the dish drying rack, and dry them with a towel once all is done. When washing drinking glasses, they must be towel dried to remove the hard water spots and achieve the crystal clear appearance.

Soft water, not hard water, is best for dissolving dirt. If you live in an area with hard water or heavy chlorine odors it's good to use soft water by adding a under-sink filter, or add a teaspoon of salt to the soaking water to soften it. A scraper can remove most food particles, so use a spatula to scrape things off into the trash before washing to avoid a clogged sink and residue build up in the plumbing of the home. If you don't have a dish straining rack, place a towel onto the counter top to absorb water that drips off the dishes. This protects cabinets in your kitchen from damage from the pooling water. Always remove the towel and hang to dry when done, and don't re-use it because once it's been wet, it's better dried and used to clean the countertops and table before washing it.

## **Leave your kitchen clean**

The final steps after cleaning the dishes, is to clean the sink, and check your work area

and equipment to make sure you got them all. Clean cutting boards with soapy water, using a scrub brush to get into crevices. Wipe all surfaces with a hot damp cloth, or soapy cloth followed by a hot damp cloth. Soap can be used as needed for grease around the range top. The next step will be the floors. It's easy to keep up if you do it every day, and if you do it every other day. And finally, before you turn off the lights and leaving the kitchen make a second check for safety to be sure everything has been turned off, the range and oven is not on, and no risks or hazards exist. Be sure the refrigerator door is closed, and the temperature of the fridge should be in the desired range for safety. Now you are done with the clean-up.

# Breakfast

Breakfast is your first meal of the day, which breaks the fast you have been doing during sleep. This fasting period can be as long as 12 hours and sometimes longer. This allows your body to focus energy on healing, and not the gut. Breakfast needs to be the healthiest meal of the day—not the largest. Before breakfast it's important to start by drinking pure water to open the gut and support the fluids you will need for digestion. It encourages proper stomach acidity levels, and liquid will hydrate the cells and be most easily absorbed by the stomach. Before getting out of bed, while sitting, drink 1–2 cups of water. During breakfast focus on key nutrients, include 1–2 servings of protein to nourish your needed hormones and energy levels, also include 1–2 servings of fruit, 1–2 servings of vegetables which can be dark green, leafy, or crunchy vegetables, along with 1 serving of grains, and a nourishing beverage such as green tea or herbal tea.

Over the course of the week it's important to remember that variety is key. When incorporating foods into your food groups, remember to keep the variety. Don't eat the same fruit all week long, because that would limit the nutrients you are getting from that food group, and you would be missing the other nutrients that more variety would give. This is a form of malnutrition which leaves you hungry, and craving more food. This hunger can lead to weight gain, and it's important to consider the variety of color, texture, and source of the foods. Vary the types of grains as well, incorporate amaranth, corn, wheat, millet, kamut, and all types of grains. Don't limit yourself to just one type of something, like in bread. Be sure to get a variety. Also, incorporate nuts and seeds into breakfast as often as possible. They provide amino acids, proteins, fiber and other nutrients. Your daily fiber need begins at breakfast, and with a goal to get over 30 grams daily (for normal healthy adults) is hard to reach if you don't incorporate fibers into breakfast. Nuts and seeds provide a good source of fiber. Count all the breads, and don't overdo your whole grain servings in breakfast. Everything counts, pastries, pancakes, cereals all have grains. Don't overdo grains, because they contribute the most to weight gain. With cereals you have a lot of ability to incorporate all of your fruits, vegetables, grains, nuts, seeds, and milks. Try a cereal topped with two types of colorful berries like cranberries and raisins, or fresh raspberries and bananas. Meet your fruit needs during the winter time with dried fruits that have been minced. Keeping variety and incorporating all food groups in the morning is a good goal to have in mind when preparing your menu and each meal.

## Setting the table for breakfast.

This is simple, and follows the same rules in all place settings. Traditionally, breakfasts are the start of the day, so use light bright colors. You will be using plate ware that is for the specific breakfast you are serving. Use bright placemats, and a nice napkin with the meal. The plate ware will sit on top of the napkin above the dominant hand (usually on the right) with the tips of the fork, spoon, and knife just 1 inch below the upper edge of the napkin. Smaller plates are used for fruit dishes, and it is placed over the larger dinner plate.

Breakfast can be served family style in the center of the table with a stack of plates or you can place each plate on every place setting. Setting the plates alongside the menu item allows guests to choose what they would like to eat in the case of a buffet style meal and when there are many choices. Allow your guests to have choices that meet their nutritional needs. Cereals are a commonly loved favorite. Place toppings in smaller bowls or pretty containers in the center of the table to allow for personal customization. Include two types of fruit, and two types of nuts/seeds, along with a vegetable option or two for the cereal toppings.

## Fruits

### Applesauce

Makes 4 servings. Good for Meal prep

4 gravenstein apples

1/2 cup of water

1 tablespoon of sugar

Directions: Wash and chop up the apples, removing the core and discarding it. Add them to a 1 quart size pot, and add the water. Simmer for 10 minutes, then turn it up to medium heat and allow them to cook for 20 minutes. Add the sugar at the last minute, and stir enough to dissolve the sugar. Serve.

If you will be storing the sauce, add 1/2 teaspoon of lemon juice to the recipe

Puree: Use a hand stick electric blender, or sieve to be sure a consistent texture is achieved, and to remove all peels and larger chunks.

#### Variation

**Spiced Applesauce:** Add 1 teaspoon of cinnamon to the apple sauce, and you can also use apple pie spice, or pumpkin pie spice blends to boost the depth of flavor in your applesauce.

### Oven Baked Apples

Makes 4 Servings.

Ingredients:

4 large apples

4 tablespoons of brown sugar

1 teaspoon of blackstrap molasses

1 tablespoon organic white sugar

1/8 teaspoon of cinnamon

1 teaspoon of coconut oil

1/4 cup fine chopped walnuts

1 tablespoon minced dates or raisins

1/4 cup hot water

Directions: Wash and remove the cores of the apples using an apple coring gadget. In a bowl mix everything except for the water until you have a paste. Place the apples into a pan, and add the water. Place all of the paste into the centers of each apple, and heap added filling on top of the apples. Bake at 350 degrees F for 30 minutes and test for

softness with a skewer. Pour off the liquid into a pan, and boil it until it reduces to a syrup. Pour this syrup over the apples and serve. These are great both hot and cold.

## **Citrus Fruit Juices for Breakfast**

Makes 2 3/4 cups or 4 small glasses

1 lemon

1 grapefruit

3 oranges

Directions: Press or squeeze juices and pulp from the citrus, mix together, serve. For a chilled drink, place the citrus in the refrigerator the night ahead.

## **Grapefruit Halves**

2 grapefruit sliced in half crosswise with seeds removed

1 tablespoon of sugar or 2 tablespoons of maple sugar.

Cut the washed fruit in half & remove seeds. Using a grapefruit spoon or grapefruit knife kitchen gadget you can easily remove the flesh from each section of grapefruit. This will free the sides of each wedge and make it easy to scoop out. Top with the sweetener of choice.

Makes 4 portions

Variation: Place each half into a baking pan, place 1 teaspoon of coconut oil on top of each, and broil for 15 minutes. This sweetens, and makes a nice warm breakfast for cold days. They will be only lightly browned if at all, and they should be served hot, but not scalding.

## **Baked Bananas**

Bananas for Breakfast Makes 2 servings.

Use ripe bananas, which are light, and speckled with brown spots. Serve it whole alongside your breakfast, or slice them into a bowl, adding a little coconut milk, and sugar or maple syrup to make them the centerpiece of the meal. Place banana slices onto cereal, or blend them into a smoothie. Bananas are a very versatile fruit that is high in fruit sugars so 1 portion is 1/2 a banana.

2 bananas

1/2 cup pineapple juice

1 tablespoon sugar

Directions: Peel the bananas, and place into a baking dish. Pour on the pineapple juice, then sprinkle on the sugar. Bake at 350 degrees F for 20 minutes. Serve.

### **Variations:**

Banana mash: Mash the banana with a fork, place into a cereal bowl with 1



teaspoon lemon flax oil, and 2 tablespoons of coconut milk drizzled over top. \*Optional: Add ground chili pepper flakes to the mash to spice it up, and replace the coconut milk with lemon juice to kick up the spice & create an energizing morning fruit dish.

### **Fresh Berries**

Makes 2 servings. Make this the night ahead and let sit in a covered bowl overnight in the refrigerator:

2 cups fresh strawberries, or other berries

1 cup fine sugar (sugar that has been blended to reduce the size of the granule)

Wash to remove any dirt. Drain, and remove stems. Sprinkle with fine sugar and let stand 1/2 hour or overnight.

### **Fresh Pineapple**

Pineapples are best when allowed to fully ripen. Fresh pineapple has the best nutrition and active enzymes and helps with digestion as well. You will enjoy pineapple that is fully ripe. A kitchen gadget that comes in handy is a pineapple spiral removal tool. This is similar to using a corkscrew and it is a time-saver because you won't need to peel the pineapple. It also removes the core.

Preparing the pineapple: If you don't have a pineapple kitchen gadget, you can use a standard chef knife, and slice off the top and bottom of the pineapple. Stand it on one end, and slice the skins of the pineapple off using a downward motion, leaving just a little speck of brown from its deep pores visible. This ensures you will have the freshest fruit from this fruit. The spots can be removed with a smaller paring knife. Slice downwards along the inner core of the pineapple to remove the edible fruit from the fibrous core. Discard the skin and core. Place pineapple wedges onto the cutting board and roughly cut into bite size pieces. Sprinkle with sugar, and place the unused pieces into a bowl for refrigeration. 1 serving of pineapple is 1/2 cup.

### **Pineapple Bits**

1 cup cubed fresh pineapple

Directions: Using a fork to stabilize the piece you are working with, take a second fork and scratch at it to break it up into finer pieces. Do this with the rest of the pineapple.

### **Pineapple Ice**

1 cup Pineapple cubes

1 cup Ice

1 tablespoon sugar

Directions: Place into a blender and blend on high. Use the Vitamix plunger to safely keep all the ingredients moving in the blender.

## **Dried Fruits**

Soaking fruit is the key to drying it correctly. Soak the pineapple cubes, or shredded pineapple pieces for 1—4 hours in the refrigerator. Spread fruit over the entire dehydrator tray, using the teflex sheet to prevent excess mess on clean-up. Dehydrate at 110 degrees overnight, remove once the pieces can be handled without getting your fingers sticky, store, and use as desired.

## **Stewed Prunes**

Makes 1 cup.

3 dried prunes

1/2 cup water

1 teaspoon sugar

Place prunes and water in a small pan, cover, and allow to simmer for 8 minutes. Leave covered on the stovetop until ready to serve. Sprinkle sugar over the top once it is served.

## **Stewed Apricots**

Makes 1 ½ cup or 3 servings. Good for meal prep

4 Apricots or 1/2 cup dried apricots soaked for 1 hour in warm/hot water

1 tablespoon sugar

1/2 cup water

Wash fresh apricots, and slice away imperfections. Remove the pits, and place into a small pan with the water. Simmer for 10 minutes.

## Cereals

### Cooked Cereals

Cereals that are cooked are warming, filling and easily digested. The most important thing about cooked cereal is using the right amount of liquid for the recipe. Another important point is to add your cereal to water that is already boiling. Once you add the cereal, turn off the heat to prevent boil over. If you are using dried fruits in the cereal, it is important to add a little more water—equal to the measurement of fruit you are adding. This extra water will be absorbed by the fruit as it re-hydrates. This is not necessary if you are using fresh fruits.

Cereal serving sizes: 1/2 cup of cooked cereal is 1 serving size.

Variations: This can be mixed in with other breakfast items such as bananas, raisins, currants, plums, figs, dates, prunes, or berries. Use the custom cold cereal variations of toppings to get started, or just reach for some nuts, seeds, fruits, and load up your cereal.

### Cooked Cereal

Makes 4 servings. Serving size 1/2 cup.

2 1/2 cups water

1 teaspoon grey sea salt

1/4 cup fine ground oats

1/4 cup fine ground wheat

1 cup coconut milk

1 tablespoon maple syrup with 1/2 teaspoon of blackstrap Molasses incorporated

Directions: Measure water and salt into a 1 quart boiling pot.

Heat the water to boiling while preparing your other ingredients.

Combine the maple syrup with molasses in a small ramekin or bowl. Open and measure the coconut milk, and combine both cups of grain well.

Once the water is boiling, turn off the heat then add the grains, and cover for 15 minutes. If ambient temperature is under 70 degrees F keep a soft boil for 3 minutes then turn off the heat, cover, and let sit for 15 minutes.

Serve in a bowl with coconut milk

**Complimentary serving suggestions:** Try one of the following serving side suggestions:

Dates (5), Figs (2 large), Walnuts (1/4 cup.), Chia seed (1 teaspoon), Fresh fruit or berries (1/2 cup), dehydrated fruit or berries (1 tablespoon), Frozen fruit (thaw & rinse then measure 1/4 cup), Papaya (1/2 cup), Gogi berries (1 tablespoon dry berries soaked for 1

hour in hot water), Pumpkin seeds (2 tablespoons).

## Steel-Cut Rolled Oats

These are slow cooking oats that take patience to make correctly. They have an oat texture that is more dry, and flaky. They are best used along with fruits and nut milks, or serve cold mixed with yogurt. Here's the perfect recipe, Makes 3 servings:

2 1/2 cups of water

1 teaspoon grey sea salt

1 cup steel cut rolled oats

1 cup coconut milk for serving

2 tablespoons maple sugar combined with 1 teaspoon blackstrap molasses, or Jerusalem artichoke syrup

Directions: Bring the water and salt to a rolling boil, then remove from heat. Add the oats to the water, and cover. Place the pan back on the burner and leave the burner off. Allow it to sit covered with the lid for 10 minutes. Place 1 serving (1 cup) into a bowl and add 1/4 cup coconut milk, and a drizzle of the maple sugar mixture. Serve.

## Cornmeal cereal

This is a perfect recipe for a breakfast out camping.

3 cups purified water

1 teaspoon grey sea salt

1/2 cup ground corn (polenta size)

1 cup coconut milk

1/2 cup coconut milk for the table

Directions: Bring the salt, coconut milk, and water to a boil. Remove from heat and add the ground corn, bring to a boil again, then turn off the heat. Cover (put the lid on). Allow to sit covered for 15 minutes.

Store leftovers in a small pound cake size rectangle storage container. Rectangle glass storage containers are perfect. See the next recipe for ideas to prepare your leftovers tomorrow.

### *Variations & Suggestions*

**Cornmeal patties:** Pour excess hot cereal into a round container that serves as a good mold. Something with a wider opening than base so the cornmeal can flip out of it easily. Pour and save. Remove the solid cooled cornmeal from the container and pan fry.

**Hominy cereal:** Use hominy in place of ground corn

## Fried Mush

A delicious patty seared in naturally smoky flavored wild foraged mushrooms, topped in a sweet maple sauce. This begins with cooked cereal. Typically it is the Cornmeal Mush recipe above. The cereal must be thick enough to mold, and that usually happens when it is stored overnight in the refrigerator. It can really be any cereal leftovers.

2 cup precooked cooled cereal (usually from leftovers)

1 teaspoon avocado oil

1/8 teaspoon grey sea salt

1/4 cup dried porcini mushroom (soaked for 10 minutes in hot water)

1 teaspoon maple syrup drizzled over each serving prior to serving

**Directions:** Remove your leftovers from the refrigerator. Put this upside down onto a cutting board to drop it out of the container for slicing. Leave it molded as it is. Slice 1 inch thick slices. Preheat your pan to medium with the oil. Sauté the porcini mushroom for 2 minutes on medium heat, then add your slices. Sautee for 10—15 minutes until the mushrooms and corner points of the slice is light golden. Remove from heat and serve drizzled in maple syrup with a garnish of curly leaf parsley. Makes 4 servings.

**Serving suggestions:** Serve with a side of hot pepper jam, sliced tomato, lettuce, and a sprinkle of chia seeds. Huckleberry jam gives a sweet tart cherry flavor.

**Nutrition boosting foods:** At the table, flax oil goes very well with the flavors here. 1 teaspoon of flax oil drizzled over the top. Chia seeds can add a nice crunch to this patty. If you use large leaf lettuce you can wrap your patty. Lightly blanch Swiss chard for a good wrap.

## Cold Cereal

2/3 to 1 cup Cereal = 1.5 to 2 servings of Whole grains.

Cereals are most cost-effective when found in the bulk sections and bought in small amounts. If humidity gets it, don't throw it away. If your cereal goes stale or wilts in humidity or from being left open overnight, just pour it onto a dry cookie sheet. Heat it on your oven's lowest setting (175 degrees F) for 5 minutes with the oven door slightly open to allow evaporation. Turn the oven off and allow to cool then keep them in an airtight container. This is also true for chips. You can also use your dehydrator to crisp the cereal again. Keep cereal in an airtight container. Serve with light coconut milk and Jerusalem artichoke syrup. When adding sweeteners start with a small amount.

## Custom Flakes:

1 cup Flake cereal

1 tablespoon flax seed

Serve with two of the following serving suggestions & size

1/4 cup fine shredded coconut (soaked in 1/4 cup coconut milk)

2 tablespoons dehydrated sweet cranberries (soak for 10 minutes in hot

water)

1 tablespoon dried Gogi berries, Golden berries, Marion berries, currants, Mulberries, or blueberries (always soak dehydrated fruits, nuts and berries for 10 minutes in warm water prior to use).

Try one of these combinations:

**Hungry healthy mans Combo:** Pre-soak the nuts for 1 hour to overnight to activate them & become more digestible. Harvest organic cereal flakes, 2 tablespoons pumpkin seeds, 1 tablespoon currants, 1/4 cup crushed whole walnuts (soaked first), 1 tablespoon cranberries, 1 tablespoon cashews, 1 teaspoon white Chia seeds, 2 tablespoons dehydrated blueberries, and 1 cup coconut milk.

**Morning Cold Cereal:** Organic flakes, 1 teaspoon currants, 1 tablespoon blueberries, 1 teaspoon flax seed, 1 teaspoon chia seed, 2 tablespoons crushed walnuts.

**Triple Banana:** 1/2 cup flakes, 1 sliced banana, 1 cup hemp milk mixed with 1 teaspoon white chia seeds. Allow the chia seeds to soak in the hemp milk for at least 10 minutes before adding your flakes, and banana.

## Breads

### Morning Toast

Using your favorite bread slices, or slicing bread 1/4 to 1/2 inch thick will give you the perfect size piece of bread for toasting. Your toaster oven or counter-top toaster will be your kitchen gadget that will give you the best success for this. Your oven top rack would be another option for toasting bread, but it is not cost effective. Just think about the size of what gets heated, and the cost of electricity and go with the size that best fits.

1 slice toast

1 teaspoon coconut oil

1/8 teaspoon grey sea salt

Directions: Combine salt and oil while the bread is toasting. Spread onto hot toast and serve hot.

### Cinnamon toast

Makes 4 servings

4 pieces plain toast

1 teaspoon cinnamon

1 tablespoon sugar

1/8 teaspoon nutmeg

Mix: 1 teaspoon cinnamon, 1 tablespoon sugar, 1/8 teaspoon nutmeg.

Spread plain toast with coconut oil & salt mixture

Using a salt shaker, or a tea strainer: Shake the cinnamon mixture over the toast.

Serve hot

### Nut Bread

Make bread an hour before breakfast to have it ready from the oven during breakfast. Some automatic bread makers make it possible to set a timer, so your bread will be ready in the morning when you are getting ready for work. This is a good bread that has been a traditional favorite.

Ingredients

¼ cup garbanzo flour mixed with ½ cup purified water

1 ½ cups brown sugar

3 ¼ cups sifted organic unbleached all-purpose flour

2 ½ teaspoons baking soda

- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 cups coconut milk
- 1 tablespoon apple cider vinegar
- 1 cup chopped nuts (process using the S-blade or grinder)

Directions: Combine the, sugar, flour, baking soda, baking powder, and salt. In a separate bowl, combine the garbanzo paste coconut milk, and apple cider vinegar. Whisk the dry ingredients to combine well. Add the liquids, and mix well. Fold in the nut mixture. Place into a large greased bread loaf pan or into an automatic bread maker. Oven temp should be preheated to 325 degrees F. Bake for 1 hour. Makes 2 standard loaves, or one large loaf pan.

## **Banana Bread**

Makes 6 thick slices. To prevent sticking when cutting banana bread, use a hot knife to slice it.

- ½ cup melted coconut oil
- 1 cup sugar
- ½ cup garbanzo flour
- 1 ½ cup mashed ripe bananas
- 1 teaspoon lemon juice
- 2 cups sifted flour
- 2 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 3 tablespoons psyllium husk
- ½ teaspoon grey sea salt
- 1 ½ cup fine chopped, soaked nut meats.
- 2 ounces hulled hempseed

Directions: Preheat the oven to 375 degrees F. Combine the oil, and sugar together. Incorporate ½ cup water, and ¼ cup garbanzo flour. Add the bananas, lemon juice, and mix well. Combine the flour, baking powder, baking soda, psyllium husks, and sea salt in a large bowl. Mix well to combine. Add the banana mixture to the flour mixture and stir well. Incorporate the nut meats and hempseed last by folding them in. Oil a large banana bread loaf pan. Bake on 375 for 90 minutes covered. Makes a 1 pound loaf of banana



bread.

Serve this alongside a fruit dish and green smoothie for breakfast

## Crescent Rolls

Crescent rolls are a yeast roll. These can be done easily without eggs because of the yeast action that is supported with the sugars in the whole grain, and the oils that help give a flaky layer. Begin preparing rolls 3 hours prior to serving. This allows for time to rise. Prepare the dough the day ahead and use the busy day schedule to punch down the dough, then for the final rise, let it rise overnight. The timing is not crucial, as long as there's time to let the yeast do their thing.

1 tablespoon bread yeast or cake yeast

½ cup lukewarm water for soaking the yeast

2 tablespoons semi-solid coconut oil

1 tablespoon sugar

2 teaspoons grey sea salt

½ cup coconut milk – heated on the stovetop

¼ cup garbanzo bean flour plus ½ cup water to create a paste

3 ½ cups organic unbleached all-purpose flour

**Directions:** Begin by soaking the yeast in the warm water. In a small boiling pot melt the coconut oil, and add the sugar, salt, and milk then bring to a boil. Remove from heat and allow to cool to room temp add the garbanzo bean paste, and lastly add the yeast water. Add in the flour, and knead until smooth – usually 10 minutes. Place in a covered bowl, and allow to rise for 2 hours until double the initial size. Punch down, and do not knead. Allow to rise for 10 minutes to almost double in size again. Punch down and let stand for 10 minutes. Using a rolling pin, roll out the dough to a large cookie sheet size and shape. Cut triangles by scoring a cross through the center, then slice an X through that, and cut the corners along a diamond shape. You will have many small triangles to work with. For larger rolls, do not cut a diamond pattern, and for sandwich size rolls, cut in half from one corner across to the other just once. Spray with olive oil. Take each triangle, and individually loosely roll, beginning with the longest edge of the triangle. Once rolled, bring the two ends together and pinch to keep in place. Allow the rolls to sit for 20 minutes to rise before baking. Bake at 435 for 12 minutes. Makes 24 rolls.

Use the larger crescent rolls for sandwiches, and making a meal out of breakfast. Use the smaller rolls as a small peanut butter and fruit preserve breakfast sandwich.

Variation

**Bread Braids:** Rather than cut into triangles, slice thin strips using a pizza cutter along one edge. Braid the strips carefully. Place onto the cookie sheet to rise as directed. Bake as directed. Braided rolls can also be used for veggie dogs or sandwiches during lunch.

**Cinnamon & Sugar Croissants:** before rolling, sprinkle cinnamon & sugar over the triangle. Add a tablespoon of ground or chopped nuts, then roll and bake as directed.

**Cinnamon Rolls:** Roll out the dough to the size of a large cookie sheet. In a small bowl, combine 4 tablespoons sugar, 4 tablespoons coconut oil, 1 ½ teaspoons fresh grated cinnamon, 1 cup chopped raisins, ¼ cup chopped currants, and ¼ cup chopped nut meat or nut butter. ¼ cup pecan halves for pressing into the dough are an option. Allow the flat dough to rise for 15 minutes while you mix the filling. Combine everything except the pecan halves. Place this loosely over the rectangular bread roll, using a fork to distribute evenly. Press pecan halves into the sugar mixture. Roll carefully away from your body. Cut the large roll crosswise into slices that are 1 inch thick. Place each roll slice into an oiled muffin tin or side by side in a cake pan that has been rubbed with coconut oil. Bake at 375 for 25 minutes. Makes 12 cinnamon rolls.

### **Biscuits Drop Style**

Makes 12 biscuits. These are crumbly moist, and have loads of tiny air pockets through the whole biscuit. Baking them close together makes them extra fluffy and perfect for a fruit spread.

2 cups organic all-purpose flour

3 teaspoons baking powder

½ teaspoon salt

4 tablespoon coconut oil, warm, melted, to be whisked together with coconut milk

1 cup coconut milk

**Directions:** Pre heat the oven to 450 degrees F. Mix the flour, baking powder, and salt together well. Add remaining ingredients. Mix well, spoon a golf ball size portion, and place into an oiled pie pan no more than 1/4 inch apart, closer is best for rising (or use parchment paper to prevent sticking & burning with using a cookie sheet). Using a clean hand, pat down so tops of each round are leveled off a little. Depth should now be about 1 inch. Spray with avocado oil. Bake at 450 degrees F. for 14 minutes or until a wooden skewer inserted into the middle biscuit comes out clean.

Variations

**Sugar crusted Biscuits:** Brush with maple sugar before baking.

Serve with fresh fruit that has been gently heated on the stove top. Smother the biscuit in fresh hot fruit and the juices from heating the fruits.

Best with fresh persimmons in November and December months

**Dumplings:** Use with the Vegetable Pot Pie with Chicken of the Woods Mushrooms Vegetable Pot Pie with Chicken of the Woods Mushrooms recipe. Make the pie filling, place into a baking dish without a crust, and top with dumplings before baking as

directed according to the pie directions.

**Fruit dumplings:** Using 2 cups of fresh ripe fruit (nectarines, papaya, peaches, and blackberries) or you can use ½ cup of fruit preserves or jam. Divide the biscuits recipe into 6 balls slightly larger than a golf ball. Flatten and the fruit into the center of the biscuit or just incorporate by mixing it through the whole dough. Use on top of the Shepherds Garden Pot Pie variation of the Vegetable Pot Pie with Chicken of the Woods Mushrooms.

## Biscuits Hand Pressed

Makes 12 medium 3 – 4 inch biscuits.

2 cups organic all-purpose flour

3 teaspoons baking powder

½ teaspoon salt

1 cup coconut milk

Directions: Pre heat the oven to 450 degrees F. Mix the flour, baking powder, and salt together well. Add remaining ingredients. Mix well, spoon a golf ball size portion, hand roll into a ball, and place into an oiled pie pan no more than 1/4 inch apart, closer is best for rising (or use parchment paper to prevent sticking & burning with cookie sheets). Spray with avocado oil or rub oil on the tops with a towel. Using a clean hand, pat down so tops of each round are leveled off a little. Depth should now be about 1 inch. Bake at 450 degrees F. for 11 minutes or until a wooden skewer inserted into the middle biscuit comes out clean.

Variations

**Fruit filled biscuits:** These can get messy, and large. Using a parchment lined cookie sheet, place a double size scoop in your hands, form into a ball and place on the cookie sheet. Press center with a spoon to create a well that is almost the full depth to the cookie sheet. Spoon fruit preserves into the well. Lightly pinch the top together and bake for 13 minutes at 450 degrees F.

## Scones

Makes 6 scones. Good for meal prep. Make enough for 1 week to save time.

2 cup organic pastry flour – whole grain

½ cup organic sugar

½ teaspoon salt

2 teaspoons baking powder

2 tablespoons rice bran oil

1 tablespoon vanilla extract

1 cup coconut milk

1 tablespoon garbanzo flour

Directions: Pre heat the oven to 450 degrees. Mix flours, garbanzo flour, brown rice, and all purpose flour, salt, and baking powder together in a large bowl. In a separate bowl, combine the coconut oil, milk, and bring to a simmer, remove from heat, and allow to cool slightly. Combine the liquids and solids in one large bowl, and using an electric hand mixer, combine well. Roll into the center of the large bowl, and allow to sit for 10 minutes. Turn out onto a floured cookie sheet, and cut into wedges. Pull the wedges apart to allow for expansion. Place into the hot oven to bake for 15 minutes. Makes about 6 scones.

See variations below for types and flavors that may add variety to these scones.

Variations:

**Cranberry Walnut scone:** Mix batter for scones. Add ¼ cup cranberries, 2 tablespoons orange juice, 1 tablespoon grated lemon rind, and 1 teaspoon grated orange rind. Add ¼ cup chopped walnuts. Knead together to mix well. Continue with baking.

**Orange scones:** Add ½ cup orange juice to the batter, 1 tablespoon grated orange rind, and 1 tablespoon lemon juice. Continue as directed.

**Marzipan Pear scones:** Add 1 cup diced pears or apples, and 1 cup cubed marzipan to the batter recipe, fold in gently to distribute through the dough, and bake as directed.

**Lemon Cranberry Tea Scones:** Reduce coconut milk to ½ cup. Add to the batter: 3 tablespoons poppy seeds, 2 tablespoons grated lemon rind, 1 cup whole fresh cranberries, ½ cup orange juice, and continue with baking directions. After baking: Combine 1 cup powdered sugar, with 1 teaspoonful lemon juice, smear this paste over the top of the scones after they have fully cooled.

**Berry Berry Scones:** Add ¼ cup berry preserves (raspberry, blueberry, or strawberry), bake as directed. When done baking, remove from the oven, and while hot – spread 1 teaspoon of fruit preserves over each scone. Allow to cool on a rack.

**Almond Paste:** 2 tablespoons organic sugar, 1 tablespoon agave nectar, 1 tablespoon coconut oil, 2 tablespoons soaked blanched almonds. Melt sugar and nectar together, add the coconut oil, and pour over the blanched almonds in the high powered Vita mix blender. Blend using the plunger to push paste downwards. Blend for about 3 minutes or until a smooth paste texture is achieved. Scrape sides down periodically. Aka Marzipan

## Doughnuts

Makes 24 small doughnuts

2 tablespoons garbanzo bean flour & 2 tablespoons purified water to make a paste

1 cup sugar  
2 tablespoons melted coconut oil  
4 cups organic all-purpose baking flour  
4 teaspoons baking powder  
½ teaspoon salt  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1 cup coconut milk

**Directions:** Pre heat a deep boiling pot with 3 inches of oil in it. The oil should be heated to 360 degrees to 400 degrees F. Combine garbanzo flour with 2 tablespoons purified water. Add the sugar to the garbanzo paste, add the coconut oil and coconut milk. In a large bowl, whisk together the flour, baking powder, salt, cinnamon, and nutmeg. Mix well. Add the liquid mixture to the dry flour mixture beating well. This will be very thick. Roll this onto a floured cutting board so it's ¼ inch thick, using cup rings, press a round doughnut shape out of the dough, or pull a handful to roll into ¼ inch thick long ropes, join the ends and let sit while completing the rest. Place a few at a time into the hot deep frying oil. Turn once. Allow to fry until side is golden brown, usually 1 – 3 minutes. Remove from oil and place onto an open paper bag to absorb the oils. Dust with one of the toppings suggested below.

### **Variations & Toppings:**

Using a tea strainer, you will dust these doughnuts evenly and professionally. Use these mixes to get the traditional flavors you love.

**Chocolate doughnuts:** 1 tablespoon cacao powder, 2 tablespoons fine sugar, 1 teaspoon cinnamon. Dust over the tops of the doughnuts.

**Powdered Sugar doughnuts:** Dust with fine sugar on both sides after allowing to cool. Dust twice for double powdered doughnuts.

**Molasses doughnuts:** Mix 1 cup powdered sugar with 1 teaspoonful blackstrap molasses, allow the doughnuts to fully cool before spreading this paste over the tops.

**Maple Sugar doughnuts:** Mix 1 cup powdered sugar with 1 teaspoonful maple syrup. Spread this paste over the tops of the cooled doughnuts.

**Apple Fritters:** Reduce sugar to ½ cup. Increase oil to a total of 4 teaspoons. Add 1 teaspoon vanilla extract and 1/3 cup orange juice. Increase cinnamon to 1 teaspoon, add 2 tablespoons chopped walnuts, and 1 heaping cup minced apples & mix well into the batter before frying. Makes 4 large fritters, 9 medium, 18 small size fritters. Deep fry for 3 – 5 minutes until the crust begins to golden.

## **English Muffins**

Makes 12 muffins. Can be used in meal prep

## Ingredients

3 tablespoons coconut oil

1 ¼ teaspoon grey sea salt

2 tablespoons fine granulated sugar (or blended granular sugar)

1 cup coconut milk, heated

1 tablespoon yeast, or 1 yeast packet

¼ cup purified water for the yeast to soak in

3 tablespoons garbanzo flour

½ cup purified water to soak the garbanzo flour

2 cups organic all-purpose flour

1 cup buckwheat flour

**Directions:** Create a garbanzo paste by soaking the garbanzo flour and ½ cup purified water. In a small boiling pot, add coconut oil, salt and sugar to the warm coconut milk and allow to cool to lukewarm. Soak the yeast in water. In a large bowl, combine two types of flour with salt. Add 2 cups of flour mixture, garbanzo paste, and yeast water to the warm coconut milk mixture. Stir to blend well, and knead the rest of the flour mixture into the dough. Knead until firm. Let this rise in the warm oven until doubled in size – usually about 2 hours. After rising, Grab handful size chunks, or measure 1 full cup of the batter. Ball up and press onto a floured board, allow to sit and rise until doubled in size. Sprinkle with corn meal, and cook on a medium frying pan or griddle for 7 minutes on each side. Store in an airtight container.

These can be used for meal prepping morning sandwiches that can easily be thawed, heated, and eaten on the go. Prepare school lunches with these and some peanut butter and jelly. These are also good in breakfast sandwiches that are heated before eating – using almond cheese, and a mushroom base with your favorite condiments could be a good morning bite.

## English Muffins

Traditionally these are toasted and served with a side of jelly. Use the alternative butter recipe below. The best jellies to use would be fruit preserves, marmalade, seedless jam, or the Cream Cashew Cheese.

### **Amazing Sweet Butter**

1 cup coconut oil

2 tablespoons cacao butter

1 teaspoon fine grey sea salt (fine ground salt can be quickly made in the blender)

Directions: Boil a pot of water in a 1 quart boiling pot. Remove it from the heat. Place a double broiler bowl over the top of the boiling pot to hold the oils as they melt. This can be any stainless steel bowl, or even a tempered glass bowl that is larger than the boiling pot in diameter. This will hold it above the water in the steam at a low temperature to melt the cacao. Melt the cacao. Add the coconut oil to melt, and add the salt, remove the bowl from the steaming pot and place it onto the countertop. Whisk them all together quickly, and pour or scoop into a rectangular mold similar to the standard shape of conventional butter. This will allow you to easily slice precise amounts.

### **Milk Toast**

This is an all-time family favorite. We use it when a family member is recovering from the flu. Traditionally, in my family in the 1920's they had their cow that provided raw fresh organic milk. Now days, I believe that nut milks will increase variety in our diets, reduce allergies, and support a healthy ecology.

1/2 cup coconut milk (From a can, stirred)

1 slice toast with one side covered in the salted coconut oil or alternative butter (see recipe above)

Directions: Heat a shallow frying pan on medium heat, add the coconut milk and bring it to a boil. Place the piece of toast in the boiling coconut milk and reduce heat to simmer for a few minutes. Pour this into a shallow wide cereal bowl and pour the milk over the top, or serve in a tea cup along side the meal.

### **Submarine Breakfast Sandwich**

If you are doing a 12 inch submarine sandwich, you can toast it by setting the oven to roast and placing it on the top rack for just a minute or more depending on your desired crisp you would like to put on that bread.

12 inch roll (toasted)

1/2 cup shredded vegan cheese alternative

2 Vegi Dogs sliced length wise in 1/4 inch thin ribbons

4 tablespoons sauerkraut (cultured with beneficial probiotics)

1 tablespoon pickle relish

2 cups shredded iceberg lettuce

1/2 whole sliced tomato

Directions: Toast the bread prior to assembling, place vegan mayonnaise onto the bread, then top with pickle relish. On the other half, place the vegan cheese, then the hot dog ribbons over the top of that. Place this back into the oven to toast again for a second time lasting about 2 minutes to melt the cheese. Remove from the oven, add the tomato slices and lettuce, close and serve hot. Makes 2 sandwiches 6 inches long.



Variations: Substitute the bread roll with a whole grain sandwich wrap sheet, but be careful and place parchment under the wrap and do not over-toast this bread. When rolling the wrap, use the parchment paper rather than trying to handle the bread. This will prevent tears in the wrap, and allow you to work with it at hotter temperatures. Always use pot handles to move the cookie sheet it is on.

## **French Toast**

1/2 cup sifted organic all-purpose flour

1 teaspoon double-action aluminum free baking powder

1/2 teaspoon sugar

1/2 teaspoon salt

2 tablespoons garbanzo bean powder

1 cup coconut milk

2 tablespoons coconut oil

Directions #1: Combine the first two ingredients using a whisk in a large mixing bowl. Add the other ingredients and blend well. Water down with a little more coconut milk if the mixture is too thick.

2. Dip bread into the mixture, allowing it to soak for 3 minutes on each side. Place this onto a grill or frying pan with some oil to prevent sticking to the pan. Brown on both sides. Place this onto a hot plate and serve with alternative butter, fruit preserves, chia pudding, and a drizzle of maple syrup.



## Morning Drinks

### Coconut Milk

Makes 4 cups. Coconut milk is used in most of the recipes in this book. Canned coconut milk makes it so much easier to keep milk in storage until needed. The recipes I've created were done with canned coconut milk.

2 young Thai coconuts

1 teaspoon vanilla extract

scraping tool to remove the coconut flesh inside

A good method to open the Thai young coconuts (see below)

Directions: Open the coconuts, and empty 1 cup of the water into the blender (save the rest for next). Add the coconut meat and vanilla. Blend on high for 1 minute. Add the remaining coconut water. Blend on high for up to 2 minutes to get a smooth texture.

#### *Variations*

**Chai Latte:** In addition to the basic recipe add: 2 Chai teabags or mini scoops of powdered chai tea, 1/2 cup espresso coffee, 1 cup coconut milk (the above recipe), 5 dates. Blend, strain, and enjoy.

**Banana Cream Pie:** 2 Cups Ice cold Coconut Milk (Basic Recipe), \*Leave out half the coconut water for a more firm texture, 2 Bananas, 2 Tablespoons White Chia seed. Blend and pour quickly!

### Rice milk.

The good thing about making your own is that you are in control of the sweetness, and which sweeteners and ingredients you choose to use. Here is the basic recipe and some variations:

1/4 cup of cooked white rice or cooked brown rice

2 cups of purified water

1/8 teaspoonful organic vanilla extract

1 teaspoonful lecithin

1 teaspoonful coconut oil

Directions, blend all ingredients on high for about 2 minutes and strain if

needed to remove any pieces left from the blending process. This is an unsweetened rice milk that is best used in baking. It is also good when sweetened as I describe below:

### **Sweet vanilla rice milk:**

Same basic recipe as above, and you add the sweet flavor you will be using:

- 1 tablespoon Maple syrup ***or***
- 1 tablespoon Agave nectar ***or***
- 1 banana (reduces shelf life) ***or***
- 5 pitted dates ***or***
- 2 tablespoons black strap molasses ***or***
- 1 tablespoon rice syrup sweetener

On this recipe you will blend or stir in your sweet flavor.

Homemade rice milk may have some texture issues and personal preference may lead you to make a different alternative milk, or try it without the lecithin.

*This recipe leaves the milk at a whole milk thickness, and the mouth feel of rich milk. This gives more fullness than regular milk, and has less sugars when prepared unsweetened.*

## **Coffee**

Storing coffee properly is key to keeping it fresh. Store it at room temperature in an air tight container. The key to flavor is having the water at the right temperature. You want at least 212 degrees F or more for a good extraction of the bean.

1 tablespoon coffee grounds

1 cup purified water

Using a single cup making strainer: Prepare the area, clean the filter and holder before each use. Place coffee into the filter. Place the filter over a cup. Be sure it is securely in place. In a small pot, bring the water to a full rolling boil. Slowly trickle a soda straw size stream of boiling water over the coffee grinds. Slow down when you get close to the top of the filter holding gadget.

Using a press: Place two tablespoons at the base of a 16 ounce coffee press. Bring 16 ounces of purified water to a rolling boil and pour into the press carafe. Place the strainer

lid in place and do not press it yet. Allow it to steep for about 5 minutes. Then press the plunger and screens downwards very slowly.

### **Percolated Campground coffee:**

This is the perfect coffee pot to bring camping. A powder coated percolating pot is one of the best camping tools a coffee drinker could have in the morning. When camping with this item, use a portable propane burner to bring it to a boil. Campfires leave a heavy black soot that cannot be cleaned off.

1 quart water

1 cup coffee grounds

The coffee will be ground size for a percolator will be medium to prevent gravel at the base of the pot. Place the right amount of water recommended for the pot into the pot(1 quart). Insert the percolation apparatus, add the corresponding amount of coffee grounds (1 cup) & cover securely with the lid. Place the pot onto the range to bring it to a boil. Once it comes to a boil, reduce heat and allow it to lightly simmer for about 15 minutes. Some percolators have glass handles in the lid that allow you to see the color of the coffee. This is how you can judge how light or dark the coffee is, and you can remove it from the heat when it reaches the desired amber color. Remove the inner percolator apparatus, and cover the pot with the lid. You can keep this pot of coffee warm as long as you don't boil it. Boiling will result in a burnt taste.

### **Iced coffee**

This is quite easy. Get a pitcher you can fill with ice, best if the pitcher has a strainer lid on it. Fill with ice, and pour the hot coffee slowly into the center of the ice cubes. Place the lid on and swish the coffee around a little. Pour immediately over a few ice cubes in individual cups. This speeds the cooling time, and reduces the amount of ice melt which can change the flavor of your drink if the ice is not filtered water.

### **Café Mocha**

8 ounces coffee

4 ounces coconut milk

1 heaping teaspoonful cacao powder

3 tablespoons maple sugar

1 tablespoon sugar

1 teaspoon carob powder

5 small marshmallows

Directions: In a 1 quart boiling pot place the coffee, coconut milk, maple sugar, granulated sugar, carob powder and cacao powder. Whisk for 5 minutes until it comes to a light boil. Remove from heat. Pour, and top with marshmallows.

### **Instant Coffee**

Use 1 teaspoon instant coffee powder to each 8 ounce cup of boiling purified water. Stir & serve.

## Tea for Sick Days

2 heaping tablespoons dried/dehydrated orange slices chopped up (peel and all)

1 whole fresh lemon – quartered

1 tablespoon star anise – whole (about 4 stars)

1 inch ginger

½ inch turmeric

3 tablespoons agave nectar

1 ½ quart purified water

1 teaspoonful rooibos tea (optional)

Directions: Place all ingredients into a large boiling pot, bring to a boil slowly on medium heat, then reduce to simmer for 10 – 30 minutes. The longer the tea is cooked the more concentrated it will be. Store any leftover in the fridge.

**Citrus ginger ale:** Combine ½ cup cold tea, with ½ cup mineral water and sweeten to taste with agave nectar.

## Tea

Tea is an important part of our day. Some plants used as teas are medicinal such as Reshi mushroom tea, and chamomile tea. The value of the plants, and herbs should be considered against the need for those products. Use what you need for what you need it for. If your tea is of quality ingredients, you will not need to sweeten the tea. Consider using dehydrated orange slices in place of a sweetener for a new twist.

1 teaspoon tea

1 cup purified water, bring to a rolling boil

Heat your teapot by pouring some boiling water into it, swish it around, and discard the water. Place your tea into the teapot, and pour boiling water over the tea. Cover and allow it to steep for 5 minutes. Serve.

## Serving Tea

Tea can be served with a side of coconut milk, soy milk, almond milk, or rice milk. Sweeteners can also include Maple sugar, granulated organic sugar, or a very small amount of stevia leaf powder (just half a pinch). Orange pekoe tea goes well with a slice of lemon. Lemon tea goes well with a slice of orange. Berry teas go well with a slice of lime. Take the orange slice and dot it with whole cloves before floating it in the tea. This will add a soothing flavor to the tea. Cloves are traditionally added to the orange slice

around the holidays of October, November, and December when they are in season. Also consider adding fresh herbs to the tea, or making a tea of purely fresh herbs.

### **Spiced tea**

2 teaspoons tea leaves

1 teaspoon mulling spices: 2 whole cloves, 1 juniper berry, 1 star anise, 1 cinnamon stick piece

1 cup purified boiling water

1 slice fresh orange with 5 clove spikes dotting it.

Directions: Boil the water with the mulling spices for 10 minutes. Add the tea leaves and cover for the final 5 minutes. Serve with the slice of clove studded citrus and sugar.

### **Peppermint tea**

1 cup purified water

5 Large Mint Leaves

1 heaping teaspoon sugar

Directions: Fresh picked mint and water will go into a boiling pot on medium heat for about 10 minutes to bring it to a light boil. Using a strainer spoon or fork, remove the leaves, and pour through a tea strainer into a cup. Sweeten to taste.

### **Iced Tea**

Follow tea directions to make tea

1 pitcher with a straining lid, fill the pitcher with ice cubes or crushed ice

Citrus wedge

Directions: Make the tea, and sweeten. Pour this over the ice, swish around, and pour into cups. Keep it cool for longer by adding ice cubes to the cups. Serve with a slice of citrus, a straw, and a little extra sugar. This will make a nice clear tea.

### **Hot Chocolate**

Makes 4 single cup servings

3 1/2 tablespoons granulated organic sugar

4 tablespoons cocoa powder, or 1 1/2 squares of baking chocolate

1/2 cup water

3 1/2 cups coconut milk

5 Small marshmallows

Directions: Mix together the sugar, cocoa powder, and salt in a saucepan with water. Bring this to a boil while whisking for 3 minutes. Add the coconut milk slowly to whisk all of the sugar mixture into the hot chocolate. Remove from heat just before it boils. Whisk as it

cools to get tiny bubbles at the top.

## All Time Favorites

### Scramble Breakfast

8 ounce package Tofu

¼ teaspoon red palm oil

¼ cup water or vegetable broth

1 teaspoonful turmeric—powder or fresh grated

Directions: Heat tofu chunks in a saucepan with the water over medium heat, as the water almost steams away, add the palm oil, and turmeric powder, toss to fully coat all pieces, remove from heat & serve with a dash of celery powder or salt.

Variations:

**Tomato Scramble:** Combine 1 diced tomato into the tofu before frying

**Onion Mushroom Scramble:** Before heating the Tofu, caramelize the mushrooms and onions in the pan. Combine 1 cup Mushroom bites (see recipe) and ½ cup caramelized onions into the scramble.

**Italy Spiced Scramble:** Combine fresh minced Rosemary leaves, thyme, basil, and oregano into the tofu chunks before heating. Use thyme infused olive oil as a drizzle of 1 teaspoon when serving. Chop some sun-dried tomatoes into the mix. Toss and heat well.

**Roasted Red Bell Peppers & Scramble:** 2 large roasted or grilled red peppers, quartered into large petal sizes. 1 medium large diced onion, in addition to the basic recipe. Include the onion as a first ingredient before the Tofu.

### Grilled Peanut Butter Sandwich

Makes 2 servings

2 slices of toast (See toast directions)

2 tablespoons peanut butter

2 tablespoons Strawberry preserves

Directions: Assemble the sandwich using toast. On a grill press, or in a 6 inch frying pan, place the sandwich, cover or press gently for 2 minutes on each side. Serve hot sliced in half. Serve with a fruit such as an orange, apple, or avocado.

Variation:

**Peanut butter Banana Sandwich:** Add ½ banana to the sandwich while assembling

### Mushroom Bites

Makes 4 servings. Use in Meal prepping, stuffing, and side dishes.

- 2 cups sliced mushrooms
- 1 teaspoonful coconut oil
- 1 teaspoonful black pepper
- ½ cup vegetable broth or purified water

Directions: Heat a medium saucepan on medium heat until the heat can be felt from about 6 inches away. Add the oil, and mushrooms. Toss to coat. Add the broth, and black pepper. Cover, reduce heat to simmer, and allow to simmer for 5 minutes.

## Gravy

Makes 6 servings

- 2 tablespoons coconut oil
- ¾ cup brown rice flour
- 1 can coconut milk
- 1 equal amount of water
- 1 teaspoon black pepper, 1 teaspoon sea salt – naturally smoked salt is best.

Directions: Combine water and milk together and set aside. Heat the coconut oil in a large frying pan. Using a whisk, stir in salt and pepper seasonings if desired at this time. Add the brown rice flour, whisk until the flour is fully incorporated into the oil. Allow it to fry over medium high heat until it begins to turn a light golden tone. Add the coconut milk & water mixture while whisking together. Avoiding the steam. Incorporate all of the coconut milk and continue to whisk for 3 minutes to thicken.

## Jerky – Smoked BBQ Style

- 1 case Thai young coconuts or 6 cups young fresh frozen coconut meat
- 20 dates (2 cups pitted & de-stemmed dates)
- 1 teaspoon paprika
- ½ teaspoon chipotle pepper powder
- 1 cup fresh diced tomatoes
- ¼ cup sun dried tomatoes
- 1 teaspoon black pepper
- 1 tablespoon brown rice syrup
- 1 tablespoon lemon
- 1 teaspoon smoked sea salt
- 1 tablespoon onion powder
- 1 clove of garlic

Directions: Reserve the coconut meat in a large bowl and set aside. Combine the



remaining ingredients in the blender. Using coconut water to keep it blending and moving. Blend until a smooth sauce is formed and pour this over the coconut meat. Combine it well, lay it out on teflex solid dehydrator sheets and dehydrate overnight for soft jerky. Store in the refrigerator for up to 2 weeks.

# Breakfast Pancakes

## Pancakes

These can be called pancakes, flapjacks, or griddle cakes. You can choose the size and shape of each, make them large for a fast breakfast, small for a delicate or holiday breakfast, and thin for filling with fruits. Pancakes are very versatile. Makes 5 plate size, or 10 small pancakes.

2 cups sifted flour

3 teaspoons aluminum free double action baking powder

1 teaspoon salt

1 tablespoon organic granulated sugar or 2 tablespoons applesauce

1/2 cup garbanzo bean flour mix with 1 cup purified water

1 ½ cup coconut milk

Spray of avocado oil for the pan

**Directions:** Mix the garbanzo flour with the water and set aside. Pre-heat the pan over medium heat. Place the flour, baking powder, salt and sugar in the large mixing bowl, then mix the garbanzo bean paste, coconut milk together and combine this with the flour mixture. This results in a thick batter, which holds a fluffy texture when cooked. Using a spatula, place a heaping serving onto the oiled pan, allow it to cook for 1—3 minutes, until the edges 1 inch in are firm, then flip and cook an additional 2 minutes. Place onto a hot plate in the oven on warm to keep hot until serving. Serve with a side of fruit preserves, fresh fruit, or fruit juice.

**Variations:**

**Buttermilk Style Pancakes:** Add 1 tablespoon of apple cider vinegar to the garbanzo bean paste at the start of the recipe. Add ¾ teaspoon baking soda, and ¼ cup coconut milk. (Makes 20 small 3 inch pancakes)

**Parsnip patties pancakes:** First pre-cook and cool parsnip roots, cubed. Leftovers are perfect. Add 1 cup parsnips to the mixture, and fold in. It will be more delicate. Spread with Chive butter.

**Banana Pancakes:** Slice 2 bananas into the batter, press into pancake shapes. Banana pieces caramelize and get sweeter with cooking.

**Blueberry pancakes:** Use 1 cup frozen, or 2 tablespoons dried blueberries to add to this batter. Mix together before pressing into pancakes. Don't over mix, this may turn your pancake blue.

**Strawberry pancakes:** Incorporate 1/4 cup strawberry fruit preserves into the batter.

**Fall Spice Pancakes:** Add 1 teaspoon pumpkin pie spice, 1 minced apple, and 1/8 teaspoon cinnamon powder to the batter.

## Potato Pancakes

Makes 4 – 6 servings. Can be used in meal prepping. Texture can be modified by using a electric stick blender direct in the mixing bowl prior to forming pancakes.

2 cups leftover mash potatoes

¼ cup garbanzo bean flour mixed with ¼ cup purified water

3 tablespoons corn polenta grit for coating each side

3 tablespoons coconut oil

Optional ingredients:

1 shallot sliced thin

1 ½ teaspoon celery powder or 1 teaspoon salt

½ teaspoon black pepper

2 ounces cashew macadamia cream cheese

2 tablespoons applesauce

Instructions: Mix the garbanzo bean flour with water and set aside. Combine the flour, salt and pepper together in a small bowl. In a large bowl, mix the potatoes with the garbanzo bean flour paste, flour, salt, and pepper. Form into patties. Place 1 teaspoon of oil into a pan or griddle. Fry the potato pancakes for 4 minutes on each side, or until golden brown along the edges. The optional ingredients are another traditional; Twice baked creamy potato pancake version. Serve hot.

Variations

**Parsnip patty:** Replace half the serving of potatoes with well boiled parsnips.

**Chive Butter:** 1 cup butter alternative (see recipe), ½ cup sliced fresh chives, 1 teaspoon apple cider vinegar, 1/8 teaspoon salt, 1 tablespoon cashew cream cheese (optional for creamy texture). Combine all ingredients, chill overnight in a form. Keep refrigerated while not in use. Spread over potato pancakes, or parsnip pancakes. Use on sandwiches for lunch as well. Can be used in meal prepping.

**Herbed Butter:** ½ cup coconut oil, ¼ cup coconut milk, 3 tablespoons powdered ground herbal seasoning mix (grind in coffee grinder or blender). Melt oil and add coconut milk and herbs. Stir together well, or blend, then pour into storage jar. Cool to room temp, stir again, and refrigerate.

## Crepes

Makes 6 servings. These are delicious large, thin, pancakes that is easily filled with a favorite jelly, fruit, or jam. These do get flipped, filled, and served hot. You can do a single half-fold, or roll the crepe with fruit filling inside. Top with nuts, fruit, and maple syrup.

2 cups sifted flour

3 teaspoons aluminum free double action baking powder  
1 teaspoon salt  
1 tablespoon organic granulated sugar or 2 tablespoons applesauce  
1/2 cup garbanzo bean flour mix with 1 cup purified water  
1 1/2 cup coconut milk  
1 cup water  
Spray of avocado oil for the pan

Directions: Mix the garbanzo flour with the water and set aside. Pre-heat the pan over medium heat.

Place the flour, baking powder, salt and sugar in the large mixing bowl, then mix the garbanzo bean paste, coconut milk together and combine this with the flour mixture. This results in a thick batter that holds a fluffy texture when cooked.

Using a spatula, place a heaping serving onto the oiled pan, allow it to cook for 1—3 minutes, until the edges 1 inch in are firm, then flip and cook an additional 2 minutes. Place onto a hot plate in the oven on warm to keep hot until serving.

Serve with a side of fruit preserves, fresh fruit, or fruit juice.

### **Filling Variations:**

**Nut Filling:** 1 cup soaked dried figs, 1 1/2 cup purified water, 1/8 teaspoon grey sea salt, 3 tablespoons tapioca flour, 1/2 teaspoon cinnamon, 1/2 cup pitted dates, minced. 1/2 cup soaked nuts chopped. 1 tablespoon orange juice. Place all ingredients into a food processor with an S-blade and pulse until incorporated into a meal. Place figs, minced dates, and chopped nuts in a small boiling pot to simmer until soft. Drain the liquid into a large frying pan, add the tapioca flour, mix well. Add cinnamon and cook for 2 minutes of stirring on high heat to bring it to a boil. Once boiling, add the nut mixture, combine well.

**Date filling:** 2/3 cup minced dates, 2 tablespoons currants, 1/4 cup orange juice, 1 tablespoon flax oil (do not scald).

**Cranberry Filling:** 1/4 cup dried cranberries or 1/2 cup fresh cranberries, 1/4 cup orange juice, 1 teaspoon lemon juice, 3 tablespoons agave nectar, 1 tablespoon grated orange rind, 1 cup orange wedges. Heat to simmer all ingredients, mash, simmer, and set aside to cool.

### **Blueberry filling**

Makes 6 servings

3 cups blueberries  
1/4 cup sugar  
1/2 teaspoon salt

1 teaspoon pectin

1 teaspoon lemon juice

Directions: Cook blueberries, sugar, salt and lemon juice for 5 minutes on medium heat in a shallow 9 inch frying pan, add the pectin last, and whisk it in to dissolve it well. Pour this into a gravy server or pancake pouring container to allow control over the amount dispensed. This will be a whole berry filling. Make this smooth by blending the berries prior to using them in the recipe. Makes 2 ½ cups of sauce, 6 servings.

## Waffles

Waffles are a delicious fast way to grab breakfast when you have them pre-made. Meal prep 4 of these recipes for 20 waffles to store in the freezer. See variations below for added flavors & serving suggestions. Makes 6 Belgian Size waffles. A double batch is good for meal prepping.

Ingredients:

2 cups sifted organic all-purpose flour

2 ½ teaspoons aluminum free double-action baking powder

1 teaspoon grey sea salt

¼ cup garbanzo bean flour (1/2 cup purified water mixed in to make a paste)

1 ½ cups coconut milk

¼ cup melted coconut oil or a spray oil to grease the pan (Avocado oil)

Directions: Heat the waffle press first.

In one bowl, whisk together the flour, baking powder, and salt so it is consistent. In a separate bowl, mix the garbanzo paste, coconut milk, sea salt, and add this to the flour mixture. Combine the two mixtures, and mix well. Add more purified water as needed to get lumps out and achieve a thick consistency.

Oil the waffle iron on both top and bottom. This batter will be a stiff dough, and can be dolloped into the waffle iron with a large serving spoon. Press the waffle for about 5 – 10 minutes or until the waffle iron indicator light indicates doneness. Remove carefully with a fork to get the edges loose from the iron first. Place onto a warm plate, and keep warm in the oven until ready for serving.

Serve with a side of orange marmalade, grape jelly, fresh fruit, strawberry preserves, and/or maple syrup. Top with rinsed and lightly heated frozen blueberries, or freshly sliced fruit.

Variations:

**Pecan waffles:** Using a grinder or food processor, pulse 1 cup of pecans for 1 minute

30 seconds – enough time to develop a chunky pasty consistency. Incorporate cinnamon and nutmeg (1/4 teaspoon each). Add Maple syrup to get a pasty consistency, 2 tablespoons. Pulse again to blend well. Remove from container, and mix lastly after making the basic waffle batter. Mix loose, so a marbled appearance occurs. Use slightly more oil with these on the waffle iron. The sugars make them sticky.

**Blueberry Waffles:** Add 4 tablespoons dried blueberries to the basic waffle batter.

**Peanut Butter Waffles:** Add 3 heaping tablespoons of peanut butter to the basic waffle batter mix and stir well. This will give the background flavor of peanut butter.

**Chocolate chip waffles:** Using the extra small chocolate chip drops, add 1 cup of mini chocolate chips to the regular batter.

**Double Chocolate Waffles:** Add 1 tablespoon of cacao powder, 2 teaspoons carob powder, and ½ cup mini chocolate chips to the basic waffle batter recipe.

### Waffles Worth-A-Ton

It really is worth-a-ton to begin sprouting garbanzo beans on Monday to plan for a Sunday waffle brunch. Seasons can affect sprouting times. Triple the recipe to use in meal prepping for a week.

4 cups unbleached organic all-purpose flour

5 teaspoons baking powder (aluminum free double action)

2 teaspoons fine ground grey sea salt

2 cups fresh sprouted chickpeas – uncooked

2 cups purified water

1 cup coconut milk

½ cup organic coconut oil – melted \*Optional

1 teaspoon vanilla \*optional

Directions: Combine dry ingredients of flour, baking powder, salt, and mix well. In a blender, place the sprouted chickpeas, water, coconut milk, oil, and blend until smooth. Add the blended chickpea mixture to the dry mix and combine well. Add up to 1 cup more water to get a thinner texture, but it needs to remain stiffer than average to hold together in the waffle iron. Oil the waffle iron with a spray of avocado oil or rice bran oil. Cook the waffle in a waffle iron or waffle maker until the indicator light goes off and indicates ready (about 5 minutes). Using a fork to loosen the waffle around the edges of the waffle iron, it should lift out easily with a fork.

The sprouting time varied depending on the temperature of the house. Homes heated under 70 degrees allow garbanzos to sprout in 7 – 10 days. Ambient temp of 70 – 75 degrees will allow sprouting in about 5 days.

Serving suggestions

Sides: Maple syrup 1 ounce, 1 tablespoon hempseed, 2 tablespoons coconut cream, 4 tablespoons fruit preserves, agave nectar (1 ounce)

Serve as part of a breakfast buffet, allowing side dishes and garnishes to be set up at the table for self-service. See the variations of the Waffles recipe above this one for ideas and variations that may be possible, but these are truly best when served plain.

# Sunday Brunch

Brunch is a combined meal in the morning between 10 am and 4pm.. Traditionally, a brunch is done on Mother's Day, Fathers, Day, and Easter. Brunch time is a time to celebrate and relax. Mimosas on Mother's Day are also appropriate. Father's Day often involves Beers and Television time. Appetizers and finger foods are a focus, as well as one main dish. It's a time to pull the family together to join in a meal. Have Sunday brunch at a restaurant, or prepare it at home. It's clear, with a large family and children that may not keep still with the excitement, it's best to do Sunday brunch at home. Fire up the grill in the back yard, prepare the squash and marinate the zucchini the night ahead so

Etiquette: Sunday place settings and serving dishes should be festive, colorful, and uplifting. Roses on the table centerpiece and champagne flutes for each place setting on Mother's Day are added to the normal place setting. Father's Day brunch is earlier in the morning about 9am and it is more of a starchy pancakes and grill breakfast. These can all be created healthfully and traditionally. These are both light breakfasts, and delicious. The focus of the holiday is to take time to relax with loved ones and talk, so the food fits the occasions, and gives everyone something to compliment.

Brunch can be served at home on a buffet table. This allows the arrangement of plate ware at one end of the table, appetizers in the center, and the main dish to the other end of the table. Set up a separate table for coffee and tea. At the dining table set one or two candles. Arrange condiments in the center of the table. Use a Lazy Susan table turning device if available. Also set out pitchers, or large glass water bottles filled with purified water to allow self-service of water.



## Mother's Day Brunch Menu

Stuffed Mushrooms or Mandarin Orange Jelly Salad Delight salad over spinach

Nut Bake Loaves with Mushroom Sauce

Bananas and cream desert

Mimosas or sparkling water with orange juice

Serve with a red rose in a small personal vase for each mother

## Appetizers

Since brunch is mainly about the delicious appetizers it's recommended to have three appetizers or one for every two people as a rule of thumb. Depending on the size of the crowd, the size of the recipe can be changed. Another way to figure how many appetizer dishes to plan for is to calculate enough recipes, or recipe size to accommodate 2 servings per person of appetizers. This is a chance to choose vegetables as an appetizing snack before the meal. Here are some traditional favorites. Remember to always choose organic, pesticide free, and local.

### Stuffed Mushrooms

Makes 4 servings, two mushrooms each.

8 large mushroom caps & stems reserved for stuffing

½ cup corn meal

1 cup coconut milk

1 cup shredded red beets

½ cup shredded carrots

Directions: Remove the stems of the mushrooms, brush off the mushrooms, wash and set on a cookie sheet, round side up to broil for 5 minutes at 475 degrees F. Next, In a food processor, combine the mushroom stems, corn meal, beets, carrots, and coconut milk. Place into a small frying pan and heat for 5 minutes to wilt the stuffing and somewhat cook the corn meal. Mash into a paste and get a large soup spoon to use in stuffing the caps. Remove the caps from oven, turn them gills up, and fill each mushroom cap with one golf ball size scoop of the filling. Return the filled mushroom caps to the oven and bake at 400 degrees for 15 minutes. Remove and serve warm. Garnish with fresh sliced basil leaves, or a teaspoon of pesto sauce on top (see recipe).

### Celery salad Hors D'oeuvres

1 cup thin sliced and chopped celery stalks (packed)

1 tablespoon minced pickles

1 tablespoon vegan mayonnaise

¼ cup black olives

1 tablespoon capers

Black pepper to taste

Directions: Slice and then chop the celery. Combine lemon juice and vegan mayonnaise together as a dressing and season with black pepper. Combine the celery, capers, pickles,

olives, and dressing and mix well. Using a tablespoon, measure one tablespoon of celery salad onto a cracker or leaf of lettuce. Top the cracker with an olive, or roll the lettuce leaf to hold the celery salad and pin in place with a toothpick. Arrange on a large platter along with other appetizers.

### **Mandarin Orange Jelly Salad Delight**

Makes 18 ice-cream scoop size servings. Tools needed: Ring mold or a flat 6 x 9 pan for making squares and a 1 quart jar for chilling some for later or meal prep. Pectin is a good fiber that helps in removing toxins from the body. This sweet treat is also a traditional favorite for potlucks. Reduce the size of this recipe to fill 1 bread loaf mold rather than 2.

- 1 ounce pectin
- 3 cups mandarin orange wedges
- 1 cup applesauce
- 1 cup diced apples
- 3 cups fresh orange juice
- 2 cups spinach
- 1 tablespoon flax oil
- 1 tablespoon lemon juice

Directions: Combine applesauce and pectin and set aside for 10 minutes. In a large bowl, combine oil, lemon juice and spinach. Rub the oil mixture over all of the spinach leaves to fully coat. Place onto serving platter, and sprinkle with salt and pepper. Using the large bowl, place the mandarin oranges together. *Prepare the pectin mixture:* In a 1 quart boiling pot place orange juice, and diced apples, bring to a boil, and add the pectin and applesauce mixture. It's important now to bring this to a boil (5 minutes while whisking). I use the hand stick blender to break up all the clumps of pectin if any remain. Reduce heat to simmer allowing the pectin to fully dissolve over 5 minutes, remove from heat. Pour this mixture over the mandarin oranges in the bowl. Fold to incorporate the oranges and pectin mixture. Pour into a large copper mold, cake mold, or two bread loaf pans. Chill for 1 hour. Empty the mold over the spinach salad on the serving plate. Serve as an ice-cream size scoop on the bed of spinach greens.

### **Rhubarb Pectin Salad**

Makes 8 single cup ramekins, or 1 large Jell in a mold. Time to get out the pretty copper decorative molds and use them. They are also used in bread making, and pastry.

- 2 ounce apple or orange derived universal pectin
- 2 cups sliced rhubarb (simmered down to 1 cup cooked rhubarb stalk slices)
- 2 cup orange juice

½ cup agave nectar

1 tablespoon sugar

1 cup minced apples (simmered with the rhubarb)

1 cup soaked cashews (chopped well into small bits)

**Directions:** place the pectin in the hot simmering rhubarb and apple mixture to dissolve. Add cold water and mix well. Add the soaked cashews, mix well and pour into jell salad molds. Chill until firm. Serve on a bed of baby salad greens. Sometimes it will fall apart depending on the rhubarb.

**Variations**

**House Salad Combo:** Serve on a bed of spinach that has been rubbed with flax oil. Surround the jell salad with sliced cucumbers, tomatoes, basil leaves, avocado, cilantro, thin sliced onions, mushroom slices, and a few olives.

**Salad in a leaf:** Serve on a single large lettuce leaf, with salad sides as listed above.

**Rhubarb Desert:** Cool, Cube, and gently combine with coconut milk or coconut cream.

**Coconut cream** can be spooned off the tops of the coconut milk can. Drizzle with 1 teaspoon agave nectar or combine maple syrup with the coconut cream for a drizzle over the cubes.

## Nut Bake Loaves

Makes 8 servings. Prepare three at a time, freeze two to bake later. Meal prepping can also be done with cooked loaf sections.

1 cup sliced tomatoes

1 cup frozen peas

1 cup small diced carrots

1 cup chopped soaked nut meats (walnuts, cashews, Brazil nuts, blanched almonds)

1 teaspoon grey sea salt

3 tablespoons grated onion

1 cup bread crumbs

1 cup coconut milk

1 tablespoon coconut oil

1/3 cup organic brown rice flour

Black pepper to taste

**Directions:** Pre-heat the oven to 350 degrees. On the stove top in a 9 inch frying pan, heat

the oil, and add the brown rice flour. Combine the flour well over medium heat until you see it begin to bubble, then add the coconut milk, whisk together well, remove from heat and allow to cool. In a food processor, combine all ingredients & pulse to mix well. Add the sauce mixture and pulse to combine well. Press into a pre-oiled bread loaf pan. Bake at 350 degrees F for an hour. Remove from heat and serve in the pan.

#### Variations

**Holiday fruit & nut loaf:** Add raisins, and dehydrated cherries to make a holiday fruit and nut loaf. Use 1 tablespoon of each.

### Shortbread

Makes 4 large squares

1 cup organic all-purpose flour

½ teaspoon grey sea salt

1/3 cup coconut oil at room temperature or softened

2 tablespoons sugar

2 teaspoons cinnamon

¼ cup water

**Directions:** Whisk the flour and salt together in a large bowl. Using an electric beater or hand mixer, add the softened coconut oil and combine together to make a crumbly paste. Add small bits of the water while blending until it starts balling together. Preheat the oven to 450 degrees F. Knead with your hands to form a solid ball. Press into a tart crust mold or a square baking pan to about ¼ to ½ inch thickness. Sprinkle with the cinnamon and sugar by placing the cinnamon and sugar in a tea strainer, and tapping it over the dough. Score into individual size crackers by pressing a flat object down into the pan. Bake at 450 degrees F for 10 minutes. Makes 35 small rectangle shortbread crackers.

#### Variations

**Lemon short bread:** Use lemon juice in place of water, add 1 tablespoon poppy seeds, and 1 tablespoon grated lemon peel.

**Cinnamon bon bon shortbread:** Add 2 tablespoons raisins, 2 tablespoons of brown sugar and ¼ cup agave nectar together in a bowl. Add 1 teaspoon fresh grated cinnamon to the mixture, and fold it into the dough before pressing it into the pan. Leave it roughly marbled. You can also fold this into the dough after flattening out, cut 3 inch slices from the roll and place into muffin cups to bake. Top with minced apples, cashew cream cheese, cinnamon and sugar powdered coating, and bake as directed, uncovered for 10 minutes.

**Blueberry shortbread:** Add 2 tablespoons dried blueberries. Sprinkle with cashew cream cheese chunks before baking.

**Strawberry shortbread:** Make as the lemon short bread variation above, and top with sliced strawberries that have been lightly sprinkled with sugar and allowed to sit for 15 minutes, or heated for 3 minutes. Serve topped with strawberries, and a

spoonful of coconut cream on top.

**Heather bread:** Combine 1 ounce fresh hyssop leaves with the coconut oil and simmer on low heat for 5 minutes. Serve topped in lemon icing, and fresh pink hyssop leaves on top of the lemon icing. Hyssop is in bloom in late spring to late summer.

**Melissa lemon crackers:** Infuse 1 cup fresh herb into 1/3 cup coconut oil for 2 weeks cold extraction or heat for 3 minutes to simmer, remove from heat and steep for 10 minutes uncovered. Using this oil, and 1 tablespoon lemon thyme, included in the basic recipe above will give the lemony flavor without the lemon.

**Mint chip shortbread:** Infuse 1 cup peppermint leaves with 1/3 cup coconut oil. Press off, and use in the recipe. Add ¼ cup mini chocolate chips to the batter and mix well. Use 1 teaspoon chlorophyll liquid to color the shortbread green.

**Anise Shortbread:** Add anise seed to the batter before kneading, so it is incorporated well.

## Quick Bread Pudding

Makes 4

½ pound dried fruits (apricots, peaches, mangoes, papaya, and pineapple work best)

½ cup agave nectar

4 - 6 slices of raisin bread

**Directions:** Soak the fruit overnight, place in a small boiling pot with agave nectar and simmer for 10 minutes to fully incorporate and cook the fruit. Remove the crusts and place slices of cinnamon toast at the bottom of a rectangle baking pan that's about 6 x 9 and pour the fruit mixture over the top. Cover and allow it to cool slowly.

### Apple bake:

3 cups sliced cored apples

1 ½ cups soft bread crumbs, no crusts

1/3 cup brown sugar

1 teaspoon cinnamon

2 tablespoons apple juice

**Direction:** Mix apples, 1 cup bread crumbs, apple juice, brown sugar and cinnamon in a boiling pot until the juices from the apples saturate the bread. Loosely drop this into a 6 x 9 baking dish and cover with the extra bread crumbs. Bake for 10 minutes at 350 degrees

# Traditional American Vegan Lunches & Potluck Dishes

Lunch was traditionally called supper, while dinner remains dinner. Supper was while the sun was in the upper part of the sky, around the time of 11:30am to 4:30 pm. Lunch gives you a burst of energy in the middle of the day as our energy levels begin to decline from our breakfast meal. Lunches should be nourishing enough to provide the amino acids needed in muscle building and energy production. Lunch also should provide adequate micro minerals that support the body systems. It's a conscious effort to obtain enough chromium, and selenium to meet our daily needs, so be focused on getting those added minerals in around lunch time. Vitamins are also an important part of lunch. B-Vitamins are especially important in energy production and boosting the metabolism. B-vitamins nourish the nerves so it's another nutrient to consciously seek out around lunchtime.

You may be wondering where to get these nutrients. Food! Food is the best source of whole vitamins available. Food contains the vitamins, and vital co-factors needed to properly absorb and use the vitamins. Food derived supplements are by far the next best option to getting nutrition directly from food. Food derived supplements can be from organic foods that will be safe in the body acting similarly to being eaten as food. Supplementation is always secondary to getting nutrients from the source – food.

Lunches have loads of opportunities to gain optimal levels of nutrients to carry us through to dinner time without cravings and hunger. There are varieties of grains, and a multitude of delicious soups, chowders, and main courses listed in this section for lunch, but you can also use these in dinners as well when appropriate. Many of these lunches can be used in meal-prepping so try as many as possible and make your favorites in large batches along with the right side dishes for a nice week of prepared lunch options.

## Serving Lunch

The place-setting: Forks will be to the left of the plate, while on the right, closest to the plate will be a soup spoon, regular spoon, and butter knife edge turned towards the plate. Placemats should be modern, monotone, and match the style of foods being served. Brighten up the day with a small candle or flower in the center of the table. The top right of each place setting is a good spot for a teacup and saucer. Serve tea during lunch in a pot with a strainer spout. Serve loose leaf teas hot.

You may notice that these traditional recipes also contain some special ingredients that boost the nutrient density of the food. This creates more balance and leaves you feeling full for longer. Proteins, vitamin B's, and minerals are balanced in this way.



## Lunch Menu Suggestions

1. Sandwich & House Salad, side of whole grain toast and fruit compote
2. Celery Salad Sandwich in Large Leaf Lettuce wrap, Chia pudding desert.
3. Mash potatoes, Tomato Salad, Steamed Spinach, Mushroom Gravy
4. Large House Salad, Chowder, Chunky Hot Applesauce
5. Field Roast, Steamed Artichoke with Garlic Spread, Mash Potatoes & Mushroom Gravy
6. Mediterranean Vegetables over Long Brown Rice, Cream of Spinach, Chia Pudding Desert
7. Fennel Salad, Butternut Squash Mash & Gravy, Cashew Cream Cheese & Flax Cracker
8. Cornbread with garlic spread, Chili with tofu cream cheese

## Soups, Stews, Chowders, and Broth

The best thing about a soup is you get your vegetables in these traditional flavorful recipes. These recipes have evolved the most over the years to become soups that are thicker as a result. This allows for canning soups that can have broth incorporated after opening, and it allows you to choose your density of soup, beginning with the thickest most nutrient dense version. You can add water and thin these soups out, blend them for a smooth texture, and incorporate your favorite herbs and spices.

**Broths Best Smoky Herb blend:** 2 cloves garlic, 1 fresh curry tree leaf, 1 teaspoon whole coriander, 1 pod black cardamom, 1 inch fresh turmeric root or 1 tablespoon grated fresh turmeric (or 1 teaspoon dry), ¼ inch fresh ginger root grated or 1 full tablespoon, 1 star of star anise, 1 bay leaf – place the bay leaf aside for now, and crush all other herbs together using a mortar and pestle. Place this paste near the stovetop for quick use while heating the oil to sear the vegetables, whisk this herbal blend into the oil. Continue with the basic recipe.

### Vegetable Broth

Makes 1 large stockpot, 1 gallon. Can be used for meal prepping, can be canned in jars using a pressure cooker for storage.

2 pounds or 4 quarts of chopped vegetables. This can include onion peels, garlic peels, leek tops, celery tops, cabbage heart sliced up, broccoli stems,

4 quarts purified water

1 diced golden yam

¼ cup brown rice oil

1 teaspoon grey sea salt

Herb Blend (see the recipe and directions above)

Directions: Heat the large stock pot on medium high heat with the rice bran oil and herb paste. When the crackle of the seeds is heard lightly as it first starts, add the garlic, onions, and other crunchy vegetables. Stirring with a wooden spoon, combine well to coat with oil. Brown for 5 minutes. Add the yams and water and bring to a boil.

### Cream Soup Base

This is the basis to chowders, and cream soups including cream of tomato, mushroom, celery, broccoli, and spinach soups.

Makes 4 cups

2 tablespoons coconut oil

1 ½ tablespoon brown rice flour

1 cup coconut milk

½ teaspoon grey sea salt

½ teaspoon black pepper

Directions: Melt the coconut oil in a 9 inch frying pan on medium heat. Add the flour and combine well. Add the milk while whisking quickly, reduce heat to low, and mix for 2 minutes as it continues to thicken. Add seasonings and set aside to use in soups as directed.

### **Cream of Potato Soup**

This soup is the basis of most of the chowders, but also good on its own. Makes 4 large bowls of chowder depending on your potato size.

1 cream soup base recipe (above)

1 cup purified water

9 medium gold potatoes – baked and cooled (bake covered or wrapped in aluminum to prevent water loss)

\*Optional: 2 tablespoons caramelized onions

Directions: Dice the cooked cooled baked potatoes carefully. Make your cream soup base, add 1 cup purified water and simmer for 5 minutes to allow to thicken, stir every minute or so to prevent burning. Carefully add the potatoes, cover, and simmer for 15 minutes over the lowest heat setting. Once the potatoes are fully heated through, carefully fold once over using a spatula to incorporate all the ingredients evenly through the stew. If your potatoes absorb too much water you may need to add more as needed.

### **Cream of Vegetable soup**

2 cups fine sliced celery stalks

¼ cup sliced onion

1 teaspoon salt

1 cream soup base (see recipe)

1 tablespoon parsley

1 tablespoon coconut oil

1 cup purified water or vegetable stock

Directions: Heat a frying pan with coconut oil, and toss in the celery, onion, and salt. Pan fry for 5 minutes to wilt the onions and celery. Incorporate your cream soup base, and begin slowly adding the water or vegetable stock. Combine and simmer for 10 minutes. Serve hot.

### **Cream Corn Stew**

Makes 2 large bowls of soup, or 4 cups of soup

2 cups fresh cut corn kernels

¼ cup fresh sliced onions

1 clove garlic

1 tablespoon coconut oil

1 recipe cream soup base

Directions: Make your cream soup base. In a separate large frying pan, stir fry the corn, onions and garlic in the coconut oil for 5 minutes. Place this mixture along with the cooled cream soup base into the blender. Blend on high to get a creamy texture. Be careful not to blend extremely hot liquids, all hot liquids will expand and push the lid off a sealed container. Use the blender lid with air vents to allow steam to escape. Pour into soup bowls. Serve hot (blenders can often re-heat this soup by friction when blended for 4 minutes).

## **Onion Soup**

Makes 6 cups of soup or 3 large bowls

2 tablespoons coconut oil

5 large red onions

3 cloves minced garlic

½ teaspoon grey sea salt

1 teaspoon sugar

2 tablespoons brown rice flour

6 cups vegetable broth

½ cup sherry – or a light wine

1 teaspoon stone ground mustard

1 teaspoon apple cider vinegar

6 ½ inch thick slices of French bread roll

1 cup cashew cream cheese

Directions: Heat the oil in a large frying pan over medium heat and add the onions, garlic, and salt. Pan fry until almost caramelized – 5 minutes. Keep stirring. Add 1 teaspoon of sugar and continue to stir for 3 minutes. Stir in the flour, and mix well. Add the sherry to de-glaze the pan, add the mustard, stir and cover. Simmer for 10 minutes. Stir in vinegar and broth then bring to a boil. Remove from heat. Serve in small bowls with a floating piece of toasted French roll smothered in cashew cream cheese on top.

## **Parsnip Winter Soup**

1 ½ cup yellow onion – sliced thin

1 cup celery – sliced thin

16 ounces mineral broth or vegetable broth

- 3 cups baby spinach
- 4 cups diced parsnips (peel, slice, and dice)
- 1 tablespoon coconut oil
- ½ cup coconut milk

Directions: Heat a large frying pan over medium heat, add the oil to bring it to temperature. Add the onions, and celery and allow to pan fry to wilt (5 minutes). Add the parsnips, broth, and bring to a boil. Reduce heat to simmer and cover for 20 minutes to cook the parsnips tender. Add the spinach, stir to incorporate it well, remove from heat, and transfer soup in small amounts to a blender to blend smooth, or use an electric hand mixer stick to blend the soup if you are using a pot with high sides to prevent splatter. Whisk in the coconut milk, and serve hot.

### **Butternut Squash Soup**

- 3 cups butternut squash – raw, peeled, cubed
- 1 sweet potato – cubed
- 2 carrots – sliced
- ½ cup onion – minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon brown sugar
- 3 cloves garlic
- 1 quart purified water (or vegetable broth)

Directions: Bake the sweet potato and squash cubes at 300 for 45 minutes until soft. Place 1 quart of water into a large soup pot and heat to boiling. Add the potatoes, onion, and carrots and boil for 15 minutes. Remove from heat & allow to cool for 10 minutes. Add the remaining ingredients: vinegar, sugar, garlic, and blend to a creamy smooth consistency.

### **Potato Leek Soup**

Makes 4 bowls, or 6 cups of soup. 4 Servings.

- 4 cups mineral broth
- 4 russet potatoes
- 3 leeks
- 1 clove garlic
- 1 teaspoon grey sea salt
- ½ teaspoon pepper

2 tablespoons coconut oil

Directions: Heat a large saucepan over medium heat with the coconut oil. Add the potatoes, leeks and garlic. Pan fry to wilt for 5 minutes. Add the stock and bring to a boil, then reduce heat and cover to simmer for 20 minutes. Check that potatoes are soft. Using a hand stick blender, blend the soup to a velvet consistency. In a small frying pan, pan sear ¼ cup of the thin sliced leeks in coconut oil. Use as a garnish on each bowl, or place on top of the serving bowl of soup.

### **Red Potato Chowder**

½ cup avocado oil

1 pound sliced mushrooms – lightly sautéed in broth

3 tablespoons minced shallots

4 cloves garlic – pressed or chopped fine

1 cup celery – sliced thin (2 stalks)

4 tablespoons chopped fresh parsley

1 quart canned tomatoes

1 bag mixed small potatoes (1 pound) – diced

2 ½ cups organic vegetable broth

1 cup white wine

1 quart purified water

1 quart carrot juice

Directions: In a large deep 2 – 3 gallon soup pot, heat over medium heat with avocado oil, onions, garlic, celery, and mushrooms. Pan fry the vegetables for 5 minutes, or until onions are showing translucent qualities. Add the cup of white wine and stir the vegetables. Stir. Add the parsley. Add the canned tomatoes, potatoes, and broth. Reduce heat to simmer. Add the carrot juice and enough water to bring the soup level up 3 inches close to the rim of the soup pot. Cover. Cook slowly for 1 hour. Season with black pepper, and sea salt. Add 1/8<sup>th</sup> teaspoon of flax oil to each serving to boost omega 3's at the table.

## Pasta

### Macaroni and Cheese

This is a Mac and cheese favorite of mine. This recipe will yield a thick sauce that can also be used in many other dishes. Choose ½ pound of your favorite elbow pasta for macaroni. You can also use other fun shapes like small shells which do really well. Whole grain organic pasta is all that matters. You can choose gluten free grain options like brown rice or quinoa pasta. Cooking times change with each type of grain, but the key is to try a variety over time.

### Cheese Alternative Sauce

- 2 tablespoons coconut oil
- 1/3 cup brown rice flour
- 1 cup coconut milk & 1 cup hot water (combined ahead)
- ½ teaspoon grey sea salt or Applewood smoked sea salt
- 1/3 cup nutritional yeast
- 1 teaspoon Turmeric (fresh grated is best)
- 1 tablespoon grated yellow onion\* optional

Directions: Heat a large frying pan on medium heat with coconut oil. Reduce heat to simmer. Add the turmeric and grated onion. Add the flour and coat all the flour with oil until it's almost granular, 1 minute. Add sea salt, and carefully add the coconut milk from the side of the pan while whisking together well. (avoid steam burns – don't work over the pan). Remove from heat & allow to cool to 110 degrees or less. Combine nutritional yeast into the sauce, and whisk well again to break up the nutritional yeast flakes and incorporate it all into the sauce. Add this sauce to your favorite dish while it's hot – a skin will form as it cools and it will continue to thicken until almost solid.

This sauce can be used in place of nacho cheese, on baked potatoes, as a side dip for vegetables, or any way you would enjoy pourable cheese.

Nacho Cheese – spicy variation: Add 1 teaspoon ground red pepper flakes to the oil at the start of the recipe, and continue as directed. Remove the seeds from 1 green sweet jalipeno, and slice into small ring, place this over the top of the cheese sauce to show it's spicy. Pour over chips while hot. This tends to set and become stiff after adding nutritional yeast.

### Spaghetti

Use organic whole grain pasta varieties. Cooking time may vary, but there are some rules to cooking spaghetti that apply to all grains.

1 gallon of water to each package or pound of pasta. More water allows for the movement of the noodles under water and it cooks more evenly without a sticky residue.

1 pound whole grain spaghetti noodles

1 teaspoon grey sea salt per gallon of water for boiling the pasta

1 tablespoon oil per pound of dry pasta

Directions: Bring your water to a boil before adding anything. Add your salt and pasta at the same time. Do not cover until you have reduced the heat.

Once the center of the spaghetti has no to just a little white raw spot in the center when bit, remove from heat. Strain, but do NOT rinse. Return to the pot, and add oil immediately. Cover if you won't be using it.

## **Macaroni**

Use this with all small pasta macaroni, shells, spirals, or shapes.

2 cups small pasta

5 cups purified water

1 teaspoon salt

1 tablespoon rice bran oil

Directions: Bring water to a boil. Add salt, pasta, and boil for 10 minutes. Check for tenderness. Drain, but do not rinse. Return to the pot, and add rice bran oil. Toss gently to coat with oil. Cover.



## Grains

### Rice

If you don't have a rice-cooker it's still possible to get the rice cooked, but it must be watched until safe to remove from heat to steam. Then it's important to not remove the lid until the steaming time is complete.

Makes 2 servings

1 cup rice

2 cups water

1 teaspoon vinegar

Directions: Bring the water to a boil and add the rice. Stir once. Bring to a second boil for three minutes and add the vinegar. Cover and turn heat off. Keep covered for 15 minutes.

### Quinoa

Here's a gluten free grain that's an excellent rice replacement. Cook it right for a light and fluffy alternative. Be careful not to overcook.

Makes 2 servings

1 cup Quinoa

2 cups water

½ teaspoon grey sea salt

Directions: Bring water to a boil. Add quinoa and bring to a second boil (about 3 minutes). Cover and reduce heat to low for 5 minutes. Turn range off, and allow to sit covered and undisturbed for 10 minutes.

Variations:

**Quinoa Salad:** 2 cups quinoa, ¼ cup chopped fresh parsley, ½ cup thin sliced minced onion, 2 tablespoons crushed walnuts, 2 tablespoons olive oil, 2 tablespoons lemon juice, 2 teaspoons grey sea salt, 2 cups fresh tomatoes, ½ cup fresh sliced celery. Toss all ingredients together well while the quinoa is still hot.

**Quinoa Hot Apple Cinnamon Cereal:** 1 cup quinoa, ½ cup coconut milk, 2 tablespoons maple sugar, 1 cup minced apples (1 apple), ½ teaspoon apple pie spice seasoning. While quinoa is still hot, add ingredients, and stir together well. Serve hot.

### Plain Muffins

Makes 12 muffins

1 cup brown rice flour

3 teaspoons aluminum free double-action baking powder

¼ cup garbanzo bean flour

1 teaspoon salt

3 tablespoons agave nectar

1 cup coconut milk

3 tablespoons melted rice bran oil

½ teaspoonful vanilla extract

Directions: Whisk together the brown rice flour, baking powder, garbanzo bean flour and salt. In a separate bowl, whisk together the milk, agave nectar, vanilla, and rice bran oil. Add the milk and oil mixture to the flour mixture and stir until combined for about 1 minute. Fill paper lined muffin tins about ¾ full. Bake at 400 degrees F. for 25 minutes. These will be light, and firm muffins.

Variations:

**Blueberry muffins:** Add 1 cup frozen blueberries, blackberries, honey berries, or huckleberries to the batter before placing it into muffin tins.

**Banana Nut Muffins:** Add ½ cup thin sliced bananas and stir well. Add ½ cup walnuts and stir in. Top with banana slices.

**Date Muffins:** Add ½ cup chopped pitted dates.

**Whole Wheat Muffins:** Substitute brown rice flour for 100% whole wheat flour.

## Cornbread

1 cup organic all-purpose flour

1 cup yellow cornmeal

3 teaspoons aluminum free baking powder

1 teaspoon salt

1 tablespoon agave nectar

1 ¼ cup coconut milk

3 tablespoons melted coconut oil

Directions: Preheat oven to 400 degrees F. Combine the flour, cornmeal, baking powder, and salt in a large bowl. In a small bowl, combine milk and oil. Add the milk mixture to the flour mixture and using an electric hand mixer. Combine well. Place the batter into a 9x9 pan or 6 x 9 pan and using a spoon, flatten the top. Bake at 400 degrees for 30 minutes and test to see that a wooden skewer comes out clean before removing it from the oven.

## Variations

**Jalapeno Cornbread:** Slice 1 – 2 whole jalapenos and place slices on top of the cornbread before baking.

**Blueberry Cornbread:** Add 1 cup dried blueberries to the flour mixture before combining the liquids.

**Cornbread Stuffing:** 4 cups large cubed cornbread, 4 cups vegetable broth, 1 onion sliced thin, 1 cup fine sliced celery, ¼ cup garbanzo bean flour, ½ pound sliced mushrooms – sautéed in 1 teaspoon of coconut oil and some of the broth, salt and pepper to taste. Directions: Mix the bread cubes and hot boiling broth in a large bowl and tip off the excess broth if there is any left. Add the remaining ingredients, and place into a baking pan. Bake on 350 degrees F for 15 minutes until golden brown tips of the large bread chunks are seen in the oven.

**Hominy Bread:** Swap the corn granules for hominy in the recipe. Place hominy in a food processor to get the grit size needed for the bread. Reduce bake time: Bake 25 minutes and check for doneness with a wooden skewer.

## Dinner Soda Biscuits

These biscuits should be light and fluffy. They should be smooth without lumps. Good biscuits contain layers and are a little on the flaky side. Makes 16 two inch dinner biscuits.

Tools: Two mixing bowls, whisk, hand mixer as needed, cutting board, extra flour, roller, and chefs ring (cookie cutter)

2 cups organic all-purpose flour

1 ¼ teaspoon baking soda

1/2 teaspoon salt

4 tablespoons coconut oil – room temp or whipped to soften

1 cup coconut milk

**Directions:** combine the dry ingredients in one large bowl, combine the milk and melted coconut oil together. Pour the milk mixture into the flour mixtures, and mix as quickly as possible, then begin kneading as it gets stiffer (or use the hand mixer). Roll out, folding then rolling and folding, then dusting with a small amount of flour about 3 times, leaving the dough at ½ inch thick, **cut out equal size biscuits** with the rim of a cup, a 2 inch ring, or ball out golf ball size pieces by hand and place into a pie pan close together. Balling the dough works best with lightly floured hands. The closer together, the less moisture will be lost, and more fluffy moist biscuits result. Place them side by side touching, and no more than ¼ inch apart. Now let them sit for 10 minutes before baking. Place them into the oven and bake for 13 minutes at 425 degrees. Remove from oven and place them onto a rack to cool or dish them out to serve hot. Serve with mushroom gravy, or fruit preserves.

Variations:

**Nut biscuits:** Mix in ½ cup soaked, and chopped nuts into the dough as you press and fold it on the cutting board. .

**Scone biscuits:** Make the biscuits, leave in one large round, place onto a cookie sheet and cut into 6 triangles – similar to cutting a pizza. Pull slices away from each other to expand the circle and allow ¼ inch space between each scone. Sprinkle with sugar and cinnamon and bake for 10 minutes. Also, See Scones recipe

**Dumplings:** Use dinner biscuits recipe, place uncooked biscuits onto the top of the dish for baking. Be sure there is enough moisture in your dish to allow for ½ cup liquid absorption. Cook as directed for up to 20 minutes, or cover, and cook for longer periods of time depending on your recipe.

### Oatmeal Muffins

2 cups all-purpose organic flour

3 teaspoons baking powder – aluminum free double action

2 tablespoons sugar

½ teaspoon sea salt

¼ cup garbanzo flour

2/3 cup cold cooked oatmeal

1 cup coconut milk

2 tablespoons melted coconut oil

Directions: Combine the sugar, salt, flour, garbanzo bean flour, and baking powder in a large bowl. In a smaller bowl, combine coconut milk and oil. Pour the oil mixture into the flour mixture quickly whisking or mixing. Stop stirring when all flour has moisture, lumps are wanted. Fill muffin cups 75% of the way to allow for expansion. Bake at 425 degrees F for 30 minutes. Makes 12 muffins.

### Coffee Cake

2 cups all-purpose flour

3 teaspoons baking powder

¼ garbanzo bean flour

1 teaspoon sea salt

1 tablespoon sugar

1/3 tablespoons coconut oil

2/3 cup coconut milk

**Topping:** ¼ cup sugar, 1/3 cup flour, ¼ cup chopped nuts, 4 tablespoons coconut

oil.

Directions: Combine the flour, baking powder, salt and sugar in one large mixing bowl. Mix well. In another bowl add the coconut milk and melted oil. After mixing the flour, add the liquid mixture and mix quickly. Roll it out lightly without forcing all the bubbles out. Roll to ½ inch thickness, fold and press into an 8 x 8 square pan that has been oiled. Rub the top with melted coconut oil. Sprinkle the well mixed topping onto the cake. Bake at 400 degrees F for 30 minutes.

### Nutty Pie Crust

These are the perfect pie crusts to **replace the graham cracker crust**. Use these shells for berry pies, pecan pie, garden pie, and anytime you need a quick crust.

Makes 2 pie crusts. Good for meal prepping. Can be frozen for later use.

1 cup coconut flakes

1 cup walnuts

2 tablespoons agave nectar

2 tablespoons granulated sugar

5 large dates – pitted, stemmed, and soaked for 10 minutes

2 tablespoons coconut oil – melted

3 tablespoons hot water

Directions: Soak the dates, and save 3 tablespoons of the water. In a food processor, using the S-blade, combine coconut, walnut, agave, sugar, and dates. Pulse until fine ground. Press into a pie pan or cake pan. It's ready to fill, or save these pie shells for later; just seal with plastic wrap, stack, and freeze for later use.

## Lunch Vegetables

### Stuffed Bell Peppers

Makes 6 stuffed peppers. Good for meal prep!

6 Large red Bell Peppers

1 pound sliced mushrooms, sautéed in 1 teaspoon coconut oil

½ cup cornbread crumbs or fresh bread crumbs (not dried)

1 tablespoon rice bran oil

1 cup fresh raw beets – peeled & grated (any color or combination)

½ onion, thin sliced

1 cup vegetable broth

Directions: Sauté the mushrooms in coconut oil. Cut the tops off of each pepper. Remove and clean the inside of the pepper. Mix all other ingredients in a large bowl. Add salt and pepper to taste, or ½ teaspoon of each. Stuff the peppers with the mixture loosely and place close together in a baking pan. Add hot water at the base of the pan to 1 inch deep. Remove from heat and serve. Bake for 45 minutes at 375 degrees F.

Variations:

Top with nutritional yeast at the table

Slice and serve ½ a bell pepper per person as a side dish rather than a main course.

For added presentation appeal, top with 1 layer of bread crumbs moistened with some broth.

### Stuffed Onions

Makes 6 stuffed onions. 6 main course stuffed onions, or 12 halves for side dishes. Good to meal prep!

6 large onions (boil and remove the center)

¼ cup fresh fine ground bread crumbs

¼ cup garbanzo flour

½ cup sliced mushrooms – sautéed

½ teaspoon salt

½ cup coconut milk – canned

½ teaspoon black pepper

Directions: Bring a large pot of water to a boil – large enough to fit all the onions in

whole. Do not peel the onion skins off unless mold is seen, slice off tops, and boil 10 minutes. *While boiling the onions*, prepare the stuffing by combining the ingredients above in a large bowl, then combining it well. After boiling the onions for 10 minutes, remove with a slotted spoon and allow to cool in a roasting pan they will be baked in. Using a tea spoon, scoop out the center of the onion leaving two or three layers of onion on the outside. Leave the root mass at the base to hold it together. Chop the onion centers, and mix well with all the other ingredients. Stuff the onion shells with this mixture, cover, and bake at 350 degrees F for 45 minutes.

### **Stuffed Tomatoes**

- 6 medium to large green tomatoes
- 2 cups cooked pinto beans plain
- ½ cup cooked red rice
- 1 tablespoon Italian seasoning herb blend
- 1 cup vegetable broth or the
- 6 teaspoons ketchup as a topper before baking

Directions: Slice the tops off of the tomatoes. Scoop out the centers leaving the sides and base intact. Place in a baking pan close enough together to touch. Combine rice, seasonings, and beans, and fill each tomato. Fill with broth, and bring the water level of the pan to ¼ inch to prevent scorching the bases of the tomato. Top with ketchup and bake at 350 degrees for 20 minutes.

### **Pan Seared Carrots**

Makes 4 servings. Good for meal prepping.

- 4 cups carrots – sliced
- 4 cloves garlic – sliced
- 1 teaspoon oil (optional)
- 1 cup purified water
- 1 teaspoon sea salt

Directions: Slice the carrots at an angle into thin slices. Heat the garlic in a pan over medium heat for 1 minute in the oil, then add the water. Add the carrots and toss so they all have an even coating. Bring them to a boil, reduce heat to simmer, cover and let simmer for 10 minutes. Serve hot.

### **Succotash**

Makes 6 servings

2 cups steamed corn  
2 cups Lima beans (fresh or dried, cooked)  
½ teaspoon salt  
Dash pepper  
2 tablespoons coconut butter  
½ cup coconut milk

Directions: Combine corn and beans together, add the salt, pepper, milk, and oil and bring to a boil. Serve hot.

Variations:

**Succotash Allium:** Add 2 cloves of garlic, 1 minced onion, 4 tablespoons mild sweet pepper to the corn and continue with the recipe.

### Swiss Chard Seared Greens

Serves 4

2 cups chopped Swiss chard  
2 tablespoons coconut oil  
½ cup coconut milk  
2 tablespoons organic all-purpose flour  
¼ cup garbanzo bean flour  
1 teaspoon sugar  
½ teaspoon sea salt  
½ teaspoon pepper  
½ teaspoon grated onion

Directions: Melt the coconut oil and blend in both flours until totally moistened with the oil. Add the milk, whisking until thickened. Add the Swiss chard, salt, pepper, and onion, and toss to coat well. Allow to pan fry over medium heat for 1 – 3 minutes. Slide off the frying pan onto a serving plate, cover, and keep warm in the oven until serving.

### Vegetable Pot Pie with Chicken of the Woods Mushrooms

Makes 2 shallow pies, or 1 deep pie. Serves 6 – 12 depending on depth. Good for meal prep!



4 pie shells

4 cups cubed chicken of the woods mushroom or chicken strip substitute (toss in vinaigrette)

Vinaigrette: 2 tablespoons lemon juice, ¼ cup grape seed oil.

1 cup loose fresh peas tossed with 1 tablespoon parsley

¾ cup celery leaves

1 cup carrot – cubed small

2 cups potato – cut and cubed small

2 tablespoons vegetable broth powder

1 can coconut milk

8 ounces purified water

¼ cup brown rice flour

3 tablespoons coconut oil

**Directions:** Strip cut the chicken of the woods mushroom. Place into a plastic bag with the vinaigrette and coat evenly. Set aside. Using a mandolin slicer kitchen gadget, or knives, prepare the vegetables by slicing them into fries size strips, and chopping across to get small cubes. Heat a large frying pan on medium high heat, add the oil, carrot, potato, and fry for 5 minutes. Place the chicken of the woods mushroom strips onto a cookie sheet and heat in the oven at 400 degrees for 5 minutes. Remove from heat and allow to cool. Add peas and brown rice flour and evenly coat the flour with the oils from the vegetables in the frying pan. Add the coconut milk and water while stirring or whisking to fully incorporate the flour with the milk. Bring to a boil. Add the vegetable broth powder and mix well. Toss in the chicken of the woods mushroom slices, gently mix it into the filling. Remove from heat. Pre-bake the pie crusts for 2 minutes in the oven at 400 degrees F. Remove the pie shells from the oven, fill two pie shells (or one deep shell) and using the spare pie crusts, flip them over the pie. Press the crust into place, repair any faults that may occur during the flip, and place onto a cookie sheet to bake at 375 degrees F for 20 minutes. Turn oven off, and open the door to crisp the crust after baking, and cool. Serve warm, but it's still good to have cold.

Variations

**Vegetable Pot Pie:** Omit chicken of the woods mushroom. Add 1 teaspoon grey sea salt in addition to the basic recipe requirements.

**Gardeners Pie:** Omit the mushrooms. Change the purified water from 8 ounces to 4 ounces or less. Use the water to only maintain your desired thickness.. Add additional ingredients: 1 tablespoon celery powder, 2 cups spinach.

**Shepherds Garden Pie:** Use button mushrooms in place of chicken of the woods

mushroom. Don't bake the button mushrooms. Omit the second pie crust as a topper and use mash potatoes as a topper.

Check for thick texture by using a wooden spatula against the bottom of the pot and stir slowly. If the liquid is 4 inches deep or less, and you can see the bottom of the pan it's thick and done. If it's getting thicker than that, add the water. Maintain a thickness that is barely pourable into the pie shells, but can still be poured.

## Vegetable Wrap Bread

Makes 4 Square dehydrator sheets, 4 servings. Good for meal prepping.

2 cups zucchini or fine chopped carrots (Use a food processor to chop fine)

1 ½ cup gravenstein apples, cored and cut.

1 small onion or purple shallot, sliced thin

2 cups flax seed

2 tablespoons olive oil \*optional

1 Thai young coconut

¼ inch turmeric - fresh, or 2 teaspoons dried turmeric root powder

1 tablespoon whole coriander seed

2 large cloves garlic

5 dates

½ cup water

Directions: Removes stems and pits from the dates, place them to soak in ½ cup water then blend to a paste & set aside in a small bowl. With a mortar and pestle, crush the fresh garlic with coriander seed, turmeric and a small amount of olive oil. Open the top of the young coconut and save the water in the blender. Remove the top of the coconut & scrape out the insides, place into the blender with the remaining olive oil. Blend on high until velvety smooth. Combine this with the date water and set aside. Prepare the basis of this wrap using flax; In a large bowl, combine 2 cups flax seed with 4 cups purified water and mix well. This will begin to gel. Add the contents of the small bowl to the flax seed, mix well. Add the apples, shallots, and zucchini to the large bowl and knead by hand. Add more water as needed to maintain a workable consistency. The ideal texture for this can be pancake batter pourable thick. Use solid teflex dehydrator sheets The depth of each poured dehydrator sheet should be ¼ inch or less. Place beans under the teflex sheet along the edges to prevent spilling if water is leaching from the mixture. Dehydrate for 4 or more hours until dry to the touch, but clearly not dehydrated fully, keep temp on 115 degrees F. After several hours, flip out onto open dehydrator mesh sheets and dehydrate overnight or 4 – 6 more hours or until pliable. Store in the refrigerator for up to 1 week to use in sandwiches or a side dish to wrap a salad in.

Variations

**Sandwich wrapper** with more flexibility: Increase oil to ¼ cup. Soak Flax in 4 cups of water 30 minutes before beginning the recipe. This will result in more fluidity pouring the sheets, so place large beans or chopsticks under the edge of the Teflon dehydrator sheet to create a bowl or curved up edges.

**Sandwich wrapper al Spicy Barbeque:** Add chipotle powder (1 teaspoonful). Anjo chili powder (1 teaspoonful), and red chili peppers (1/2 teaspoon), 1 cup fresh young coconut meat, coarsely chopped.

## **Burgers Vegetarian**

Makes 6 patties. Good for meal prep.

¾ cup minced onion

1 teaspoon black pepper

1 tablespoon sage

2 tablespoons vegan mayonnaise

¾ cup fresh mashed russet potatoes

1 cup cooked rice

¼ cup garbanzo bean flour

½ teaspoon grey sea salt

2/3 cup bread crumbs – day old bread is best

¼ cup rice bran oil

Directions: Sauté the minced onion, sage, and margarine for 6 minutes. Add the garbanzo bean flour and mix together to moisten the flour. Remove from heat and place into a large bowl. Add mashed potatoes, boiled rice, chopped mushrooms, salt, and mix well. Using a stick blender, blend to break up rice and bread crumbs and give an even texture. Place bread crumbs into a pie pan. Press the patties in hand, and coat in bread crumbs on both sides. Sauté them in vegetable oil until golden brown and crunchy.

Variations:

**Chipotle Burgers:** Add dry ground chipotle powder to the bread crumbs and toss well in addition to the basic burgers vegetarian recipe.

**Pre-biotic Burger:** Use the centers of Jerusalem artichokes in place of the mashed russet potatoes and follow the recipe as listed.

**Turkey Mock Drumsticks:** Place 5 spaghetti sticks in the center of a ball of the patty mixture and form a turkey leg shape around the spaghetti. Break the pasta so only 2 – 4 inches is hanging out from one end. Fry in a frying pan as directed, or bake at 450 degrees for 15 minutes.

## Sauces, Dips, & Spreads

The right sauce can take a plain recipe and make it an amazing recipe. Sauce adds taste, texture, and substance to the entree. See also Cheese Alternative Sauce to make a cheese alternative dip, nacho topping, potato topping, chili accompaniment or drizzle for vegetables like broccoli and cheese.

### Garlic Head Spread:

- ½ cup coconut milk,
- 3 tablespoons coconut oil,
- 10 cloves of garlic with the peel intact, 1 Head
- 3 tablespoons dried dill.

Directions: In a blender, combine coconut milk, oil, and garlic and blend until a smooth white paste forms. Scrape down the sides or use the Vitamix plunger to push down the contents. After desired butter texture is achieved, add the dill, and blend on low to incorporate it with two low setting pulses then pour into an airtight storage container.

### Curry Sauce

Makes 4 servings

- 1 can coconut milk
- 1 tablespoon yellow dried curry powder
- 1 teaspoon fresh ginger
- 1 tablespoon hot chili oil – see recipe
- ½ banana (to be blended with the coconut milk)
- ½ cup water or more as needed to prevent the sauce from getting too thick (up to 2 cups)

Directions: Blend the coconut milk with the ginger, banana, and water. Heat a frying pan over medium heat, add the hot chili oil, and yellow curry powder. Sauté for 1 minute, add brown rice flour and combine well. Add the liquids and stir until it thickens. Remove from heat and jar, use in a recipe, or pour into gravy servers.

### Mushroom Sauce

- Makes 1 ½ cups sauce
- 2 tablespoons coconut oil
- ½ pound sliced mushrooms (1 package)
- ¼ cup brown rice flour
- 1 cup purified water

1 teaspoon apple wood smoked sea salt

1 teaspoon black pepper

Directions: Heat a 9 or 12 inch large frying pan with the coconut oil. Toss in mushrooms, stir to coat with oil as it heats to medium high. Add the salt and pepper, and simmer the mushrooms to reduce their size by ¼ their height. Add the flour and stir to fully incorporate it into the oil. All dry flour must have some oil contact before adding other liquids. Slowly add the purified water while stirring until your desired consistency is reached. This has a shelf life of a week in the refrigerator in an airtight jar.

### Hot Chili Oil

Take ½ pound (2 cups) of Thai hot peppers, and 16 ounces olive oil, or avocado oil.

Directions: In a medium boiling pot, place the oil to simmer, add the prepared chili's and cover. Simmer for 5 minutes. Turn off the heat, and keep it covered for another 10 minutes while it cools. Place this mixture into a large glass covered container (1/2 gallon mason jars) and let it sit in a cupboard for 3 days, and don't forget it beyond 2 weeks. While **wearing gloves**, pour the whole chilies & oil into a nut milk bag and squeeze out any remaining oil from the chilies over a large bowl. Discard the chilies in the garden where pest are a problem, and wash the nut milk bag with soap and water before removing your gloves. Now is a good time for a second straining for a clear oil wearing gloves, or adding red chili flakes for red chili paste. With this amount you can make several varieties of this oil.

### Sweet and Sour Sauce

Makes 2 cups. Good for meal prep.

2 tablespoons peanut oil

1 small clove of garlic – crushed & sliced

3 tablespoons chestnut starch or corn starch if chestnut starch is not available

1 cup purified water

2 red bell peppers – quartered, sliced 1 in sections

2 cups fresh cut pineapple cubes

1 tablespoon rice wine vinegar

2 tablespoons granulated sugar

Directions: In a hot frying pan, sauté the garlic, onion, pineapple, and pepper until tender and flexible enough to bend in half. Combine the chestnut starch with 1 cup cold water. Add the sugar and vinegar, bring to a boil (3 minutes). Add the chestnut starch water and bring to a boil again. Reduce heat to simmer for 15 minutes. Allow to cool and keep as a chunky sweet and sour sauce, or blend for a thick consistent sauce. Refrigerate in an airtight container for up to a week.

### Ginger Spice Garnish

Use this garnish for soups and stews at the table. Use it for the refreshing addition of spice, or warming effect to the palate. The ginger also helps keep the stomach settled during a meal. 1 teaspoon = 1 serving. Makes ½ cup

6 tablespoons fresh grated ginger

1 cored jalapeno

2 tablespoons agave nectar

Directions: Slice off the top of the jalapeno & discard, slice lengthwise, remove core and all white material, and toss into a food processor. Peel the ginger using the dull back of a butter knife, or the upper edge of a spoon. Slice off large fibrous areas of ginger. Slice and toss into the food processor. Using the S-blade, pulse enough times to create a chunky consistency, ginger chunks smaller than half a pea. Add agave nectar, pulse again, and place into a condiment jar.

Variations:

Not so spicy: Leave out the jalapeno and replace it with a yellow bell pepper (or your favorite mild fresh pepper), or omit completely.

Sweetness: Use brown rice syrup, or yackon root syrup to increase the sweetness.

### **Hummus (Fresh Sprouted)**

2 c. garbanzo beans – sprout them for 1 week prior to preparation (rinsing twice daily)

5 cloves garlic with the peel, remove the root base of each clove

2 Tbs. Extra virgin olive oil

3 Tbs. Purified water

2 tsp. Lemon juice

More water as needed for blending consistency.

Directions: Sprout the garbanzo beans / chickpeas by soaking in water overnight, draining and rinsing in the morning, and storing in a jar that is not airtight, rinse twice daily, soak in purified water only.

Add all ingredients to a blender and blend until thick paste

Variations

**Green olive hummus:** ¼ cup green olives (about 5 olives), blend and pour into a 1 quart container, or serving bowl. Slice one or two green olives and place them flat on the blended hummus.

### **Creamy & Quick Hummus**

¾ cup garbanzo bean flour

2 ½ cups vegetable broth

2 cloves fresh garlic  
¼ cup water for blending  
3 tablespoons tahini \*optional  
¼ cup lemon juice  
¼ cup avocado oil  
½ teaspoon cumin  
½ teaspoon grey sea salt  
1/8 teaspoon black pepper  
1/8 teaspoon tobasco sauce  
1 tablespoon lemon flax oil for drizzling

Directions: Heat the broth to simmer, then remove from heat. While whisking, add the garbanzo bean flour and continue to whisk until the combination thickens up. Place this mixture into the blender, add the remaining ingredients, and blend until smooth. Pour into a serving bowl and drizzle with flax oil. Serve warm or cold.

## **Mushroom Cream Cheese Spread**

Makes 1 pound. Good for meal prepping.

2 cups cashews (soaked overnight)  
2 cups macadamia nuts (soaked separately overnight)  
2 capsules probiotics  
8 cups purified water or Rejuvilac  
2 cups slivered onions – caramelized  
5 dates – pitted, de-stemmed, and soaked for an hour  
1 tablespoon fine chopped chives  
3 tablespoons fine sliced fresh shitake mushrooms – Slice very thin along the longest end to end point of the mushroom cap – remove the stems prior to slicing & compost.

Directions: soak 2 cups cashews in 4 cups purified water, do the same with the macadamia nuts in a separate container and allow both to soak overnight, or for at least 1 hour. When preparing the night ahead, caramelize the onions, combine with mashed dates, and chill overnight in the refrigerator. Strain to remove water, place both types of nuts into the blender carafe, and 1 cup of water. Empty the contents of the two probiotic capsules into the blender and discard the capsule shell. Blend quickly beginning on high for about 1 minute, while using the plunger (for Vitamix) or until a smooth velvet texture develops. Pour this into a large mixing bowl and add the chilled caramelized onions, chives, and sliced mushrooms into the cream. Fold several times to incorporate it, but don't over-mix.

Spoon into a milk bag set up in a colander, or a single layer of cheesecloth in a colander. Close the strainer bag at the top, twist the top to bunch the mixture well at the base in a ball form. Keep it open to air in the cheesecloth or milk bag to drain, so place a cookie sheet under your colander. Cover with a towel, place a 1 pound weight on top of the bag for the pressure, wait two days. After two days from the time of making it, remove from the straining bag, and place into an air-tight jar for immediate use. Use in many recipes or as a spread. Combine with other use it on a sandwich, or as a topping to scalloped potatoes at the table. This is good in meal prep as well.

**Cheese Log:** After removing the cheese from the straining bag, place it onto parchment paper and roll. Freeze for 1 hour to harden before slicing ¼ inch thick slices to place onto crackers for appetizers. Allow the roll to sit out in room temperature or 71 degrees F for another day to increase the cheese flavor depth and quality. Limit oxidation by using sealable airtight bags to age your cheese and promote the ripening for an extra two days.

### **Ketchup**

2 tablespoons coconut oil

2 tablespoons brown rice flour

2 ½ cups fresh tomatoes, with seeds removed, minced.

2 tablespoons purple shallot, minced fine

¼ teaspoon black pepper

1 teaspoon celery powder (or celery salt)

**Directions:** In a medium saucepan, on medium heat, melt the coconut oil. Add the flour, and mix well. Add the black pepper, shallots, and celery powder. Add the fresh tomatoes, and reduce heat to medium. Cover and simmer over low heat for 20 minutes. Cool, and blend before placing in a sealed container.

### **Pesto Sauce**

Pesto is a real favorite. This sauce is rich, flavorful, and it works on so many things it's hard to put a place to it. Pesto sauce is traditionally used on fettuccini noodles for pesto pasta, but you can use it on sea palm noodles, sandwiches, mock meats, cold salads, and more. Fennel has a similar quality to basil, and when made into a pesto, it is amazing.

2 cups fresh fennel fronds (or a combo of basil and spinach)

1 clove garlic

½ cup walnuts – soaked overnight

1 teaspoon grey sea salt

¼ cup olive oil

2 tablespoons lemon juice



Directions: The night ahead, soak the walnuts. Place chopped fennel fronds and stalks into the blender, add walnuts, salt, olive oil and lemon juice and pulse to chop it fine. Blend on high until a smooth texture develops. This will appear as a creamy green sauce. For a chunky texture, reserve half the walnuts to the side, blend to a smooth texture, and add the reserved walnuts – pulse a few times to chop the nuts and leave a chunky texture. Place into airtight containers, and/or into the recipe you are creating. This amount of sauce will cover a package of fettuccini noodles lightly, or use less for a saucy pesto.

### **Barbeque sauce**

20 dates (2 cups pitted & de-stemmed dates)

1 teaspoon paprika

½ teaspoon chipotle pepper powder

1 cup fresh diced tomatoes

¼ cup sun dried tomatoes

1 teaspoon black pepper

1 tablespoon brown rice syrup

1 tablespoon lemon

1 teaspoon smoked sea salt

1 tablespoon onion powder

1 clove of garlic

1 cup coconut water

Directions: Place all ingredients into a blender and blend until very smooth. Adjust the spicy heat up by adding up to 1 teaspoon chipotle pepper powder. Keeps for 2 weeks in an airtight container.

### **Asian Browning Sauce**

½ cup coconut milk

1 teaspoon mushroom sauce (see Mushroom Sauce)

1 teaspoonful sesame oil

1 rounded tablespoon cornstarch

1 tablespoon sugar

Directions: Add the cornstarch to ¼ cup water and mix well. Set it aside. Combine the coconut milk, mushroom sauce, sesame oil, and sugar in a small boiling pot, and heat over medium heat while stirring for about 5 minutes. Once it reaches a boil, add the cornstarch

water and continue to whisk until thick. Once thickened to the desired consistency (5 minutes), remove from heat and place into airtight containers or reserve for use in a recipe.

## Shrubs & Lunchtime Drinks

I define a shrub loosely. To me it means every drink with a little vinegar, but I have found that particular vinegars work best in certain recipes. These drinks go way back with an all-American drink known as the Shirley Temple. It is a non-alcoholic drink made with a red syrup packed with synthetic color pigments and perhaps it's time to improve on that. I've found several choices to offer that make perfect and delicious drinks. Have them over ice on a hot day and enjoy. Pack these in a large quart mason jar and take them with you to the office, or wherever you end up during lunchtime. Don't leave them in a hot car!

### Iced Sparkling Tea Shrub

The sparkle is a natural carbonation! Makes 1 quart. The concentrates can be found at local grocery stores in the top shelf of the fruit juice drink section. If they don't have it, request it.

- 1 ounce kombucha (or Probiotic Fruit, Vegetable, Herb, and Spice Infusions:)
- 1 ounce Chia seeds
- 1 ounce organic cranberry juice concentrate
- 1 ounce organic black cherry juice concentrate
- 3 cups Apple juice (or apple cider if it's available)
- 1 teaspoon lemon peel preserves
- 1 cup rooibos tea, or your favorite tea of choice

Directions: Combine all ingredients in a pitcher, mix, serve or save in a large mason jar.

Variations:

### Probiotic Fruit, Vegetable, Herb, and Spice Infusions:

- 1 cup crunchy vegetables: Choose a flavor or make a combination, something with lots of sugars that can be eaten raw, like beets, fennel, and carrots.
- 1 tablespoon of spices like cardamom, curry, nutmeg, cinnamon, or caraway seeds.
- 1 cup Fruit: Choose a fruit that has a high water content like strawberries, cherries, nectarines, grapes, or berries.
- 2 cups kombucha
- 1 teaspoon probiotic powder (can empty probiotic supplement capsules for this)

Directions: Combine crunchy vegetables, spice, and probiotics in a food processor and pulse to grate fine. Add the sugar, and combine. Place on a countertop covered overnight. In the morning, or at least 4 hours later, add the kombucha and mix well. Cover and let it stand in the refrigerator for 24 hours to 1 week. Strain over a large bowl, using the back of a large serving spoon press the pulp down and squeeze out the remaining liquid. Discard the pulp. Bottle the liquid and use in place of fruit juice concentrates in the Iced Sparkling

Tea Shrub.

## **Sparkling Apple Cider Shrub**

¾ cup apple cider

¼ cup kombucha

1 teaspoon apple cider vinegar \*optional

Directions: Combine over ice and serve. This is a perfect picnic drink.

Variations: Add chia seed and carry it with you in an airtight beverage container.

## **Peppermint Tea**

Makes 1 cup. 4 – 6 leaves per cup of tea is key for fresh peppermint tea. Dry peppermint that is younger than 1 year in storage can retain its flavors, but as it ages the aromatics degrade. Dry fresh peppermint on screens in the sun, or using a cool temp dehydrator like the Excalibur™ dehydrator or similar. Once dry, they are crisp to the touch, and easily detach from the stalks. Using clean garden gloves, remove the leaves from the stalks by grabbing a bunch (the size of two handfuls) and rolling back and forth over a large clean tabletop or surface.

1 tablespoon peppermint leaves, dried or 6 large fresh leaves

8 ounces purified boiling water

Directions: Bring the water to a boil. Place the peppermint tea in a tea strainer. Pour boiling water over the peppermint very slowly. Remove the strainer and enjoy. Sweeten to taste as needed.

Each peppermint plant has their difference in flavor. Try a variety of mints including catnip, spearmint, winter mint, and apple mint. The key in making a fresh smelling peppermint tea is to prevent the peppermint from steeping. There are bitter compounds that are released from the leaves when they begin to cook.

## **Hot Lemonade**

1 lemon

5 Barhi wet dates or 3 Large dates

16 - 24 ounces of purified water

Directions: Peel the lemon - leaving the pith intact, slice it in half horizontally to easily remove the seeds with a fork. Remove pits and stem attachments from the dates and toss into the blender Blend for 2 minutes or until warm & serve. This can also be poured over ice and served cold.

## **Green Juicing Blend**

Makes 1 quart

½ bunch cilantro

2 crisp green apples

2 tablespoons parsley

4 large carrots

4 stalks of celery

1 inch turmeric root

½ cucumber

1 inch ginger root

2 cups baby salad greens blend

Directions: Using a single auger juicer, add ingredients alternating with each, and finishing with 1 carrot.

# Dinners to Dine For

Dinnertime is a special gathering time for the whole family. It's a time to discuss the day, seeing everyone at the table eye-to-eye allows for an intimate discussion. Dinner is a time to reflect, and visualize the next day to come, coordinate schedules and verbalize future plans that may need some thinking before scheduling a time (vacations, or ideas for the weekend). Dinnertime is a sharing time where we all talk about what we would like to share, and we have a chance to ask questions about what we are curious about or concerned about.

The meal for dinnertime should not be too heavy. It's something that the body will need 2 hours to digest before lying down. This is especially true for folks who suffer heartburn. Dinner is also our last chance to balance our intake on food groups we have missed earlier in the day. The focus on dinner is boosting minerals, and giving the body a mild yet controlled level of carbs from vegetables. The key is to take into consideration what you have already eaten for the day, offer two vegetable choices, one protein choice, and get the days servings of nuts and seeds. It's also a time to hydrate with herbal teas, or a healing vegetable broth.

Dinner is served on plain mono-tone color table cloths, and place mats. The focus is on who's at the table after a busy day, and to decrease distraction. It's also important to bring focus to the center of the table by placing a vase with a pretty flower or another centerpiece down. This helps to keep the focus on the table, and also helps to keep kids at the table (especially candles). You'll find some appetizers from brunch also work for dinner appetizers, and some of the lunch items also make a great side dish for these main dinner entrees, so see what's in your fridge, make the most out of leftovers, and choose an entrée that would complement those things.

## Dinner menu suggestions

1. Spaghetti, Garlic Bread using garlic spread on a roll, house salad
2. Penne pasta with marinara (cooked according to macaroni recipe), seared greens, cooked brown rice.
3. Vegan hot dog with sauerkraut, chili, and vegan cream cheese.
4. Snack foods & side dishes can also be great dinner ideas – nacho cheese, beans, chips, tomatoes, salsa, for a Mexican dinner.
5. Polenta topped with sun dried tomatoes, steamed baby kale with Italian vinaigrette dressing & grilled mushrooms – tossed, a large green olive, a clove of pickled garlic, a teaspoonful of capers, mash potatoes, chunky applesauce, and cranberry jelly. (this is my favorite complex meal-prep dinner)
6. Grilled Portobello mushroom burger, and cheesy broccoli florets.
7. Sautéed vegetables (fennel, bok choy, carrot, celery, onion, garlic, and potato cubes) and a favorite sauce such as the curry sauce. Serve over brown rice.

## Main Courses for Dinner

Main courses can also be what was for lunch. It's also nice to sit the family around a hot baked Vegetable Pot Pie with Chicken of the Woods Mushrooms. You can also revisit any leftovers from dinner for tomorrow's lunch, or plan ahead for the added servings to save on preparation time later. Dinners are the easiest meal prepping too, so see the meal prep section at the front of the book to get more ideas on how to set up some quick and amazing dinners.

### Stuffed Squash

Substitute the fresh for dried herbs if they are not available.

Makes 4 servings.

4 acorn squash

$\frac{3}{4}$  cup minced shallot

$\frac{1}{4}$  cup grated carrot

1 cup sliced mushrooms

$\frac{1}{2}$  cup black lentils – sprouted

1 cup vegetable broth

$\frac{1}{4}$  cup raisins

3 tablespoons chopped fresh parsley

$\frac{1}{4}$  teaspoon fresh lemon thyme or regular thyme

4 cloves garlic or 2 tablespoons

Directions: Slice off the tops and stems of the squash. Chop them each in half. Scoop out the seeds. Place open end down on a cookie sheet. Bake for 1 hour at 300 degrees F. Check for doneness by using a wooden skewer, if the skewer goes through the squash easily it is done. The skin may be thick, so check only the flesh of the squash you are cooking.

In a medium saucepan, heat the shallots, carrots, broth, mushrooms and spouted lentils over medium heat for 5 minutes. Toss in the thyme, and garlic and sauté. The mixture will be thickening as the broth is absorbed by the mushrooms. Remove from heat. Place the squash on a nice serving platter open end up, and spoon the mushroom mixture into the squash. Top with raisins, and sprinkle with fresh parsley. Serve.

Great sides include cranberry sauce, steamed baby kale with Italian vinaigrette dressing, hot chunky applesauce, stuffed mushrooms, iceberg wedge salad with walnuts and ranch dressing, cornbread stuffing, potatoes, or steamed broccoli.

### Dahl

Serves 4

1 tablespoon coconut oil  
1 cup minced red onion  
2 cloves garlic – smash & set aside  
1 tablespoon fine chopped or grated ginger  
4 cups vegetable broth  
1 cup black lentils  
1 teaspoon cumin powder  
1 teaspoon coriander whole seeds  
1 teaspoon turmeric powder  
½ teaspoon cardamom  
½ teaspoon cinnamon  
¼ teaspoon red pepper flakes  
1 teaspoon grey sea salt  
2 tablespoons tomato paste  
1 fresh curry leaf if available

Directions: Use a mortar and pestle if available. In a grinder or food processor, place the garlic, salt, cinnamon, cardamom, turmeric, red pepper flakes, and tomato paste. Pulse a few times to develop a paste. Some coriander seeds should still be intact. In a large boiling pot or soup pot, heat the oil on medium high. Add the onions, curry leaf, and lentils and sear until lentils have a few golden spots in the mix - 5 minutes if stirring constantly. Add the spices, seasoning paste, and stir together well for 2 more minutes. Add the vegetable broth carefully from the side of the pan at a distance to avoid steam burns. Slowly whisk everything together and bring it to a boil. Once boiling (3 minutes), cover, reduce heat to simmer, and let simmer for 20 minutes. Check every 5 minutes and stir to prevent scalding. Check the lentils for tenderness. For a thinner soup, add more vegetable broth, or add 2 cups of rooibos tea.

Variation:

**Smoky Dahl:** Replace sea salt with smoked sea salt. Add ¼ teaspoon chipotle powder, and 2 large black cardamom pods should be pre-boiled in the broth for 15 minutes before incorporating them into the recipe. Pick them out only before serving, and if storing food in the refrigerator, leave them in to increase the smoky flavor. .

## Hearty Vegetable Stew

Makes 5 –6 quarts depending on your added water level



1 red potato – diced  
½ cup shitake mushrooms, - cleaned and de-stemmed, and sliced into the longest possible strips  
4 cups carrot juice  
4 cups purified water + added water  
2 tablespoons coconut oil  
1 small red onion – ½ cup minced onion  
6 cloves garlic – sliced  
4 stalks celery with leaves – sliced thin  
4 carrots – cubed  
1 medium sweet potato – diced with the peel (1 cup)  
8 ounces diced canned tomatoes or fresh  
8 ounces cooked green lentils  
2 cups baby kale leaves - chopped  
1 teaspoonful parsley  
3 tablespoons apple cider vinegar  
1 teaspoon smoked sea salt  
1 teaspoon black pepper  
1 sprig of fresh rosemary  
2 fresh or dried bay laurel leaves  
2 tablespoons dried Garlic  
4 Star Anise  
3 sticks of astragalus  
2 inches peeled sliced ginger

Directions: Place chopped raw potatoes in a medium saucepan. Cover with about 2 or 3 cups broth and bring to a light boil. Reduce heat to simmer. Use enough broth to simmer the potatoes until they are tender all the way through (15 minutes). In a medium sauce pan add the coconut oil, chopped mushrooms, onions, garlic, celery, carrots, sweet potato, dry lentils, and pan fry in coconut oil for 5 minutes till they are slightly browned and the onions are wilted. Add the tomato, carrot juice, water, and simmer for 3 minutes till it boils. Add the broth as it thickens up, then add the cooked potato cubes. Reduce heat to simmer & cover. Add the seasonings: parsley, vinegar, smoked sea salt, black pepper,

rosemary, bay leaves, garlic, star anise, astragalus herb, ginger, and enough water to bring the level of the soup up close to the top of the large boiling pot. Continue to simmer on lowest heat for 1 hour. Stir occasionally to prevent scorching the bottom. This can also be poured into a crock pot and simmered for the rest of the day on the lowest setting with a little added broth to bring the liquid level about 2 inches from the top. Add rinsed baby kale leaves 10 minutes before serving, mix them in well.

## Garden Pie

3 tablespoons Rice bran oil or other high heat oil.

3 c. Carrots

1 large white onion

1 teaspoon Thyme

1/2 cup Garbanzo & fava gluten free flour

1/2 cup brown rice flour

2 cups parsnips

3 cups potatoes

4 cups Sweet garnet yams

1/4 cup asparagus tips

1 Portobello mushroom

1 can coconut milk - all items organic!

2 tablespoon agave nectar

1 teaspoonful vanilla

2 teaspoonful smoked sea salt

3 tablespoons nutritional yeast \*optional

Directions: Dice all vegetables put carrot, onion, parsnips, potatoes, and yams into a bowl to stir fry before adding the mushrooms and asparagus tips. ● In a pitcher combine 1 can coconut milk with 3 cans purified water and set aside for the sauce. ● In a skillet, add just enough oil to sauté the carrot, onion, parsnips, potatoes, and yams for 5 minutes then turn the heat, stir in the mushrooms and asparagus tips & cover, set on low heat and begin the sauce. ● Sauce: In a large hot saucepan (big enough to fit the vegetables) heat the oil to melt it, add 1 teaspoon of thyme and slowly whisk in the mixed flour (garbanzo & fava, & brown rice flour). Whisk to remove clumps as it melts together over 1 minute. Carefully, but quickly, add the coconut milk while whisking. It will thicken so keep adding the coconut milk and be sure to keep whisking at this point. ● Once the sauce has thickened and is consistently mixed, add the remaining ingredients and then fold in the sautéed vegetables. ● Pour into two pie pans, and serve with nutritional yeast topping at the table. Add 1 teaspoonful of nutritional yeast to your personal helping of garden pie for the right proportions.

## **Baked Butternut Squash**

Makes 6 cups. Varies depending on the size of the squash available.

Prepare the squash by removing scar's, stem, and seeds. Cut the butternut squash across the base to remove seeds. Rinse, and wrap in aluminum foil. Place into a roasting pan in the oven at 300 degrees F for two hours. Check for doneness with a large skewer before removing from the oven. Be careful of the steam trapped inside the foil, open with a fork, allow to cool before handling. Serve slices drizzled with the raisin sauce recipe, or a teaspoon of lemon flax oil.

## Side Dishes

### Side Dish Combo's

1. Cole Slaw, Macaroni & Cheese Alternative
2. Vegetable Salad, Baked Potato
3. Potatoes au Gratin, beets
4. Stuffing, Cranberry sauce, Mashed Potatoes
5. House Salad, Bread Crumbs, & Fruit Salad

### Cole Slaw

Toss together & set aside:

1 small head or ½ large head of green cabbage – shredded

½ head of red cabbage – shredded

3 large carrots – peeled & grated

In a large bowl combine:

3 tablespoons of kombucha vinegar

1 tub Tofutti – vegan cream cheese

1 teaspoonful an alternative mayonnaise replacement – organic mayo replacement

1 tablespoon whole cracked mustard – Organic store shelf item usually in plastic squeeze bottles

2 tablespoons lemon juice or, juice from 1 tart fresh lemon – the fresh lemons I used were wonderful on this

1 teaspoon black coarse pepper

1 teaspoon sea salt

3 tablespoons organic unrefined cane sugar

½ cup coconut milk

Directions: In your large bowl (about 2 quarts or more in size) you will mix all of the ingredients, except for the cabbage, and carrots. Using a hand mixer blend on high for 2 minutes, using a whisk – combine to a velvety texture without lumps. Taste. Toss the vegetables together and then fold them into your sauce mixture. Cover & chill for 2 hours before serving

### Potato Salad

I've chosen to put the potatoes into a pot to boil for 30 minutes prior to slicing them. I drained the liquid after it cooled, and then sliced the potatoes into

slightly large bite size chunks. This will allow them to break up a little while combining them into the salad mixture so they will stay bite size when it's all done.

Prep time: 10 minutes (not counting boiling the potatoes) and 40 minutes if you count the time boiling.

- 4 golden potatoes
- 2 Large red potatoes
- 1 cup vegan cream cheese
- 1 red onion - this is about 1/2 cup of minced red onion
- 1 yellow beet - this is also about 1/2 cup of yellow beet after grating it.
- 2 carrots - which is 1/2 cup of grated carrot
- 2 tablespoons capers
- 2 tablespoons sun-dried tomatoes in oil
- 1/4 cup hemp-seed oil (optional)

Directions: Prepare the vegetables - boiling the potatoes, and allowing them to cool. While cooling or after cooling when you are ready to toss together this salad, grate your vegetables, mince the onion, and have them ready to toss into a large bowl.

Begin by placing your vegan cream cheese into a large bowl. Add your oil and using a fork or small whisk just incorporate the oil into the cheese. Add the capers and tomatoes, and again incorporate them into your cheese mixture again until well combined. Add the carrot, onion, and beet and combine this all together very well. Now add your chunks of potatoes, fold them into the mixture well, and place your potato salad into a nice serving bowl. Serve, or chill for 4 hours for a nice cold potato salad.

### **Potatoes Au Gratin**

Makes 4 servings.

- 3 cups golden potatoes – sliced into 1/4 inch thick medallions
- 2 tablespoons coconut oil
- 2 tablespoons brown rice flour
- 1 cup coconut milk
- 1 teaspoon smoked sea salt
- 1/2 cup dry bread crumbs

1 tablespoon olive oil

Directions: Boil potatoes for 20 minutes. Prepare the sauce in a separate pan while potatoes are boiling: Heat a medium saucepan over medium high with the 2 tablespoons of coconut oil. Add the brown rice flour and combine well. Add the sea salt and coconut milk. Whisk constantly, and once it comes to a boil and begins to thicken, turn off the heat. Set aside. Check to see that a long wooden skewer stick goes into a potato easily, but they are not breaking apart. Drain, rinse, and slice into medallions. It's ok if they are not cooked all the way through. Using the odd pieces at the bottom of the baking pan, arrange the medallions in a 6x9 baking pan so they are overlapping all in one direction (like a bunch of dominoes that have been tipped over). Cover with the sauce. Bring the water level in the potatoes to 1 inch. Drizzle olive oil over the bread crumbs, toss, and top the dish with bread crumbs. Place into the oven at 350 degrees F for 15 minutes. Remove from heat and serve warm.

Variations

**Cabbage au gratin:** Follow the recipe, but use steamed cabbage slices rather than potatoes.

### Mashed Potatoes

Makes 6 potatoes.

4 – 6 cups cooked potatoes – peels removed unless you are making it with the peel

3 tablespoons avocado oil

½ cup coconut milk

1 teaspoon salt

1/8 teaspoon black pepper

Parsley as a garnish

Directions: Cook the potatoes and cool. Mash with a potato masher roughly to break them up and remove tough peel portions. In a small pot, heat the coconut milk, salt, pepper, and avocado oil. Add the liquid mixture to the mash potatoes and mix well with a fork, or electric hand mixer until smooth. Do not over mix or they will become sticky. Serve hot with a side of mushroom gravy, cream cheese alternative, chives, and fresh cut red onions. It can also be served with sauerkraut, mustard, and onions, or smothered with vegan chili.

## Baked Potatoes

4 Large Potatoes

Aluminum foil

Directions: Set oven to 375 degrees F. Wash & scrub the potatoes under water to remove dirt. Cut out any bruises, deep cuts, and pick off roots if it's sprouting. Wrap them in aluminum foil, place them on a cookie sheet, open one side of the foil and fill with ½ cup water, then seal it up again. Place the cookie sheet into the hot oven and bake for 45 minutes or until a long wooden skewer passes into the potato easily.

## Stuffing

Makes 3 cups stuffing. 3 servings.

3 cups cornbread – cubed (day old bread is best) you can also use another type of bread.

1 ½ cup vegetable broth

¼ chopped onion

3 tablespoons chopped celery

2 tablespoons coconut oil – melted

1 teaspoon grey sea salt

½ teaspoon black pepper

½ teaspoon fresh chopped rosemary – stems removed

½ teaspoon oregano

Directions: Heat a large saucepan on medium heat, toss in the onion, celery, salt, pepper and stir over medium heat for 5 minutes. Add the bread cubes, vegetable broth, bring to a boil, folding the mixture with a spatula to moisten the bread. After it reaches a boil, turn the temperature off & cover. Allow to sit for 5 minutes.

Variations

**Hazelnut cornbread stuffing:** To the basic recipe, add 1 cup soaked then chopped hazelnuts, and ½ cup de-stemmed, pitted dates – sliced into small squares., 1 cup vegetable broth, Fold these in along with the cornbread chunks. It will take an extra minute or two to get this fully incorporated.

## Savory Seasoned Bread Cubes

Makes 3 cups stuffing. 3 servings.

3 cups cornbread – cubed (day old bread is best) You can also use another type of bread.

¼ chopped onion  
3 tablespoons chopped celery  
½ cup vegetable broth  
2 tablespoons coconut oil – melted  
1 teaspoon grey sea salt  
½ teaspoon black pepper  
½ teaspoon fresh chopped rosemary – stems removed  
½ teaspoon oregano

Directions: Heat a large saucepan on medium heat, toss in the onion, celery, salt, pepper and stir over medium heat for 5 minutes. Add the bread cubes, toss, and turn the temperature off. Allow to sit for 5 minutes.

## **Beets**

Makes 3 servings.

4 large beets (1 bunch)  
½ cup organic coconut milk  
2 tablespoons maple syrup

Directions: Boil the beets in water for 20 minutes on medium heat. Reserve the water, and rinse the beets with cold water to cool. Once cool, using your hands to squeeze the beet skin & slide it off the beet. Remove the skins from all beets. Dice the beets. Place into a serving place, and pour the coconut milk over the top. Drizzle with maple syrup and serve, or serve with a side of maple syrup to allow guests to control the level of sweet.

## **Cabbage & Peanut Sauce**

½ Napa cabbage head, sliced  
1 cup coconut milk  
2 cup purified water  
1 teaspoonful coconut oil  
Garnish with pumpkin seed butter

Directions: Slice the head of cabbage in half, store one half, then thin slice horizontally down from the top. Remove the tough heart and continue with remaining cabbage while holding it in place to maintain the shape. Holding it's shape, place the cabbage into a large boiling pot. Add 2 cups purified water and bring to a boil, cover, and boil until water is half the level it was. Add the coconut milk and coconut oil, bring to a boil, add the peanut butter, reduce heat to lowest setting, cover, and allow to steam for 1 minute. Let it sit covered for 10 minutes before transferring to a serving bowl. Top with some nutritious pumpkin seed butter



## Fruit Salad

Makes 8 servings

1 cup Watermelon – cubed

1 cup cantaloupe – cubed

1 cup large green grapes – cleaned with stems removed, sliced in half

3 tablespoons lemon

1 banana – sliced

2 tablespoons sugar

¼ cup berries (blackberries, blueberries, cherries, raspberries or other)

Directions combine the sugar and lemon juice together well until the sugar is dissolved. You may heat this slowly to speed the process of becoming a syrup and leeching some liquids from the fruit. Toss in the banana, and all the melon cubes, toss. Fold in the grapes and berries. Chill, and serve.

## Deserts

### Chia Pudding

Makes 4 desert bowls, total of 2 cups. Have this low glycemic instant pudding as desert, or breakfast! This is just as good for you as it tastes! This can either be very much like Tapioca with the whole seeds, or pudding by using ground seeds. You choose your texture and enjoy a quick 10 minute desert for the whole family! This stores well for 4 days in airtight containers. If you would like a meal prep ready pudding then see the chocolate pudding recipe below.

1 can organic coconut milk & 1 can of water – combine -  
8 tablespoons of chia seed (whole or ground depending on the consistency you like)

1 teaspoonful ground vanilla or 1/2 teaspoonful organic vanilla extract

2 tablespoons brown rice syrup \*optional for a sweeter pudding

**Directions:** Combine coconut milk, water, brown rice syrup, and chia seed. Whisk together for 10 minutes. Allow it to sit for 30 minutes refrigerated. Add 1 teaspoonful ground vanilla, or 1/2 teaspoonful organic vanilla extract. It will fully thicken overnight, but this almost instant pudding is still can be eaten fresh if you reduce the amount of total liquids by half. Spoon into desert containers and serve with a sprinkle of vanilla powder or fresh ground nutmeg. Letting it sit overnight will give it the solid texture of most packaged tapioca snack foods

#### Variations

1. **Chocolate** tapioca or pudding: Add 1 teaspoonful cacao powder and 2 teaspoonful's maple syrup
2. **Fruit** pudding: Make this the night ahead and in the morning have this as cereal with 1 whole banana and 1/2 cup blueberries. The antioxidants from the blueberries can support the liver and help to remove heavy metals trapped in cells.
3. **Apples & Cinnamon Hearty Breakfast:** Make this the night ahead: Follow the initial recipe and add 1/2 cup oatmeal, 1 cup apple juice, 1 large green apple, 1 teaspoonful cinnamon, 1/8 teaspoonful clove, 1/8 teaspoonful fine ground star anise powder, 1 tablespoon maple syrup. Let this all stand overnight in the refrigerator. This is a very filling breakfast, and it also supports the immune system, gut flora, and has the full days supply of the best fatty acids to support energy levels through

the day.

## Chocolate Pudding

Rich, thick, and creamy like a baked chocolate pudding consistency, in half the time. This is a lunchbox favorite. Use this in meal prepping and parfaits. Makes 4 servings. Good for meal prep

½ cup dates – pitted, stems removed, and soaked overnight in 1 cup water (save the soaking water to use)

¾ cup cashews – soaked overnight

½ tablespoon roasted carob powder

1 tablespoon white chia seed

1 tablespoon coconut oil – melted

½ cup dry raw cashews

¼ cup agave nectar

2 tablespoons cacao powder

½ teaspoon vanilla extract

6 ounces of the date water

Directions: Add the ingredients in this order: Soaked cashews, coconut oil, agave nectar, vanilla extract, and date water. Begin blending until smooth. Assemble the remaining ingredients into one cup to add all at once: dates, carob powder, cacao powder, and chia seeds. Quickly add the remaining ingredients and blend on high speed using the Vitamix & plunger to keep the contents moving. Pour into 4 individual serving cups and chill for 10 minutes.

## Apple Treats

Makes 6 biscuits. This is great for meal prepping

1 cup almond – soak overnight, remove skins

1 ½ cup crunchy apples

½ cup flax seeds – ground

2 large dates or 4 medium dates – pitted and de-stemmed

1 tablespoon lemon juice

1 teaspoon grey sea salt

½ cup psyllium husk

Directions: In a food processor, chop the almonds, salt, lemon juice, dates, and apples. Grind the flax seed and add psyllium husk to the flax mixture and combine well. Add the dry mix to the food processor and run till its consistent, scoop out golf ball size portions of the mixture, ball, and place onto a dehydrator sheet with 1 inch space between each. Pat the rounded tops down after all portions are on the dehydrator sheet. Place in the dehydrator overnight, or into the oven at the lowest setting with the door slightly propped open for 1 hour. Remove, test firmness, and package as to-go fruit and protein snacks.

### **Butternut Squash Mousse**

Makes 4 servings.

Place 2 cups of cubed clean butternut squash – peels removed

1 cup water

1 teaspoon lemon juice

1 cup cashews or pine nuts

4 dates – pitted & stems removed

½ teaspoon cinnamon

1 teaspoon nutmeg

2 teaspoons organic vanilla extract

Directions: Place all ingredients into the blender and blend for about 5 minutes until well incorporated. You may need to blend in small batches. Place into individual serving cups, or a large serving container. This can be kept in the refrigerator overnight and it will taste even more spiced in the morning as all the flavors melt together. Serve with a drizzle of maple syrup.

### **Chocolate Truffle Cake**

**Crust:**

¼ cup cacao powder

½ cup carob Powder

1 cup coconut flakes

1 cup almond flour

½ cup orange pulp (after pressing for juice)

4 tablespoons cacao butter

2 teaspoonful's vanilla bean seeds

Directions: Place all of the ingredients for the crust in a food processor with the S-blade attachment. Pulse until it forms a paste that is holding together. Press this into a 9 inch or 12 inch spring form pan.

### **Cake:**

1 cup coconut milk

3 cups macadamia nuts – soaked overnight

1 cup orange juice & 1 tablespoon orange zest

2 tablespoons vanilla beans

1 cup agave nectar

5 tablespoons melted cacao butter

1 ½ cup grated cacao butter

2 cups cacao powder

Directions: Make the crust and set aside. Using a blender add the coconut milk, macadamia nuts, orange juice, vanilla, zest, and agave nectar then blend until very smooth. Add 5 tablespoons of the melted cacao butter, and cacao powder and blend again. If it becomes too dry add some more coconut milk to keep the blender moving the contents. Use the plunger on the Vitamix or scrape down the sides between blending to keep everything at the same consistency. Pour over the crust in the spring form cake pan. Place into refrigerator to chill for 5 – 8 hours. Overnight is best.

### **Chocolate Chip Cookies**

2 ¼ cups all-purpose flour

1 teaspoon salt

1 cup coconut butter – softened

¼ cup granulated sugar

¾ cup brown sugar

1 teaspoon blackstrap molasses

1 teaspoon vanilla extract

¼ cup garbanzo beans

¼ cup water

2 cups chocolate chips

1 cup nuts \*optional

Directions: Preheat oven to 375 degrees F. Combine the two sugars, molasses, vanilla, water, garbanzo bean flour, and mix together well. In a large bowl, combine flour, baking soda, and salt and combine well. Using a hand mixer, combine the liquids into the flour. Mix well. Add the chocolate chips and mix enough to incorporate them all into the dough. Using a tablespoon, measure out the dough 1 ½ inch apart, 1 tablespoon each onto a cookie sheet. Bake for 10 minutes or until golden brown begins to appear along the tops of some of the cookies. Cool on the cookie sheet for 2 minutes before removing them, and placing them onto a large paper bag or rack to cool.

### Candied Citrus

Make a large batch of this after making orange juice. Be sure the oranges are organic. Makes 4 servings.

2 Cups orange peel petals – After cutting in half and removing the fruit, slice it in a star pattern to make wedge shaped petals.

2 cups organic sugar

2 cups water

Directions: Boil the water and orange peels for 10 minutes, reduce heat to simmer until the water is almost gone. Add the sugar and up to another ½ cup water for moisture to dissolve sugar. Continue to simmer until the sugar has fully melted and the liquid returns to a soft boil, cover, and simmer until liquid is almost amber color and as thick as honey. Mix with a spoon to coat the petals. Empty this onto a cookie sheet or parchment paper, sprinkle with granular sugar, transfer to the dehydrator mesh screen once they have fully cooled.

For sugar crusted petals, transfer to a large deep container pre filled with 2 cups of sugar, and add another 1 – 2 cups of sugar. Press firmly, toss and press again. Do this until the sugar has all moistened, or your level of coating has been achieved. Place into a colander and toss over a cookie sheet to harvest back the excess sugar.

## Afternoon and Evening Beverages

### Hot Mulled Cider

Makes 2 quarts

20 cloves

2 quarts fresh apple juice

10 cinnamon sticks & 1 teaspoon ground cinnamon

14 whole allspice

¼ teaspoon sea salt

½ cup agave nectar

**Directions:** Combine all ingredients into a large boiling pot and simmer for 30 minutes. Remove from heat. Allow it to stand, covered, without opening it for 24 hours, or overnight at the least. Strain and serve hot.

### Chamomile Tea

Makes 1 cup

1 tablespoon fresh dried German chamomile flowers

1 cup water

**Directions:** Pour boiling water over the chamomile flowers in a tea strainer, or mesh strainer. Allow them to steep in the hot water for 5 minutes. Remove, sweeten, and enjoy.

### Dark Hot Chocolate

4 tablespoons cacao

1 ½ cups purified water

3 tablespoons sugar

Pinch of salt

1 ½ cups coconut milk (canned)

**Directions:** Mix water and cacao in a large boiling pot. Bring to a boil. Add 3 tablespoons sugar, salt, and coconut milk. Bring to a boil again, whisk together well, remove from heat and serve. Double the recipe for two large servings, and more as needed. For large groups, serve this from a crock pot with a ladle and a cold side dish of coconut cream to spoon into the top & float in the chocolate mixture.

## Food Colors Naturally

**Red food color:** Can be achieved by infusing (steeping) hibiscus flowers in sugar water. 50% sugar 50% water, or create a tea in just ¼ cup of your recipe liquid.

**Yellow food color:** Turmeric gives a golden yellow tone, and when used very lightly it gives a sunny yellow tone. Use the dry powder direct into food to achieve the color you desire. Stop just a few shades lighter than what you want, and wait for the colors to blend with your creation.

**Blue food color:** blueberries can add blue colors, but only in the right dishes. They are great to change a white cake to a deep blue, and pancakes will also turn a purple blue tone.



## Cultures & Preserving Foods

In this chapter you will have my perspective as a nurse and nutrition professional. My methods are more controlled because fermented foods have a high risk of going bad. These recipes reduce the risk by the direct and controlled introduction of the desired cultures. You can obtain probiotics at a supplement & vitamin store. Lactobacillus can be found on it's own, but it's good to try a refrigerated blend of probiotics which will give you the best results. Check the refrigerated section of the local community market or request probiotics from your grocer that have these two varieties: B. breve, and L. acidophilus – see below.

Cheese culture: Bifidium breve

Nut Milks: Lactobacillus acidophilus

### Probiotics

There are other types of beneficial bacteria, which are harder to find in blends but do well in recipes. S. thermophiles, L. rhamnosus, B. breve, L. acidophilus, B. infantis, B. longum, L plantarum, L. salivarius, L. helveticus are all in my favorite probiotic blend from the brand New Chapter Organics, “Probiotic All-Flora.” Try that brand, or try one that’s available to you with the two key varieties Bifidium breve, and Lactobacillus acidophilus.

### Vegan Cream Cheese

Makes 1 pound

2 cups cashews (soaked overnight)

2 cups macadamia nuts (soaked separately overnight)

2 capsules probiotics

8 cups purified water

Directions: soak 2 cups cashews in 4 cups purified water, do the same with the macadamia nuts in a separate container and allow both to soak overnight, or for at least 1 hour. Strain to remove water, place both types of nuts into the blender carafe, and 1 cup of water. Empty the contents of the two probiotic capsules into the blender and discard the capsule shell. Blend on high for about 1 minute or until a smooth velvet texture develops. Pour into a milk bag set up in a colander, or you can use a painters strainer placed over 1 layer of cheesecloth on a dehydrator sheet or slotted rack for draining. Close the strainer bag, twist the top to bunch the mixture well at the base in a ball form, place onto the draining rack or keep in the colander. Cover, wait two days, remove from the straining bag, and place into an air-tight jar for immediate use. Use in many recipes or as a spread. Combine with other ingredients to make a seasoned cheese ball, or keep it plain.

Variations

**Cheese Shitake mushroom log:** Add 1 cup fine sliced shitake mushroom caps. Discard the stems or use them as a tea separately.

**Cheese, Onion & Chives** for appetizers: ¼ cup fresh chopped chives, ½ cup oil marinated & dehydrated red onions, 1 teaspoon vinegar (to be added before blending), 1 teaspoon salt, ¼ cup onion greens. Add the fresh chopped onions, chives, and onion greens after blending. Combine by mixing with a spoon. After removing the cheese from the straining bag, place it onto parchment paper and roll. Freeze for 1 hour to harden before slicing ¼ inch thick slices to place onto crackers for appetizers

## Sauerkraut

Makes 1 quart

- 4 cups green cabbage sliced very fine
- ½ teaspoon salt
- 3 tablespoons lemon juice (fresh)
- 1 tablespoon dill
- 1 tablespoon cardamom
- 1 crushed clove of garlic
- 1 Lime Rock that fits inside the lid of the jar
- 1 capsule probiotics

Directions: Thin slice the cabbage, and place into an oversize bowl. Grab, squeeze, press, mash, knead, and pound that cabbage to bruise the leaves, release juices, and begin the process. Add the probiotics, lemon juice, salt, garlic paste, and dill then combine well. Pick up the cabbage with your hands and press it into the base of the jar, one handful at a time. Press well to make it as compact as possible. Place the rock inside the lid of the cabbage. Pour enough of the liquid over the cabbage to bring the water level to the rim. Leave on the counter to ferment for 2 days at room temperature. Remove the lime rock, and store the sauerkraut in the quart jar in the refrigerator for up to 6 weeks.

Kim Chee: Use Napa cabbage, and add ½ cup thin sliced onions, 1 cup carrots – julienne, juice from 1 lime, and the Curry Sauce.

## Ranch Creamy Dressing

Makes 10 servings.

- 1 cup cashews – rinses, and soaked overnight
- 1 cup coconut water
- 3 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar or kombucha vinegar
- 1/3 cup avocado oil
- 2 garlic cloves

1 teaspoon grey sea salt  
2 tablespoons onion powder  
2 large dates – pitted & stems removed  
2 capsules or 1 teaspoon probiotic powder – capsule removed  
¼ cup parsley – chopped  
¼ cup chopped dill  
1 tablespoon chives  
1/8 teaspoon paprika  
½ teaspoon black pepper  
1 tablespoon beer \*optional

**Directions:** Soak cashews overnight. Set aside a little bit of the dill, chives, black pepper, and parsley depending on how chunky you would like it. Fresh herbs can turn it a light green color when blended in. Assemble all blender ingredients beginning with cashews at the base of the blender, and everything else on top. Blend quickly at first, then go from slow to fast to keep it moving. Using a Vitamix you will need the plunger to keep it off the sides. Scrape down the sides to keep it moving, or add more coconut water to get it moving. The more coconut water is added, the thinner it will be. Chill and allow it to set for an hour before serving. Keeps for 2 weeks (sometimes longer)

#### Variations

**Chive dressing:** Add ¼ cup more chopped chives to this dressing and let stand overnight.

**Caramelized onion dressing:** Pan Sauté 1 cup diced fresh onion in 1 teaspoon coconut oil until caramelized. Add water as needed to prevent dryness & burning and keep moisture in the pan while caramelizing the onion. Combine with the finished basic recipe for ranch.

### Artichoke Hummus

Makes 2 quarts

1 tablespoon hempseed  
2 tablespoons coconut oil  
1 clove of garlic  
¼ inch turmeric  
1 shallot – medium size  
1 lemon with pith

- 1 cup rejuvilac
- ½ cup water
- 4 artichoke hearts, whole
- 1 tablespoon grey sea salt
- 2 green olives
- 4 cups sprouted garbanzo beans
- 2 cups coconut milk
- 2 probiotic capsules or 1 teaspoon

Directions: First, blend only the hempseed, oil, garlic, turmeric, shallot, and lemon in the rejuvilac. Add the ½ cup of water, 4 artichokes, salt, olives, probiotics, coconut milk, and garbanzo beans. For a thicker hummus, do not add the water or coconut milk until needed to keep the blender going. Allow to sit for 10 minutes. Garnish with roasted red bell peppers.

### Rejuvilac

Makes 1 quart. Used as a water additive to uncooked fermented foods. Use this in place of water to speed the fermentation process and boost the beneficial flora.

- 1 cup wheat berries
- 1 quart container
- 1 square of cheesecloth, to cover and secure over the container

Directions: Soak the wheat berries in purified water overnight. Rinse in the morning and set in a cool dark location for the second night. Rinse the following day and repeat two more times for about 4 – 5 days until the wheat berries have sprouts about 1 cm long. Place the sprouts in 1 gallon of water and set this aside in a dark place in the kitchen. Leave this for 3 – 4 days until it is cloudy. Stir briskly, and strain the sprouted wheat out. Save the water – this is the rejuvilac.

### Christmas Cranberry Jam

Makes 1 quart.

- 4 cups fresh cranberries (1 package)
- 1 cup organic brown sugar
- 1 cup organic sugar
- 1 cup orange juice
- 1 tablespoon lemon juice
- 1 teaspoon lemon rind gratings

1 teaspoon pectin

1 cup water (boil, mix with pectin, then add to cranberries)

**Directions:** In a large pot, boil the cranberries in the orange juice and sugars for 3 minutes, then simmer for 15 minutes. Now begin working with pectin for the thickener: Boil 1 cup water in a small bowl for dissolving pectin. Add the pectin to the boiling water and mix well until dissolved, then add this to the cooked cranberry mixture. Add to the cranberry mixture, mix well, Cover, and heat on lowest setting for 15 minutes. Whisk or stir every few minutes. Remove from heat, cool covered for 10 minutes, blend until a pasty consistency, add the grated lemon peel and only fold into the mixture, pour into quart size jars. Cover loosely with the canning lids, and pressure cook for long term canning or store in the refrigerator unopened up to 3 months, use within a week or two after opening, watch for any visible signs of contamination, and always use clean utensils to get small portions out of the jar.

**Pressure cooking:** Pressure of the 10 psi weight takes 30 minutes of pressure cooking time. If using a regular boiling pot, simply boil the jar with the lid on loose enough to allow gas to escape. Boil in a regular pot for 1 hour (place a rack at the base of the pot to avoid breaking the jar base). After it has boiled for an hour remove the jar from the water once it's cool enough, avoiding the steam. Use precautions, use equipment including a jar lifting device, and have kitchen mitt's on for this to avoid burns. Place the jar onto a rack or countertop (multiple jars 2 – 4 inches apart). Tighten the lids down well, and allow to cool to room temperature.

Variations:

**Cranberry dressing:** Do not blend the final product, just can it as a whole berry dressing.

**Spiced cranberry dressing:** use 1 or more drops of cinnamon oil to the recipe.

**Rose cranberry:** use rosewater in place of water with the pectin.

### **Hot Habanero Jam**

Makes almost 1 quart.

3 cups purified water

3 tablespoons pectin

2 cups sugar

2 cups sliced habanero's (use gloves to slice and handle these)

**Directions:** Boil the water and sliced habanero's for 15 minutes, add the sugar and stir until dissolved. Once boiling again, add the pectin, whisk together well for 3 full minutes, once it returns to a boil pour this through a mesh strainer into a bowl, or directly into jars. Leave the sliced habaneros in for the look of it, or remove them for a clear light orange jelly.

### **Seedless Blackberry Pie Filling or Blackberry Jam**

Makes 1 quart or 1 pie filling. This can be made ahead & stored after the canning process.

4 cups blackberries

2 cups water

1 teaspoon pectin

1 tablespoon lemon juice

1 piecrust recipe (see recipe)

2 tablespoons brown rice flour

1/8 teaspoon grey sea salt

Directions: Combine berries, sugar, flour, lemon juice, and salt in a medium boiling pot and slowly bring this to a boil over medium heat. Once boiling, remove from heat and cool partially. Set up a large bowl, and a mesh sieve over the top of it to remove the seeds next. Pour the cooled mixture into the sieve & press through using the back of a spoon. Once the whole mixture has been done, return it to the medium boiling pot & bring to a boil again. Add the pectin to the boiling berry mixture, remove from heat & combine well for 2 full minutes. Get your pie crust ready by warming it in the oven for a few minutes, fill the pie crust, and bake for 25 minutes at 350 degrees F.

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