

NATUROMEDIC.COM
HEALTHY LIVING
COOKBOOK



ACKNOWLEDGMENTS

THANK YOU TO
EVERYONE WHO
CONTRIBUTED. A
SPECIAL THANK YOU
TO DAWN, DEBBIE,
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Introduction

Throughout our lives our bodies are being filled with a variety of cancer causing pollutants and toxins. These toxins reach us through the air we breathe, the medicines we take, the water we drink and the food we eat. As cancer rates continue to climb a natural, detoxifying diet is the first step to the rest of your life.

The diet is an important part of cancer treatment. Eating the right kinds of foods before, during and after treatment can help the patient feel better and stay stronger. To ensure proper nutrition, a person has to eat and drink enough of the foods that contain key nutrients (vitamins, minerals, protein, carbohydrates, fat and water). For many patients, however, some side effects of cancer and cancer treatments make it difficult to eat well. Various symptoms such, nausea, vomiting, diarrhea, constipation, mouth sores, trouble with swallowing, aversion to certain tastes and smell all can interfere with eating. Malnutrition (lack of key nutrients) can result causing the patient to be weak, tired and unable to resist infections or to tolerate cancer therapies. Eating too little protein and calories are the most common nutrition problems facing many cancer patients. Protein and calories are important for healing, fighting infection and providing energy.

Living a healthy lifestyle includes eating well, being active and feeling good about yourself. Healthy eating is based on the following principles:

- ✓ Enjoy a variety of foods
- ✓ Eat more vegetables, fruits cereals, breads and other grain products
- ✓ Reduce the amount of fat you eat
- ✓ Limit salt, alcohol and caffeine
- ✓ Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.

Fruits and vegetables appear to reduce the risk of cancer, heart disease and stroke by providing the necessary protective substances such as vitamins, minerals, fiber, and plant compounds called phytochemicals to our bodies. For example, a diet high in fruits and vegetables may help reduce the risk of cancer by stopping normal cells from changing into cancerous cells. Fruits and vegetables help reduce the risk of heart disease by protecting artery walls from damage. Also, when you fill up on vegetables and fruit, you may not be as hungry for less healthy foods.



“The odds are with us if we keep on trying”
 Keith De Green

General Information

www.foodnews.org

This website provides updated information on the pesticide load of fruits and vegetables. It is advisable to buy organic for the top ten items on the list as they have the highest counts of pesticides and herbicides. As cancer is partially a disease of mineral deficiency, it is recommended to eat ten servings of fruits and vegetables per day.

Beverages

- ✓ Filtered water
- ✓ Lemon water
- ✓ Herbal teas—green, chamomile, rose hip, etc.
- ✓ Vegetable juices
- ✓ Coconut water
- ✓ Almond or rice milk
- ✓ Wholesome smoothies made from whey protein with an almond or rice milk base

Frequency of Meals

It is recommended to eat three well-balanced meals with a healthy snack in between each meal. This can help to maintain balanced insulin levels and stabilize blood-sugar levels, keep the body energized and to keep focused. If necessary, you can increase the size of a snack, making it a small meal.

Frying

Frying alters molecular structure of fat rendering it indigestible. Heating oils on high temperatures creates a chemical reaction which is carcinogenic and contributes to artery disease. Use water instead of oil to sauté vegetables.

Vegetables

Avoid boiling vegetables as much as possible as this washes out vitamins. Use stir-fry or steam methods as often as possible.



Sugar

Sugar can suppress the immune system.

Processed Foods

Processed foods are devoid of enzymes, vitamins and minerals, lacking in fiber and often contain colorings and preservatives that are harmful to our bodies. Plastic containers and cans in which processed foods are packaged can also be hazardous to our health. Avoid processed food as much as possible. Buy simple ingredients, preferably organic, and make your own food from scratch.

Dark Chocolate

Dark chocolate (**more than 70 percent cocoa**) contains a number of antioxidants, proanthocyanidins and many polyphenols (a square of chocolate contains twice as many as a glass of red wine and almost as many as a cup of green tea properly steeped). These molecules slow the growth of cancer cells and limit angiogenesis.

Consumption of 20 grams a day (one fifth of a bar) represents an acceptable number of calories. The satisfaction it produces is often greater than that of a candy or dessert and it takes the edge off one's appetite more effectively. Its glycemic index (its capacity to raise the blood sugar level and provoke harmful peaks of insulin and IGF) is moderate, distinctly lower than that of white bread.

Note: mixing dairy products with chocolate cancels the beneficial effects of the molecules of cocoa. Avoid milk chocolate.

Recommendations for use: eat a few squares of dark chocolate instead of dessert at the end of a meal (with green tea), or melt dark chocolate in a double boiler and then pour it over pears or any fruit combination. Also delicious with grated ginger or grated tangerine peels.

When you believe...ALL things are possible

Healthy Eating Habits

The Seven Step Plan

1. **Eliminate all “Funky Foods”:** all sugars, starches such as potatoes, white flour and white rice, caffeine and alcohol.
2. **Eat fruit alone** and on an empty stomach.
3. **Eat proteins** (such as meat and eggs) and fats (such as butter and cheese) with vegetables.
4. **Eat carbohydrates** (such as whole-grain pasta) with vegetables.
5. **Do NOT eat proteins and fats** with carbohydrates.
6. **Wait three hours** between meals if switching from a protein/fat meal to a carbohydrate meal or vice versa.
7. **Do NOT skip meals.** Eat at least three a day and eat until you feel comfortably full.



DEFINITIONS

- **Organic:** grown without the use of synthetic pesticides, herbicides, fungicides, petrochemically derived fertilizers, fumigants etc. and without **being irradiated.**
- **Free-range:** when the animal has been raised outdoors and grass fed. Some organic grain (like corn) may have been given as feed but the animal was pasture fed during a large portion of its life. No antibiotics and/or carcinogenic hormones are given to the animal or in its diet.

Environmental Protection Agency List of Mercury in Fish

Most Hg Toxic

• Tilefish (Gulf of Mex)	1.45
• Shark	0.988
• Swordfish	0.976
• King Mackerel	0.730
• Tuna (bigeye) f/fr	0.639
• Orange Roughy	0.554
• Marlin	0.485
• Grouper	0.465
• Mackerel Spanish	0.454
• Tuna fresh/frozen	0.414
• Chilean Bass	0.386
• Bluefish	0.337
• Lobster	0.310
• Croaker, white	0.287
• Scorpion fish	0.286
• Weakfish (Sea trout)	0.256
• Halibut	0.252
• Sablefish	0.222
• Bass (Saltwater)	0.219
• Snapper	0.189

Least Hg Toxic

✓ Clam	ND
✓ Ocean Perch	ND
✓ Salmon canned	ND
✓ Shrimp	ND
✓ Whiting	ND
✓ Tilapia	0.010
✓ Oyster	0.013
✓ Salmon (f/fr)	0.014
✓ Hake	0.014
✓ Sardine	0.016
✓ Haddock	0.031
✓ Crawfish	0.033
✓ Pollock	0.041
✓ Anchovies	0.043
✓ Herring	0.044
✓ Flounder/Sole	0.045
✓ Mullet	0.046
✓ Catfish	0.049
✓ Scallop	0.050
✓ Atlantic Mackerel	0.050

As you can see from the fish listed in the first column, there is an elevated level of mercury. When selecting fish for your meal, try to make choices from the second column and avoid the first column altogether. If selecting fish from the second column, one to two meals per week is suggested.

Baking or broiling your fish is recommended, avoid frying.

Where to Purchase Organic Groceries

1. Zehr's Superstores: *have a full line of organic groceries*
2. Zehr's: *have a limited supply of fruits, vegetables and groceries*
3. Sobey's: *have a limited supply*
4. Fonthill Farmers' Market- Hwy. 20 & Pelham Rd., Fonthill: *from May until? Fresh supply of organically grown fruits and vegetables*
5. Kent Farms-NOTL: *fresh poultry and limited beef. Order fresh turkeys* (905-262-6021)
6. King's Quality Meats and Deli-Lakeshore and Lakeport Rds. St. Catharines: *hormone and antibiotic free meats and poultry* (905-646-2466)
7. Pilgrims-Welland Ave, St. Catharines: *hormone and antibiotic free meats and poultry* (905-688-4447)
8. The Peanut Mill- Welland Ave and Geneva St., St. Catharines (905-685-8848)
9. Goodness Me- grocery store 1000 Upper Gage, Hamilton (905-388-8400)
176 Locke St. S, Hamilton (905-562-8400)
3455 Fairview St., Burlington (905-637-8404)
10. Food Basics: *limited supply of organic groceries*
11. Shoppers Drug Mart: *organic groceries*
12. Organic Garage: *organic grocery store* 579 Kerr St., Oakville (905-849-1648)
13. Big Carrot: *organic groceries* 348 Danforth Ave., Toronto (416-466-2129)
14. Whole Foods: *organic groceries* 301 Cornwall Rd, Oakville (905-849-8400) Avenue Rd, Toronto (416-944-0500)
15. Kitchener Market: *year round fresh meats, poultry, fish, fruits, and vegetables*
16. Sangsters Health Centers Unit #2 3916 Victoria Ave. Vineland, beside Avondale, (905-562-3632)
17. The Fruit Shack Market and Bakery 1267 Niagara Stone Rd. NOTL (905-468-9821)
18. Natural Food 1001 Eglinton Ave. W, Toronto (416-784-0459)

There are many farmers venturing into organic farming and most have roadside stands with fresh fruits and vegetables in season available.

Healthy Alternative Substitutes

Instead of:	Healthier Alternative such as
Pop, sweetened fruit juices	Freshly squeezed juices (juicer), water (filtered), lemon water, raw cocoa sweetened with lohan in almond milk
Highly processed, sugary foods ie. candy, donuts, etc.	Fresh fruit such as grapes, blueberries, cranberries, apples, lemons, pineapple
Meat (beef, pork, smoked meat, processed)	Fish such as salmon, mackerel, cod fish; turkey, chicken; organic meats
Dairy (milk, cheese)	Almond milk, rice milk, plain yogurt, organic dairy products
Peanut butter	Almond butter
Coffee, black tea	Herbal tea, herbal coffee, organic coffee, Swiss filtered decaffeinated coffee
Commercial salad dressing	Flax oil or olive oil with lemon and sea salt
White bread	Whole grain breads (brown rice, coconut bread, spelt, flax bread), Ezekiel bread
Breaded and fried fish	Broiled fish with and lemon; sea salt sprinkled
Donuts, bagels	Whole grain muffins; cocoa muffins with coconut flour
White flour	Unbleached organic flour, organic coconut flour, rice flour
Sugar	Lohan, xylitol, stevia, agave nectar
White rice	Brown rice (basmati), wild rice, quinoa
Ice cream	Smoothies
Potato Chips	Brown rice crackers, rice cakes, unsalted walnuts, sunflower seeds, almonds, pumpkin seeds
Butter, margarine	Coconut oil, organic butter
Honey	Blackstrap molasses
Fried foods	Broiled, poached, steamed, baked
Eggs	Organic eggs, free range eggs, no hormones or antibiotics <ul style="list-style-type: none"> ➤ 2 tbsp cornstarch=1 egg ➤ 1 banana=1 egg for baking ➤ 1 tbsp milled flax seed+3 tsp water=1 egg(makes fluffy cakes)

Recipes

Well Balanced Meals and Nutritious Snacks

Nutritious Smoothies and Juices

Apple, Kiwi, Pear and Celery Juice

3 quartered apples
3 ripe peeled kiwi
2 pears
2 celery stalks with leaves
Put all ingredients in blender and blend until
Serve chilled.

Heavenly Blue Smoothie

1 cup frozen blueberry
2-3 cups almond milk
½ lime
1 tbsp flax
1 tsp lohan
1tbsp vanilla
1 tsp lecithin
Blend all ingredients and serve chilled.

Revitalizing Juice

1 lg. quartered apple
1 peeled orange
2 large carrots
1 inch peeled gingerroot
Blend in blender until smooth.

Green Tea Smoothie

1 green or white tea bag
¾ cup water
½ cup apples or cherries
¼ tsp lime juice
1 cup crushed ice
Heat water and steep till cools. Blend all ingredients.

Soothing Hot Cocoa

1 tbsp organic cocoa
1 tsp lohan
1 cup almond or rice milk
tsp vanilla
Mix all ingredients and warm over medium heat.

The Blueberry Mash

Coconut water 1 ½ cup
1 cup frozen blueberries
1 tsp lohan
½ lime
Blend all ingredients together.

Green Tea Fruit Smoothie

1 cup chilled green or white tea
1 apple sliced
1 cup frozen blueberries
1 ½ cup frozen raspberries
Blend all ingredients until smooth.

Pineapple Smoothie

12 cup coconut milk
1 cup fresh pineapple juice
2 cup pineapple
Blend and put in coconut shells.

Breakfast Ideas

Date Nut Porridge

¾ cup water
3 pitted dates, chopped
2 tsp walnuts
Dash cinnamon
½ cup oats
¼ cup almond or rice milk



Place water, dates, nuts and cinnamon in a small pan and bring to a boil. Stir in oats and simmer until thickened, while stirring. Remove from heat, cover and let stand for a few minutes. Add almond or rice milk.

Wholesome Pancakes

3 eggs
3 tbsp coconut oil
3 tbsp coconut milk
2 tsp lohan
¼ tsp sea salt
3 tbsp coconut flour
½ tsp baking powder

Mix eggs, coconut oil, coconut milk, lohan and salt. In a separate bowl, combine coconut flour and baking powder. Mix into batter. Lightly grease frying pan and place on medium heat. Spoon 2 tbsp of batter onto hot pan. Flip when batter begins to bubble. Remove once golden brown. Makes approximately 8 pancakes. Blueberry Pancakes-Make pancakes as directed and, after mixing in the coconut milk, fold in ½ cup of dry fresh blueberries.

Hypoallergenic Pancakes

1 cup rice flour
2 tsp baking powder
½ tsp sea salt
1 tbsp lohan
1 cup rice milk
1 egg
2 tbsp olive oil or coconut oil

Mix all dry ingredients together. Add milk, oil and egg, mix. Use an ice cream scooper or ladle to pour onto hot griddle. Cook on medium high for about 1 minute or until bubbles on edges, then turn pancake and cook on other side till golden brown.



Berry Crepes

- 2 tbsp coconut flour
- 2 tbsp coconut oil 2 eggs 1 tsp lohan
- 1/8 tsp salt
- 1/3 cup coconut milk
- Blueberries or raspberries

Blend eggs, oil, salt and lohan. Mix in coconut flour. Stir in coconut milk. Heat 1 tbsp coconut oil in small skillet. Pour ¼ of batter into skillet. Rotate skillet till thin even layer is formed. Flip once starts to bubble and edges brown. Once crepes are finished then add blueberries and sprinkle lohan.



Raspberry Sauce

- 2 cup raspberries
- ¼ cup coconut milk
- ½ lemon
- 2 tsp lohan

Add all ingredients to saucepan and cook on medium for 5 minutes. Once warmed, mash all ingredients to make a syrup. Add more raspberries to garnish.

Blueberry Sauce

- 1 cup blueberries
- ¼ fresh lemon
- 2 tbsp coconut milk
- 1 tsp lohan

Mix all ingredients together then place in sauce pan and warm on medium heat for 5 minutes then mash mixture and cook for 5 more minutes.

*“It’s not what you do once in a while, it’s what you do day in and day out that makes the difference. “
-- Jenny Craig*

Nutritional Snacks

Apple and Almond Butter

- 1 medium apple sliced with almond butter

Brown Rice Cake with Almond Butter

- 1 brown rice cake with 1 tsp of almond butter

Celery, Zucchini and Hummus

- 2 ribs of celery and 1 medium zucchini with 2 tbsp of hummus

Flax Crackers and Guacamole

- 2 flax crackers with 4 tbsp of guacamole

Almond Coconut Cookies

- ¼ cup coconut flour
- 2 tsp lohan
- ¼ cup ground almonds
- 4 egg white, lightly beaten
- 2 tbsp clear molasses
- 3 drops almond extract
- 12 split blanched almonds

Preheat oven to 325 °F. Mix the coconut flour, ground almonds and lohan. Thoroughly beat in the egg white, molasses and almond extract. Line a cookie sheet with parchment paper. Place teaspoons of the mixture on the paper about 2 inches apart and press a split almond on top of each. Bake in the oven for 15-20 minutes until the cookies are light golden brown. Once cooled, transfer to an airtight container.

Hazelnut Spice Cookies

- 1 cup hazelnut meal (or almond meal)
- 3 tbsp lohan
- 3 tbsp molasses
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp vanilla extract
- ½ cup coconut oil
- 1 egg

Preheat oven to 175 °C. Combine dry ingredients. In a separate bowl combine wet ingredients. Add wet ingredients to dry. Line a baking tray with parchment paper and place teaspoon sized balls of batter on the tray. Bake for 15 min. or until the cookies begin to brown at the bottom and edges.



Applesauce loaf or 12 Muffins

- | | |
|----------------------------|--------------------|
| 2 cup whole wheat flour | 5 tbsp apple juice |
| 1 tsp baking soda | 1 egg |
| ½ tsp baking powder | ½ cup canola oil |
| 2 tsp cinnamon | 1 tsp vanilla |
| 1 ¼ cup applesauce | ½ cup honey |
| ½ cup raisins are optional | |

Preheat oven to 350 °F. Grease loaf pan with oil or use parchment paper. Use paper cupcake liners in muffin pan. Mix together dry ingredients in one bowl. Mix together liquid ingredients in another bowl. Stir liquid mixture into dry mixture. Pour batter into loaf pan or muffin pan. Bake loaf for 50-60 minutes. Bake muffins for 20 minutes.

Variation: Put ½ amount of batter for muffins into each liner. Put a tbsp of apple butter into each one and then put remaining batter on top.

Coconut Date Balls

- 1 cup pitted dates
- ¼ cup chopped almonds
- 1 tsp vanilla
- 1 tbsp crushed flax seed
- 1 tbsp lecithin
- Toasted Coconut



Put all ingredients into blender except toasted coconut. Blend well. Remove, roll into small balls. Roll in toasted coconut and refrigerate in airtight container.

Rosie Almond cookies

- | | |
|---|----------------------|
| 1 ¾ cup finely ground blanched almond flour | 2 tbsp lohan |
| pinch of sea salt | ½ tsp almond extract |
| ½ tsp baking powder | 1 tsp rosewater |
| ¼ cup coconut oil | Slivered almonds |

Mix flour, sea salt and baking powder. Mix lohan, oil, almond extract and rosewater. Add to the almond mix and stir. Briefly knead together, put on parchment paper and roll into a log. Refrigerate a few hours or overnight. Preheat oven to 350 °C. Cut slices 1/8 – ¼ inch thick. Press in an almond, if desired. Bake for 6-7 minutes or until starting to brown.

Apple Bars

- | | |
|---|--------------------|
| 2 apples, peeled and cored | ½ cup oats |
| 1 cup almond butter | 2 packets lohan |
| ¾ cup finely ground almonds | 2 tsp vanilla |
| ¼ cup shredded dried, unsweetened coconut | 1 tbsp almond milk |
| 1 tbsp cinnamon | |

Preheat oven to 325 °F. Grease a 9” by 9” pan. Cut each half of the apples into eight pieces and place in a food processor. Pulse until finely chopped. Remove half then process the remainder till turns to applesauce consistency. Mix all ingredients in a bowl. Pour into prepared pan and bake for about 40 minutes. Dough will be set but not very brown.

Coconut Bread

- ¾ cup sifted organic coconut flour
- ½ cup coconut oil
- 6 eggs
- 2 tbsp molasses
- ½ tsp sea salt



Blend eggs, oil, molasses and salt. In a separate bowl combine flour with baking powder and whisk thoroughly into batter until there are no lumps. Pour mixture into greased loaf pan and bake at 350 °F for 40 minutes.

Fruit and Nut Bars

- | | |
|-------------------------|----------------------------|
| 1 tbsp ground flax seed | 3 eggs |
| 2 tbsp sunflower seeds | ¼ cup coconut oil |
| ½ cup chopped dates | ¼ cup black strap molasses |
| ½ cup chopped apricots | 2 tsp lohan |
| 2 tbsp lecithin | 1 tsp baking powder |
| ½ cup currants | 2 cup oatmeal |
| ½ cup chopped almonds | ¼ cup coconut flour |

Preheat oven to 350 °F. Mix last four ingredients. Warm coconut oil and molasses in a small pan till melts. Then add to the dry ingredients. Add remaining ingredients and mix well. Spread batter into prepared pan and bake till golden brown about 20 minutes. Cut into bars and store in airtight container up to 5 days.

Almond Butter Cookies

- 1 cup roasted almond butter
- 3 tsp lohan
- 1 egg
- ¼ tsp vanilla
- 1/3 cup apricots chopped in food processor

Preheat oven to 350 °F. Using an electric mixer, beat the almond butter and lohan together until well blended. Add the egg, vanilla and apricots and mix well. Form into balls and place them on a baking sheet. Press down

Blueberry Bread Pudding

- 3 cup almond or rice milk
- ¾ cup egg or liquid egg substitute
- 3 tbsp coconut oil, melted
- 1 ½ tbsp lohan
- 1 loaf gluten-free bread
- 1/3 cup flaked coconut, toasted

Preheat oven to 350 °F. Lightly grease a 2 quart baking dish with olive oil. Whisk almond milk egg, lohan and coconut oil. Add bread and toss to coat. Let stand for 30 minutes. Place bread mixture in baking dish and bake for 45 minutes. Sprinkle top with coconut and bake for 15 minutes or until knife inserted in center comes out clean. Let stand for 20 minutes till cool.

Sauce

- 2 cup blueberries
- 1 ½ tbsp lohan

Puree blueberries and lohan until smooth. Pour over bread pudding and serve at room temperature. Serves 8.

Nutritious Breakfast Bars

- 2 cup bran cereal or your choice of a gluten free crunchy dry cereal
- 1 cup oatmeal
- ¼ cup coconut flour
- 1 tsp lohan
- 1 tsp baking powder

Mix all above ingredients. Then add:

- 1 tbsp flax seeds, ground
- 2 tbsp lecithin
- ½ cup chopped dates
- ½ cup chopped pineapple
- ½ cup currants
- ½ cup chopped almonds

- In a separate pot, put ½ cup pineapple juice
- 1/3 cup molasses
- ¼ cup coconut oil (warmed to liquid)
- ½ cup coconut water

Add 3 eggs and stir. Add to mixture. Bake at 350 °F for about 20 minutes



Revitalizing Nutty Granolas

- 2 cup steel cut oats
- ½ cup sunflower seeds
- 1 cup almonds
- ¼ cup ground flax seed
- 3 tsp. lohan
- ½ cup coconut oil
- 2 tsp. vanilla
- ½ cup molasses
- ½ cup goji berries
- ½ tsp salt
- 3 eggs

Preheat oven to 350 °F. Spread the oats, sunflower seeds and almonds onto a cookie sheet, and toast in the oven for 15 minutes, stirring occasionally. Combine the molasses, lohan, coconut oil, vanilla and salt in a medium saucepan and cook over medium heat just until the lohan has dissolved. Remove oat mixture from the oven and reduce the temperature to 300 °F. Add the oat mixture to the liquid mixture, fold in the goji berries, flax and 3 eggs and stir. Grease a 9x9 inch glass baking dish. Put mixture into baking dish and press down evenly. Bake for 25 minutes. Remove and cool. Sprinkle lohan to taste. Cut into squares and store in an airtight container for up to one week. Also good to freeze.

Cocoa Cookies

- ¼ cup sifted coconut flour
- 1 tsp baking powder
- 3 tbsp. coconut milk
- ½ cup chopped walnuts
- ½ cup coconut oil
- 1 tbsp cocoa powder
- 3 eggs
- 2 tbsp lohan
- ¼ tsp sea salt
- 2 tsp vanilla
- 1 cup chopped prunes
- ½ cup oatmeal



Mix room temperature coconut oil with cocoa. In a separate bowl combine prunes, eggs, lohan, salt, coconut milk and vanilla and mix. Stir into chocolate mixture. Mix oatmeal, baking powder and coconut flour then add into batter until there are no lumps. Let stand for 5 minutes. Drop on greased cookie sheet and bake for 10 minutes on 350 °F.

Lemon Lime Coconut Cookies

- ¼ cup and 1 tbsp coconut flour
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp sea salt
- 2 tbsp lohan
- ¼ cup coconut oil
- 3 eggs
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tbsp lime zest
- 2 tbsp lime juice

Mix together dry ingredients. Beat oil, eggs, lohan, lemon and lime juice, and zest. Mix in dry mixture. Drop onto baking sheet. Bake 15 minutes on 350 °F.

Choco Muffins

- 4 eggs
- 3 apples
- 4 tbsp coconut oil
- 1 tsp cinnamon
- 4 tbsp coconut milk
- 1 ½ tbsp cocoa
- 3 tsp lohan
- ¼ tsp sea salt
- ½ tsp vanilla
- ¼ lemon
- 2 tsp baking powder
- ½ cup coconut flour
- ½ cup pitted prunes
- ¼ cup sliced almonds



Blend apples, vanilla, and lemon, lohan, cinnamon, coconut milk and sea salt. Then add cocoa and coconut oil. Blend well. In a separate bowl mix coconut flour and baking powder. Add eggs to wet mixture then combine with dry mixture. Add prunes and almonds and mix well. Spoon into muffin tin. Bake at 400 °F. for about 15 minutes.

Blues Buster Brownies

- ¼ cup coconut oil
- 2 tbsp baking powder
- 2 tsp vanilla
- 4 eggs
- 3 tsp lohan
- ½ cup black strap molasses
- ¼ cup coconut milk
- ¼ cup sliced almonds

Starting with the molasses keep adding the remaining ingredients together one at a time, mixing well.

In a separate bowl mix together:

- ¼ cup coconut flour
- 1 tsp baking powder
- 1 tbsp cornstarch

Now slowly add to wet mixture while continuously mixing.

Finally add:

- 1/4 cup chopped walnuts. Pour mixture into an 8x10 baking tray.
- Bake at 350 °F, for about 17 minutes or until toothpick comes out clean.



Carrot Cake

- 2 cup whole wheat flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 large eggs
- ½ cup coconut oil
- 2 mashed bananas
- ¾ cup orange juice concentrate, thawed
- 2 cup grated carrots
- *optional ½ cup raisins or walnuts

Combine first four ingredients in a bowl and set aside. Beat together eggs, oil, bananas and orange juice. Stir in carrots. Stir dry mix into wet mix just until blended. Pour into greased bundt pan. Bake 50 minutes at 350 °F. Let cook 10 minutes and then invert onto plate.

Wheat-free, Sugar-free Apple Pie

- 1 cup hot water
- 2 tbsp cornstarch
- ¼ cup raw honey
- 5 cup granny smith apples, peeled and sliced
- 1 tsp cinnamon
- 1 ½ tsp stevia
- 1 graham cracker crust

Preheat oven to 350 °F. Combine cornstarch and hot water in saucepan on medium heat. Stir in honey and apples. Bring to a boil, stirring frequently until mixture thickens. Drain excess liquid. Add cinnamon. Pour into graham cracker crust.

Wheat-free, Apple Crumble

- 1/8 cup canola oil
- 1/8 cup raw honey
- 2 tsp vanilla
- 1 cup oats
- ¼ cup sliced almonds
- ¼ cup pecans
- ¼ cup sliced macadamia nuts
- ¼ cup flaked coconut (optional)
- ¾ tsp stevia
- ¾ tsp ground allspice
- 1 tsp cinnamon

Heat oil and honey over a medium low heat until honey melts. Add vanilla. Remove from heat. Mix oats, almonds, pecans, macadamia nuts, coconut, stevia, allspice and cinnamon in a bowl. Pour heated mixture into dried ingredients and mix thoroughly. Cover top of apple filling with nut mixture. Bake at 350 °F for 20-25 minutes or until topping starts to turn golden brown.

Chocolate Zucchini Loaf -makes 2 loaves

- ½ cup canola oil
- 3 eggs
- ½ cup cocoa
- 2 ½ tsp baking powder
- 1 ½ tsp baking soda
- 2 ½ cup flour
- 2 tsp vanilla
- ½ cup rice milk
- 2 cup grated zucchini
- ½ cup honey
- ½ cup applesauce
- 1 tsp cinnamon

Preheat oven to 350 °F. Mix together cocoa, baking powder, baking soda, cinnamon and flour. In a separate bowl, beat eggs. Add oil, vanilla, rice milk, honey, applesauce and zucchini. Mix into dry ingredients. Spoon into 2 greased loaf pans. Bake for 60 minutes or until knife comes out clean when inserted into loaf.



Appetizers and Salads

Hummus

1 -15 oz. can chickpeas, drained and rinsed
 Juice of 1 lemon
 2 cloves garlic pureed
 2 tbsp olive oil 1 tbsp tahini

Put the first 3 ingredients into a blender and add the olive oil until the mixture is smooth. Black olive puree or jalapenos may be added for desired taste.

Guacamole

3 avocados
 1 lime freshly squeezed
 4 cloves garlic, crushed
 sea salt to taste
 Dash of cayenne pepper

Cut avocado in half and remove pulp; mash well in bowl and add all other ingredients and mix well. Chill.
 Note: salsa may be added.

Tabouli Salad

½ cup quinoa
 1 ¼ lb. ripe tomato
 ½ bunch green onions finely chopped
 2 bunches parsley finely chopped
 1/3 bunch mint

¼ tsp ground cinnamon
 ½ tsp allspice
 Salt to taste
 ½ cup plus 2 tbsp olive oil
 Juice of 1 lemon
 1 tsp cinnamon



Rinse quinoa in several changes of cold water, drain well and put in salad bowl. Cover with warm water just till it reaches the top. Let it soak for about 15 minutes till it softens and all the water is absorbed. Add the vegetables to the quinoa. In a separate container mix the lemon, olive oil and spices together then pour on mixture.

Wholesome Salad

¼ cup cucumber sliced
 ¼ cup small white beans or kidney beans
 3 sliced radishes
 ¼ cup red onion chopped
 3 cup baby greens mix
 ¼ cup carrots
 2 stalks chopped celery

½ cup canned black potted olives
 ¼ cup sliced fennel
 ¼ cup slivered almonds
 1 tbsp raw sunflower seeds
 1 tbsp olive oil
 1 tsp lemon juice

Toss first 9 ingredients. Top with nuts and seeds. Mix olive oil and lemon juice and top on salad. Serves 2.

Pineapple Fried Rice

2 cup fresh chopped pineapple
 6 cup cooked brown rice
 4 tbsp coconut oil
 1 onion chopped
 4 cloves garlic, minced
 1 stalk celery, chopped
 ½ cup frozen peas (optional)
 2 eggs (optional)
 ¼ cup chicken stock



1 tbsp fish sauce
 2 tsp curry powder
 1 tsp lohan
 3 green onions
 ½ cup fresh cilantro
 ½ cup dry roasted almonds
 2 cup cooked chicken
 Lime juice to taste

Put oil in wok and put on stove top on medium heat. Add eggs and make scramble. Mix chicken stock, onion, garlic, fish sauce, curry powder and lohan in a cup then add to eggs. Now add 6 cup cooked rice and chicken. Add frozen peas, pineapple and mix. Add green onions, fresh cilantro and roasted almonds. Season to taste with lime juice.

Walnut Florentine Pasta

2 cup cooked brown rice pasta
 3 tbsp coconut oil
 1/3 cup walnuts, chopped
 3 cloves garlic, minced
 1 cup fresh spinach, chopped
 1 tbsp sea salt

Sauté walnuts, garlic, spinach, coconut oil and salt. Then add to cooked pasta and toss.

Garlic and Lemon Quinoa Salad

1 cup dry quinoa
 1 cup water
 ½ cup cilantro
 ½ cup parsley
 ½ tsp sea salt

Dressing: 2 cloves minced garlic
 ¼ cup freshly squeezed lemon juice
 2 tbsp olive oil
 1 tsp sea salt

Rinse quinoa with warm water, this helps remove saponins which gives quinoa the bitter taste (repels insects and birds). Add 1 cup quinoa to 1 ¼ cup boiling water. Cover, reduce heat and simmer for 12 minutes. Add sea salt. Combine garlic, lemon juice, oil and salt. Pour over quinoa and toss. Wash cilantro and parsley thoroughly and chop finely. Add to quinoa and toss gently.

Fatoush Lebanese Salad

2 large pita, toasted
 Juice of 1 ½ lemons
 1 cucumber
 6 spring onions, chopped
 1 small green pepper finely chopped

4 plum tomatoes
 2 garlic cloves, crushed
 1 tbsp finely chopped coriander
 4 oz. olive oil
 salt and pepper

Cut the toasted bread into small pieces and place in a bowl. Squeeze over the juice from ½ lemon and toss. Set aside. In a large bowl combine all the other ingredients, with salt and pepper to taste. Toss gently, add the bread and additional lemon juice and combine. Serves 6.

Lebanese Cleansing Bean Salad

2 cup lima beans
 ¼ cup chopped parsley
 ½ cup chopped green onions
 1 clove garlic, crushed

¼ cup olive oil
 ½ tsp sea salt
 juice of ½ lemon

Mix garlic, oil, salt, onions, parsley and lemon. Add to beans and toss. Serves 4.



Sautéed Green Bean Dish

2 lbs green beans
 1 medium onion, chopped
 2 cloves garlic, crushed
 ¼ cup olive oil (or water)
 6 medium tomatoes, peeled and chopped



Trim beans and snap in half. Sauté onion and garlic in oil or water until golden. Add beans. Cook and cover over low heat for about 15 minutes. Add tomatoes and season with salt and pepper. Cook until beans are tender. About 10 minutes. Serve with pita bread or rice cracker. Serves 4.

Okra with Olive Oil

1 lb. fresh or frozen okra
 ½ cup olive oil
 1 medium onion, finely chopped
 ¼ cup olive oil
 4 tomatoes, peeled and chopped
 2 tbsp tomato paste
 2 cup water

1 bunch cilantro, remove stems and finely chopped
 2 cloves garlic, minced
 1 tsp sea salt
 1 tsp ground allspice
 Juice of one lemon
 brown rice as a side

Sauté okra in olive oil until golden. Remove okra to platter lined with paper Towels to absorb excess oil. Set aside. Sauté onion in olive oil until golden. Add tomatoes, tomato paste, water, cilantro and garlic and bring to a boil. Reduce heat. Simmer and cover for 20 minutes. Add okra, salt, allspice and lemon juice and cook another 10 minutes.



Fresh Salad

Dressing 3 tbsp coconut milk
 1 tbsp lime juice
 1 tbsp fish sauce
 ½ tsp pureed garlic
 1 tsp lohan

1 small head romaine lettuce, rinsed and dried
 2 green onions, slice
 Handful fresh basil
 ½ cucumber sliced

Place lettuce in a salad bowl. Toss in cucumber, basil and green onion. Mix salad dressing ingredients then add to salad and toss.

Sizzling Spinach Sauté

- 2 tsp olive oil
- 5 cloves garlic, minced
- ¼ cup chicken broth
- 1 large bunch organic spinach, washed
- sea salt
- black pepper



Heat 1 tsp oil or water over medium heat. Add garlic and gently sauté until golden brown. Remove garlic. Add chicken broth and puree with garlic. Add remaining oil to pan and heat over medium heat. Add spinach and toss with fork until wilted. Add garlic and broth mixture to pan and continue cooking, stirring constantly until spinach is tender-about 2 minutes. Makes 4 servings.

Quinoa Salad

- 1 cup quinoa
- 2 green onions finely chopped
- 2 tbsp olive oil
- 2 mint sprigs chopped
- ¼ cup lime juice
- ¼ cup parsley
- 1 clove garlic, minced

Strain quinoa in a strainer and run under warm water. Cook until tender. Mix olive oil, lime juice and garlic. Mix all ingredients. Serves 4.

Braised Broccoli

- 6 medium cloves garlic, sliced
- 1 bunch broccoli rabe-1 ½ inch from stem ends discarded
- ½ cup organic vegetable broth
- ¼ tsp cayenne pepper
- salt and pepper to taste

Place garlic and pepper in a lightly greased pan over medium heat. Stir for about 2 minutes. Add the broccoli rabe and continue stirring for another 2 minutes. Add the broth then simmer on low heat and cover for about 10 minutes, stirring occasionally. Serves 4.

Asian Noodle Salad

- 8 oz. rice noodles
- 2 tbsp blanched almonds or pecans
- 4 oz pea pods
- ½ oz shitake mushrooms
- 1 small carrot, finely chopped
- 2 tbsp rice vinegar
- 2 green onions chopped
- 2 tbsp soy sauce
- 1 cup bean sprouts
- 2 tbsso sesame oil

Cook noodles according to package directions. Add pea pods once noodles are softened. Drain the noodles and pea pods. Mix soy sauce, vinegar then add sesame oil. Put hot noodles and pea pods in a large bowl. Add mushrooms, carrot, onions and bean sprouts. Add dressing and toss. Sprinkle nuts on top.

*“Do what you can, with what you have, where you are.”
-- Theodore Roosevelt*

Lemon Rice with Dill

- 3 cup brown rice
- 3 cup water
- 1 tbsp coconut oil

Bring water to a boil. Add rice and continue to cook 20 minutes. Add oil. After 10 minutes add:
2 tsp lemon juice
2 cloves garlic, crushed
¼ cup fresh dill chopped
1 tsp sea salt

Continue to stir. Be sure not to overcook. When finished add 1 cup chopped walnuts.

Vegetable Rice Salad

- 3 cup brown rice
- 3 cup water
- 1 cup grated carrots
- 1 tsp coconut oil
- 1 cup frozen peas
- 1 can drained red kidney beans
- 1 red pepper, seeded and chopped
- 1 clove garlic crushed

Boil water and add rice. Turn down heat. Cook on low heat for 10 minutes then add the remaining ingredients and cook for 10 minutes more. When finished cooking add some chopped fresh parsley and green onion. Season with salt and pepper

Rice and Chicken Bean Salad with Mango Dressing

- 2 tbsp coconut oil
- ½ cup almonds, slivered
- 2 cup chicken broth
- 1 cup brown rice
- ¼ cup fresh cilantro
- 2 cup cooked chicken breast, skinless, cubed
- ½ cup sliced scallions
- ½ cup canned black beans, drained and rinsed
- ½ cup avocados, diced

In large saucepan, melt coconut oil. Add almonds and sauté until golden. Add rice and chicken stock and simmer until softened. Mix in cilantro, chicken, scallions, bean and avocado.

Mango Dressing:

- 1tsp cumin
- 3 cloves garlic
- 1 jalapeno peppers
- ½ tsp sea salt
- ½ cup olive oil
- ½ mango, chopped
- ¼ cup orange juice
- 2 tbsp lime juice
- Cilantro sprigs

Blend cumin, garlic, jalapeno and sea salt. Add in olive oil, orange juice, mangle and lime juice. Place into sauce pan and heat until warm. Drizzle chicken mixture with half the mango dressing and toss. Spoon into serving dish and garnish with cilantro sprigs.



Broccoli Soup

- 1 cup organic vegetable stock
- 2 cup chopped broccoli
- 1 clove garlic, minced
- 2 tsp grated ginger
- 1 cup almond or rice milk
- 1 tsp soy sauce
- ¼ cup finely chopped red onion

In a large saucepan bring vegetable broth to a boil. Add chopped broccoli, garlic and ginger. Reduce to low heat and cover. Steam for 5 minutes. Remove from heat. After broccoli cools, puree in blender. Return to sauce pan. Add rice or almond milk and warm over low heat. Serve sprinkled with red onion. 2 cups of cooked brown rice may be added.

Autumn Pumpkin Soup

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 3 cup pumpkin puree
- 2 ½ cup vegetable stock
- 2 ¼ cup coconut milk
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tbsp ginger
- 1 tsp garlic powder
- 1 tbsp cumin
- 1 tsp turmeric
- ½ tsp cayenne pepper
- 1 tsp cinnamon
- 1 tbsp coriander powder
- ½ cup shelled pumpkin seeds

In saucepan, heat olive oil or water and brown onion over medium heat for 10 minutes, stirring till onions soften. Stir in pumpkin puree then stock until mixture is smooth. Add coconut milk and salt, pepper, ginger, garlic powder, cumin, turmeric, cayenne, cinnamon and coriander powder. Bring to a boil then turn down heat and simmer on low for 5 minutes. Add to bowls and garnish with pumpkin seeds. Serves 6.

Minestrone

- 1 Leek
- 1 onion
- 1 carrot
- ½ zucchini
- 1 stalk celery, chopped
- 1 sweet potato, chopped
- 2 cloves garlic, minced
- ½ tsp oregano
- 1/8 medium cabbage
- ¼ lb green beans
- ¼ cup navy beans
- ¼ cup brown rice pasta
- 2 tbsp finely chopped parsley
- 8 cup water
- ¼ cup kidney beans
- ¼ cup chick peas

Chop all vegetables. Combine all vegetables in large pot and simmer for 1 hour. Add pasta and continue simmering for 10 minutes or until pasta is cooked. Serves 8.



Butternut Squash and Coconut Soup

- 2 tsp coconut oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tsp ginger, chopped
- 1 tsp red curry paste
- ½ tsp lohan
- ½ tsp sea salt
- ¼ cup minced cilantro
- 4 cup butternut squash
- Freshly squeezed lime juice to taste
- 2 cup organic chicken broth
- 1 can coconut milk

Sauté onion, garlic, and ginger in pot with coconut oil, stirring frequently, until onion is translucent approximately 3-4 minutes. Stir in curry paste, lohan and salt. Stir for 1 minute. Stir in squash. Add coconut milk and chicken broth and bring to a boil. Reduce heat and simmer until butternut is tender for approximately 20-25 minutes. Stir in cilantro and serve. Add few drops of lime juice to taste.

Black Bean Soup

- 1 tbsp olive oil
- 2 medium ribs celery, chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tsp paprika
- ½ tsp sea salt
- ½ tsp black pepper
- 2 14oz cans black beans, rinsed and drained
- 2 cup water
- 1 cup organic vegetable broth
- 2 tbsp lime juice

Place celery, onion and garlic into a lightly greased skillet over medium heat, stirring frequently for 8 minutes. Stir in paprika, salt and black pepper. Add beans, water and broth and bring to a boil over high heat then reduce to low heat, cover and simmer for 20 minutes. Let cool then puree soup in food processor. Reheat and add lime juice once ready to serve. Serves 9.

Curried Yellow Split Pea Soup

- 1 tbsp olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 ¼ tsp curry powder
- ½ tsp black pepper
- 1 ¼ tsp sea salt
- 1 large bunch or 4 cup swiss chard, chopped
- 1 ¼ cup yellow split peas, sorted and rinsed
- 7 ½ cup water
- 1-2 tsp lemon juice to taste

Place onions and garlic in a sauce pan over medium heat stirring frequently for 6 minutes. Add curry powder and pepper. And cook for 30 seconds. Add water and split peas and bring to a boil over high heat. Reduce to low heat and simmer for 2 ½ hours. Stir in swiss chard and salt. Cover and simmer for 35 minutes. Add lemon to taste. Makes 6 servings.

Creamy Spinach and Garlic Soup

- 2 leeks
- 2 tbsp coconut oil
- 6 cup chicken stock
- 1 cup almond milk
- 1 lb spinach chopped
- 1 lb. shitake mushroom
- 3 cloves garlic, crushed

Wash leeks carefully by soaking them in cold water. Slice the leek and return to cold water. Rinse well to remove any grit. Melt coconut oil in a large pot, add leeks and mushrooms. Cook over medium heat until leeks are soft. Add 6 cup chicken stock, almond milk and remaining ingredients. Cook for 15 minutes. Add salt and pepper to taste.

Thai Chicken Soup

- 1 tsp coconut oil
- 1 small onion cut into wedges
- 2 stalks celery, sliced
- 4 cloves garlic minced
- 2 tsp red curry paste
- 8 cup organic chicken broth
- 2 cup shredded cooked chicken

- 1 tsp lohan
- 2 tbsp cornstarch
- 2 cans coconut milk
- 8 cup fresh organic spinach
- 2 tbsp chopped cilantro
- 4 cup cooked brown rice
- ½ cup chopped walnuts



In a 4 quart pot sauté onions for 3 minutes. Add celery, stirring frequently for 1 minute. Remove from heat. Stir in curry paste until melted. Add garlic. Stir in broth, chicken, and lohan. Return to heat. In a small bowl add cornstarch and water. Add mixture and coconut milk to soup mixture. Heat till boils. Cook for about 2 minutes, stirring frequently until slightly thickened. Stir in spinach and cilantro. Cook for about 1 minute and add rice. Season to taste with fresh lime juice and cayenne pepper.

Squash Soup

- Chopped parsley
- 6 cup water
- 1 large onion, sliced

- 1 tbsp olive oil
- 1 tsp sea salt
- 4 cup squash, sliced

Combine all ingredients in large pot and simmer for 30 minutes. Puree cooked ingredients until creamy. Garnish with parsley.

Lebanese Veggie Soup

- ½ pint chicken stock
- 1 spanish onion, finely chopped
- 2 stalks celery, finely chopped
- 2 cloves garlic, minced
- Salt and pepper
- 2 leeks, cleaned and thinly sliced into strips

- 5 artichoke hearts, chopped
- 10 oz. shelled fava beans
- 4 tbsp finely chopped coriander
- 4 tbsp finely chopped parsley
- cayenne pepper
- Break into pieces and toast hypoallergenic bread

In a large saucepan, combine the chicken stock, onion, garlic cloves, celery and seasoning to taste. Add 12 oz. of water to the pot. Bring the mixture to a boil, then reduce the heat and simmer for about 15 minutes. Add the leeks, artichoke hearts and fava beans and simmer for 35 minutes or until the beans are tender. Take off heat and stir in the fresh herbs and cayenne to taste. Allow the herbs to infuse in soup for a few minutes, then serve with shredded, toasted bread scattered over the top.

Gingered Lentil Soup with Brown Rice and Sweet Potatoes

- 2 tbsp olive oil
- 2 medium carrots, chopped
- 1 large onion chopped
- 2 tbsp finely chopped ginger
- 4 cloves garlic, minced
- 1 ½ tsp ground cumin
- ½ tsp pepper

- ¼ tsp allspice
- 8 cup water
- 1 cup brown lentils, sorted and rinsed
- ½ cup brown rice
- 12 oz sweet potatoes, peeled and cut into ½ inch chunks
- ¾ tsp sea salt
- 1 cup chopped spinach

Place carrots and onions in skillet over medium heat, stirring frequently for 6 minutes. Add ginger, garlic, cumin, pepper and allspice and cook for 1 minute. Add water, lentils, rice and bring to boil over high heat. Reduce to low, cover and simmer for 1 hour. Stir in sweet potatoes, salt, cover and simmer for 20 minutes. Stir in spinach and cook for 5 minutes. Serves 6.

Wedding Soup

Meatballs:

- Mix together:
- 1 egg, beaten
 - ½ medium onion
 - 2 tbsp parsley
 - ¼ cup Romano cheese

- ½ cup breadcr umbs
- 1 tbsp ground flax
- 1 lb ground turkey or chicken
- ¼ cup almond milk

Knead and make into marble-size balls. Bake on cookie sheet-greased with olive oil. Bake at 350 °F for 30 minutes.

Broth:

- 10 cups chicken stock
- 1/3 pack frozen chopped spinach
- ½ onion chopped
- ¼ cup sliced carrots
- ½ cup pastina pasta



Add all ingredients to saucepan and bring to a boil. Add meatballs. Simmer for 45 minutes-covered.

*“Without a struggle there can be no progress.”
Frederick Douglass*

Entrées

Baked Vegetable Rice

3 cup cooked brown rice	2 tsp basil
2 cup finely chopped leek	½ tsp oregano
1 stalk celery, finely chopped	½ tsp marjoram
2 tbsp chopped parsley	¼ tsp cumin

Toss rice, vegetables and herbs in a bowl. Place in a lightly oiled, 8x8 baking pan. Bake rice mixture, covered, in a preheated oven, 350 °F for 1 hour.

Broiled Salmon with Lemon Dill

2 tbsp light mayonnaise	1 tsp freshly ground black pepper
2 tbsp lemon juice, freshly squeezed	1 ½ lb salmon steaks
1 tsp Dijon mustard	1 lemon cut into wedges
¾ tsp dill weed	

Preheat oven to 400 °F. Place salmon in large pan. Season both sides of the salmon first with fresh squeezed lemon. Add lemon wedges on top of salmon and place in oven until fully cooked. Then remove and brush on mixture of mustard, dill and mayonnaise. Bake salmon for about 25 minutes or until it is flaky. Add first 4 ingredients together and spread on top of salmon after baked.



Rice Dish

1 cup brown rice	2 large onions, chopped
2 cup vegetable broth	2 ribs celery, chopped
14 ½ oz diced tomatoes	2 cloves garlic, minced
2 tbsp chopped parsley	salt and pepper to taste

Place onions and celery in a lightly greased saucepan over medium heat. Cook, stirring occasionally for about 7 minutes. Add garlic and stir for 1 minute. Add rice, broth and salt. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until rice is tender. Stir in tomatoes. Cover for 5 minutes then stir in parsley. Serves 8.

Millet and Vegetable Stir Fry

½ cup millet	½ cup vegetable broth
2 medium carrots, grated	1 ½ cup shitake mushrooms, sliced
1 large red onion, chopped	Stir fry sauce
2 cloves garlic, minced	

Cook millet according to directions on package. Place mushrooms, carrots and onion in a lightly greased saucepan and cook over medium-high heat, stirring occasionally for 8 minutes. Add garlic and stir for about 1 minute. Add broth and bring to a boil. Then simmer on low and cover for about 10 minutes. Stir in millet and stir fry sauce.

Mexican Meal

3 tbsp coconut oil	1 cup black beans, ready to eat
2 cloves garlic, minced	½ cup chopped fresh cilantro
1 small jalapeno pepper or ½ tsp cayenne pepper	1 tbsp fresh lime juice
2 cup pinto beans	¼ tsp sea salt
1 medium onion, chopped	

Heat oil in medium saucepan over medium heat. Add onions and sauté for 5 minutes. Add beans and water, cover and cook until beans are heated for about 5 minutes. Stir in cilantro, lime juice and salt. Serve warm with hot sauce.

Coconut Curried Chicken Meal

2 cans coconut milk	1 tsp sea salt
3-4 onions chopped	2 medium chicken skinless breasts
1-1.5 8 oz package sliced shitake mushrooms	1 heaping tbsp curry powder
2 celery stalks	2 tbsp olive oil
½ cup diced tomatoes	½ cup walnuts
2 small Thai chili peppers or jalapeno peppers	

Sauté onions in olive oil (or water) 3-4 minutes. Add curry powder to onion. Leave on heat for 1 minute. Remove onion and curry from pan and put into another bowl. Pour coconut milk into frying pan. Bring to a gentle boil for 2-3 minutes. Add in cubed chicken. Add in mushrooms. Add in chili peppers and let stand for 2-3 minutes. Add celery and cook for 2 minutes. Add onions and curry mixture. Let cook for 1-2 minutes. Add diced tomatoes and walnuts.

Vegetable Stir -Fry

Tamari	1 cup water chestnuts
1 tbsp olive oil	1 cup broccoli, chopped
½ cup carrots, chopped	1 cup snow peas, chopped
1 cup zucchini, chopped	2 cloves garlic, minced

Pour ½ cup water into wok. Add tamari to flavour. Add oil. On low heat, add vegetables in order of cooking times. Chicken or fish may be added. Serves 4.

Lu Lu Chicken

- 2 chicken breasts, skinless
- 1 cup organic chicken stock
- 5 cloves garlic
- 1 tsp chicken bouillon

Put all ingredients in pan and cook till chicken is tender. Then add:

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| ½ chopped green pepper | ¼ tsp pepper |
| 1 small zucchini, cut in matchsticks | 2 cloves garlic, minced |
| 1 chopped onion | ¼ cup fresh basil leaves |
| 1 cup chopped pineapple | ½ cup organic vegetable broth |

Simmer for 10 minutes. Serve warm.

Grilled Halibut (Preferably tilapia, haddock or sole)

4 Halibut steaks

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| Marinade Sauce: 2 tbsp fish sauce | 6 cloves garlic, minced |
| 6 tbsp soy sauce | 2 tbsp fresh squeezed lime juice |
| ¼ cup chopped fresh coriander | 1 tsp lohan |
| ¼ tsp black pepper | 1 tbsp Frank's Hot Sauce |

Combine all marinade ingredients together. Rinse halibut steaks and pat dry. Place on baking tray and pour marinade over. Turn steaks over several times, making sure saturated. Marinade for 30 minutes or leave in fridge overnight. Grill steaks for at least 5 minutes per side before turning. Cook for 10 to 15 minutes or until flaky. Serve warm.

Lentil and Rice Dish

- | | |
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| 1 cup brown lentils | ¼ cup brown rice |
| 4 tbsp olive oil | ½ tsp allspice |
| 8 cup water | juice of ½ a lemon |
| 2 medium onions, finely chopped | salt and pepper to taste |

Spread lentil son a platter and sort them clean of any impurities and stones. Put them in a large pan and add the water. Boil lentils for about 60 minutes. In the meantime, put olive oil (or water) in a frying pan and place over medium heat. When hot, add the sliced onions until they become soft and transparent; remove them and drain well on a paper towel. Rinse the rice then add rice and onions to lentils. Season with allspice, salt and pepper and simmer for 20 minutes, stirring regularly until the rice is done and the mixture has thickened.

Falafel

- | | |
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| ½ 2 cup chick peas | ¼ tsp salt |
| 1 small onion, chopped | 1 pinch dried chili flakes |
| 2-4 cloves garlic, peeled | ¼ cup oat bran flour |
| 2 tbsp chopped fresh parsley | 1 tsp baking powder |
| 2 tbsp chopped fresh cilantro | olive oil |
| 1 tsp cumin | |



Put the chick peas, onion, garlic, parsley, cilantro, cumin, salt and chili flakes in the bowl of a food processor and pulse until combined but not smooth. Add the flour and baking powder and pulse until you have a soft mixture that you can roll into balls without sticking to your hands. Add another spoonful of flour. Roll the dough into little patties. In a shallow pot, heat about ½ inch of olive oil until it's hot but not smoking. Test it with a bit of falafel mixture or a scrap of bread. Cook the falafel for a few minutes per side. Transfer to paper towels to absorb excess oil. Serve in pitas with tzatziki, chopped cucumber, purple onion, tomato and hummus. Makes about 20 falafel patties.

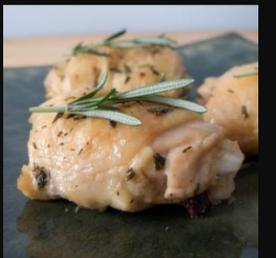
Rosemary Garlic Potatoes

- 8 small red potatoes (about 2 pounds)
- 8 cloves garlic, peeled
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp freshly ground pepper
- ¼ cup fresh rosemary, or 2 tbsp dried
- ½ cup finely chopped green onions

Preheat oven to 400 °F. Place the potatoes and garlic in a baking dish large enough to hold them in a single layer. Drizzle with the olive oil and toss the potatoes to coat them evenly. Sprinkle with the salt, pepper and rosemary and toss them again. Roast for 45 minutes (for whole potatoes, less for cut-up ones) or until the potatoes are crisp on the outside and tender inside. Sprinkle with green onions and serve.

Rosemary Garlic Chicken

- 4 boneless, skinless chicken pieces (breasts, thighs)
- 2 large cloves garlic, chopped
- 1 sprig fresh rosemary
- 1 jar of Four Cheese Spaghetti Sauce (Classic)
- 3 or 4 large mushrooms



Place chicken in a baking dish. Cover with sliced mushrooms, garlic and rosemary leaves. Cover with spaghetti sauce. Bake at 350 °F for one hour. Enjoy!

Lemony Herbed Chicken Wings

- 4 lbs. chicken wings
- ½ cup fresh lemon juice
- ½ cup olive oil
- ½ cup fresh rosemary, minced or 3 tsp dried
- 4 large cloves garlic, peeled and minced
- salt and coarsely ground black pepper



Rinse and pat dry chicken wings; fold end of each wing under tiny drumstick. In medium bowl, mix together the lemon juice, olive oil, rosemary, garlic, salt and pepper to taste. Arrange wings in one or two non-reactive ovenproof dishes so they are not crowded. Pour marinade over them. Turn wings to coat them well. Cover dish; refrigerate overnight or for at least 8 hours. If possible, turn wings at least once or twice as they marinate. Bake chicken in marinade at 400 °F for 30 min. till golden and crisp, turning once. Remove from oven and let cool. Serve at room temperature or slightly chilled. Makes 4-6 servings.

Dressings

Tahini Dressing

- 2 tbsp olive oil
- 1 tbsp tahini
- 1 tsp Dijon mustard
- Salt and pepper to taste.

Combine all ingredients in a sealed tight container and shake well. Tasty when added to a rice dish.

Cleansing Salad Dressing

- 2 tbsp olive oil
- 1 tbsp tahini
- 1 tsp Dijon mustard
- Salt and pepper to taste.

Combine all ingredients in a sealed tight container and shake well. Tasty when added to a rice dish.

Creamy Dill Dressing

- 2 tbsp lemon juice
- 3 tbsp rice vinegar
- 1 tbsp cider vinegar
- 1 tsp garlic powder
- ½ tsp dill
- ¼ tsp sea salt

Combine lemon juice, vinegar, garlic, chopped dill and sea salt in a blender for 2 minutes. Store in the refrigerator.

Thai Almond Sauce/Dip

- 1 cup dry almonds
- ½ cup water
- 2 cloves garlic
- ½ tsp soy sauce
- 2 tbsp fish sauce
- ½ tsp lime juice
- ½ tsp cayenne pepper

Put all ingredients in blender. Blend until sauce is smooth. Serve warm or at room temperature with veggies, chicken or fresh spring rolls.

Avocado Dressing

- 2 avocados (cut in half and remove pit)
- 2 cloves crushed garlic
- ½ lime
- ½ tsp sea salt
- 1 tbsp olive oil

Blend all ingredients and serve.



**Smiles are the only thing left
in the world that are truly
free...**

**So please, SMILE and share
the wealth!!**