

The  
**GARDEN OF EDEN**  
**RAW FRUIT &**  
**VEGETABLE**  
**RECIPES**

by  
*Phyllis Avery*





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# **The Garden of Eden Raw Fruit & Vegetable Recipes**

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*Phyllis Avery*

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# **The Garden of Eden Raw Fruit & Vegetable Recipes**

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**(Second edition, revised and expanded)**

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# **INTRODUCTION**

## **Why Should We Eat Raw Foods?**

**The highest quality foods are unprocessed raw foods. All the nutrients are found intact. The amino acids are in their unchanged form. The minerals, vitamins, carbohydrates, fatty acids, trace elements and enzymes--the "life force" of foods--are present.**

**Uncooked/fresh food contains enzymes. Digestive enzymes act as a catalysts in the digestion of food . Metabolic enzymes build absorbed food products with their minerals and vitamins into tissues, repair the body and aim to keep the organs healthy, and remove worn-out material from the cells, keeping everything in repair. Without enzymes, the body can't utilize vitamins, minerals or nutrients. We are born with a genetically determined limited supply of enzymes.**

## **What Happens When We Eat Cooked Food**

**When we eat cooked, enzyme-deficient food, our bodies have to supply the enzymes from our various glands and organs for aid in digesting our food. As our original enzyme supply is reduced, our glands and organs fight over the dwindling supply so they can carry on their vital work.**

**Also, when food is cooked the proteins are coagulated (curdle), the amino acids are demineralized and toxins are created in the alteration. Calcium becomes disassociated with organic compounds, and thus becomes unusable to the body. Sugars are caramelized and disorganized. Fats are disorganized and are rendered carcinogenic. Cooked fats are chemically altered into fatty acids which are not usable by the body, consequently becoming "free floating poisons." The cooking of fats also causes them to become "saturated" and attracted to the linings of artery wall, where they attach and harden. The result is hardening of the arteries.**

**Cooking food causes mineral loss by:**

**1. Leaching. The minerals are carried out in the food's own juices and into the surrounding liquid. Anytime you see colored water in the pan, you are seeing mineral loss. There are exceptions to this. For instance, salt does not have color.**



**2. Evaporation. Minerals will "bubble out" from foods upon application of heat. Anytime you smell cooking odors, you are smelling mineral loss.**

**3. Chemical Alteration. Mineral salts in foods are changed chemically by the application of heat, so much so, in fact, that they become not only biologically unavailable to the body but toxic as well. Anytime you are tasting flat, flavorless food, you are tasting mineral loss.**

**Eventually our glands and organs break down because they are devoid of enzymes. Years of eating cooked food causes the steady depletion of enzymes, which are stored in various organs, leaving it weakened and vulnerable to disease, plus hastens the aging process.**

**Another occurrence of eating cooked food is that our white blood cells are manufactured to transport enzymes to break down the cooked food. White blood cells are large and stiff with wider diameters than most capillaries. Chronic consumption of cooked foods can cause our white blood cells to increase to the point where they literally block our capillaries. The more cooked food we eat, the more white blood cells we produce, and the greater our risk of heart disease.**

**Enzymes are totally destroyed when the cooking temperature reaches 120 degrees. Enzymes play a vital role in changing carbohydrates, proteins, and fats through the digestive process. The body uses these substances to provide energy, and to rebuild cells. Enzymes are essential for tissue building, blood replacement, and the release of chemical energy for muscle movement. In essence, they are the 'agents of life.' This is what is meant by "live food".**

**The human digestive system is not equipped to process meal after meal of cooked food. Raw food supplies the enzymes we need to digest it so that we don't sacrifice our metabolic enzymes, which are needed for many vital tasks.**

**Raw food provides enough enzymes to digest only that particular food. If we eat any cooked or processed food along with our raw food, the body has to draw upon its enzyme reserves to digest it. We expend great amounts of energy supplying the enzymes needed to break down cooked food.**

**Digesting enzyme-deficient food is an extremely energy-consuming task. This is why we often feel tired after a big meal. Fatigue, constipation, gas, heartburn, headaches, and bloating are just a few of the many signs of impaired digestion.**



***There are three conditions that food should meet: it should produce mental clarity; it should not burden the body with toxins; and it should be able to be digested quickly without wasting a lot of energy. Foods that are not natural to the body - flesh, milk and milk products, and most grains - create a restlessness in the mind and body. Toxic bodies develop into an array of diseases. Food from animals are already dead. Anything dead will begin to decompose immediately. To demonstrate this, take a cooked and uncooked apple. The cooked apple would have to be eaten immediately or be refrigerated because it has started to decay. When the cooked apple is eaten, the body is attempting to digest food that is in the process of decomposing. When the raw apple is eaten, it is being digested and assimilated in its live state.***

***Not only have we grown accustomed to cooking out many nourishing elements, but we have tampered with Nature's food in countless other ways. Our food supply is loaded with preservatives, colored with toxins, flavored with chemicals, frozen, canned, smoked, and so on. What we have done to food is an epic in itself, and may go down in history as an unwitting attempt by the human race to commit a show suicide.***

***A vast quantity of existing evidence shows that a predominantly raw diet can reverse bodily degeneration which accompanies long term illness, retard the rate at which you age, bring you seemingly boundless energy, require less sleep, and even improve your emotional outlook. Raw foods provide more body energy because much less energy is wasted eliminating the toxins developed in cooked foods.***

***In quite a short time a predominantly raw diet does several things. Since raw foods are easily digested (24 to 36 hours compared to 48 to 100 hours for cooked foods), the body's eliminative facilities can expel accumulated wastes and toxins quickly. Optimal sodium/potassium and acid/alkaline balance are restored. Raw foods increase the micro electric potential of cells, improving the body's use of oxygen so that both muscles and brain are energized.***

***When most of your food is eaten raw, you'll eat less! People become obese mainly from eating food that is devitalized. Their malnourishment causes them to overeat because they are truly hungry. Those who consume fresh fruits and vegetables don't overeat, because the enzymes, minerals and vitamins are still intact in these foods providing quick satiety on less foods. When the body has fulfilled its requirement of these nutrients, it signals the brain that it is satisfied.***



**Processed/cooked foods lack these nutrients, therefore no signal is sent to the brain to cease eating. Raw foods not only restore the natural appetat (appetite control) but they help the body to achieve a normal weight. Obesity disappears steadily, painlessly, effortlessly. Raw foods do not cause or support degenerative diseases. They clear up menstruation and menopausal problems. Raw foods provide the alkalinity required to balance the body's pH.**

### **But Where Do I Get My Protein?**

**Protein is built from amino acids, which are the building blocks of protein and found in every living food. You can't find a single living food that doesn't have amino acids. Our illnesses are caused not by lack of protein but by an excess of proteins. Proteins in excess of bodily needs putrefy, especially when proteins are cooked, deranging them beyond usability. The average American consumes about seven pounds of food daily and ingests 105 grams of protein. Most Americans are sick, and the fact that they daily take in about four times the protein requirements is a contributing factor. Our real protein needs are about 15 to 25 grams daily. High protein diets are detrimental to general well-being. Slight increases of protein can reduce oxygen transport by as much as 60%. This results in oxygen starvation and can lead to mutated and/or cancerous cells. The demand for protein in cancer cells is from 1.3 to 11 times the level of normal cells.**

**Most importantly, animal protein is not easily assimilable by the body. Plant-based protein (found in all living foods) has been determined to be a more usable protein, because it digests more efficiently.**

### **Where Do I Get Vitamin B 12?**

**Some people believe vegetarians are deficient in B 12 as a result of eating fruits and vegetables exclusively, but almost no natural food in nature has vitamin B 12 in it. There is no vitamin B 12 in grass either, yet cattle have plenty of vitamin B 12. We humans get our Vitamin B 12 the same way other animals do—from by products of bacterial activity in our intestinal tract. Also certain other B complex vitamins are created in and absorbed from the intestinal tract.**



## **How To Convert Your Family To Raw Foods**

***First, and most importantly, never tell them you intend to change their diets for health reasons. You will be met with resistance! Tell them anything: that you are bored with the meals you have been preparing and eating and you want more variety, that meat is too expensive, that you are tired of washing dirty pots and pans. But never forewarn them of your intentions.***

***An ideal time to start the change is spring or summer. Prepare salads and tell them the main meal is the second course. Let them eat only what they want of both raw and cooked foods. (Throw uneaten food away. Raw food that has been cut open, quickly spoils. It is as important to dine in pleasant surroundings as it is to eat nourishing food. Even raw food can cause indigestion if one is forced to eat it, and no value will come from it. Gradually increase the proportion of raw vs. cooked food. Eventually, family members will not want the cooked food and will leave the table satisfied after eating the raw food.***

***Some of the recipes I would suggest for your family would be all of the fruit dishes since children have a natural propensity for fruit, and also the following meals: Almond Carrot Dip; Avocado Tomato Soup; Creamy Carrot & Avocado Soup; Applacado Salad; Carrot-Nut Patties; Carrot-Oatmeal Patties; Stuffed Avocados; Stuffed Tomatoes; Vege Burgers; Yam & Raisins with Almond Butter Sauce.***

## **What To Expect When You Improve Your Diet**

***Remarkable things begin to happen to the body and mind when you improve your diet. The amazing intelligence present in every cell of the body is heightened. The rule may be stated thusly: when the quality of food coming into the body is of higher quality than the elements present in body tissues, the body begins to discard the lower grade materials to make room for the superior materials which it uses to make new and healthier tissue.***

## **Withdrawal" Symptoms Follow Use of Improved Diet**

***What are the symptoms or signs which become evident when we first begin to omit the lower-grade foods and introduce superior foods? Example: when the use of a toxic stimulant such as coffee, tea, chocolate or cocoa is stopped, headaches are common and a letdown occurs. This is due to the discarding by the body of the***



**toxins caffeine and theobromine, which are removed from the tissues and transported through the bloodstream to the eliminating organs. When the blood circulates through the brain during its many bodily rounds before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain. Other signs of body detoxification are discomfort in the back due to the concentration of toxic materials there.**

**Therefore, should one wish to avoid uncomfortable symptoms, raw foods should be introduced into the diet slowly. Start by replacing one of your normal meals each day with a raw one. Drinking fresh-squeezed orange juice in the morning will give you a natural mental high lasting several hours. Gradually eliminate meat and processed foods from your diet until you reach a balance of about 75 percent raw and 25 percent cooked. At this point you will discover the benefits of raw food.**

## **PROPER FOOD COMBINING**

**Food combining refers to the best combinations of foods to eat together at the same meal. Foods of differing digestive characteristics require different body enzymes and secretions for digestion. For example, nuts and seeds, which are protein foods, require an acid environment for their digestion. Starches require an alkaline environment. Fruits create an alkaline condition in the stomach. Now it is not possible for the stomach to be acid and alkaline at the same time with any great efficiency. Consequently, the enzymes neutralize each other and the food is not digested properly.**

**Eating foods with differing digestive times causes the fast digesting foods to be held up, resulting in fermentation. Also, if a protein is eaten with a carbohydrate, such as meat with bread or potato, the different digestive juices in contact with each other will nullify the digestion of each so that indigestion occurs.**

**The protein will putrefy and the carbohydrate will ferment. The result is gas and flatulence in the system with little value derived from the foods. Also, eating fruits after a regular meal guarantees fermentation.**

**That which is not digested only wastes the body's energy in passing it through the alimentary canal. Worse than this, the undigested food becomes soil for bacteria to feed upon, resulting in putrefaction and fermentation which irritate and**



**poison our tissues.**

**This is not to say that applying the principles of food combining will insure good digestion, as there are other factors which reduce our digestive capabilities, such as eating under stressful conditions, when fatigued, before or after strenuous exercise, when feverish, during strong emotional experiences, overeating, etc. In addition, the use of condiments, especially salt, vinegar, alcohol, coffee, carbonated drinks, or tea during a meal retards digestion considerably. Indigestion and flatulence are also caused by swallowing air when eating too fast. All of these circumstances must be considered if one desires good digestion. Note: There are many reasons for indigestion. Information about my book Stop Your Indigestion is in the back of this book.**

### **Incompatible Combinations**

**The following combinations of foods are the least compatible with the human digestive system. Although these combinations are commonly eaten because the eater experiences no immediate adverse reaction, the cumulative adverse effects will surface later on in life. When symptoms of indigestion do occur, many sufferers administer an antacid remedy, which neutralizes the digestive acids in the stomach. Continued use of antacids can ulcerate the stomach.**

#### **Acid/Starch Combination**

**Examples: Pizza, rice with tomato sauce, orange juice and cereal and spaghetti and tomato sauce. All acids destroy salivary amylase, the starch-splitting enzyme in the saliva, and thus arrest starch digestion in the mouth and stomach. Additionally, due to the differing transit times of fruits and starches, the fruits will be detained in the stomach, resulting in fermentation. The fermentation of fruit in the digestive system results in the proliferation of candida. Fruit eaten on an empty stomach does not ferment.**

#### **Protein/Starch Combination**

**Examples: Meat and potatoes, peanut butter and bread, meat sandwiches, cereal and milk, potato chips and sour cream dip. As stated earlier, salivary amylase is destroyed in the stomach in the presence of a highly acidic medium. Since protein digestion requires such a medium, this combination is unacceptable.**



# FOOD COMBINING CHART FOR COMPLETE AND EFFICIENT DIGESTION

★ PROTEINS AND STARCHES EATEN TOGETHER TEND TO SPOIL IN THE STOMACH ★

**POOR**  
INDIGESTION • WEIGHT GAIN • FATIGUE

**PROTEINS**  
(CONCENTRATED FOODS)

Bean sprouts	*Meat
*Cheese	*Milk
Coconut	Nuts (raw)
Dried beans	Nut butters
Dried peas	Seeds
*Eggs	Seed butters
*Fish	Soybeans
*Fowl	Sunflower sprouts
Garbanzo beans	Tofu
Lentils	*Yogurt

**FATS**

Avocado	Olives
Butter	*Margarine
Cream	Sour Cream
*Lard	

**OILS**

Avocado	Sunflower
Corn	Sesame
Nut	Soy
Olive	Safflower

**STARCHES**  
(CONCENTRATED FOODS)

Artichokes	Parsnips
Beets	Pasta
Carrots	Peas
Chestnuts	Potatoes
Coconuts	Pumpkins
Grains	Split peas
Lentils	Turnips
Lima beans	Winter squash
Mature corn	Yams

**POOR**

**GOOD**

*\*Not recommended, but included for clarity.*

**GOOD**

**GOOD**

**GOOD**

## NON-STARCHY VEGETABLES (HIGH WATER CONTENT FOODS)

Asparagus  
Beet greens  
Broccoli  
Brussels sprouts  
Cabbage  
Celery  
Chard  
Chicory

Collards  
Crookneck squash  
Cucumber  
Dandelion  
Eggplant  
Endive  
Escarole  
Green beans

Kale  
Kohlrabi  
Lettuce  
Okra  
Parsley  
Rutabaga  
Spinach  
Sprouts

Summer squashes  
Sweet pepper  
Tomatoes  
Turnips  
Water cress  
Zucchini

## MILDLY STARCHY VEGETABLES

Artichokes  
Beets

Carrots  
Cauliflower

Celery Root  
Corn

Mushrooms  
Peas

## IRRITANTS - USE SPARINGLY

Garlic

Leeks

Onions

Radishes

**DON'T COMBINE PROTEINS & VEGETABLES WITH FRUITS**



★ EAT FRUIT BY ITSELF ON AN EMPTY STOMACH ★


LET 1-2 HOURS ELAPSE AFTER EATING FRUIT BEFORE EATING OTHER FOODS



ACID FRUIT		LOW-ACID FRUIT	SWEET FRUIT	MELON*
Blackberries	Plums (sour)	Apple	Kiwi	Bananas
Grapefruit	Pomegranate	Apricot	Loquat	Dates
Kumquat	Raspberries	Blueberries	Nectarine	Dried Fruit
Lemon	Strawberries	Cherimoya	Papaya	Grapes
Lime	Tangerines	Cherries	Peach	(Thompson & Muscat)
Orange	Tangelos	Fresh Fig	Pear	Persimmon
Pineapple		Grapes	Plums (sweet)	Raisins
		Huckleberries		
				Cantaloupe
				Casaba
				Christmas
				Melon
				Crenshaw
				Honey Dew
				Musk
				Persian
				Sharlyn
				Watermelon

 \*Melons are best eaten as a separate meal from other fruits.

 Fruits should be eaten as a fruit meal, unmixed with other foods except lettuce and/or celery.

 3-5 hours should elapse after eating other foods before eating fruit again.

 Avocados are best combined with low-starchy vegetables. They make a "fair" combination with starches or acid-fruits.

 Tomatoes may be combined with low-starchy vegetables and either nuts or avocados.

 Eat only one protein food at a meal.

 Fats inhibit the digestion of protein.

 Never drink liquids with or immediately following a meal.

**FOODS PROPERLY COMBINED streamline digestion, promote weight loss and energize and strengthen your entire body.**



## **PROTEIN/STARCH COMBINATION**

**Examples: Turkey with nut stuffing, omelets, trail mix. Each type of protein food requires different timing and different modifications of the digestive secretions. When one protein is combined with another protein, digestion becomes difficult. As protein is the most difficult food nutrient for the body to digest, it would be beneficial to consume only one type of protein at a meal. This would not exclude the eating of two or more types of nuts at a meal, as their composition is relatively similar. (Note: The most recent data concerning protein needs has shown that it is unnecessary to consume all essential amino acids at each meal).**

### **Acid/Protein Combination**

**Examples: Strawberry milkshake, turkey and cranberry, ham and glazed fruit, yogurt with fruit. The enzyme pepsin will only be active in the presence of one particular acid, hydrochloric acid. Other acids may actually destroy this enzyme, including fruit acids.**

### **Fat/protein Combination**

**Examples: Avocado with nuts, scrambled eggs with butter, all fried foods. Fats inhibit the flow of gastric juice, interfering with protein digestion. Since our need for fat is very little, and most protein foods already contain sufficient quantity of fat, any additional fat intake**

**becomes difficult to digest. Avoid combining butter, oils, avocado, etc. with protein foods.**

### **Sugar/Protein Combination**

**Examples: Snacks with nuts and honey, ham and brown sugar. Sugars also inhibit the secretion of gastric juice interfering with protein digestion. This is true of both fruit sugars and commercial sugars.**

### **Sugar/Starch Combination**

**Examples: Fruit-filled pastry and pies, fruit with cereal or bread, yams and brown sugar. If starch is combined with sugar, the starch is disguised, preventing the adaptation of the saliva to starch digestion. Eating fruit-filled pastry and the mixing of juice and/or fruits with cereals or breads produces indigestion, and therefore prevents the body from assimilating food.**



## **Take Milk Alone**

**Milk and milk products are difficult to digest in themselves, thus making them impossible to combine with other foods. Combining milk and fruit is worse than combining milk with meat or vegetables because fruit takes much less time to digest than any other food. The fruit is held up in the stomach awaiting the more lengthy digestive time required by the milk. If you absolutely must consume milk and milk products, consume them alone. Since their indigestibility causes putrefaction and fermentation in the digestive tract, at least you won't be destroying other foods.**

## **Melons**

**Melons decompose faster than other fruits. For this reason it's best to eat melons alone, or leave them alone.**

## **Avocado**

**The avocado provides us with an excellent, natural source of fat. It combines best with non-starch vegetables and makes a fair combination with acid fruits.**

## **Nuts & Seeds**

**Concentrated foods such as nuts and seeds should be eaten with, or as part of, a vegetable salad. The water content of the salad vegetables offsets the lack of water in nuts and seeds.**

## **Tomatoes**

**The tomato, although generally thought to be a vegetable, is really an acid fruit. Due to its low sugar content, it may be combined with non-starchy vegetables. Tomatoes should not be combined with either starches or proteins, except nuts, seeds, and avocados.**

## **Lettuce & Celery with Fruits**

**Fruits, except melons, may be combined with either lettuce or celery, as these vegetables are neutral in digestion, they enhance digestion of the fruits, especially the concentrated, sweet varieties.**



## **Juices**

**Juice is a concentrated food, and should be considered as an entire meal. When drinking fruit or vegetable juice, drink them about 20 minutes before a meal, since they dilute the digestive secretions.**

## **Proper Food Combining & the Recipes in This Book**

**In trying to offer a variety of dishes, some of the recipes are not combined according to the laws of natural food combining. Those recipes are ones with fruit and nuts combined in the Fruit Snacks chapter, and starchy vegetables with nuts. There are only three vegetable and fruit combinations, and they are the Stuffed Grape Leaves recipe, the Carrot & Apple Salad and the Yams & Raisins with Almond Butter. If you are inclined to suffer from indigestion, I suggest you avoid these recipes. Not everyone will have a noticeable effect from eating these improper combinations but no one will get the full value from the foods.**

## **Acid-Forming Foods**

**All dairy products are acid-forming (except butter which is neutral). Likewise with all animal products. All grains and grain products (except millet). Virtually all legumes, especially lentils, peanuts and most beans are acid in metabolic reaction. Chickpeas are only mildly acid-forming.**

## **Alkaline-Forming Foods**

**All vegetables including sprouts, (except asparagus) are alkaline forming. All fruits (except blueberries and olives) are alkaline forming. Nuts (except almonds and chestnuts) are acid-forming. Most seeds, notably sunflower, sesame and pumpkin are alkaline forming. Also, alkaline in reaction are certain beans such as soybeans, lima beans, peas and snap beans and fresh young corn still in a sweet condition.**

## **About Natural Hygiene**

**The recipes in this book are based on my interpretation of the teachings of natural hygiene. Natural hygiene bases itself upon meeting the needs of humans, strictly in accordance with their biological disposition.**

**Some important concepts of natural hygiene are:**

**Health is normal and natural to humans just as with all creatures in nature. Health**



***is produced only by healthful practices.***

***Disease, sickness, ailments and suffering are abnormal, unnatural and unnecessary. Unhealthy practices inevitably produce disease.***

***All healing is self-healing. Nothing in the world outside of the body's faculties has the power and intelligence to assess body problems, and to create the cells and fluids necessary to effect tissue repair. "Treatments" from the outside can never substitute for these biological processes.***

***Health can be regained and maintained only by healthful living. All that is introduced into or onto the body other than those life essentials normal and natural to the body is harmful.***

***The eating of raw fruits, vegetables, seeds and nuts is but one part of natural hygiene. Natural hygiene is a system of healthful living. To learn more about natural hygiene contact the Natural Hygiene Organizations in the back of this book.***

## **ABOUT THE RECIPES IN THIS BOOK**

### **What Is a Tomatillo?**

***A tomatillo is a small tomato like green vegetable with an onion like skin covering. It is tart. I liquefy it and use it in place of vinegar. All the major super markets in the West and Southwest carry tomatillos.***

### **What Is a Jicama?**

***Although relatively new to North America, the jicama (Hicama) has flourished in Mexico for centuries. Often called the Mexican potato or yam bean, jicama is the bulbous root of a leguminous plant, resembling a giant brown turnip. It has a thin, patchy, light brown skin, and a crisp, juicy, water chestnutlike interior.***

***Jicama's white flesh can be eaten raw and has a distinctive crunchy texture. The flavor is similar to water chestnuts but is sweeter. With only 45 calories for a 3 ½ ounce serving, jicama is an ideal vegetable for the dieter.***

***Before serving, peel off skin of the desired piece of jicama.***

***When selecting a jicama, choose one that is firm to the touch. Some scarring on the***



**skin is common and does not indicate that the inside flesh is damaged.**

**Jicama should be stored in a cool dry place. After it is cut it should be sealed with plastic wrap and refrigerated.**

### **What Is a Daikon?**

**A daikon is a Japanese white radish that resembles a carrot but is usually thicker and longer. I use this vegetable very sparingly because it contains mustard oil and isothiocyanate and therefore is irritating to the stomach. I use it in place of the highly irritating onion for which I do not use in my recipes.**

### **What Is Tahini?**

**Tahini is a thick, smooth paste made of raw, ground sesame seeds.**

### **What Are Bean Sprouts?**

**Bean sprouts are mung, azuka, and lentil beans that are still in their tiny bean stage and have not yet fully sprouted. Most health food stores and major grocery chains carry them. If your grocery store does not sell sprouting beans, they can be ordered from**

**Frieda's of California**

**P.O. Box 58488**

**Los Angeles, CA 90008**

### **What Are Tamari, Soy Sauce, & Liquid Aminos?**

**Tamari is a naturally fermented soy sauce containing sea salt and alcohol. Some brands contain fermented wheat.**

**Soy sauce is fermented soy beans, wheat, or a combination of both. Some brands use yeast and salt. Soy sauce comes in many grades and types, ranging in color from light to dark, in density from thin to thick. Specific types are light, dark and heavy. Light soy (made with soybean extracts, flour, salt and sugar) is light-colored and delicate. Dark soy (made from the same ingredients plus caramel) is blacker, richer and thicker. Heavy soy, made with molasses, is thick and sticky.**

**Liquid Aminos (produced by Bragg's), has a soy bean base with a specially**



**formulated vegetable protein. All three are high in salt.**

### **How To Wash Spinach**

**The root must be cut loose from the stems to get all the sand and grit off the small leaves near the root. Rinse spinach in water until all traces of dirt are gone. The leaves will float to the top and the grit will sink. Drain in a colander. Pinch off stems with your fingers and toss the leaves in a cloth towel. To use the spinach soon after washing, spread it on another dry towel and place it in the refrigerator for at least a half hour to dry. Dressing will not stick to wet leaves. Otherwise spread the spinach on the towel and roll it up in the towel. Place it in an untied plastic bag in the vegetable crisper.**

### **How To Soak Garbanzo Beans (also known as Chick Peas)**

**Place one part dry garbanzo beans in a wide-mouth jar or covered casserole dish with three parts water. The beans will triple in size. Always use drinking or distilled water. Put the container in the refrigerator. If you use a jar, shake it occasionally, to prevent the beans from jamming against each other when they swell, making them difficult to extract.**

### **How To Sprout Seeds & Beans**

**Use a sprouting jar with a screen top.**

**Approximate yield:**

**1/2 cup alfalfa seed makes 4 to 5 cups of sprouts**

**1/2 cup grain seed makes 2 1/2 cups of sprouts**

**1/2 cup beans makes 3 cups of sprouts**

**Discard broken and discolored seeds or beans. Rinse well. Place them in sprouting jar with four cups of lukewarm water. for each cup of seeds. Let it soak overnight. Drain. Note: Alfalfa seeds do not require presoaking.**

**Rinse and drain seeds three times a day. The water must drain out of the jar or the seeds or beans will not sprout. You can place the jar in a bowl or pot to keep it at a slight angle. Don't allow seeds to cover the screen and cut off air and**



**circulation. The best temperature for sprouting most seeds is 65• to 75• degrees F.**

**Books for further reading on sprouting:**

***The Sprouting Book, by Ann Wigmore***

***Sprouting Publications, P.O. Box 62, Ashland OR 97520***

## **How To Clean Vegetables**

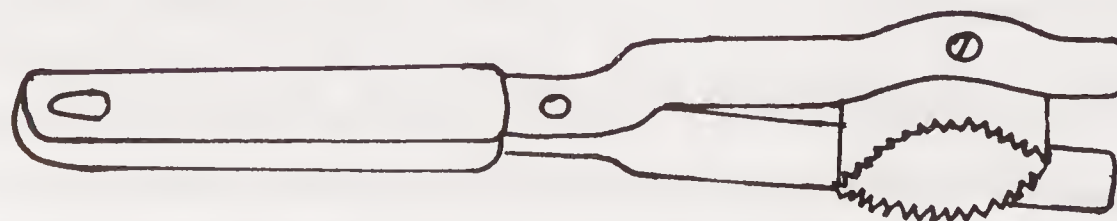
**On some occasions our food may be contaminated with pesticides, mold, or salmonella. Even organically grown food ,my have traces of pesticides from spraying on adjoining farms. Some farm workers do not have access to clean rest-rooms. Cutting equipment can be contaminated, as well as transportation vehicles and storage containers. Everything you handle when preparing food should be washed, whether you eat that section or not, because of the contact with edible portions.**

**Rinse fruits and vegetables thoroughly. Use a spray bottle with a solution of 2 tbs. of baking soda per pint of water. Scrub fruits and vegetables with a vegetable brush when you can. Wash foods like lettuce and spinach in a basin of water; avoid soaking them for more than a few minutes to prevent the leaching of nutrients into the water. Dry with a cloth towel.**

**....To clean carrots, place them in a basin of cold water. Using a firm vegetable brush, scrub the carrots while they are immersed in the water. Rinse under clean water**

## **How To Kernel Corn**

**Place a large bowl in the sink. Twist the corn kerneler over the corn cob while squeezing the kerneler tightly. When you have gone halfway down, flip the cob around and continue to**





**the end. Go firmly and slowly. Keep the cob pointed well into the bowl because the kerneler will snap when it reaches the end, causing the kernels to scatter. Tap the kerneler clean over the bowl. Using a paring knife and a firm downward motion, scrape the "cream" off the cob into the bowl. This is the tastiest part of the corn.**

**The added flavor enhances the flavor of the food.**

### **Important Instructions**

**Many of the foods in this recipe book are to be grated. Although a minimal amount of vitamins and minerals will be lost by grating foods, they are still superior to cooked foods. The Japanese generally grate their raw vegetables. Grating releases the flavor, and grated vegetables absorb dressing better. Note: When you have four or five vegetables to cut and grate, refrigerate the cut ones in a covered dish while preparing others. Also to avoid rapid vitamin loss, cut fruits and vegetables should be served immediately**

### **Seasonings,, Condiments & Irritating Foods**

**You'll notice I use very little seasoning in my recipes. Raw foods generally don't require seasoning because the natural taste of the food has not been cooked out. The use of seasonings is optional in the recipes.**

**The taste buds of cooked-food eaters are jaded and they are unable to taste anything unless it is seasoned. Many seasonings contain salt, MSG, garlic, yeast, textured proteins, artificial sweeteners, soybeans, harsh spices and herbs, and fermented residues. They are usually irradiated, other deleterious substances that should never be taken into our bodies. Because of the aforementioned two statements, I have created my own seasonings to be used until the taste buds are able to function normally. The seasonings are made exclusively from dehydrated vegetables. Further information is in the back of the book.**

**The seasonings should be used in moderation because seasoning increases one's appetite and create an artificial desire for a food that is not physiologically required by the body.**



**Also, condiments should be avoided because they irritate the alimentary tract, impairing the functioning of the body. Catsup, mayonnaise, mustard, hot salsa, and vinegar should not be avoided.**

**Such items as onions, garlic, radishes, chili peppers, horseradish, cranberries and all other irritating or bitter foods should be left out of the diet.**

## **Water**

**While eating, large quantities of digestive juices are being poured into the stomach. If water or beverages are taken, these digestive juices are diluted. The water passes out of the stomach in ten to fifteen minutes and carries the digestive juices along with it. The food is deprived of these juices and digestion is greatly retarded or stopped altogether.**

**In addition, drinking water and beverages leads to bolting of food. The food is washed down instead of being properly masticated and salivated. Fermentation, putrefaction, and indigestion will follow. It is recommended that you drink your water:**

**At least fifteen minutes before meals.**

**Wait at least thirty minutes after a fruit meal.**

**Wait at least two hours after a starch meal.**

**Wait at least four hours after a protein meal.**

## **Desserts**

**Desserts, eaten at the end of the meal, such as cakes, pies, puddings, ice cream, stewed fruits, etc., do not combine well with vegetable or protein meals, and they cause indigestion. Also, chances are that the eater has already eaten to capacity making it unnecessary to consume more food. Desserts serve no useful function and are not advisable. Deserts are a creation of the food industry. Regarding desserts: DESERT THE DESSERTS.**

## **Raw Food and Saving on Utility Bills**

**The average family in America can save from \$10 to \$12 per month on utility bills by switching to a raw food diet. Imagine the reduction of fossil fuel used nationally**



***if this were done!***

***The cooking of meat and the use of oils in frying creates an estimated 200 pounds of airborne grease per household that is released in the home every year. Some grease may go out the stove exhaust but much is left to coat the walls, cupboards, drapes, floors, windows, window fans and screens, furniture, hair, skin, and nasal passages. Added to this problem is the use of polluting chemicals required to remove the grease. Scientific studies have shown that airborne grease is more carcinogenic than cigarette smoke!***

***The time saved by not doing the extra cleaning of these items can be better used for productive purposes.***

### **Kitchen Utensils You Will Need\***

***Electric food processor***

***Chopping board***

***Corn kerneler***

***Hand-held slicer***

***Electric food blender***

***Potato peeler***

***Electric nut chopper/grinder***

***Firm vegetable scrub brush***

***Assortment of salad bowls***

***Assortment of stainless steel knives***

***\*Note: I use a Salad Shooter for most of my meals.***

## **HOW TO SELECT AND STORE FRUIT**

***The following two chapters have been gleaned from Joe Carcione's The Green Grocer, Jean Anderson Cooks, Don Middaugh, produce marketing manager of Shamrock Foods Co., newspaper food sections, magazine articles, and my own experiences.***

***In general, never store fruits and vegetables in the same drawer. Fruits produce ethylene gas, which triggers the ripening process. When you combine fruits and vegetables, the gas from the fruit deteriorates the vegetable.***

***Fruits' ripening time can be determined by controlling the gas. Warm***



**temperatures stimulate ripening; cold temperatures inhibit it. Thus, unripe fruits should ripen at room temperature; ripe fruit should be refrigerated. Remove fruits and tomatoes from the refrigerator an hour before serving, as cold temperatures inhibit their flavor.**

**To speed up ripening, put unripe fruit in a paper bag to concentrate the gas and add a piece of ripened fruit. The gas emanating from it will stimulate outgassing from the other fruit. An avocado will ripen in three to four days in a paper bag. Add a kiwi or banana and it will ripen even sooner.**

## **Bananas**

**It's not true that tree-ripened bananas taste better than artificially ripened ones. If bananas were allowed to ripen before harvesting, they would be starch and mealy or burst out and rotten fruit. Bananas are at their prime when they are a medium yellow color and speckled with brown spots. The speckling indicates they have turned from starch into sugar and are at their sweetest.**

**Green bananas are placed in air-tight ripening rooms that are scientifically controlled for heat and humidity. This produces a uniformly ripened fruit, with almost all of the starch converted into sugar for good taste.**

**After a banana ripens it can be refrigerated. To keep it at the peak of ripeness for three days or longer, put it in a dark plastic bag, and seal with a twist tie. The skin may darken but the fruit inside will still be good. Never put a green banana in the refrigerator, If you want to slow down the ripening process, leave them out in the open on a dish in a cool location.**

## **Blueberries**

**Look for plump blueberries. Avoid baskets that are stained with juice. The berries will be soft, watery and overripe.**

**Shriveled berries indicates they've been held too long since harvesting.**

**Store blueberries in the container they came in the refrigerator. They will keep a few days, but it's best to use them the same day you buy them. When ready to use, rinse them in cool water.**

## **Cherimoya**

**Cherimoyas must be handled with care as they are easily damaged and**



**deteriorate rapidly if chilled prior to ripening. They should ripen at room temperature and are best when they are slightly yellow green. Once ripened, cherimoyas can be refrigerated for 3 to 4 days.**

### **Grapefruits and Oranges**

**As with all citrus, the heavier the fruit, the juicier. Florida grapefruits and oranges are juicier than those from California and Arizona, but Western fruit has a thicker skin that's easier to peel. Unchilled oranges lose juice. Refrigerated oranges and grapefruits both keep for a few weeks. Select smooth-skinned citrus. They will have less pulp.**

### **Grapes**

**Grapes should be plump and firm. Purple varieties should be a robust, deep color. Green seedless varieties should be yellowish in color. When they are more green than yellow they are not fully ripe. Bunches with small green berries indicate underdevelopment, and will be sour. A good indication is the velvety powdery look on the skin.**

**Grapes should be kept refrigerated to prevent dehydration. Pick off any bad grapes before you put them in a plastic bag. They will keep up to two weeks. Rinse grapes when you're ready to serve them.**

### **Kiwis**

**To select a ripe Kiwi, place one in the palm of your hand and squeeze very gently. As you add pressure the fruit should give slightly. If you prefer to ripen it at home, place it in the same bag as your bananas. The fruit will ripen uniformly.**

**Ripe kiwis will stay fresh in the refrigerator for several weeks.**

### **Mango**

**Select a smooth-skinned mango that has started to gain color. All-green ones may never ripen properly. Avoid shriveled fruit and those with large black areas on the skin. They are overripe.**

**To ripen a mango place in a paper bag on top of the refrigerator where the temperature is warm and constant. A mango is ready to eat when it yields to pressure when cradled in the palm. A truly ripe mango will also produce a rich aromatic, fruity scent. Once it's ripe, refrigerate in a plastic bag.**



## **Sweet Melons**

**Varieties of this fruit include cantaloupe, Persian melons, Crenshaw melons, casaba melons, and honey dew melons. A general comment about selection is don't select soft melons; they will always be overripe. Any melon that "sloshes" when shaken will be mushy inside and may have started to sour. Reject any melons that are soft and wet at the stem end, they have already started to decay and will deteriorate rapidly. Melons become riper and mellower after they are picked, but their sugar content does not increase. Keep melons in a warm area out of direct sunlight for three or four days before chilling and serving. Store cut melons in the refrigerator with the seeds in, wrapped in plastic. Eat within a few days.**

### **Individual Melon Information**

**A ripe cantaloupe will be completely covered with a creamy-colored netting against a creamy yellow background. The smell will be sweet and musky and the blossom end (opposite the stem end) will yield slightly when pressed. Don't select one that has a large smooth spot on the surface.**

**Persian melons resemble oversized cantaloupes, but are rounder with a finer, flatter netting. Select a springy melon devoid of large smooth spots. Avoid those with a dark or greenish-black netting; a sign of immaturity which probably won't ripen successfully.**

**Casaba melons: Choose a golden-yellow one which will spring back when the blossom end is gently pressed.**

**Honey dew melons should be selected by having a creamy-white or creamy-yellow color rind. The skin should have a soft velvety feel, slightly sticky or oily.**

## **Nectarines**

**Select nectarines that are firm, plump and well-formed. Skin color should show a blush of bright red over a yellow or yellow-orange background. Avoid green or dull-colored fruit. It was picked too early and will shrivel instead of ripening.**

**If you wish to store the fruit before ripening, they will keep well in the refrigerator.**



## **Oranges**

**Not all oranges are orange-colored; many are green. The cool climate in California and Arizona is what makes oranges turn orange-colored. Because of customer preference, oranges from Florida and Texas are put in a dye-bath that changes their color from their natural green to orange. They are always stamped "Color Added." In California, Valencia oranges tend to regreen late in the season. Don't judge an orange by its color. Select ones that are firm and heavy for their size; an indication of a juicy orange. Choose smooth-skinned ones.**

**Store oranges in a cool place. The refrigerator is acceptable but not necessary. If a mold develops on an orange, dispose of it before it spreads to other fruit.**

## **Papayas**

**Papayas ripen from the blossom-end up to the stem-end. A good papaya has started to color and has speckled yellow over 35% of the fruit. At that point, the fruit will ripen completely in two to three days at room temperature.**

**Select one with a fruity aroma which yields under slight pressure. The skin should be smooth, not shriveled. Dark skinned ones with dark spots will get progressively worse and eventually penetrate through the flesh and cause a bad flavor.**

**A ripe papaya can be stored in the refrigerator for one or two days.**

## **Peaches**

**A pink or red color on a peach may look attractive but it is not a good indication of ripeness and flavor. A better tasting fruit has a yellowish or creamy background color. Judge by aroma. The best peaches will have a good peachy fragrance.**

**Don't buy a peach that is green around the stem; it was picked too soon and didn't have a chance to develop its sugar content. The peach will soften but not ripen, giving it that mushy consistency.**

**To ripen a peach fully, put it in a brown paper bag, seal it and leave it on the counter. It should ripen within two days. Ripened fruit should be eaten within a day or two as peaches rot rapidly. Store peaches unwashed in the refrigerator. They should keep for two weeks.**



## **Pears**

**Unripe pears are tasteless. Pears are picked unripe and must be ripened at home. Select pears that are free from cuts or dark spots. The best place to ripen pears is on top of the refrigerator where the temperature is warm and even. Place in a paper bag. They will ripen in two or three days. The pear is ready to eat when it is gently pressed against the side and there is a little give. After pears ripen they should be refrigerated**

## **Persimmons**

**Persimmon is one fruit that is not selected by appearance. Persimmons are unique  $\frac{3}{4}$  they get their full color before they're ripe. If you eat a persimmon that is not ripe, you probably will never want to eat one again, so be sure it's ripe.**

**The persimmon must be very soft, even shriveled. The fruit should be plump, with smooth shiny skin and the green stem attached.**

**Persimmons ripen evenly when placed in the same paper sack as your ripening bananas.**

## **Pineapples**

**A good pineapple has a yellow to golden orange glow under the skin, a fresh green crown, and a good scent. Avoid pineapples with bruises, discolored areas, soft spots or dried-out brownish leaves, a shriveled appearance or dull color. A pineapple does not ripen once picked, so assuming you have a ripe one, eat it within a day or two.**

**To test for ripeness, pull one of the leaves out of the center of the "crown." If it pulls out with just a little tug, it is ripe. Also, when you smell a pineapple, it shouldn't have a strong aroma of fermentation.**

**Store pineapples by placing them in a plastic bag to prevent moisture loss, and they should keep three to five days in the refrigerator.**

## **Plums**

**Choose plums that have good color for their variety, and yield to gentle pressure. They should be slightly soft at the tip. If they are not quite ripe yet, let them ripen a**



**day or two at room temperature in a paper bag. Then store them in the refrigerator, uncovered for up to 5 days.**

### **Pomegranates**

**Select fruit with good color and skin that's free from cracks or splits.**

**Store in a plastic bag in the refrigerator. They will keep several weeks.**

### **Strawberries**

**Select plump heart-shaped berries with a natural shine, rich, red color and fresh-looking green caps.**

**Strawberries do not ripen after picking, so they can be stored in the refrigerator until ready to eat. To maintain flavor, appearance and nutrition, store strawberries in their basket, not an airtight container, and cover loosely with a plastic wrap. Check the basket and throw out any bad strawberries. Allow strawberries to reach room temperature before serving.**

**Just before using, rinse strawberries with caps still attached under a gentle spray of cool water; pat dry with a cloth napkin. (I don't put paper towels in contact with food because the towels are coated with formaldehyde). Do not remove the green caps before washing. The caps prevent water from breaking down the flavor and the texture inside the berries.**

**When caps should be removed, give them a slight twist, or use the point of a sharp paring knife.**

### **Tangerines & Tangelos**

**Select ones with a deep rich color having a bright luster. The fruit should feel heavy for its size. A slightly puffy appearance is normal because of the loose skin. Excessive puffiness may indicate overripe fruit. Avoid skin with very soft spots or mold.**

**Tangerines and tangelos don't keep as well as sweet oranges. Store them in the fruit bin in the refrigerator.**

### **Watermelon**

**Produce managers claim that thumping, slapping and shaking is not a good test for selecting a good watermelon. There is no sure way of picking a good one but**



**there are a few ways to avoid picking a “lemon.” It should have a velvety bloom on the rind. Avoid ones with a shiny appearance. The “belly” of the watermelon is where it rested on the ground. The color should be slightly yellowish or amber-colored. Avoid any with a greenish or dead-white color in that area.**

**When buying a cut watermelon, look for firm red flesh and black or dark-brown seeds. Avoid watermelon with soft, white immature seeds, or ones that have broken away from their cavities, or ones with a sugary look around the seeds. And lastly, reject watermelon with a white streak running the length of the melon.**

**Watermelons can be stored for up to a week in the refrigerator.**

## **HOW TO SELECT AND STORE VEGETABLES**

### **Asparagus**

**Fresh asparagus has tips that are well-formed, tightly closed, and come to a point. If the tips are open or have gone to seed the asparagus may be usable but is past its prime. If the tips are wet or slimy, this is a sign of decay. Bright-green spears with white ends retain moisture better than all-green spears. As in most cases your nose should be able to pick out a fresh bunch. Look for firm straight stalks with green stems about two—thirds of their length. Limp, wilted stalks and ones that are flat or angular will probably be tough and stringy.**

**Use asparagus as soon as possible. If you are not going to use asparagus within two days, cut ½” off the bottoms, wrap the butt ends with a damp cloth in a plastic bag. Place in the vegetable crisper.**

**When preparing, snap off the tough woody part of each stalk at the point where it will break easily (where the green and white blend).**

### **Avocados**

**A mature avocado has a full neck. It is better to buy an unripe avocado and ripen it at home, because ripe ones tend to be bruised from handling. An avocado is ripe when it yields to gentle pressure when cradled in the palm. The hard, bumpy skinned varieties will ripen very easily. The smooth skinned varieties will ripen if they haven’t been picked too green.**

**The fastest way to ripen an avocado is to wrap it in foil so the natural ripening**



**gases can be contained. Packaged foil bags are ideal for this. A bit slower process is to place the avocado in a paper bag, and placing it on top of the refrigerator where the temperature is warm and even.**

**After the avocado is ripened, it will keep in the refrigerator for four to seven days. Place it on a flat surface or in a bowl. The shelf grates will cause indentations on ripened avocados. Never place an unripened avocado in the refrigerator.**

### **Beets**

**For tenderness, select small, smooth, unbroken skins around the crown, and a round rather than an oblong shape. Large beets are apt to be tough and have a woody texture. The root should be smooth and firm. The tops, should have crinkly, dark green leaves.**

### **Bell Peppers**

**Bell peppers should be firm, smooth, thick flesh, without soft or brown spots and have a shiny, strong color (red or green). Check the stem end, which withers first. The red bell pepper is simply the green pepper that has matured on the vine. It contains more vitamin C, is sweeter to the taste and more digestible.**

**Bell peppers tend to get soft on the ends, shrivel and mold when exposed to humidity. Store them in airtight containers or in the refrigerator drawer. Some grown peppers should be lightly oiled with vegetable oil.**

### **Broccoli**

**The stalks should be tender and firm. The heads should be compact and dark green or purplish-green. Over-maturity is indicated by flowering yellow buds. Broccoli should smell fresh.**

**Store by removing any wilted leaves and slice off the coarse stem ends. Wrap the base of each stem in a damp  $\frac{3}{4}$  not wet  $\frac{3}{4}$  cloth. I don't use paper towels, because they are treated with formaldehyde. Place broccoli in a plastic bag but don't seal. Refrigerate. Broccoli does not retain its nutrients very well after harvesting. Use it as soon as possible.**

### **Brussels Sprouts**

**Select uniformly small, firm, compact heads with bright green color. Wilted yellow leaves are a sign of age meaning they will be tough and strong-flavored.**



**Also to be avoided, are large puffy ones or heads with black spots or holes which show insect damage.**

**Brussels sprouts are highly perishable. Keep refrigerated. Don't wash until just prior to use. Use within a day or two.**

## **Cabbage**

**Look for smooth, unblemished, crisp, compact heads of bright color that feel heavy for their size. Exception: Savoy is more loose than other cabbages, but its inner leaves should be tightly headed. Cabbage becomes dehydrated when the butt ends have been excessively trimmed. Very large, hard heads may be over-mature and taste strong or bitter.**

**Most varieties of cabbage can be stored for at least a week. Rinse in cool water, place in an untied plastic bag and store in the vegetable crisper. I save the outer leaves for wrapping around unused portions.**

## **Carrots**

**Look for crispness and moistness, uniformity of size, well-shaped and medium dark color. Small carrots are more tasty. Avoid limp, rubbery ones with nicks, bumps, blemishes, cracks or splits. The best carrots are those with the tops on them. If they are crisp and frilly, you can be sure they are fresh,**

**The tops drain moisture from the carrot, so they should be removed 1" above the crown before refrigerating. Rinse in cool water. Place in an untied plastic bag and put in vegetable crisper.**

## **Cauliflower**

**Look for compact white or ivory heads, tightly formed, with crinkly green jacket leaves at the base. Avoid bruised, blemished or loose and spread out heads, which are a sure sign of over-maturity. Store in an untied plastic bag.**

## **Celery**

**Stalks should be crisp, not limp and pliable. Avoid ones with cracks or blemishes and crinkly yellow-green leaves.**

**Before storing, remove any coarse outer ribs that may be bruised, and after cutting away any discolored, cracked or soft portions, package them separately.**



***Always cut away the brown portion on the bottom. The change in color show decay. Cut 1/8 inch off end and top, and immerse celery in 100 degree water for 15 minutes. Drain upside-down for 10 minutes and put in an airtight crisper. Celery will stay crisp for four weeks.***

## **Corn**

***The sugar in the kernels start to convert into starch the moment corn is harvested. Use as soon as possible. Select corn that is tightly sheathed in crisp green husks with silvery-gold tassels. Withered brown or dry tassels indicate that the corn has not been harvested recently. Pull the husk away a few inches and select ones where the kernels are plump, milky and tender, and come all the way to the ear's tip. They should be large enough so there's no space between the rows. Kernels that are dented indicate age.***

## **Cucumbers**

***Select straight, uniformly firm cucumbers devoid of nicks and blemishes. Avoid ones that are puffy in appearance with a dull color, sometimes yellowed. Wrinkly, shriveled cucumbers will have a tough and bitter tasting skin. Dark and sunken areas indicate decay. Small ones are usually best.***

***Cucumbers get soft on the ends, shrivel and mold if there's any humidity. Store them in airtight containers or in the refrigerator drawer at a temperature no less than 45 degrees. Wrap in a cloth napkin to absorb excess moisture which helps slow the softening process. Cucumbers from home gardens should be slightly oiled with vegetable oil before refrigerating.***

***Cucumbers are often waxed so they'll hold their moisture longer. Try to avoid them because unwaxed cucumbers can be eaten peel and all and are much more nutritious.***

## **Eggplant**

***Tales to the contrary, there is no way to distinguish "male" from "female" eggplants and thus, presumably, to know which ones harbor fewer seeds.***

***Good eggplant is firm and has a bright, shiny, dark color. Gently heft the eggplant to determine if it's heavy for it's size, the way it should be. Avoid one's that feel flabby or shriveled. Large eggplants and those with soft, brown patches may be bitter. Eggplant bruises easily, so watch for signs of scarring that show up***



**as dark spots on the surface.**

**Keep eggplant refrigerated or it will start losing moisture and become soft and shriveled. Eggplant is fragile so don't pile other produce on top of it. Don't put eggplant in a plastic bag. Store in the vegetable crisper.**

### **Fennel or Finocchio**

**Fennel is related to the celery family. It has frilly leaves, round stalks and a large bulbous root with the sweet aroma of anise or licorice.**

**Fresh bulbs are compact, moist and crisp. Avoid ones that have cuts on the surface, yellowed or are overly coarse. Flowers in the central seed stems are a sign of over-maturity.**

**Store fennel in a plastic bag in the refrigerator. When using in salads, slice thinly starting from the bottom. Do not discard the feathery top, which is very tasty. The toughest portions of the hollow stems may have to be discarded, but the tender stems can be used.**

### **Okra**

**Also known as Chinese okra and pleated squash. They are long, narrow, and light-green. Okra's are segmented lengthwise, with sharp, tough edges. They have a refreshing, slightly sweet taste. Store in vegetable bin.**

**To use, cut away hard stringy edges. Scrape skin.**

### **Parsnips**

**Look for small to medium, smooth, well-shaped parsnips. Large parsnips tend to have woody cores. A soft parsnip indicates age and will be fibrous and pithy.**

**To store cut off tops (they will sap the parsnip), then bag loosely in plastic in the refrigerator.**

### **Peas (green)**

**Pods should be firm, bright green, and crisp, and squeak when rubbed together. Peas begin to lose their sugar immediately on picking, so use as soon as possible.**

**Store in pods up to two days in coldest part of refrigerator.**



## **Spinach**

**Spinach should have bright-green color and tender leaves.**

**Rinse well. Drain and store in crisper or in a plastic Save up to five days.**

## **Sweet Potatoes and Yams**

**The best quality are small, or medium-sized that taper at both ends. They should be firm, well-shaped with a smooth skin. Avoid ones with growth cracks, discolored, or surface injury. Yams should be moist with bright orange color. Sweet potatoes should be dry, and a light yellow to tan color.**

**Store sweet potatoes and yams in a basket in a dry, cool, well-ventilated place. Do not refrigerate. They will keep for two to four weeks.**

## **Squash (Zucchini, Yellow, Acorn, Summer Banana)**

**In general, all squash should have good color, firm body, and smooth rind.**

**Soft-shell "summer" squashes  $\frac{3}{4}$  such as zucchini and yellow squash  $\frac{3}{4}$  are harvested young, have edible thin skins and soft seeds. The tastiest are small; the freshest are firm with smooth, shiny skin. Refrigerate in plastic bag up to one week.**

**Hard-shell "winter" squashes  $\frac{3}{4}$  like acorn, butternut and pumpkin  $\frac{3}{4}$  mature on the vine. Skins and seeds are tough. Buy them hard and heavy for their size, with a dull finish, Store "winter" squashes in dry, cool place.**

## **Tomatoes**

**Tomatoes sold in supermarkets are usually picked green and are tasteless. Cherry and Italian plum tomatoes are slightly better than the beefsteak variety. Pink-orange tomatoes redden in four days. Fully ripe tomatoes are deep reddish-orange. Select tomatoes by their aroma. They should smell deliciously of tomato flavor. They should yield to slight pressure. A locally grown, blemished tomato is better than a perfect "plastic" one. Other qualities to look for are red, firm, well-shaped tomatoes.**

**Store ripe tomatoes by spreading out on a cool, dark dry shelf for a day or two. Don't stack tomatoes in a bowl or they will soften on the spots that touch each other. Use a cloth napkin to prevent the tomatoes from touching each other. Ripen**



**green tomatoes by placing them in a perforated bag with an apple. Keep out of direct sunlight. They will ripen suddenly, so check every day. Never refrigerate unripe tomatoes. Cold temperatures trap the gas in them, causing them to turn mushy. When tomatoes become overripe, the loss of vitamin C is increased. If you must refrigerate ripe tomatoes, do so only briefly**

### **Turnips and Rutabagas**

**Small turnips and rutabagas are sweeter and more tender. Large ones may be woody or pithy. Look for roots that are heavy for their size. Avoid any with cuts from mechanical harvesting.**

**My resources differ on whether turnips and rutabagas should be refrigerated. Refrigerated ones, kept in a plastic bag will keep for up to one month. When kept in a cool humid place they will keep for two to three weeks. Turnip greens, however, are perishable and should be refrigerated and used within a few days.**

*We spend the first half of our lives wasting our health to gain wealth. And the second half of our lives spending our wealth to regain our health.*

*Author Unknown*

*Tell me what you eat and I'll tell you what you are.*

*Anthelme Brillat-Savarin (1825)*

*We must eat to live, not live to eat.*

*Fielding*

*Think of the fierce energy concentration in an acorn. You bury it in the ground, and it explodes into a great oak. Bury a sheep and nothing happens but decay.*

*George Bernard Shaw*

*Anything that the living organism cannot make into living tissue or use in any of its metabolic processes is a poison. Drugs cannot fit this qualification, and hence, are ALL poisons.*

*Dr. Virginia Vetrano, 1981*





*Hors D'Oeuvres*



## **FRUIT KEBABS**

### **APPLE TWIST KEBAB**

***Pour 2 cups of ORGANIC APPLE JUICE with 1 tablespoon LIME or LEMON JUICE in a small bowl. Put all fruit into bowl as you cut them. Peel a RED APPLE in one continuous peel. Place peel in apple juice. Cut APPLE, PEAR, PLUM, and FRESH FIG into chunks. Push only one end of apple peel on skewer. Let hang. As you slide each fruit chunk on the skewer, twist apple peel around each one. Pour apple juice over top. Sprinkle with ALLSPICE***

### **CITRUS/ACID KEBAB**

***Chunks of PINEAPPLE, ORANGE slices, STRAWBERRIES, KIWI slices with chunks of center section of FENNEL in between each fruit. Liquefy 6 to 8 strawberries in nut chopper, and pour over top. Season lightly with ALLSPICE.***

### **LOW-ACID FRUIT KEBAB**

***APRICOT chunks, MANGO chunks, BLACKBERRIES. Liquefy 8 to 10 blackberries in nut chopper, and pour over top. Season lightly with CINNAMON.***

### **SWEET FRUIT KEBAB**

***Sliced BANANA, DATES, PERSIMMON. Liquefy ½ cup of pre-soaked raisins with the liquid in blender or nut chopper. Pour over top. Sprinkle with SHREDDED COCONUT.***

### **TART TREAT KEBAB**

***Chunks of PINEAPPLE, KIWI, and STRAWBERRY, with BLACKBERRIES between each fruit. Liquefy plums or grapes, and pour over top.***



## **SUMMER SWEET FRUIT KEBAB**

**Sliced BANANA, box of STRAWBERRIES (set aside 10), sliced KIWI'S, BLACKBERRIES. Push fruit on skewer. Liquefy 1/3 of strawberries and pour over fruit. Sprinkle with shredded coconut.**

## **GREEN CREPES**

**Use soft lettuce leaves like Boston Lettuce or Red Leaf Lettuce to roll up any of the combinations below:**

**Soften AVOCADO with LEMON JUICE add fresh CORN, diced RED PEPPER , ALFALFA SPROUTS and chopped OLIVES. Season with KELP, or DULSE.**

**1 cup finely grated CARROTS, 1/8 cup chopped SUNFLOWER SEEDS, ALFALFA SPROUTS, 3 tablespoons finely chopped CELERY. Season lightly with DILL.**

**Dice a CUCUMBER. Add fresh YOUNG PEAS, and finely diced TOMATOES , GREEN PEPPER , ALFALFA. Season with fresh, minced BASIL.**

**1 cup BEAN SPROUTS, 1/8 cup raw, chopped PEPITAS. 1/4 cup diced CUCUMBER, 1/8 cup chopped PARSLEY, 1 tablespoon minced DAIKON.**

**One ZUCCHINI and CARROT, finely shredded. 2 tablespoons chopped OLIVES, ALFALFA SPROUTS. Season with fresh, minced SWEET BASIL.**

**One cup coarsely grated JICAMA. 1/4 cup diced CELERY or FENNEL. 1/2 cup chopped RED BELL PEPPER, ALFALFA SPROUTS, 1/4 cup chopped WATERCRESS, 2 tablespoons chopped OLIVES.**

**One cup finely grated PARSNIPS. 1/2 cup grated CARROTS. 1/4 cup pre-soaked, chopped RAISINS. 1/4 cup chopped FENNEL. 3 tablespoons chopped SUNFLOWER SEEDS. 1/2 teaspoon ground NUTMEG (optional).**

**Combine 1 cup ALMOND BUTTER, 1/2 cup minced celery, 1/2 cup finely grated CARROTS. After placing spoonfuls on the lettuce leaves, sprinkle ALFALFA SPROUTS over top.**

**Gradually add water to 1/2 cup OATMEAL until it is moist. Soften AVOCADO with fork. Add 1 teaspoon minced LEEK. Blend well. Add grated CARROT. Mix.**



**Soften AVOCADO with 1 tbs. BRAGG'S LIQUID AMINOS. Add 1 diced RED BELL PEPPER, 1/4 cup diced CELERY. Mix in 1/2 cup fresh PEAS. Spoon onto lettuce. Sprinkle with ALFALFA SPROUTS.**

**Add 1/2 cup shredded CARROTS to 1 cup SPROUTED LENTILS. Mix in 1 cup chopped SPINACH and 1/4 cup diced CUCUMBER.**

**Mix together desired amounts of chopped TOMATO, ALFALFA SPROUTS, chopped PARSLEY, diced LEEK, CORN and chopped OLIVES.**

**Place 3 or 4 ASPARAGUS SPEARS across the length of the lettuce (cut the length of lettuce). Mix together grated CARROTS, CORN, diced CUCUMBER and OLIVES.**

**Put spoonfuls of the mixture onto the lettuce leaves. Carefully roll up, and spear with a cocktail stick. Garnish with a BLACK or STUFFED GREEN OLIVE.**

### **CUCUMBER BOATS**

**Slice CUCUMBER in half lengthwise. Scoop out seeds. Soften AVOCADO with fork. Remove CORN from cob. Scrape "cream" from cob. Mix cucumber seeds, avocado and corn. Place the cucumber in the center of a bed of salad greens. Pile mixture into cucumber. Place BLACK OLIVES down center.**

### **SALAD KEBABS**

**Combine any of the following group on a skewer.**

**AVOCADO chunks, TOMATO chunks, CUCUMBER slices, SPINACH, folded.**

**CAULIFLOWER florets, CHERRY TOMATOES, GREEN PEPPER, stuffed GREEN OLIVE.**

**BROCCOLI, ZUCCHINI chunks, RED BELL PEPPER, BLACK OLIVES.**

**ZUCCHINI slices, SNOWPEAS cut in 1" lengths, RED & YELLOW BELL PEPPER.**

**AVOCADO chunks, sliced CUCUMBER, sliced OKRA, stuffed GREEN OLIVES, all intertwined with long narrow stripes of RED CABBAGE.**

**Place skewers on a bed of sliced lettuce with dressing of your choice**



## **SPROUTED GARBANZO CROQUETTES**

**1 cup sprouted GARBANZO BEANS, (See "How to Sprout Seeds and Beans on page 15)**

**¼ cup finely chopped, PARSLEY**

**½ cup CARROT JUICE with pulp**

**1/3 cup minced DAIKON**

**1 tablespoon VEGETABLE SEASONING**

**½ cup raw SESAME SEEDS or chopped SUNFLOWER SEEDS**

**Grind sprouted garbanzo beans in food processor. Combine all ingredients except seeds. Form into balls. Roll in seeds and serve on a bed of lettuce. Serves two.**

## **STUFFED FENNEL**

**Use the centers of the FENNEL, and slice lengthwise if necessary. Put a heaping tablespoon of ALMOND BUTTER in nut chopper, add enough distilled water to soften. Remove from chopper and add diced CUCUMBER and grated CARROT. Sprinkle with chopped ALFALFA SPROUTS.**

## **STUFFED PEPPER STRIPS**

**Cut into quarters 1 each RED, YELLOW and GREEN BELL PEPPERS. Put 1 cup sprouted SUNFLOWER SEEDS in nut chopper and chop slightly. In a separate bowl, add ½ cup finely grated CARROTS, 1 small AVOCADO, diced, ½ cup chopped ALFALFA SPROUTS, and ½ cup finely diced CUCUMBER. Mix well. Spoon onto peppers. Mix the colors when placing on serving dish.**

*It is a requisite that men and women should be content with little and accustom ourselves to eat no more than is absolutely necessary to support life -- remember that all excess causes disease and leads to death.*

*Luigi Coronado, 1458*



*The secret to getting rid of old, destructive habits lies in loving and respecting yourself so much that you do not succumb to the addictive stimulation that is so powerfully projected to make us puppets on the strings of Madison Avenue manipulators.*

*Jo Willard, 1982.*

*Who is strong? He that can conquer bad habits*

*Ben Franklin, 1770*

*Habit is habit and not to be flung out the window by anyone...but coaxed down the stairs, one step at a time.*

*Mark Twain, 1870.*

*But once we become aware of the impact of our food choices, we can never really forget. For the earth itself will remind us, as will our children and the animals and the forests and the sky and the rivers - that we are part of this earth, and it is part of us. All things are deeply connected, and so the choices we make in our daily lives have enormous influence, not only on our own health and vitality - but also on the lives of other beings, and indeed on the destiny of life on earth.*

*John Robbins 1988.*





# *Fruit Drinks*



**NOTE; It is preferable that you process your own juice, but when this is not possible, only purchase refrigerated drinks.**

### **APPLE, APRICOT & GRAPE DRINK**

**4 APPLES, quartered, (remove seeds)**

**4 APRICOTS, quartered (remove seeds)**

**2 PLUMS pitted & quartered**

**Combine all ingredients in blender. Blend until smooth. Serves 2**

### **APPLE, NECTARINE & PLUM DRINK**

**2 APPLES, quartered, (remove seeds)**

**2 NECTARINES, pitted & quartered**

**2 PLUMS, pitted & quartered**

**Combine all ingredients in blender. Blend until smooth. Serves 2**

### **APPLE, PINEAPPLE & BLACKBERRY DRINK**

**2 APPLES, quartered, (remove seeds)**

**1 ½ cups PINEAPPLE JUICE**

**1 cup fresh BLACKBERRIES**

**Combine all ingredients in blender. Blend until smooth. Serves 2**

### **BANANA SHAKE**

**1 small PAPAYA, peeled, pitted, chopped**

**2 ripe BANANAS, quartered (can freeze bananas for variety)**

**Put papaya in blender and puree. Put in banana and blend for three seconds. Put in dates. Blend. Pour in dish. Serve immediately. Serves two.**



### **BLUEBERRY APPLE DRINK**

**2 cups organic APPLE juice**

**1 cup BLUEBERRIES**

**1 cup white, seedless GRAPES**

**1 tablespoon LEMON juice**

**Blend all ingredients in electric blender. Serves 2.**

### **CHERRY APPLE DRINK**

**1 cup FRESH CHERRIES, pitted**

**2 APPLES, chopped**

**Put cherries and apples in blender and liquefy. Serve immediately. Serves two.**

### **GINGER-GOLD JUICE**

**7 large GOLDEN DELICIOUS APPLES,**

**peeled, cored and cubed**

**1/3 cup peeled, chopped GINGER ROOT**

**2 small LIMES (or enough to yield 1/8 cup of juice)**

**Using a juice extractor, extract juice from apples and ginger root. Do not use more than 1/8 cup of ginger root. Set aside. Squeeze juice from limes. Blend juices together in a blender. Makes two servings.**

### **GRAPE APRICOT DRINK**

**2 cups organic GRAPE juice**

**1 cup chopped ripe APRICOTS**

**1 stalk chopped CELERY**

**Blend all ingredients in electric blender. Serves two.**

### **GRAPEFRUIT PEAR DRINK**

*juice from 2 PINK GRAPEFRUITS*

*2 chopped PEARS (remove seeds)*

*Blend in electric blender. Serves 2*

### **ORANGE LOGANBERRY DRINK**

*2 cups ORANGE juice*

*1 cup LOGANBERRIES*

*1 chopped CELERY stalk*

*Blend all ingredients in electric blender. Serves two.*

### **PEACH, PEAR & PLUM DRINK**

*2 large PEACHES, quartered*

*2 large PLUMS, quartered*

*2 PEARS, quartered*

*½ cup BLACKBERRIES, mashed with fork*

*Combine peaches, plums and pears in blender and liquefy. Pour into chilled juice glasses. Spoon blackberries over top.*

### **PINEAPPLE DRINK**

*3 cups PINEAPPLE chunks*

*1 CELERY\* rib, chopped*

*1 PEAR, quartered*

*1 cup white seedless grapes*

*Combine all ingredients in blender and liquefy. Chill. Serve immediately. Serves two.*

*\*Celery is an alkaline vegetable. It reduces the acid in the pineapple.*





*Nut & Seed Milks*



## **ALMOND MILK**

***¾ cup ALMONDS, CASHEWS, SESAME SEEDS, SUNFLOWER SEEDS,***

***or any combination***

***2 cups COLD DRINKING WATER***

***1 DATE, skinned, peeled***

***Optional, carob powder to taste***

***When using almonds it's best to soak them overnight then remove the bitter skins by blanching. Grind nuts in blender. Add 1 cup water and date. Blend on high for one minute. Slowly add remaining water. Blend for one minute. Pour through fine strainer. Serves two. Serve immediately.***

## **POWER DRINK**

***1/3 cup QUINOA or WHEAT. Soak overnight and sprout for 2 days. Rinse several times a day. Remove ½ cup of sprouts. Put in blender with 1 ½ cup drinking water. Blend 1 minute. Put fine strainer over a glass, and using a wooden spoon, gently press the remaining milk seed out of the sprouts. Throw away sprouts and continue until all milk seed is finished. Can add 1 teaspoon maple syrup for flavor.***

***Note: This drink is very high in natural Vitamins A & E.***

## **SWEET SEED MILK**

***¾ cup SUNFLOWER SEEDS***

***¼ cup SESAME SEEDS***

***4 cups COLD DRINKING WATER***

***10 DATES, remove pits and hard stalks***

***Soak seeds for two hours to release the enzymes. Drain. Put in blender. Add two cups of water and blend on high for one minute. Add the dates and blend for half minute. Add remaining water and blend for one minute. Serves two. Serve immediately.***





# Fruit Dishes



## **APPLE BLUEBERRY PUDDING\***

***3/4 cup BARLEY***

***1 cup organic APPLE JUICE***

***2 sweet APPLES, chopped. Sprinkle with lemon or lime.***

***1 basket BLUEBERRIES***

***dash of CINNAMON***

***Soak barley in apple juice overnight.***

***Drain excess juice from barley if desired. Combine ingredients except cinnamon. Scoop in desert dish. Sprinkle with cinnamon, Serves two.***

***\*This dish requires overnight soaking.***

## **BANANA BLUEBERRY PIE**

***Basket of BLUEBERRIES***

***2 medium BANANAS***

### **PIE CRUST**

***2/3 cup SUNFLOWER SEEDS, soaked for 2 hours***

***2/3 cup ALMONDS, soaked for 2 hours. Remove skins by blanching***

***2/3 cup RAISINS, soaked overnight***

***1/2 cup shredded COCONUT***

***1/4 cup ALMOND OIL***

***Drain seeds. Drain raisins (save liquid for other dishes). Grind all ingredients in a food processor. Place in a twelve-inch pie dish and pat in place with a tablespoon. Chill and fill with sliced bananas and blueberries. Can mix bananas and blueberries together before putting in pie crust, or place bananas around edge with blueberries in center. Serves four.***



## **BANANA DELIGHT**

**6 DRIED FIGS, soaked overnight**

**1/8 cup RAISINS, soaked overnight**

**1/2 cup sweet GRAPES**

**2 BANANAS, sliced in half lengthwise**

**1 SAPOTE, sliced 6 RED CHERRIES**

**Place figs, raisins, and grapes in a blender using just enough of the soaking water to puree. Pour over banana and sapote. Top with cherries. Serves two.**

## **BANANA ICE CREAM**

**2 BANANAS per serving**

**1/3 cup pre-soaked RAISINS per serving**

**Peel ripe (speckled on skin) bananas. Wrap plastic wrap around each banana to keep air tight. Store in freezer for 10 hours or more. Freeze raisins also.**

**Bananas can be used alone or try freezing other fruits like, blackberries, pineapple, fresh or pre-soaked dried figs, pitted dates, peaches, or persimmons.**

**Follow complete directions for making banana "ice cream" in your Champion Juicer or food processor instruction booklet.**

## **BLUEBERRY, LOQUAT & BANANA DISH**

**1 cup BLUEBERRIES**

**1/2 cup GRAPES**

**4 LOQUATS**

**2 small, ripe BANANAS, sliced thin**

**1/2 cup pre-soaked, chopped FIGS or DATES, pitted and chopped**

**Blend half the blueberries in an electric blender. Add grapes. Blend for a few seconds. Turn blender to low speed and add figs or dates gradually. Put loquats and banana and remaining blueberries in dessert dish. Pour fruit syrup over top. Serves two.**

## **BLUEBERRY PIE\***

**1 basket BLUEBERRIES**

**1/2 cup chopped, pre-soaked dried APPLES**

**1/2 teaspoon ground CINNAMON**

### **Crust:**

**2/3 cup SUNFLOWER SEEDS**

**2/3 cup ALMONDS**

**2/3 cup RAISINS**

**2/3 cup shredded COCONUT**

**1/4 cup ALMOND OIL**

**Crust: Soak first three ingredients overnight in distilled water. Keep separate. Also at this time, soak the apples and cinnamon using distilled water. Next day, drain and rinse seeds and raisins. Remove skin from almonds by blanching. Grind first four ingredients in food processor. Pat into individual desert dishes with a wooden spoon coated with oil. Chill for half hour. Fill with mixed blueberries and apples. Sprinkle with cinnamon. Serves four.**

**\*This dish requires overnight soaking.**

## **BREAKFAST PARFAIT**

**In stemmed glasses, layer sliced strawberries, kiwi, blackberries or blueberries. Repeat layers, ending with strawberries with either a slice of kiwi in center or three blackberries.**



## **CHERIMOYA**

**2 CHERIMOYAS**

**2 KIWIS**

**1 cup seedless Grapes shredded COCONUT (optional)**

***Cut cherimoya in quarters. Remove from skin in bite-size pieces with a spoon. Remove seeds. Peel, quarter and slice kiwi. Mix fruits together. Chill slightly if desired. Sprinkle with coconut. Serves two.***

## **CITRUS FRUIT DELIGHT**

**1 PINK GRAPEFRUIT, cut in half, remove sections**

**1 large ORANGE, peeled, pull sections off, cut in half**

**1 KIWI, peeled, quartered lengthwise, sliced**

**½ cup diced tender center of CELERY**

***Combine fruit. Sprinkle with celery. Can top with BLACKBERRIES. Chill or serve immediately. Serves two.***

## **COLD FRUIT COMPOTE\***

**½ cup dried APRICOTS**

**¾ cup dried APPLES**

**½ cup dried FIGS**

**2 slices dried PINEAPPLE**

**1 ½ cups APPLE or GRAPE JUICE**

***Soak fruit overnight in juice. Keep refrigerated. Cut into bite-size pieces. Serve in chilled, stemmed glasses. Serves two.***

***\*This dish requires overnight soaking.***

### **EXOTIC FRUIT MEDLEY**

**2 SAPOTES, peeled, pitted, chopped**

**1 small CHERIMOYA, peeled, pitted, chopped**

**1 PERSIMMON, chopped**

**½ cup fresh BLUEBERRIES**

**4 presoaked DRIED FIGS, chopped**

**1½ cup DISTILLED WATER**

**Pre-soak figs overnight with distilled water. Combine first three ingredients. Sprinkle with blueberries and figs. Chill or serve immediately. Serves two.**

### **FEYOA FRUIT BOWL**

**3 FEYOAS (also called pineapple guava) peeled, cubed**

**½ cup ripe GOOSEBERRIES**

**1 PEAR, cubed**

**1 KIWI, peeled, cubed**

**¾ cup organic APPLE juice**

**Combine fruit and pour juice over top. Serves two.**

### **FRESH & DRIED FRUIT DISH**

**6 DRIED FIGS**

**pre-soaked overnight with just enough distilled water to cover)**

**2 PEACHES, chopped**

**2 APRICOTS, chopped**

**1/3 cup RAISINS (pre-soaked)**

**½ cup GRAPES**



## **6 CHERRIES**

**Chop figs. Combine first three ingredients. Put raisins and grapes in blender (nut chopper is effective for small amounts). Use just enough soaking water to puree. Swirl until smooth. Pour over fruit. Garnish with cherries. Serves two.**

## **FRUIT DISH with DRIED APRICOT TOPPING**

**2 ripe PEACHES, peel off skin, chop**

**2 ripe PLUMS, peel off skin, chop**

**4 presoaked FIGS, remove stem, chop**

**6 dried pre-soaked APRICOTS**

**1/4 teaspoon ground CINNAMON**

**1/2 cup GRAPES**

**1/3 cup pre-soaked RAISINS (optional)**

**Pre-soak apricots with cinnamon overnight with just enough water to cover. Combine first three ingredients. Put apricots and grapes in nut chopper or blender with just enough soaking water to puree. Pour over fruit. Top with raisins. Serve immediately. Serves two.**

## **MORNING FRUIT DISH**

**3 or 4 BANANAS**

**1 PAPAYA**

**3/4 to 1 cup PAPAYA or MANGO PUREE**

**1/2 cup pre-soaked RAISINS**

**Option: Sprinkle with shredded coconut instead of raisins.**

**Slice bananas. Scoop papaya from skin and cut in chunks. Mix together. Pour puree over fruit. Sprinkle with raisins. Serves two.**

### **PEAR APPLE FRUIT DISH**

**2 PEARS**

**2 APPLES**

**½ cup ALFALFA SPROUTS**

**½ cup pre-soaked RAISINS or can use grapes or cherries**

**1 cup unfiltered APPLE JUICE**

**Remove centers from pears and apples. Chop. Mix with alfalfa sprouts. Garnish with raisins or grapes or cherries. Pour juice over top. Serves two.**

### **PEAR & CHERRY with PLUM SYRUP**

**2 PEARS**

**1 cup fresh CHERRIES, pitted**

**2 PLUMS**

**1/3 cup pre-soaked RAISINS**

**Cut pears into bite-size pieces. Mix with cherries in desert dish. Put plums and raisins in blender with just enough of the soaking water to blend. Pour over top. Serves two.**

### **PINEAPPLE ICE DESERT**

**1 small can unsweetened, frozen, concentrated PINEAPPLE JUICE**

**1 PAPAYA, cut in half, seeded, removed from skin, chopped**

**2 NECTARINES, pitted, chopped**

**½ cup CURRANTS**

**Remove pineapple juice from freezer one hour before preparing. Don't dilute it. Put all ingredients in electric blender. Liquefy. Return to freezer for 15 to 30 minutes. Serves four.**



### ***PINEAPPLE and KUMQUAT***

***1 ½ cups PINEAPPLE, cut into chunks***

***TANGERINE, peeled, seeded, pulp strands removed, cut in half***

***¾ cup seeded and sliced KUMQUATS (keep skin on)***

***1/3 cup diced tender center of CELERY***

***6 STRAWBERRIES***

***Combine first four ingredients. Top with strawberries. Serves two.***

### ***PINEAPPLE & ORANGE FRUIT DISH***

***1 PINEAPPLE, cut in half***

***1 ORANGE, peeled, seeded. Cut in chunks***

***1 cup STRAWBERRIES, halved***

***½ cup diced FENNEL***

***MINT LEAVES***

***Remove skin from pineapple and dice. Mix with next three ingredients. Garnish with mint leaves. Serves two.***

### ***STRAWBERRY & KIWI***

***1 basket STRAWBERRIES, quartered lengthwise***

***2 KIWIS, peeled, quartered and sliced***

***1/3 cup shredded COCONUT***

***1/3 cup pre-soaked RAISINS or CURRANTS***

***Combine strawberries, kiwis and coconut. Sprinkle on raisins. Pour soaking water over top. Serves two.***

## **STUFFED PEACHES**

**2 large, ripe PEACHES**

**1 cup BLACK CHERRIES or BLUEBERRIES**

**2 MACAROONS, crushed**

**APRICOT-FIG SYRUP\***

**Cut peaches in half and remove pit. If using black cherries, cut in half. Spoon ½ cup in each peach serving. Sprinkle crushed macaroons over top. Pour syrup over top.**

## **STUFFED PEACHES with APRICOT & DATE SAUCE**

**2 large, ripe PEACHES**

**1 cup, dried APRICOTS**

**1 teaspoon ORANGE RIND**

**1 cup DATES, pitted**

**BOSTON LETTUCE**

**Cover apricots with warm water and soak until soft. Drain water and save. Place apricots, dates and orange rind in blender. Add 1/2 cup of the soaking water. Blend until syrupy. Cut peaches in half. Remove pits. Place on bed of lettuce. Pour sauce over top.**

*The Essence of Evil is: destroy life, harm life, hamper the development of life. The Essence of Goodness is: preserve life, promote life, help to achieve its highest destiny.*

*Albert Schweitzer, 1950*





# *Fruit Syrups*



### **APRICOT-FIG SYRUP**

***½ cup dried pre-soaked APRICOTS***

***1/3 cup pre-soaked FIGS***

***Soak dried apricots and figs overnight in just enough distilled water to cover. Blend in an electric blender with just enough soaking water to puree. Pour over sweet or low-acid fruits.***

### **BLUEBERRY APRICOT SYRUP**

***½ cup BLUEBERRIES***

***½ cup pre-soaked, chopped DRIED APRICOTS***

***Use just enough soaking water to puree in an electric blender. Pour over sweet or low-acid fruits. Makes enough syrup for two fruit dishes.***

### **DATE APPLE SYRUP**

***6 DATES, pitted***

***½ cup DRIED APPLES***

***¾ cup SWEET GRAPES, seedless***

***Soak dates and apples in distilled water (just enough to cover) overnight. Put grapes in blender and blend for 5 seconds. Add dates and apples. Blend. Add only enough soaking water to blend. Use over sweet or low-acid fruits.***



## **GRAPE PLUM SYRUP**

**1 cup SEEDLESS GRAPES**

**1 large PLUM, remove pit, quarter**

**Combine grapes and plum in blender, or nut chopper, and puree. Pour over low-acid fruit dishes.**

## **PEACH PERSIMMON SYRUP**

**1 large ripe PEACH**

**1 medium-sized ripe PERSIMMON**

**4 large DATES**

**Remove pits from all fruits. Chop. Puree in an electric blender. Use on sweet or low-acid fruits.**

## **STRAWBERRY SYRUP**

**1/2 basket STRAWBERRIES**

**1/2 cup chopped PINEAPPLE**

**With food processor, finely chop a half basket of strawberries with  $\frac{3}{4}$  cup of chopped pineapple. Use on low-acid fruit dishes.**

*Men dig their Graves with their own Teeth and die more by those fated Instruments than by the Weapons of their Enemies.*

*Thomas Moffett, 1600.*

*We are the living graves of murdered beasts, slaughtered to satisfy our appetites.*  
*George Bernard Shaw, 1940.*

*It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind.*  
*Albert Einstein, 1940.*

*Forbear, mortals, to pollute your bodies with the flesh of animals. There is corn; there are the apples that bear down the branches by their weight; and there are the grapes, nuts, and vegetables. These shall be our food.*

*Pythagoras, 582 B.C.*

*Man is the only animal that must have as many as 30 different foods at one sitting.*

*Dr. John Brosious, 1969.*





# *Fruit Snacks*



## **ALMOND OATMEAL COOKIES**

**1 cup ALMOND BUTTER**

**1 tablespoon MAPLE SYRUP**

**$\frac{3}{4}$  cup OATMEAL**

**$\frac{1}{2}$  cup DISTILLED WATER**

**$\frac{1}{2}$  cup pre-soaked RAISINS, chopped**

**$\frac{1}{2}$  cup chopped ALMONDS**

**$\frac{1}{2}$  teaspoon VANILLA**

**Bring almond butter to room temperature for 20 minutes. Soak oatmeal with water. Let stand 5 minutes, mixing occasionally. Combine all ingredients in a small bowl using a wooden spoon. Use a tablespoon to scoop out enough for one cookie. Place on greased cookie sheet. Press each cookie with the tines of a fork. Refrigerate for one hour before serving.**

## **FRUIT FUDGE SQUARES**

**2 cups OATMEAL**

**$\frac{1}{2}$  cup SOY FLOUR**

**1  $\frac{1}{2}$  cup finely ground SUNFLOWER SEEDS**

**4 to 6 tablespoons MAPLE SYRUP**

**4 tablespoons ALMOND OIL**

**1  $\frac{1}{2}$  cups pre-soaked APRICOTS, minced**

**$\frac{1}{2}$  cup CURRANTS, minced**

**$\frac{3}{4}$  cup ground ALMONDS or PECANS**

**Mix first five ingredients together. Divide in half. Sprinkle half the mixture in a glass baking dish and press to cover bottom of dish. Mix next three ingredients together. Spread mixture on top. Sprinkle other half of dry mixture on top and press down. Chill for 1 hour. Cut in squares.**



## **FRUIT-NUT BONBONS**

***1/2 cup pre-soaked RAISINS***

***3/4 cup fresh or pre-soaked FIGS***

***1/2 cup dried pre-soaked APRICOTS***

***3/4 cup WALNUTS, or PECANS, chopped small***

***1 cup grated COCONUT***

***Combine first three ingredients in food processor or hand mix. Grind together using just enough of the soaking water to make it chunky. Put in bowl and hand mix in walnut thoroughly. Shape into small balls (about the size of walnuts). Roll in coconut. Store in refrigerator.***

## **FRUIT NUT ROLL**

***Use any assortment of dried fruit--apricots, prunes, figs, dates, apple, papaya. Cover with distilled water. Refrigerate overnight. Finely chop nuts in nut chopper. Roll the fruit in the nut meal. Store in refrigerator.***

## **PECAN-RAISIN BALLS**

***1 lb. PECANS***

***1/4 cup ROLLED OATS***

***10 DATES, pitted***

***2 tablespoons raw TAHINI or ALMOND BUTTER***

***1 teaspoon CINNAMON***

***1 teaspoon VANILLA EXTRACT***

***1 cup pre-soaked RAISINS, drained on a cloth dish towel.***

***Finely grind pecans and oats in food processor, using the "S" blade. Spoon into mixing bowl and set aside. Put dates, tahini, cinnamon and vanilla into processor and blend into a paste.***

***Mix paste into pecan-oat mixture. Add raisins and blend well. Roll mixture into small balls. Makes about 10 balls.***

## **STUFFED DATES**

***1/4 pound EMPRESS DATES, pitted***

***ALMOND or PECAN BUTTER***

***1/2 cup ALMOND or PECAN meal***

***Whole ALMONDS and PECANS***

***Slit dates open. Stuff with nut butter. Press one nut in each date. Sprinkle with meal. Store in refrigerator.***

## **SUNFLOWER-RAISIN COOKIES**

***3 cups soaked SUNFLOWER SEEDS***

***1 cup ALMOND BUTTER***

***1 cup , pre-soaked RAISINS***

***1 cup chopped, dried, pre-soaked APRICOTS***

***1 tablespoon VANILLA, optional***

***1/2 teaspoon CINNAMON, optional***

***Blend all ingredients in food processor to a nutty consistency. Roll in small balls and flatten out 1/4" thick. Cover and refrigerate for 1 hour.***

## **FRUIT JAMS**

***Fruit-jams are superior to commercial jams because they do not contain refined sugars, thickeners, stabilizers, salt, or preservatives and of course, they have not been heated.***

***Use any one or more kinds of dried fruit. Soak the fruit in an equal amount of water for 8 to 12 hours. Cut fruit in small pieces. Blend in***

***In blender stopping frequently to stir with a wooden spoon. To reach the desired consistency, gradually add soaking juice. Use in the following ways.***

***Pour over fruit salad***

***Blend into a fruit smoothie as a sweetener***

***Heaped onto a banana ice cream sundae as a topping***

***As a fruit dip with various fruit sticks***

***Scoop onto lettuce leaves and roll up for hor d'oeures***





# BROWN BAG LUNCHES



## **INTRODUCTION**

***Almost one-third of all meals are eaten at workplaces or in restaurants. It would be detrimental to continue your harmful eating practices when at work. I have made up several menus that you can take to lunch. The first group is for unrefrigerated items. The second group requires a small cooler.***

***The ambiance in restaurants is rarely pleasant. Diners are talking, dishes clattering, pots clanging, and cash registers are ringing. Peace and quiet would be beneficial to you physically and mentally at lunch time. If you brought your own lunch, you could eat at a local park, or outside on the lawn. You can even sit in your car if nothing else is available, which will act as a reprieve from the constant pressures of interacting with people throughout the day. Coffee may pick you up temporarily, but it causes mental retrogression after an hour or so. Fruit will give you a natural mental lift. Take no more than three kinds of fresh fruit in the same fruit family and only one kind of dried fruit. Dried figs and dates should not be eaten at the same meal.***

***You will actually get physical and mental energy from fresh fruits at break time. Keep the basics; a knife, fork, spoon, a very small cutting board, potato peeler, paper napkins, paper or plastic dishes, cloth napkins, toothpicks and moist towelettes at work so that you won't have to be concerned about including them each time you pack a lunch.***

***Don't peel or slice anything until you are ready to eat. The food will lose some of its nutrients, and the open surfaces will begin to oxidize.***

***Another suggestion is to freeze single portions of the soup recipes. When you make the soup for a regular meal, make extra for your lunch. Depending on which soup you freeze, it should be thawed out by lunch time.***

***Some of these meals may appear small compared to a meal at a fast-food restaurant, but they pack more nourishment than any cooked meal.***



## **BROWN BAG LUNCHES**

**Avocado, handful of well-scrubbed Jerusalem artichokes, several plum tomatoes, the tender sections of celery, lettuce, almonds.**

**Avocado, several well-scrubbed carrots, fresh string beans, handful of sprouts, almonds.**

**Corn on the cob (remove husk at home), spinach, pickling cucumber, sprouts.**

**Nut butter, celery stalks, carrots, sprouts.**

**Almond butter, celery stalks, broccoli florets, small red Bell pepper.**

**Almond butter, Chinese peas or asparagus, carrots, yellow bell pepper, cucumber, sprouts.**

**Broccoli, cauliflower, asparagus, cucumber, sprouts, small container of Bragg's Liquid Aminos.**

**Yam (well-scrubbed), asparagus, kohlrabi, sprouts. Slice yam 1/2" thick just prior to eating.**

**Savoy cabbage (3 or 4 leaves), almond butter, cucumber, red Bell pepper, sprouts. Spread almond butter on cabbage. Peel cucumber and cut into spears. Slice pepper. Place all in cabbage and roll up.**

**Bananas, persimmon or papaya, dates.**

**Apples, kiwi, pear or grapes, sprouts.**

**Cantaloupe, honey dew, celery.**

## **COOLER LUNCHES**

**Avocado, jicama, carrots, sprouts. Cut but don't peel, desired amount of jicama at home. Seal tightly with plastic wrap. When ready to eat, insert knife under peel and strip off. Cut into slices.**

**Spinach, cauliflower florets, red or yellow Bell pepper, sprouts, small container of Bragg's Liquid Aminos. Tear spinach into crisp, pieces. Chop pepper. Place all in dish and sprinkle with aminos. Can use virgin olive oil if desired.**

**Corn on the cob (remove husk at home), asparagus, carrots, celery, dip.**

**DIP: Prepare at home, small unpeeled zucchini, 1 tablespoon Bragg's Liquid Aminos. Swirl in nut chopper or blender).**

**Several slices of Manna Bread. (bread that has been made from whole grain sprouts then sun baked. Found in freezer section in health-food stores). Savoy cabbage, carrots, sprouts. Use cabbage to wrap bread and sprouts. The bread is very moist.**

**Several slices of Manna Bread, lettuce, tomato or bell pepper, sprouts.**

**Boston lettuce, apples, pear, pre-soaked raisins with soaking liquid, sprouts, celery. Chop lettuce, apples, pear and celery. Pour raisin juice over top.**

**Bananas, blueberries, chopped mango. Prepare mango at home. Seal tightly with plastic wrap.**

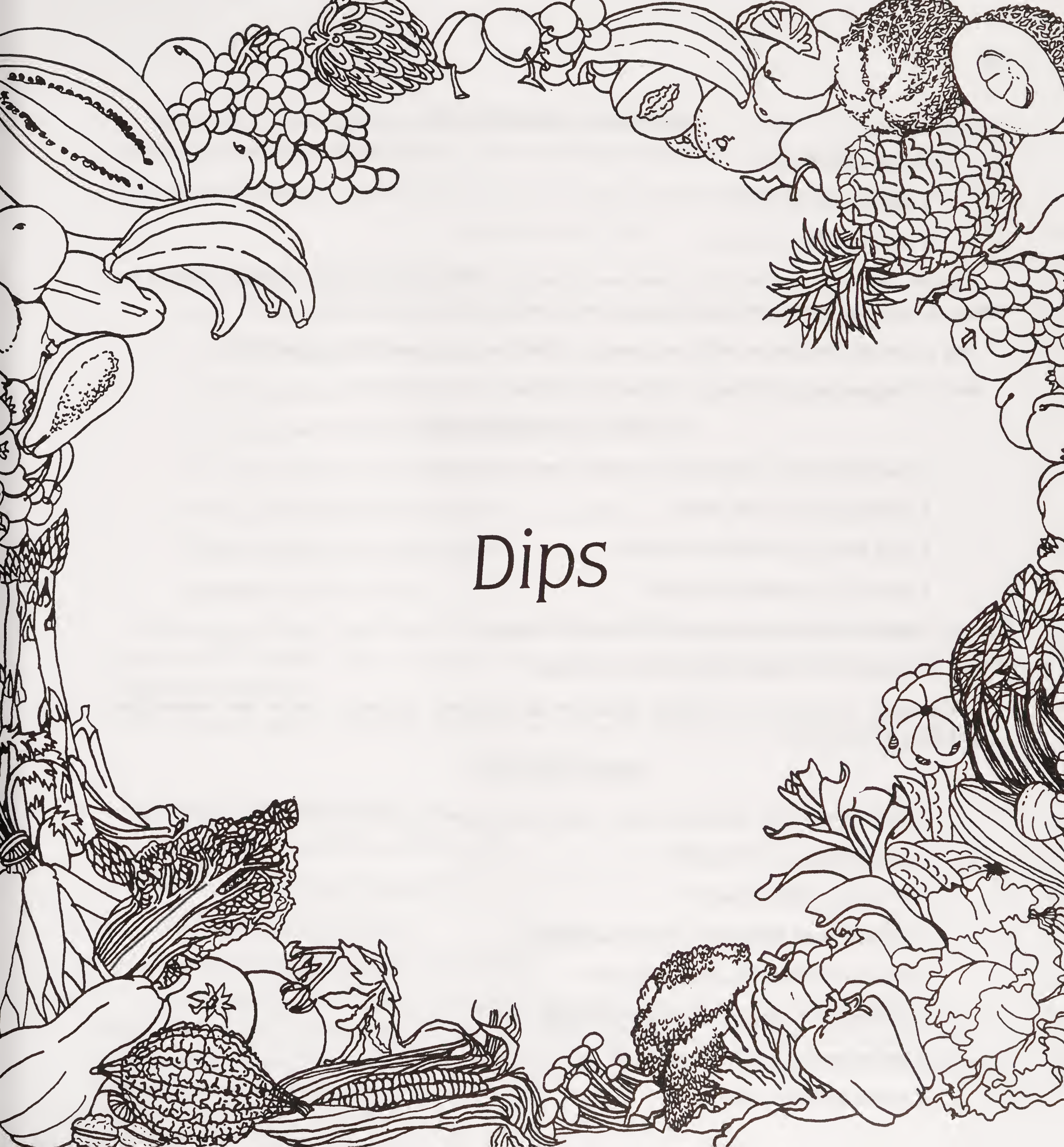
*A short life is not given us, but we ourselves make it so.*

*Seneca, 62 A.D.*

*Scientists who have studied fasting have found that a forty year old man can be fasted for 3 weeks and be restored to the physiological level of a 17 year old. Now that is remarkable. Where else can you find anything which will restore youthfulness? There is nothing else in all the realm of nature that can accomplish this as can fasting.*

*Dr. David J. Scott, 1980.*





# Dips



### **ALMOND CARROT DIP**

***3/4 cup ALMONDS***

***3 medium CARROTS***

***2 or 3 CELERY STALKS***

***Soak almonds overnight. Remove skins by blanching, (pour boiling water on them. Leave for one minute. Remove. from water. Pinch off skins.)***

***Use a Champion Juicer with nut butter blank on, or your food processor.***

***Run all ingredients through. Blend ingredients together.***

### **CARROT & JICAMA DIP**

***1/2 medium-size CUCUMBER peeled and chopped***

***2 tablespoons LIME JUICE***

***1 cup finely shredded CARROT***

***1 cup finely grated JICAMA***

***1/4 cup coarsely ground SUNFLOWER SEEDS***

***1/2 teaspoon finely chopped fresh DILL***

***Liquefy cucumber and lime juice in an electric blender. Pour on remaining ingredients and mix.***

### **CHICK PEA DIP\***

***1 cup CHICK PEA SPROUTS (See "How to Sprout Seeds and Beans on page 15)***

***2 tablespoons LIME JUICE***

***3/8" slice LEEK, minced***

***1 tablespoon BRAGG'S LIQUID AMINOS***

***1 tender center CELERY, chopped***

***1 tablespoon VEGETABLE SEASONING***

***2 tablespoons CHIVES, minced***

***1 small CARROT, grated***



**Grind the chick pea sprouts very finely in a blender with the juice, leek and aminos. Transfer to small bowl. Add remaining ingredients. Mix well.**

**\*This recipe requires soaking chick peas overnight and sprouting for 2 days.**

### **GARBANZO DIP**

**$\frac{3}{4}$  cup dry GARBANZO BEANS**

**(See "How to Sprout Seeds and Beans" on, page 15).**

**1 small chopped TOMATILLO**

**3 tablespoons LEMON JUICE**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**$\frac{3}{8}$ " slice LEEK, chopped**

**$\frac{1}{8}$  cup WATERCRESS or PARSLEY, chopped**

**$\frac{1}{4}$  cup chopped SESAME SEEDS**

**$\frac{1}{2}$  teaspoon DILL SEED**

**Place lemon juice, liquid soy, tomatillo, leek, garbanzos in blender in order given. Grind until chunky. Put in bowl and mix in remaining ingredients. Use with vegetable dippers.**

**\*This dish requires soaking garbanzo beans 1 day and sprouting for 2 days.**

### **GUACAMOLE**

**2 ripe HASS AVOCADOS**

**1 tablespoon LEMON or LIME JUICE**

**1 small TOMATILLO, finely diced**

**2 tablespoons mild SALSA**

**2 tablespoons chopped BLACK OLIVES**

**Cut avocados in half lengthwise. Remove pits and, cut thin slices in both directions while still in skin. Scoop out meat. Sprinkle with lemon and smash with a fork in small bowl. Add tomatillo and mix together. Blend in remaining ingredients. Serve with vegetable dippers.**

## **KOHLRABI ITALIENNE**

**6 to 8 KOHLRABIES**

### **DIP**

**1 can TOMATO PASTE**

**2 tablespoons OLIVE OIL**

**3/8" slice LEEK, minced**

**1/2 medium size CUCUMBER, peeled, diced small**

**6 PLUM TOMATOES, diced small**

**3 tablespoons ground SESAME SEEDS**

**4 tablespoons chopped OLIVES**

**Peel the kohlrabies. Slice lengthwise. Whip tomato paste and olive oil. Blend in leek, cucumber, tomatoes, seeds, olives. If necessary, add water very gradually.**

## **ITALIAN PESTO**

**3/4 cup PINE NUTS (also called pignolia nuts)**

**1 handful fresh BASIL LEAVES, chopped**

**2 or 3 1" long, fresh OREGANO LEAVES**

**1/3 cup VIRGIN OLIVE OIL**

**3/8" slice LEEK, minced**

**Grind nuts in blender. Slowly add oil. Place in bowl. Mix in herbs and leek.**

## **MEXICAN SALSA**

**Juice of half LIME**

**1/4 cup pre-soaked DRIED TOMATOES**

**1 cup finely diced TOMATOES**

**1 YELLOW PEPPER, finely diced**

**1/2 cup finely diced, CELERY**

**2 small TOMATILLOS, diced**

**1 teaspoon minced fresh GINGER ROOT**

**Chop dried tomatoes. Mix all thoroughly.**



### **MOCK TUNA DIP**

***1/2 cup ground SESAME SEEDS***

***1/2 to 1 tablespoon KELP or DULSE***

***1/2 cup finely diced CELERY***

***3/4 cup grated MUNG & LENTIL SPROUTS***

***Juice from 1/2 PINK GRAPEFRUIT***

***Combine all ingredients in a bowl except the grapefruit juice. Slowly pour the amount needed for the consistency you want.***

### **RED PEPPER SESAME SEED DIP**

***3 tablespoons BRAGG'S LIQUID AMINOS***

***1/2" slice LEEK, chopped***

***4 or 5 large RED BELL PEPPERS, chopped***

***1/2 cup SESAME SEEDS, soaked 4 hours. Drain well.***

***1 CORN COB,***

***Place all ingredients in a blender and blend until creamy.***

### **SUNFLOWER LENTIL DIP**

***3 tablespoons BRAGG'S LIQUID AMINOS***

***3 CELERY STALKS, chopped***

***1/2" slice LEEK, chopped***

***1 1/2 cups SPROUTED SUNFLOWER SEEDS\****

***1 cup SPROUTED LENTILS***

***4 medium carrots, chopped***

***Blend all ingredients in food processor until well mixed, or run it through a Champion Juicer with the blank in.***

***\*(See How to Soak Seeds and Beans, on page 15)***







*Vegetable Drinks*



## **VEGETABLE DRINKS**

**Use only fresh, ripe vegetables, preferably organically grown. If regular supermarket quality produce is used, they should be washed carefully. Make only the amount of juice that will be used immediately. In storage, even under refrigeration, raw juices oxidize rapidly and lose their nutrients after 20 minutes.**

**Sweet juices such as carrot, beet, grape, apple or pear juice, should be diluted with water 50-50, or mixed with other, less sweet juices.**

**Never mix fruit and vegetable juices together. The combining of these two classes of foods impairs digestion and assimilation, resulting in gas with only partial assimilation of nutrients.**

**Drink vegetable or fruit juices between meals or one hour before meals but never with meals. Drink juices slowly, and salivate well.**

**Combine the following groups in juicer.**

**2 or 3 TOMATOES, 1 CELERY stalk, 1 BEET, 1 small CUCUMBER.**

**2 or 3 TOMATOES, 1 CELERY stalk, 1 BEET, 1 small CUCUMBER, 1 cup CABBAGE.**

**Any green tops such as, PARSLEY, SPINACH, KALE, SWISS CHARD, TURNIP TOPS, RADISH TOPS, mixed with CARROT, TOMATO, STRING BEANS.**

**AVOCADO, LETTUCE, CARROTS, STRING BEANS, BELL PEPPERS.**

**2 or 3 TOMATOES, 1 CELERY stalk, 2" bottom length of DAIKON.**

**3 to 4 CARROTS, 1 small JICAMA, 1 small TOMATILLO, ½ cup PARSLEY.**

**1 large CUCUMBER, 1 large BEET, 1 cup SPROUTS, handful STRING BEANS.**

**2 or 3 TOMATOES, ½ cup CORN, 1 or 2 PARSNIPS, fresh BASIL.**

**TOMATO, CELERY, GREEN PEPPER, CUCUMBER, one tablespoon SOY or LEMON JUICE, 1 teaspoon CELERY SEED.**

**TOMATOES, TOMATILLOS (Mexican tomato), YELLOW BELL PEPPER, LEMON JUICE, DULSE.**

**¼ cup of sprouted SUNFLOWER SEEDS can be added to each group for a creamy drink.**





# Soups



## **ASPARAGUS SOUP**

**1 cup DRINKING WATER**

**ASPARAGUS for two, sliced 1" (set aside tips)**

**1 cup grated JICAMA**

**1 CELERY stalk, cut in 1" lengths**

**1/2 cup finely diced, CELERY**

**1/3 cup WATERCRESS, chopped**

**1/2 cup WALNUTS, chopped**

**Liquefy jicama and 1" cut celery in electric blender. Add asparagus and blend again. Transfer to large bowl. Mix in watercress. Ladle into individual bowls. Lightly season. Garnish with asparagus tips and walnuts.**

## **AVOCADO & CAULIFLOWER SOUP**

**3 cups chopped CAULIFLOWER florets**

**1 medium to large HASS AVOCADO**

**1 cup DRINKING WATER**

**3/4 cup CORN**

**3/4 cup ALFALFA SPROUTS, chopped**

**2 tablespoons CHOPPED OLIVES**

**Place cauliflower in blender with water. Seed avocado. Remove pulp with soup spoon. Cut away brown spots. Chop. Place in blender. Blend until smooth. Add more water if necessary. Pour into soup dishes. Mix in sprouts. Sprinkle with olives.**

## **AVOCADO & TOMATO SOUP**

**2 cups TOMATO JUICE from fresh tomatoes made in blender**

**1 small TOMATILLO, chopped**

**1 heaping tablespoon ALMOND BUTTER**

**1 ripe AVOCADO**



**1 teaspoon fresh, minced BASIL LEAF**

**Remove avocado pit. Remove pulp and cut away brown spots. Chop. Combine all ingredients except basil in an electric blender in order given. Blend until smooth. Serve at room temperature or chill. Sprinkle with basil. Serves two.**

### **BARLEY CARROT SOUP\***

**3/4 cup BARLEY**

**1 cup DRINKING WATER**

**2 cups CARROT JUICE**

**1/2 cup chopped CELERY**

**2 tablespoons minced DAIKON**

**1/2 cup chopped PARSLEY**

**Soak barley overnight in distilled water. Drain well. Rinse and drain again. Mix all ingredients. Serves two. Note: If making fresh carrot juice, save the carrot pulp for "Vege Burgers" recipe if making the same day.**

**\*This dish requires soaking barley overnight.**

### **BROCCOLI ZUCCHINI SOUP**

**1 small head BROCCOLI**

**2 cups chopped ZUCCHINI**

**1 cup DISTILLED WATER**

**1/2 cup diced CELERY**

**1/2 small RED PEPPER, diced**

**1/3 cup PINE NUTS**

**1 teaspoon fresh, minced OREGANO**

**Cut broccoli into florets. Blend broccoli, zucchini and water in blender until smooth. Add more water if necessary. Pour in soup dishes. Mix in celery, pepper and pine nuts. Sprinkle with oregano. Serves two.**

## **CAULIFLOWER & CORN SOUP**

**CAULIFLOWER florets for two**

**1 medium grated PARSNIP**

**2 ears of CORN,kerneled (See "How to Kernel Corn" on page 16)**

**1/2 teaspoon DILL SEED**

**1/4 cup chopped WATERCRESS**

**Puree the cauliflower and parsnip in 1 1/4 cup of drinking water in electric blender until smooth. Add more water if necessary. Remove from blender. Add corn and dill. Garnish with watercress. Chill if desired. Serves two.**

## **CHICK PEAS & TOMATO SOUP\***

**1/2 cup dry CHICK PEAS**

**2 cups TOMATO JUICE from fresh tomatoes made in blender**

**3/4 cup fresh CORN**

**1/2 cup diced CELERY**

**WATERCRESS**

**Soak chick peas in distilled water overnight. (See "How to Soak Seeds and Beans" on page 15). Combine chick peas and tomato in electric blender and liquefy. Pour in soup bowls. Mix in corn and celery. Garnish with watercress. Serve at room temperature or chilled. Serves two.**

**\*This dish requires soaking chick peas overnight and sprouting for two days.**

## **COLD AVOCADO SOUP**

**2 HASS AVOCADOS**

**3/4 medium CUCUMBER, peeled, chopped**

**1/4 CUCUMBER, peeled, diced small (set aside)**

**2 large, ripe TOMATOES, quartered**

**1/4 cup chopped WATERCRESS**



**Remove pits from avocado. Remove pulp with a tablespoon. Cut away brown spots. Set aside ½ of an avocado. Whirl tomatoes, avocado and cucumber in blender until smooth. Pour into bowls. Stir in remaining avocado and cucumber. Chill if desired. Garnish with watercress. Serves two.**

### **COOL TOMATO SOUP**

**2 cups freshly made TOMATO JUICE**

**1 ½ medium CUCUMBERS, peeled, chopped**

**½ medium CUCUMBER, peeled, diced (set aside)**

**1 cup ALFALFA SPROUTS, cut in thirds**

**1 small GREEN BELL PEPPER, finely diced**

**1 teaspoon fresh, minced BASIL LEAVES or OREGANO LEAVES**

**¼ cup WATERCRESS, chopped**

**Puree tomatoes and chopped cucumbers. Pour mixture into large bowl. Add next four ingredients. Pour in individual bowls.**

**Garnish with watercress. Serves two.**

### **CORN CHOWDER**

**1 rib of CELERY, chopped in 1" lengths**

**1 cup shredded JICAMA**

**2 medium PARSNIPS, shredded**

**2 ears of CORN,kerneled (See "How to Kernel" on page 16)**

**1 ear of CORN,kerneled (set aside)**

**1 small RED BELL PEPPER, diced**

**½ cup finely diced, tender rib of CELERY**

**6 WALNUTS, chopped**

**¼ cup minced PARSLEY**

**Place half the amount of celery, jicama, parsnip and corn in electric blender with 1**

**cup of drinking water until blended. Pour into large bowl. Blend other half adding 1/4 to 1/2 cup of water. Mix in corn, pepper and celery. Ladle into individual bowls. Garnish with walnuts and parsley. Serves two.**

### **CREAM OF SPINACH SOUP**

**2 cups chopped, fresh SPINACH**

**1 1/2 cups chopped ZUCCHINI**

**1 1/2 cups DRINKING WATER**

**1 tablespoon diced LEEK**

**1 tablespoon finely cut FRESH KELP or DULSE**

**1/2 cup diced RED BELL PEPPER**

**Remove stems from spinach. Blend first five ingredients in blender. Pour into soup bowls. Sprinkle with pepper. Serves two.**

### **CREAMY CARROT & AVOCADO SOUP**

**3 cups fresh CARROT JUICE**

**1 large HASS AVOCADO**

**1 fresh CORN, kernalled**

**handful ALFALFA SPROUTS, chopped**

**Make carrot juice. (Save pulp for Carrot Patties). Cut avocado in half. Remove pit. Cut away brown spots. Keep halves separated. Place carrot juice and one half avocado in blender. Blend until smooth. Pour into individual soup bowls. Mix other half of avocado, corn and sprouts with soup.**

### **GAZPACHO**

**2 cup chopped TOMATOES**

**1 small CUCUMBER, peeled, chopped**

**3/8" slice LEEK**

**2 medium ZUCCHINIS, chopped**

**4 tablespoons TOMATO PUREE (optional)**



**1/2 cup pre-soaked DRIED TOMATOES**

**Place all in blender. Blend until creamy. Can chill or eat immediately. Serves 2.**

### **GREEN PEA SOUP**

**1 large HASS AVOCADO, pitted, chopped**

**1 1/2 cups fresh PEAS**

**1 medium ZUCCHINI, chopped**

**1 1/4 cups distilled WATER**

**2 tablespoons minced DAIKON (optional)**

**1 CARROT, grated**

**1/2 teaspoon DILL SEED**

**2 sprigs PARSLEY, chopped**

**Blend avocado, peas, zucchini, water (use more if necessary), and daikon in blender until creamy. Place in individual soup bowls. Mix in carrots and dill. Sprinkle with parsley. Serves two.**

### **LENTIL-VEGETABLE SOUP**

**2 cups CARROT JUICE**

**1 sprig fresh PARSLEY**

**1 CELERY STALK, cut in 1" pieces**

**1 cup CHINESE CABBAGE**

**1 medium size AVOCADO, remove pit**

**1 tablespoon chopped DRIED DULSE**

**3/4 cup SPROUTED YELLOW LENTILS (See "How to Sprout ..." page 15)**

**Pour carrot juice into blender. Add parsley, celery and cabbage. Liquefy. Slice avocado in half. Remove pit and brown spots. Scoop pulp into blender. Add dulse. Liquefy until creamy. Pour mixture into soup bowls. Mix in lentils. Serves two.**

### **LIFE FORCE SOUP**

**large TOMATOES, quartered**

**4 large CARROTS, grated**

**1 cup grated JICAMA**

**1 cup PARSLEY**

**½ bunch SPINACH (See "How to Wash" on page 15)**

**2 1 cup ALFALFA SPROUTS**

**Puree all ingredients in electric blender until smooth. Chill or serve immediately. Serves two.**

### **PARSNIP SOUP**

**2 cups grated PARSNIPS**

**1 ½ cups DRINKING WATER**

**1 ear CORN,kerneled (See "How to Kernel Corn" on page 16)**

**1 medium CARROT, finely grated**

**1 sprig PARSLEY, minced**

**½ teaspoon ANISE**

**Blend parsnips and water in blender at high speed for 30 seconds. Add anise. Blend for 2 seconds. Pour into soup bowls. Mix in corn and carrot. Garnish with parsley. Serves two.**

### **RAW BORSCHT**

**4 small young BEETS, scrubbed well, chopped**

**¼ head medium CABBAGE, sliced and chopped**

**1 cup CARROT JUICE, made fresh in juicer**

**1 small JICAMA\*, chopped in 1" squares**

**1 CELERY rib and leaves, chopped**

**1 to 1 ½ cups DRINKING WATER**



***1/4 cup chopped WATERCRESS***

***Liquefy first six vegetables a bit at a time using water as necessary in electric blender. Pour into individual bowls. Add caraway. Garnish with watercress. Serves two.***

***\*Note: Always use fresh jicama in making soup. Old jicama is dry. Also, save carrot pulp for "Vege Burgers" recipe if you are making it the same day.***

### **SWEET POTATO SOUP**

***1 to 1 1/2 cups DRINKING WATER***

***3 cups grated, SWEET POTATOES or YAMS***

***1 medium PARSNIP, grated***

***1/2 cup diced, FENNEL***

***SUNFLOWER SPROUTS***

***Place sweet potatoes and parsnips in an electric blender with just enough water to liquefy. Pour mixture in soup bowls. Blend in fennel. Sprinkle with sprouts in center. Serves two.***

### **TOMATO VEGETABLE SOUP**

***3 cups freshly made TOMATO JUICE***

***1/2 cup pre-soaked and chopped DRIED TOMATOES***

***1 ear CORN, kernalled (See "How to Kernel" on page 16)***

***3/4 cup fresh PEAS***

***1/2 cup diced, CELERY***

***1 teaspoon fresh, minced BASIL LEAVES***

***6 WALNUTS, chopped***

***Mix first 5 ingredients in large bowl. Ladle into individual soup bowls. Garnish with watercress and nuts. Serve immediately. Serves two.***

## **TOMATO ZUCCHINI SOUP**

**3 or 4 large TOMATOES, quartered**

**1/2 cup pre-soaked, shopped DRIED TOMATOES**

**1 medium ZUCCHINI, grated**

**1/2 cup chopped WALNUTS**

**1/2 cup diced tender rib of CELERY**

**2 tablespoons grated DAIKON**

**3/4 cup SWEET BABY PEAS**

**Liquefy tomatoes, zucchini and walnuts in an electric blender. Chill if desired. Pour into bowls and mix with celery, daikon and peas. Serves two.**

## **ZUCCHINI & PEA SOUP**

**3 medium ZUCCHINI, grated (should make 3 to 3 1/2 cups)**

**2 cups fresh PEAS**

**1 to 1 1/2 cups DRINKING WATER**

**2 tablespoons diced DAIKON**

**1 medium CARROT, grated**

**1/2 cup diced CELERY**

**2 tablespoons finely chopped DRIED DULSE,**

**Blend first four ingredients in blender until smooth. Use only enough water for a soupy consistency. Pour into soup bowls. Mix in carrot, celery and dulse. Serves two.**

*The Standard American Diet is a pathogenic arrangement that is responsible for a long list of diseases. This is evident when a mere change in diet enables SAD Sufferers to become free of their problems and lead healthful lives*

*T.C. Fry 1989.*





# Dressings



***(Note: When preparing most of these recipes, stop the blender every few seconds to allow the unblended contents to fall to the bottom.)***

### **AVOCADO TOMATILLO DRESSING**

***2 tablespoons BRAGG'S LIQUID AMINOS***

***2 tablespoons DRINKING WATER***

***½ small CUCUMBER, peeled, chopped***

***1 medium-small TOMATILLO, chopped***

***1 tablespoon diced DAIKON***

***1 large HASS AVOCADO***

***¼ to ½ teaspoon DILL***

***Cut avocado in half. Remove pit. Remove pulp with tablespoon. Cut away brown spots. Blend aminos, cucumber, tomatillo and daikon in electric blender. Add avocado. Blend until creamy. Add dill to taste.***

### **AVOCADO TOMATO DRESSING**

***1 large, TOMATO, chopped***

***½ medium, small CUCUMBER, peeled, chopped***

***1 small HASS AVOCADO***

***1 teaspoon minced, fresh OREGANO***

***Cut avocado in half. Remove pit. Remove pulp. Cut away brown spots. Place all ingredients in blender in order given in electric blender until smooth.***

### **CARROT AVOCADO DRESSING**

***2 tablespoons BRAGG'S LIQUID AMINOS***

***1 cup CARROT JUICE***

***1 medium AVOCADO, pitted***



**Place aminos and juice in blender. Cut thin slices in avocado in both directions. Scoop out pulp with soup spoon. Put in blender. Blend until smooth.**

### **CARROT CELERY DRESSING**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**1/2 small CUCUMBER, chopped**

**1 cup fresh CARROTS\*, shredded**

**2 tender ribs of CELERY, chopped**

**1/4 cup ground ALMONDS**

**\*Note: Use fresh carrots (has tops on). Old carrots are dry. Place all ingredients in blender in order given. Blend until smooth.**

### **CASHEW DRESSING**

**heaping tablespoon CASHEW BUTTER**

**1/3 to 1/2 cup DISTILLED WATER**

**1 to 2 tablespoons LIME JUICE**

**Mix to taste and consistency desired using electric blender.**

### **CREAMY CELERY DRESSING**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**1/2 medium CUCUMBER, peeled, chopped**

**1 small PICKLING CUCUMBER, chopped**

**3/4 cup chopped CELERY**

**1/4 cup ground WALNUTS**

**Combine ingredients in order given in electric blender. Blend until creamy.**

### **CREAMY ITALIAN DRESSING**

**1/8 cup LEMON JUICE**

**1/2" slice LEEK, chopped**

**1 TOMATO, quartered**

**1 teaspoon minced fresh OREGANO**

**1 RED or YELLOW BELL PEPPER, seeded, quartered**

**1 small AVOCADO, seeded, chopped**

**Put all ingredients in order given in blender. Blend until smooth.**

### **CREAMY TOMATO DRESSING**

**2 cups chopped TOMATOES**

**1/4 cup chopped DRIED TOMATOES**

**1/2 cup ground WALNUTS**

**1 tablespoon chopped DULSE**

**Combine ingredients in an electric blender. Blend until smooth.**

### **CUCUMBER DRESSING**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**1 medium CUCUMBER, peeled, chopped**

**1 medium-small TOMATILLO, chopped**

**2 tender ribs CELERY, chopped**

**3/8" slice LEEK, chopped**

**Combine ingredients in blender. Blend until smooth.**

### **CUCUMBER DULSE DRESSING**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**1 medium CUCUMBER, peeled, chopped**



**1" long DAIKON, chopped**

**1 10" long strip, dried dulse, swirl in water to soften**

**Place all ingredients in blender in order shown. Blend until smooth.**

### **GARBANZO CUCUMBER DRESSING\***

**1 small TOMATILLO, chopped**

**1 rib of CELERY, chopped**

**½ medium CUCUMBER, chopped**

**¾ cup SPROUTED GARBANZO BEANS (See "How to Soak Seeds and Beans" and "How to Sprout" on page 15).**

**Combine ingredients in electric blender. Blend until smooth.**

**\*This recipe requires soaking and sprouting garbanzo beans for three days.**

### **TOMATO DULSE DRESSING**

**2 large TOMATOES, chopped**

**1 rib of CELERY, chopped**

**3/8" slice LEEK, chopped**

**10" long piece dried DULSE, soaked for 1 minute**

**Chop dulse. Combine all ingredients in electric blender until smooth.**

### **ZUCCHINI DRESSING**

**3 tablespoon BRAGG'S LIQUID AMINOS**

**½ medium CUCUMBER, peeled, chopped**

**3 medium-small ZUCCHINIS, chopped**

**Place all in blender. Blend until smooth.**





# *Main Dishes*



## **APPLACADO SALAD**

**2 red-skinned APPLES, cored, diced**

**2 tablespoons LEMON JUICE**

**2 HASS AVOCADOS, pitted, chopped.**

**½ cup diced tender center of CELERY**

**ALFALFA SPROUTS,**

**½ teaspoon CINNAMON**

**SNOWPEAS, handful**

**LETTUCE**

**CASHEW DRESSING\***

**Prepare a bed of lettuce. Sprinkle lemon juice on apples to prevent discoloration.. Cut avocado in half. Remove pit. Remove pulp. cut away brown spots. Dice. Combine apples, avocados, celery, sprouts, and cinnamon. Scoop mixture on center of lettuce. Cut stem and peel string off snowpeas. Place in a pinwheel design around the dish. Pour dressing over top. Serves two.**

## **ASPARAGUS & RUTABAGA**

**ASPARAGUS for two**

**1 small RUTABAGA, grated**

**2 stems BOK CHOY, sliced thin diagonally**

**1 small RED PEPPER, diced**

**CASHEW DRESSING\***

**Cut asparagus in bite-size lengths. Combine first four ingredients. Place on individual plates. Pour dressing over top.**

## **AVOCADO & CAULIFLOWER**

***SPINACH for two, broken in bite-size pieces***

***CAULIFLOWER florets, for two, sliced***

***8 CHERRY TOMATOES, quartered***

***¾ cup fresh PEAS***

***1 ear CORN, kernalled, (See "How To Kernel" page 16)***

***2 ripe HASS AVOCADOS***

***CUCUMBER TOMATO DRESSING\****

***Place spinach on plate. Cut avocado in half. Remove pit. Remove pulp with tablespoon. Cut away brown spots. Chop. Combine cauliflower, tomatoes, peas, avocado, corn in a bowl. Refrigerate while making dressing. Scoop mixture on spinach. Pour dressing over top. Serves two.***

## **AVOCADO & ZUCCHINI**

***2 medium small ZUCCHINI, grated***

***1 small YELLOW BELL PEPPER, diced***

***2 ripe HASS AVOCADOS***

***1/3 cup black, sliced OLIVES***

***SALAD GREENS***

***CUCUMBER DULSE DRESSING\****

***Prepare a bed of greens. Cut avocado in half. Remove pit. Remove pulp with tablespoon. Cut away brown spots. Combine first four ingredients. Scoop mixture on greens. Pour dressing over top. Serves two.***



## **BARLEY & STRING BEANS\***

**1 cup uncooked BARLEY**

**1 ½ cups DISTILLED WATER**

**STRING BEANS for 2, cut 1" lengths**

**1 small HASS AVOCADO**

**1 cup SUNFLOWER or ALFALFA SPROUTS**

**CARROT AVOCADO DRESSING\***

**Cover barley with distilled water and soak overnight. Change water in morning. Rinse barley. Drain well. Cut avocado in half. Remove pit. Remove pulp with tablespoon. Dice. Combine barley with beans, avocado and sprouts. Pour dressing over top. Serves two.**

**\*Note: This dish requires overnight soaking of barley.**

## **BEET & JICAMA**

**4 small, young BEETS, cut in julienne style**

**1 cup grated JICAMA**

**4 BRUSSELS SPROUTS, sliced thin. Separate layers.**

**1/3 cup diced, tender rib of CELERY**

**1/3 cup sliced OLIVES**

**CREAMY TOMATILLO DRESSING\***

**Combine first 4 ingredients. Refrigerate while making dressing. Pour dressing over top. Garnish with olives. Serves two.**

## **BROCCOLI & CARROT**

***BROCCOLI for two, cut in florets***

***1 cup grated CARROTS***

***1 cup ALFALFA SPROUTS,***

***2 tablespoons DAIKON***

***½ teaspoon DILL SEED***

***CREAMY CELERY DRESSING\****

***1/3 cup sliced OLIVES, optional***

***LETTUCE***

***Combine first five ingredients. Scoop over a bed of lettuce. Pour dressing over top. Garnish with olives. Serves two.***

## **BROCCOLI & ZUCCHINI**

***BROCCOLI florets for two***

***1 medium ZUCCHINI, grated***

***1 small RED BELL PEPPER, diced***

***1 CORN COB, kernalled***

***ZUCCHINI DRESSING***

***Combine first four ingredients. Refrigerate while making dressing. Serves two.***

## **BROCCOLI , CORN & BOK CHOY**

***BROCCOLI florets for 2***

***2 ears of CORN, kernalled***

***2 BOK CHOY STEMS, include tops, cut length-wise, slivered diagonally***

***1 cup ALFALFA SPROUTS***

***1/3 cup chopped WALNUTS***



**AVOCADO TOMATILLO DRESSING\***

**Combine first five ingredients. Pour dressing over top. Serves two.**

**BRUSSELS SPROUTS & BELL PEPPER**

**14 medium BRUSSELS SPROUTS, sliced thin. Separate layers.**

**1 small RED BELL PEPPER, finely diced**

**1 cup grated PARSNIP**

**¾ cup fresh PEAS**

**1 cup SUNFLOWER SPROUTS, cut in half**

**ZUCCHINI CUCUMBER DRESSING\***

**Combine first five ingredients. Pour dressing over top. Serves two.**

**CABBAGE SLAW SALAD**

**Shredded green CABBAGE for two**

**¾ cup grated CARROTS**

**1/2 green BELL PEPPER, finely diced**

**¾ cup fresh or frozen CORN**

**1 large PICKLING CUCUMBER, grated**

**1 teaspoon CARAWAY SEED**

**AVOCADO TOMATILLO DRESSING\***

**½ cup sliced OLIVES**

**Combine first six ingredients. Pour dressing over top. Mix well. Garnish with olives. Can be served immediately or chilled. Chill for 20 minutes in a covered casserole dish. Serves two.**

## **CARROT & APPLE SALAD**

**1 cup grated CARROTS**

**2 cups finely sliced SAVOY CABBAGE**

**½ cup pre-soaked RAISINS**

**1 teaspoon ANISE**

**2 yellow-skinned APPLES, cored, diced**

**2 tablespoons LEMON JUICE**

**CASHEW DRESSING\* eliminate lime juice**

**1 head BOSTON LETTUCE**

**Combine first four ingredients. Cut apple. Sprinkle and mix with lemon juice. Mix with other four ingredients. Scoop mixture on bed of lettuce. Pour dressing over top. Serves two.**

## **CARROT SALAD**

**2 cups grated CARROTS**

**1 cup grated JICAMA**

**2 ears of CORN,kerneled**

**1 cup SUNFLOWER SPROUTS, cut in half**

**CREAMY CELERY DRESSING\***

**½ cup chopped OLIVES, optional**

**LETTUCE**

**Prepare a bed of lettuce. Combine first four ingredients. Scoop onto lettuce. Pour dressing over top. Garnish with olives. Serves two.**



## **CARROT-NUT PATTIES**

**2 cups grated CARROTS**

**1/4 cup SESAME SEED, ground**

**1/4 cup SUNFLOWER SEED, minced**

**3/8" slice LEEK,**

**3 tablespoons finely chopped CELERY**

**CUCUMBER DULSE DRESSING\***

**SALAD GREENS**

**Prepare a bed of greens. Mix well first five ingredients. Form into patties and place on greens. Pour dressing over top. Serves two.**

## **CARROT OATMEAL PATTIES**

**1 cup OATMEAL**

**1/2 cup DRINKING WATER**

**1 1/2 cups grated CARROTS**

**3/4 cup chopped SUNFLOWER SPROUTS**

**3/8" slice LEEK, minced**

**1/2 cup diced CELERY**

**CARROT CELERY DRESSING\***

**SALAD GREENS**

**Soak oatmeal with water for five minutes. Mix with fork several times. Should be moist not mushy. Prepare a bed of greens. Combine next four ingredients with oatmeal. Mix thoroughly. Form into patties. Place on bed of greens. Pour dressing over top.**

## **CAULIFLOWER & SPINACH CASSEROLE**

**CAULIFLOWER** florets, for two

**½ bunch SPINACH** (see "How to Wash Spinach," on page 15)

**2 ears of CORN**, kernalled

**1 cup SUNFLOWER SPROUTS**

**1 tablespoon fresh, minced BASIL**, optional

**ZUCCHINI CUCUMBER DRESSING\***

**½ cup sliced OLIVES**

**Cut cauliflower in bite-size pieces. Break spinach into bite-size pieces. Combine first four ingredients. Pour dressing over top. Garnish with olives. Serves two.**

## **GREEN BEANS & ZUCCHINI**

**GREEN BEANS** for 2, cut 1"

**1 medium ZUCCHINI**, grated

**1 large CARROT**, grated

**1 ear CORN**, kernalled

**CARROT CELERY DRESSING\***

**SALAD GREENS**

**Prepare a bed of greens. Combine first four ingredients. Scoop onto greens. Pour dressing over top. Serves two.**

## **JICAMA & PEAS**

**2 cups grated JICAMA**

**1/3 cup YELLOW BELL PEPPER**, diced

**2 tablespoons minced DAIKON**

**1/3 cup diced, tender center of CELERY**

**1/8 cup chopped PARSLEY**

**4 CHERRY TOMATOES**, quartered



**1 cup fresh PEAS**

**CREAMY CELERY DRESSING\***

**ROMAINE lettuce**

**Mix first five ingredients. Add tomatoes and peas. Mix gently. Add only enough dressing to make mixture moist. Chill. Form into individual mounds. Place on bed of lettuce greens. Pour remainder of dressing over top. Serves two.**

### **KIDNEY BEANS & GREEN PEPPER\***

**¾ cup dry RED KIDNEY BEANS**

**1 ½ cups DISTILLED WATER**

**1 GREEN BELL PEPPER, diced**

**1 small RUTABAGA or TURNIP, grated**

**2 cups SUNFLOWER SPROUTS**

**ZUCCHINI CUCUMBER DRESSING\***

**2 tablespoons SLICED OLIVES**

**LETTUCE**

**\*Requires soaking beans overnight.**

**Boil water. Pour over kidney beans. Soak overnight. Drain next day. Combine with next three ingredients. Make a bed of lettuce. Scoop mixture over greens. Pour dressing over top. Garnish with olives. Serves two.**

**\*Note: Not all kidney beans plump up from soaking. Remove any small, bright red beans.**

*People cause their own disease. There are indeed ways to deal with disease that are not destructive to the body. We can choose not to cause our own disease.*

*Dr. Alan Immerman, 1983*

## **OATMEAL BURGERS**

***3/4 cup OATMEAL***

***1/2 cup DRINKING WATER***

***1 cup SUNFLOWER SPROUTS, chopped***

***1/3 cup chopped GREEN PEPPER***

***2 PLUM TOMATO, finely chopped***

***3/8" slice LEEK, minced***

***1 or 2 tender center CELERY ribs, diced***

***2 tablespoons minced PARSLEY***

***SALAD GREENS***

***MEXICAN SALSA\****

***Soak oatmeal in water 5 minutes. Should be moist. Combine next six ingredients. Mix thoroughly. Shape into patties. Place on bed of greens. Spoon salsa over top.***

## **PARSNIPS & ASPARAGUS with CARROTS**

***2 medium PARSNIPS, grated***

***handful ASPARAGUS, cut bite size***

***1 large CARROT, grated***

***ZUCCHINI DRESSING\****

***SALAD GREENS***

***Prepare bed of greens. Combine first three ingredients. Scoop onto greens. Pour dressing over top. Serves two.***



## **PEAS & RUTABAGA**

**1 cup fresh PEAS**

**1 small RUTABAGA, peeled and finely grated**

**1 CUCUMBER, peeled, diced**

**1 cup ALFALFA SPROUTS,**

**½ teaspoon CARAWAY SEEDS, optional**

**SALAD GREENS**

**ZUCCHINI CUCUMBER DRESSING\***

**Combine first five ingredients. Scoop onto bed of lettuce. Pour dressing over top. Serves two.**

## **PEAS & SAVOY CABBAGE**

**Shredded SAVOY CABBAGE for two**

**1 ½ cups fresh PEAS**

**1 small CUCUMBER, diced**

**1 YELLOW BELL PEPPER, diced**

**½ to 1 teaspoon DILL SEED**

**AVOCADO DRESSING\***

**½ cup SLICED OLIVES**

**Combine first five ingredients. Pour dressing over top. Garnish with olives. Serves two.**

*The doctor of the future will give no medicine, but will interest his patients in the area of the human frame, in diet, and in the cause and prevention of disease*  
*Thomas A. Edison, 1900*

## **POTATO SALAD**

**Small RED or NEW WHITE POTATOES for two**

**DISTILLED WATER for soaking**

**JUICE from ½ LEMON**

**½ medium RED BELL PEPPER, diced**

**½ medium YELLOW BELL PEPPER, diced**

**1/3 cup minced tender center CELERY**

**1 medium PICKLING CUCUMBER, grated**

**1 spring PARSLEY, minced**

**½ teaspoon powdered KELP or DULSE**

**CUCUMBER DRESSING\***

**Scrub potatoes well. Peel if desired. Grate potatoes. Cover with distilled water. Add lemon juice and let soak 30 minutes to release starch, making them digestible. Drain potatoes and rinse well in another bowl of distilled water. Drain well. Mix with all dry ingredients. Pour dressing over top. Mix. Refrigerate for 20 minutes if desired.**

## **PUMPKIN SALAD**

**2 cups grated PUMPKIN**

**1 or 2 sweet APPLES, cored, grated**

**1 ½ cups thinly sliced SAVOY CABBAGE**

**½ cup chopped WALNUTS**

**½ to ¾ teaspoon PUMPKIN PIE SPICE**

**CASHEW DRESSING\***

**SHREDDED COCONUT, optional**

**Cut pumpkin in eighths from top to bottom. Remove seeds. Peel with paring**



**knife. Toss first five ingredients together. Pour dressing over top. Sprinkle with coconut.**

### **RAW BEET SALAD**

**2 medium BEETS, peeled, cut julienne style**

**1 small KOHLRABI, peeled, grated**

**1 cup ALFALFA SPROUTS**

**1/3 cup chopped WALNUTS**

**CUCUMBER DRESSING\***

**SALAD GREENS**

**1/4 cup chopped BLACK OLIVES**

**Combine first four ingredients. Cover and refrigerate. Prepare a bed of greens. Scoop mixture on greens. Pour dressing over top. Garnish with olives. Serves two.**

### **RED CABBAGE & CORN**

**RED CABBAGE for two, shredded**

**2 cups SUNFLOWER SPROUTS**

**1 CUCUMBER, sliced thin**

**2 ears CORN, kernalled**

**1/2 teaspoon CARAWAY SEED**

**TOMATILLO DULSE DRESSING\***

**2 tablespoons chopped OLIVES**

**Mix cabbage and sprouts. Spread on plate leaving 1" around the edge. Sprinkle on caraway. Place cucumber slices around the outer edge of plate. Note: If using organic cucumber, it is not necessary to peel. Spoon the corn in a circle next to cucumbers. Pour dressing over cabbage and sprouts. Garnish with chopped olives in center. Serves two.**

**RED CABBAGE & PARSNIPS**

**RED CABBAGE for 2, shredded**

**2 PARSNIPS, grated**

**1 cup fresh PEAS**

**½ cup PINE NUTS (optional)**

**1 cup ALFALFA SPROUTS**

**CUCUMBER DULSE DRESSING\***

**1/3 cup sliced OLIVES**

**Combine first five ingredients. Pour dressing over top. Garnish with olives.**

**RUTABAGA, SPINACH & BOK CHOY**

**1 medium RUTABAGA, grated**

**SPINACH for 2, chopped**

**1 or 2 stalks BOK CHOY**

**1 large ear of CORN, kernalled**

**CREAMY CELERY DRESSING\***

**¼ cup chopped OLIVES**

**Cut bok choy in half and sliver diagonally. Combine first four ingredients. Pour dressing over top. Garnish with olives. Serves two.**

**SNOW PEAS & ZUCCHINI**

**2 medium ZUCCHINI, grated**

**1 ear of CORN, kernalled**

**1 medium RED BELL PEPPER, diced**

**1 cup ALFALFA SPROUTS**



***1/2 teaspoon DILL SEED, optional***

***ZUCCHINI CUCUMBER DRESSING\****

***Handful SNOW PEAS***

***SALAD GREENS***

***pitted OLIVES***

***Combine first five ingredients. Scoop onto bed of greens. Peel stem and string off snow peas. Place in a pinwheel design on plate. Place olives between "spokes". Pour dressing over top. Serves two.***

### ***"SPAGHETTI", TOMATO SAUCE & "CHEESE"***

***Grated SPAGHETTI SQUASH for two***

***3/4 pound ripe PLUM TOMATOES, quartered***

***1/2 cup pre-soaked DRIED TOMATOES***

***3/8" slice LEEK, minced***

***Fresh PARSLEY and SWEET BASIL, minced***

***1/2 cup SUNFLOWER SEEDS, ground***

***SPINACH***

***Cut squash in half at center. Remove seeds. Refrigerate half for other use. Slice squash in thirds. (Easier to peel when sliced small). Peel with paring knife. Grate. Refrigerate in covered bowl. Put tomatoes and leek in electric blender and liquefy. Make a bed of greens. Put squash on top. Pour tomato over top. Sprinkle on parsley and sweet basil. Sprinkle sunflower seed "cheese" on top. Serves two.***

***It's great to let food be a pleasure Just don't let food be your only treasure  
Victoria Bid Well***

### **SPINACH, BEAN SPROUTS & CORN**

**½ bunch SPINACH (see “How To Wash Spinach” on page 15)**

**1 ½ cups BEAN SPROUTS**

**2 ears of CORN, kernalled**

**1 large CARROT, grated**

**CREAMY TOMATO DRESSING\***

**1/3 cup sliced OLIVES**

**Break spinach in bite-size pieces. Combine with next three ingredients. Pour dressing over top. Garnish with olives. Serves two.**

### **SPINACH & JERUSALEM ARTICHOKES**

**SPINACH for two (see “How to Wash” on page 15)**

**½ cups grated SUNCHOKES**

**1 RED PEPPER, diced**

**1 YELLOW PEPPER, diced**

**CUCUMBER DULSE DRESSING\***

**½ cup sliced BLACK OLIVES**

**Break spinach into bite-size pieces. Scrub Jerusalem artichokes well. Combine first four ingredients. Pour dressing over top. Garnish with olives.**

### **SPINACH, BARLEY & BEETS\***

**Small bunch SPINACH, (see “How To Wash” on page 15).**

**1 cup uncooked BARLEY**

**1 ½ cups DISTILLED WATER**

**1 cup diced BEETS**



**1 cup ALFALFA SPROUTS**

**3/8" slice LEEK**

**ZUCCHINI CUCUMBER DRESSING\***

**1/3 cup BLACK OLIVES**

**Use distilled water to soak barley. When preparing meal, rinse barley and drain well. Chop spinach. Place on dish. Combine barley, beets, and sprouts. Scoop over spinach. Put leek in blender when making dressing. Pour dressing over top. Garnish with olives. Serves two.**

**\*Note: This recipe requires soaking of barley night before.**

## **SQUASH ITALIANO**

**2 medium size ZUCCHINI, grated**

**1 small YELLOW or GREEN BELL PEPPER, diced**

**3/4 cup fresh PEAS**

**4 PLUM TOMATOES, chopped small**

**1 ear of CORN, kernalled**

**2 cups ALFALFA**

**4 tablespoons mild SALSA**

**1/2 cup sliced OLIVES**

**Mix all ingredients well. Serve on a bed of spinach if desired. Serves two.**

*Man lives on one-fourth of what he eats. On the other three-fourths lives his doctor. Inscription on an Egyptian pyramid, 3800 B.C.*

## **STUFFED AVOCADOS**

**2 medium AVOCADOS**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**1 CELERY STALK, diced small**

**1 small YELLOW BELL PEPPER, diced**

**2 medium PLUM TOMATOES, diced**

**½ cup grated KOHLRABI**

**SALAD GREENS**

**CHOPPED OLIVES**

**Scrub avocado skin well. Cut in half. Remove pit. Remove pulp. Put in small bowl. Add aminos. Smash with fork until soft. Add next four ingredients. Mix.**

**Make a bed of salad greens. Prop up avocado skin with greens. Fill skins to overflowing with mixture. Sprinkle with chopped olives. Serves two.**

## **STUFFED SAVOY CABBAGE**

**6 SAVOY CABBAGE leaves**

**2 medium-small ZUCCHINI, grated**

**2 small ears CORN,kerneled**

**½ cup diced tender center of CELERY**

**4 PLUM TOMATOES, diced**

**1 cup ALFALFA SPROUTS**

**4 tablespoons mild SALSA**

**½ cup chopped OLIVES**

**Score stem on raised side of cabbage so it will role. Cut several times. Combine next seven ingredients. Determine equal portions by separating mixture on a platter. Scoop mixture on cabbage. Roll from stem end. Hold with a toothpick. Serves two.**



## **STUFFED GRAPE LEAVES\***

**1/4 cup pre-soaked CURRANTS**

**1 ear of CORN, kernalled**

**1 cup uncooked BARLEY**

**1 1/2 cups DISTILLED WATER**

**1 sprig PARSLEY, chopped**

**1/4 cup PINE NUTS**

**1 medium CARROT, grated**

**6 fresh or bottled GRAPE LEAVES**

**CASHEW DRESSING\***

***\*This dish requires soaking barley overnight.***

***Use distilled water to soak barley. When preparing meal, drain well. Combine currants, corn, barley, parsley, pine nuts, and carrot.***

***If using bottled grape leaves, scald with 2 cups hot water and drain into a colander. If you have never used bottled grape leaves before, they are tightly rolled up in a single roll, and pushed snugly in a bottle. Use tongs to remove. A few might be damaged but there's more than enough to use. If using fresh leaves, pour boiling water over the leaves and leave until color darkens about 4 to 5 minutes. Drain on a rack. Cut off stems of either fresh or canned leaves. Pat dry with dish towel. Put shiny surface down on cloth towel. Use a spoon and set the stuffing near the broad end of the leaf.***

***Fold over the left and right segments. Then roll toward the leaf-tip.***

***Place on individual plates. Pour dressing over top. Serves two.***

*We put drugs of which we know little, into bodies of which we know less, to cure diseases of which we know nothing at all.*

*Voltaire, 1750*

### ***STUFFED PEPPERS with BARLEY\****

***2 large YELLOW BELL PEPPERS***

***1 cup uncooked BARLEY***

***1 ear CORN, kernalled***

***½ cup PEAS***

***2 PLUM TOMATOES, diced***

***4 tablespoons TOMATO PASTE***

***2 tablespoons BRAGG'S LIQUID AMINOS***

***SALAD GREENS***

***Soak barley in 1 ½ cups distilled water overnight. Remove stem from pepper. Slice in half from top to bottom. Remove seeds. Rinse barley. Drain well. Combine with corn, peas and plum tomatoes. Soften tomato paste with aminos in medium-large bowl. Place mixture in bowl and blend. Place peppers on salad bed. Scoop mixture into peppers. Serves two.***

***\*Note: This recipe requires soaking barley overnight.***

### ***STUFFED PEPPERS with JICAMA***

***2 large YELLOW BELL PEPPERS***

***1 cup grated JICAMA***

***1 ear CORN, kernalled***

***1 cup finely grated RED CABBAGE***

***CREAMY CELERY DRESSING\****

***SALAD GREENS***

***Remove stem from peppers. Slice in half from top to bottom. Remove seeds. Combine jicama, corn, and cabbage. Add 6 tablespoons of the dressing. Mix. Prepare a bed of greens. Spoon mixture into peppers. Pour remaining dressing over top***



## **STUFFED PEPPERS with ZUCCHINI**

**2 large RED BELL PEPPERS**

**2 medium ZUCCHINI, grated**

**2 CARROTS, grated**

**1/3 cup SLICED OLIVES**

**ALFALFA SPROUTS**

**CASHEW DRESSING\***

**SALAD GREENS**

**Remove stem from pepper. Cut in half from top to bottom. Remove seeds. Combine next four ingredients. Scoop into peppers. Place peppers on a bed of greens. Pour dressing over top. Serves two.**

## **STUFFED TOMATOES**

**4 medium size TOMATOES**

**1/2 cup PEAS**

**1 small ZUCCHINI, grated**

**1 ear of CORN, kernalled**

**1 HASS AVOCADO, diced**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**BOSTON LETTUCE**

**6 pitted large BLACK OLIVES**

**Remove stem from tomatoes. Cut in eighths not quite to the bottom. Combine next three ingredients. Cut avocado in half. Remove pit and pulp. Put avocado and aminos in small bowl. Soften by smashing with fork. Blend avocado in mixture. Place tomato on bed of lettuce. Scoop mixture into center and spaces between tomato wedges. Garnish with olives. Serves two.**

### **THREE-BEAN SALAD\***

**1 1/2 cup DRY GARBANZO BEANS**

*("See How to Sprout Seeds and Beans" on page 15).*

**1/2 cup DRY KIDNEY BEANS**

**Large handful STRING BEANS, cut diagonally in bite-size pieces.**

**1 cup DRINKING WATER**

**3 tablespoons BRAGG'S LIQUID AMINOS**

**1/2 medium CUCUMBER, peeled, chopped**

**1/3 cup chopped TOMATILLO**

**2 tablespoons finely grated fresh GINGER**

**1 tablespoon DILL SEED**

**2 tablespoons fresh, minced OREGANO LEAVES**

**1 medium TOMATILLO, diced**

**1/2 medium CUCUMBER, grated (can leave skin on if organic)**

**2 cups SUNFLOWER SPROUTS**

**Day one. Follow instructions for sprouting both beans. Total soaking and sprouting time will be three days.**

**Evening of day three. Place string beans in a small covered Pyrex bowl. Boil one cup of distilled water and pour over beans. After it cools , refrigerate overnight.**

**Morning of day four. Drain string beans. Refrigerate. Prepare marinade. Liquefy 1/3 cup of tomatillo in blender with aminos, chopped cucumber and ginger. Place sprouted garbanzos, kidney beans and string beans in a large covered casserole dish. Mix in diced tomatillo and grated cucumber. Pour marinade over top. Refrigerate overnight.**

**Evening of fifth day. Make a bed of sunflower sprouts. Drain marinade. Scoop mixture over sprouts.**

**\*Note: This recipe requires five days preparation time.**



## **VEGE BURGERS**

**2 cups CARROT PULP (made in food processor)**

**$\frac{3}{4}$  cup ground SUNFLOWER SEEDS**

**$\frac{1}{2}$  cup finely diced CELERY**

**$\frac{3}{8}$ " slice LEEK, minced**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**1 medium ZUCCHINI, grated**

**SALAD GREENS**

**MEXICAN SALSA\***

**Mix first six ingredients. Form into patties. Place on a bed of greens. Spoon salsa over top.**

## **YAM & APPLE SALAD**

**2 cups grated YAMS**

**2 yellow-skinned APPLES, seeded, cut in small cubes**

**$\frac{1}{2}$  cup grated JICAMA**

**1 cup ALFALFA SPROUTS**

**1 teaspoon ANISE**

**1 cup fresh APPLE JUICE**

**$\frac{1}{3}$  cup SUNFLOWER SEEDS**

**BOSTON LETTUCE**

**$\frac{1}{2}$  cup pre-soaked RAISINS**

**As you are preparing the first three ingredients, put them in a bowl with apple juice to prevent discoloration. When ready to complete dish, drain well and save apple juice. Toss in alfalfa sprouts and anise. Put remaining apple juice (need  $\frac{3}{4}$  cup), and sunflower seeds in blender and blend until smooth. Scoop mixture over a bed of greens. Pour dressing on top. Sprinkle with raisins. Serves two.**

## **YAMS, RAISINS\* & ALMOND BUTTER SAUCE**

**1/2 cup pre-soaked RAISINS**

**1 medium-small YAM, grated**

**4 tablespoons ALMOND BUTTER**

**Grate yams into mixing bowl. Pour liquid from raisins over top immediately to prevent browning. Mix.**

**Put 4 heaping tbs. of almond butter in nut chopper or blender. Add sufficient water to make it syrupy. Put yams in individual dishes. Pour almond butter sauce over top.**

## **YAMS & SAVOY CABBAGE**

**1/3 cup liquid (water or apple juice or fig juice from soaking figs)**

**3 heaping tablespoons ALMOND OR CASHEW BUTTER**

**1 cup thinly sliced SAVOY CABBAGE**

**1 ear CORN, kernalled**

**1 teaspoon ANISE**

**2 cups grated YAMS**

**1/3 pound SNOW PEAS, remove stem and peel string off**

**Place liquid and nut butter in blender and puree. Mix next 4 ingredients. Place snow peas on dish in a pinwheel design. Scoop mixture in center. Pour nut butter over top. Serves two.**

## **YAM & WALNUT LOAF**

**3/4 cup OATMEAL**

**1/2 cup DRINKING WATER**

**1/3 cup liquid (water or apple juice or fig juice from soaking)**

**3 heaping tablespoons ALMOND or CASHEW BUTTER**

**1 ear CORN, kernalled**



**1/3 cup diced CELERY**

**2 cups grated YAMS**

**SALAD GREENS**

**Soak oatmeal 5 minutes. Puree liquid and nut butter in blender. Combine next four ingredients, preparing yams last to lessen discoloration time. Mix thoroughly with oatmeal. Form into individual loaves. Place on salad greens. Pour nut butter over top. Serve immediately. Serves two.**

### **ZUCCHINI & AVOCADO with CARROTS**

**2 medium ZUCCHINI, grated**

**1 large HASS AVOCADO**

**1 large CARROT, grated**

**2 tablespoons BRAGG'S LIQUID AMINOS**

**SALAD GREENS**

**Grate zucchini and carrot. Cut avocado in half. Remove pit. Remove pulp. Add to zucchini and carrot. Sprinkle with aminos. Mix. Make a bed of greens. Scoop mixture on top. Serves two.**

### **ZUCCHINI & GREEN BEANS**

**2 medium ZUCCHINI, grated**

**GREEN BEANS for two, remove stems, cut diagonally**

**1 cup grated RED CABBAGE**

**1 cup ALFALFA SPROUTS**

**SALAD GREENS**

**AVOCADO TOMATILLO DRESSING\***

**1/3 cup sliced BLACK OLIVES, optional**

**Mix first four ingredients. Scoop on to bed of greens. Pour dressing on top. Garnish with olives.**

### **ZUCCHINI, SNOW PEAS & CORN**

**2 medium ZUCCHINI, grated**

**½ pound SNOW PEAS, cut in thirds**

**2 ears CORN,kerneled**

**1 cup SUNFLOWER SPROUTS**

**CUCUMBER DULSE DRESSING\***

**¼ cup chopped OLIVES, optional**

**SALAD GREENS**

**Combine first four ingredients. Scoop onto bed of greens. Pour dressing over top. Garnish with olives. Serves two.**

### **ZUCCHINI "SPAGHETTI" with RED SAUCE**

**3 tablespoons BRAGG'S LIQUID AMINOS**

**3 tablespoons MILD SALSA**

**½" slice LEEK**

**2 tablespoons SWEET RED ONION, chopped**

**1 RED BELL PEPPER, chopped**

**1 CELERY STALK, chopped**

**3 leaves FRESH BASIL, chopped**

**2 or 3 medium -small ZUCCHINI**

**Put first 7 ingredients in blender in order given. Blend until smooth. Grate zucchini. Pour sauce over zucchini. Serves two.**



## ZUCCHINI & SPINACH SALAD

**1 small bunch SPINACH (See "How To Wash.." on page 15).**

**2 medium ZUCCHINI, grated**

**1 ear of CORN,kerneled,(or can use YELLOW CROOK SQUASH, grated)**

**1 red BELL PEPPER, diced**

**1 cup SUNFLOWER SPROUTS, cut in half**

**ZUCCHINI CUCUMBER DRESSING\***

**STUFFED GREEN OLIVES**

**Remove stems from spinach and chop. Combine with next four ingredients. Pour dressing over top. Garnish with olives. Serves two.**

*Physical, mental, and moral integrity constitute our most precious possessions - a balanced, sound mind in a balanced, sound body. We have a moral obligation to ourselves, dear ones, society, posterity, and our Maker to strive for optimum health through obedience to natural laws governing health. The physical, mental, and moral health of the people of any nation is more important than its gross national product.*

*Harry Kaplan, 1984.*

*The one sure road to better nutrition and better health is first to fast. Let your body do its professional and expert job of nourishing you during the fast, and then, with your taste buds cleansed of the false craving for junk, you will readily embrace the fresh fruits, vegetables, nuts and seeds and you can finally break away from the junk.*

*Seneca, 62 A.D.*

*If you don't find time for exercise now, you will have to find time for illness later*

*Wayne Pickering, 1982.*

*The healthier you are, the easier it will be to control your thinking and recondition yourself to a sane way of living. The more physically healthy you become, the less effort it takes to control your emotions. The reverse is also true; the more control you have over your emotions, the more physically healthy you will become. It works both ways.*

*Dr. Virginia Vetrano, 1988.*

*What is impossible to see from the viewpoint of those who believe in cures is that the very symptoms the good doctors have suppressed and turned into chronic disease were the body's only means of correcting the problem. The so-called disease was the only cure possible.*

*Dr. Phillip Chapman, 1981.*

*If the medical professionals courageously popularized the fast among their patients, there would be infinitely less suffering than there is now. That many would be saved who now die through the drug and feeding treatment is a certainty.*

*Ghandi, 1945.*



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**Attn: Joe Aaron  
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M6B 4A1**

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**NATURAL HYGIENE, INCORPORATED**

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## **VEGETARAIN ORGANIZATIONS**

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**Malaga NJ 08328**

**609-694-2887**

### **Vegetarian Awareness Network**

**P.O. Box 50515**

**Washington DC 20004**

**800-USA-VEGE**

### **Vegetarian Society Inc.**

**P.O. Box 34427**

**Los Angeles CA 90034**

**213-281-1907**

### **JEWISH VEGETARIAN SOCIETY**

**P.O. Box 5722**

**Baltimore MD 21208**

**301-486-4948**

*Behold I have given you ever herb yielding seed, Which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed...To you, it shall be for food.*

*God·In the Beginning*

*Should a man, when ill, continue to eat the same amounts as when in health, he would surely die; while were he to eat more, he would surely die all the sooner. For his natural powers, already oppressed with sickness, would thereby be burdened with sickness, would thereby be burdened beyond endurance, having had forced upon them a quantity of food greater than they could support under the circumstances. A reduced quantity of food is, in my opinion, all that is required to sustain the individual into a long life.*

*Luigi Coronado, 1458 · 1560.*

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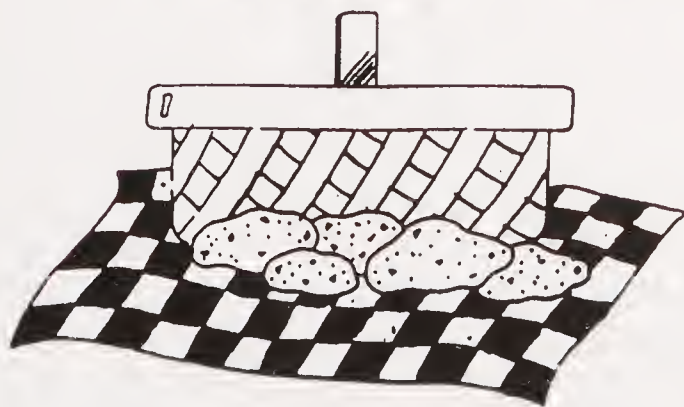
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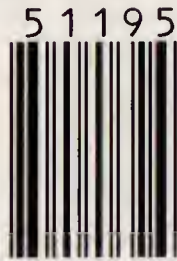
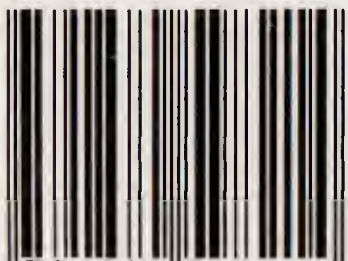


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