

Vegan Vegetarian Cooking School Complete Lesson Book

by Angela Poch, N.C.

ISBN 978-1-926784-1-44

“NEW Edition” Revised 03-01-2015
DVD’s produced in 2006 (formerly Sette Publishing)

Made in Canada
All materials copyright © 2015 by
Higher Path Print & Production

**www.HigherPathStore.com
www.VeganVegetarianCookingSchool.com**

DISCLAIMER: This DVD/videos, lesson booklet, and other materials are intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. NONE of this information is intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve. Please see your doctor or health professional for personal treatment and dietary needs.

NOTE: This lesson book is NOT a standalone book. Be sure to watch the DVD set (or online videos) that accompanies this book for each lesson. The videos explain the recipes and health lessons in much greater detail and often expands on the tips and techniques.

Lesson #1:

Safety, Tools, and Measuring

Terms used in cooking

Kitchen Tips & Organization

Basic Nutrition for Vegetarians

How to Become Vegan

Cooking The Recipes

Easy Breakfast: Pancakes with fresh fruit &
Walnut Sprinkles.

Hearty Dinner: Basic Chili, Quick Herb Buns,
(Salad & Italian Dressing discussed)

Light Supper: Toast & Fruit

Recipes in this Booklet:

Pancakes

Pancakes - Gluten Free

Walnut Sprinkles

Easy Chili

Chili Powder

French Dressing

Easy Buns

Quick Herb Buns

Easy Buns - Gluten Free

Italian Dressing

Italian Dressing - no oil

Welcome to the Vegan Vegetarian Cooking School Lesson #1.

We are so glad you've joined us and hope you make the most of your lessons by getting involved in the kitchen after each lesson. There will always be extra recipes with every lesson that are included beyond the demonstration shown on the videos. This school is called both "The Vegetarian Cooking School" and also "Vegan Vegetarian Cooking School". First of all, I want to point out I was on my own for the video taping for this first lesson. We had newer equipment for the rest of the production, which makes Lesson 2 and on much better!

Secondly, when we started this school it was a monthly program and lessons were mandatory. It is no longer mandatory, but if you would like to submit all the lessons AT ONCE you will receive a certificate of completion.

Thirdly, the lessons used to be in a different format (as you may see in the video) as single lesson booklets with infosheets. We've combined all the information into one book with an easy to use index. NOW you can use this book as a cookbook in your kitchen when you are done!

And lastly, if you would like to share these DVD's and lesson book you are welcome to do so, but please do NOT copy them. If you would like to show them in a church or seminar, please purchase "The Vegetarian Cooking School Sharing Guide" a commercial license on our website HigherPathStore.com or call to order 1-877-597-3883. Along with the license you will receive the book on DVD Rom to print for sharing with your group or you can order these books in bulk. Thank you for your honesty.

Angela Poch, NC

SAFETY, TOOLS, AND MEASURING

Safety in the vegan kitchen is similar for the omnivore, but there is less worry about bacteria from meat products. That doesn't mean veggies can't develop bacteria or other microbes, because they can. Also, there are other hazards in the kitchen such as cuts and burns. So let's discuss safety in the kitchen.

Microbes are the least understood so we will begin there. Microbes are broke down into 5 categories: Bacteria - some good, some bad, some can't be destroyed by cooking; Viruses - smaller than bacteria, do not grow in or on food but can

be contaminated by another source (like your hands); Parasites - must have an animal host and rarely live long on plants; Protozoa - are one celled critters that can be found in water like Giardia or beaver fever; and Fungi - some which we eat and some that can be harmful like mold. Five things pathogens love (helps them to grow): protein, moisture, moderate temperature (40°F to 140°F or 4°C to 60°C), a near neutral acid level, and oxygen.

You can't see or smell microbes but they are there. Many so called stomach flus are actually food borne illness. There is NO such thing as the 24 hour flu. If you are suddenly sick and it lasts only 24 to 48 hours, you likely have mild food poisoning. To avoid such illness take the following precautions.

1. Cook your food properly
2. Cool your food properly
3. Store your food properly
4. Re-heat your food properly
5. Clean your kitchen and utensils well

Cooking your food properly help kill microbes on the food that were on the food or in the air. Be sure to follow the cooking directions in the recipes especially for moist high protein foods like beans, tofu, brown rice, etc.

Cool your food properly: Cool food quickly. Don't leave food sitting on the counter for hours. Again, this is most serious for animal products, but vegan casseroles are not immune to developing food borne illness.

Store your food properly: Most microbes love moisture and do not grow well in a dry environment. That is why dehydrated fruit and will last months. Drying does not necessarily kill pathogens, but it prevents them from growing. Most people can handle some bacteria, viruses, and so on, that is what your immune system is for. If you are planning a picnic, be sure to keep cool things cool - like potato salads keep under 40°F if possible, especially if the food will be sitting for over 2-4 hours. For hot things, they need to stay very hot, above 140°F, if they will be sitting longer than 2-4 hours. Re-heat your food properly: Hot and fast is the best policy.

Clean your kitchen and utensils: Vinegar and water has been shown in various studies that is can kill a lot of pathogens. Specifically bacteria. Be sure to wipe all cooking surfaces thoroughly. As for cutting boards, they should be run under hot water and scrubbed or if they are plastic use a dishwasher.

KNIVES

I am NOT a gourmet chef and have lived on a budget for so long I find it hard to spend \$50 (or even up to \$200 on one knife). But I have learnt to see the value because good knives stay sharp longer. There are many good brands out there check out your local kitchen store. The sizes you will find most useful are an 8 or 10” chef knife and a 4 or 5” paring knife. Whatever kind of knife you have it should be kept good and sharp! Cuts happen more often with dull knives because you have to press so hard to cut anything and if you slip you make a deeper cut. Have an easy to use knife sharpener handy in your cutlery drawer.

CUTTING BOARD CARE:

- * Regardless of the type of material, cutting boards should be washed in hot running water after use. (Running water & scrubbing has been shown to be more effective than soap for cleaning cutting boards.) Dry thoroughly before storing your board, especially with wood cutting boards.
- * Get rid of boards once they have cracks and multiple cuts on them. Those cuts can form a hiding place for bacteria, and makes them harder to clean completely.
- * Use a dishwasher for plastic boards, glass, and other speciality boards. The dishwasher’s hot soapy running water is a great sanitizer. You may even have a sanitize function. (Don’t put wooden boards in the dishwasher, as they can warp, and believe it or not dry out and crack, reducing their lifespan.)
- * Thick wooden boards can be resurfaced by sanding or planing. Treat them with coconut oil or food safe mineral oil. Avoid vegetable oil as it will go rancid. Do NOT attempt to resurface a plastic board, as the fumes can be toxic.
- * For non-vegan friends, don’t use the same board for raw meat and vegetables. One of the common ways to get cross-contamination is via cutting boards.

Keep all cutting boards clean by washing thoroughly, dry well, and get rid of worn boards. When the cut marks are frequent and very visible bacteria can sit in them. Glass and marble boards dull knives quickly, and if you’ve put out good money for a decent knife this will be your first consideration. Wood cutting boards are the easiest on knives and can be rinsed in running water. They should not be soaked in water as they are porous and it can ruin them. NOTE: *There are also specialty cutting boards available, like Epicurean®, non-porous, long-lasting, resist staining, dishwasher safe, and don’t dull knives as easily as glass.

PRO'S AND CON'S OF VARIOUS CUTTING BOARDS

GLASS	MARBLE	WOOD	PLASTIC*
CON'S:	CON'S:	CON'S:	CON'S:
Dull's knives	Dull's knives	Not machine washable	Wares easily
	Expensive	Microbes can "hide" in the center of thick cutting boards	Not resistant to heat
	Not machine washable	Can stain or discolor	Can stain or discolor
			"Holds" microbes
PRO'S:	PRO'S:	PRO'S:	PRO'S:
Doesn't 'hold' microbes	Doesn't 'hold' microbes as easily, but is porous	Kills some microbes from the surface in about 3 minutes (thin wood or wood product boards are best) Most other microbes wash easily from the surface	Machine washable
Machine washable	Long lasting	Easy on knives	Easy on knives
Long lasting	Looks very nice, doesn't stain easily	Relatively resistant to heat	Cheap
Resistant to heat	Can use the temperature when baking: ie - cool for pastries, etc.	Comes in many sizes	Many colors
Many colors and sizes	Heavy, doesn't move as easily		Many styles - like flexible ones
Doesn't stain easily			

OTHER EQUIPMENT & GADGETS

Garlic press. I went through half a dozen garlic presses before I finally broke down and spent the money on a good one. That was over 9 years ago, and it is the one you see in the DVD! It is dishwasher safe and easy to clean.

Blender. A vegan needs a GOOD blender but that doesn't mean you need to run out and buy a Vita-Mix your first day cooking. (In fact, I have yet to spend the money on that beautiful piece of equipment.)

Peeler. Again, I can't stress enough, get a good one. In fact get two. I have found some peelers peel thick, while others peel thin. I use the thin one for carrots and thick ones for potatoes. And remember peelers get worn out. I've seen peelers over 15 or 20 years old still in use, but boy is it a bear to peel the veggies.

Some other items I find useful: tongs, pastry blender, dough scraper, and ice cream scoop. We'll show you how to use these and other items as we progress through your lessons. It is a good idea to check out kitchen gadgets, but do be cautious. Some gadgets just collect dust, while others break or dull quickly. If possible borrow a friend's and test it out for yourself. Some things look real great in the ad's but turns out you hardly use them.

MEASURING

There is little difference between liquid and dry measuring cups. The dry cup is allows you to fill it to the rim, and scrape off the excess using a knife. The wet cup lets you fill it to the mark you need without risk of spilling. But the volume to the marks should be close to the same in both. For most of your cooking you will rarely need to weigh ingredients. In fact, I've never used weight (I usually convert the recipe if in weight), but in some countries it is very common. Some abbreviations used in cooking are: tsp = teaspoon; Tbsp or Tlbsp or Tlsp or T = tablespoon; c = cup.

Here is a basic chart for measurements.

Dash = less than 1/8 teaspoon	3 teaspoons = 1 Tablespoon
4 Tablespoons = 1/4 cup	8 Tablespoons = 1/2 cup
16 Tablespoons = 1 cup	2 Tablespoons = 1 ounce liquid
8 ounces = 1 cup	2 pints = 4 cups
2 pints = 1 quart	4 quarts = 1 gallon

Common Terms and Procedures

Al dente: Cooked pasta that is still somewhat firm but not at all crunchy.

Baste or basting: To brush or spoon liquid over a dish. Adds flavor.

Beat: To smooth a mixture by briskly stirring it up with a fork, whisk, or mixer.

Blanch: To boil briefly to loosen the skin of a fruit or a vegetable.

Blend: To use a blender to combine ingredients.

Boil: To cook food in boiling water (or other liquid). Water that is bubbling vigorously, so that you can not stir down the bubbles.

Broil: To cook food directly under the heat source, usually under the top element.

Brown: A quick sauté, oven broiling, or grilling done either at the beginning or end to enhance flavor, texture, or color. To get brown edges on the food item.

Bundt Pan: a tube-like baking pan (has a whole in the middle with sides).

Caramelize: Browning sugar or the natural sugars in the food.

Cream: To beat margarine, with or without sugar, until light and fluffy.

Double Boiler: A two part pan. Water is placed in the bottom pan and the second pan is placed ovetop. Used for very sensitive cooking, like melting chocolate because it is very controlled and even heat.

Firm-ball stage: In candy making, the point where boiling syrup dropped in cold water forms a ball that is compact yet gives slightly to the touch.

Fold: To cut and mix lightly to keep as much air in the mixture as possible. You would not use an appliance or whisk for this procedure.

Grease: To coat a pan or skillet with a thin layer of oil. In the past (pre-1920's or so) it was a term that referred to animal fats and not vegetable oils.

Marinate: Coat or immerse foods in a liquid to add flavor before cooking.

Mince: To chop food into tiny irregular pieces.

Moisten: Adding enough liquid to dry ingredients to dampen but not soak them.

Parchment: A heavy heat-resistant paper used in cooking.

Pressure cooking: A cooking method that uses steam trapped under a locked, sealed lid to produce high temperatures.

Reduce: To cook liquids down so that some of the water evaporates.

Rind: The outer skin or peel on citrus fruit. Just the color portion, not the white.

Sauté: To cook food quickly in a small amount of oil or water in a skillet or frying pan over direct heat.

Scald: To loosen the skin of fruit by dipping them in boiling water.

Season: To enhance the flavor of foods by adding ingredients such as herbs, spices, and condiments.

Season: To treat a pot or pan (usually cast iron) with a coating of cooking oil and then baking it to seal the pan's surface to help prevent food from sticking.

Set: Let food become solid.

Sift: To remove large lumps from a dry ingredient such as flour or confectioners' sugar by passing them through a fine mesh.

Simmer: Cooking food in a liquid at a low enough temperature so that small bubbles begin to break the surface. A very low boil.

Skim: To remove the top fat layer or skin from soups, sauces, or other liquids.

Skillet: A frying pan.

Springform Pan: A two-part baking pan in which a spring-loaded collar fits around a base; you can remove the collar after baking to cut and serve the dish. Used for foods that may be difficult to remove such as cheesecakes.

Steam: To cook over boiling water in a two part covered pan, much like a double boiler but with holes in the top pan. Some "water-less cookware" use some water in the bottom of the pan as opposed to two separate pans.

Steep: To soak dry ingredients such as tea leaves, herbs, spices, etc, in liquid until the flavor is infused into the liquid.

Unleavened: Baked goods that contain no agents to give them volume such as baking powder, baking soda, or yeast.

Vinaigrette: Any dressing made with vinegar, oil and seasonings.

Whip: To add air into ingredients by beating them until light and fluffy.

Whisk: To mix or fluff by beating; also refers to the utensil used for this action.

Zest: Same as rind. Using the appropriate side of a grater to finely shred the rind.

Kitchen Tips

Here are just a few kitchen helps and tips to get you started:

- * Make a list of jobs you wish to get done today in order of importance. Those you didn't get done yesterday put at the top of today's list.
- * Put frequently used items, like measuring cups & spoons close to your main work area. You can even store them in a fancy basket on the counter.
- * Alphabetize spices, seasonings, for quick identification.
- * Clean as you go. Much faster to wash a mixing bowl before it hardens.
- * Organize your pantry by Kind or Meal type. Soups, and items for soups, in one place, vegetables in another section. Pasta and sauces, etc.
- * Organize your freezer with boxes. Strawberries here, blueberries there. Nuts in the right corner, etc. I have different boxes for each. Place items in specific spots, fruit on the left, veggies on the right, etc. (Works GREAT!)
- * When cooking beans, rice, or millet, cook larger portions than needed. Freeze in 4 cup portions. Label the container with date and food item. Use clear containers! I even make casseroles up and freeze them.
- * Cook multiple items at the same time that are similar in cooking procedure or ingredients. For example: You can make up a batch of muffins, after you start the pancakes. Or make a pudding while you are at the stove cooking pasta.
- * Keep your tools sharp and in good shape. I've watched people take extra time peeling potatoes because they haven't purchased a new peeler in 2 or 3 years. Yes, blades get dull, and you won't notice because the change is so small over time. Some knives need sharpening every week, others last a month or two.

How to Become Vegan/Vegetarian

(Excerpt from the book "Getting Started Becoming Vegan")

Ever make New Years Resolutions you didn't keep? Life will carry you away if you don't stop to think over your own thoughts. That's right, before we talk about the diet of a vegetarian, I want to discuss the thought process of change. First, it's important to consider why you are becoming a vegetarian/vegan before you even get started with changing your lifestyle. What is motivating you to change your eating habits: **Health issues? Animal rights? Environmental?**

Most of you probably have more than one of these reasons or even others. Knowing each of the reasons will help you make the right choices and keep up your motivation. Next, how much do you eventually want to change? This is a monumental change for many people. How fast are you willing to change? Some people drop everything overnight and never look back. But most people who jump in too fast, without considering why they are changing, slowly drop it over the years. You need to make a conscious thought filled choice at every turn to keep up your new healthy habit. Positive lifestyle change is not as easy as just buying veggies and not buying meat.

How important is it for you to stay healthy? Join a forum for health and vegetarian issues. What concerns you the most about animal abuse and misuse? Join a Vegan Club. What is bothering you about the environment? Join the Sierra Club. Are you trying to prevent or treat heart disease? Find a local CHIP chapter (Coronary Health Improvement Program). Do you see a pattern here yet or should I go on? Social support. Friendship. Like minded individuals. One of the biggest pitfalls to change is a lack of support. GET SOME! A place to ask questions, someone to lean on when self cries out “I’ve HAD enough!” Social support is one of the biggest helps for those making change. We are gregarious creatures with a desire for company and encouragement. Get a friend to lean on! Learn about the benefits of a vegetarian lifestyle and share those with others. As you share, you are more motivated to keep moving forward.

Learn about the benefits of a vegetarian lifestyle and share those with others. As you share, you are more motivated to keep moving forward. Sign up to vegetarian newsletters, look for local supper clubs, join a book of the month club, or look for a Seventh-Day Adventist Church, as they often put on health seminars. Even if health is not the primary reason you are going vegetarian, the seminars will help remind and motivate you to continue in your new lifestyle.

Prepare for the trials! Yes, there will be trials, temptations, and tantalizations. Plan ahead how you will deal with circumstances. Give yourself an armor to fight the battles. So, if eating out with friends is problematic, then have a plan. Perhaps choose a restaurant that is favorable to vegetarianism, or think ahead what you can order before you get there. If it is going to a relatives home for the weekend, think of ways you can participate in meal preparations. Make it fun, enjoy the variety, and avoid criticizing others for their choices. Like begets like. If you are critical or condescending of others it will come back to bite you!

You can get this entire e-book course the “Becoming a Vegan or Vegetarian” online at www.HigherPathStore.com

Basic Nutrition

(From Basic Nutrition Infosheet)

The basic nutrients are carbohydrates, proteins, fats, and micro-nutrients. Each of these groups have subcategories, i.e. carbohydrates which include starch, sugar, and fiber. The foods we eat have some or all of the different groups, i.e. pinto beans have some carbohydrates, lots of protein, and some fat.

CARBOHYDRATES

Carbohydrates are the main source of energy for our bodies. Yes, contrary to all the fad diets, we need to eat foods high in carbohydrates. There are refined carbs, such as white sugar and white flour, simple carbohydrates such as apples, and complex carbohydrates such as brown rice. We need both simple and complex carbohydrates, but we do not need refined. Refined carbs usually have the fiber removed, which is hard on blood sugar levels.

We need energy and we need calories, but you know what happens if we eat too many calories? The body stores it as fat, and when too much fat is stored we get overweight. Thus, carbs turn to fat if we eat too much for our activity level.

There are three forms of carbs: sugar, starch, and fiber. We should get about 55 to 70% of our calories from carbohydrates. Sugar comes in many types. There are natural sugars God put in the fruit and vegetables. And there are other sugars that are added to food, mostly refined, and lacking micro-nutrients. Without fiber, sugar is very hard on our system, causing the blood sugar levels to raise sharply and interferes with our immune system.

Starch is where we get most of our energy from. Our body turns starch into sugar. Starch provides long lasting energy because of the longer digestive period. It is also important to note, starches start being digested in our mouth. Saliva is vital for proper digestion of starches. Potatoes, pasta, and rice have lots of starch.

There are two kinds of fiber - insoluble and soluble. We need both. Insoluble fiber is what makes us feel full. Both insoluble and soluble fiber helps to slow down the digestion of sugar; but speeds up digestion of other nutrients thus preventing decay; and helps get rid of the waste. Soluble fiber is particularly good at lowering cholesterol out of the blood stream.

PROTEIN

The building blocks for the body. Our body is made mostly of protein and it makes protein so we don't need to eat lots of it. We do need about 2 to 3 servings, or about 10% of our calories from protein. Beans, nuts, seeds, tofu, and so on all have lots of protein. Often we get too much protein if we eat the "all America diet." Animal protein has some big draw backs on our health. Too much saturated fat, too much cholesterol, hard to digest causing acidity problems and much more. Not

to mention all the disease and hormones now prevalent in animals raised for food. Many doctors now recommend a diet free from animal products.

FAT

Fat, good or bad which is it? The fat in plant foods is good, just like God designed them. We need Omega-3, found in flax seeds and walnuts, for good brain health and Omega-6 found in olives and avocados for other benefits. But saturated fat, such as in chicken or beef, is not helpful to our bodies. It adds calories without adding benefits. Trans fat is another bad fat that is especially harmful, they are NOT found in foods naturally. They are created by high temperature and chemical processes, such as in hydrogenated foods. Excess fat is a major factor in heart disease. Without limiting animal products it is very difficult to avoid too much fat. We should aim for 15 to 25% of our calories in fat.

ESSENTIALS

If we eat a variety fruits and vegetables we will get most of the vitamins and minerals we need. But there are some we should be extra careful about such as vitamin D which doesn't come from plant foods. (And is VERY limited in animal

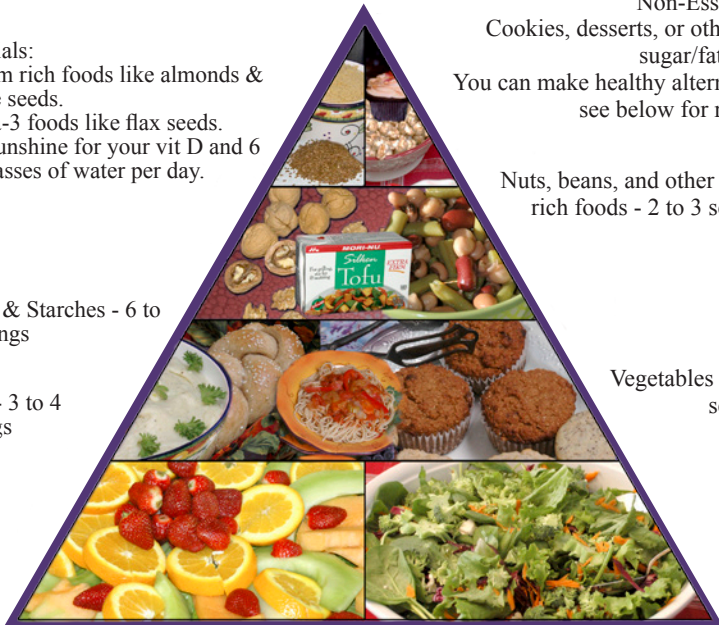
DAILY NUTRITIONAL NEEDS

Essentials:

Calcium rich foods like almonds & sesame seeds.
Omega-3 foods like flax seeds.
Plus, sunshine for your vit D and 6 to 8 glasses of water per day.

Grains & Starches - 6 to 8 servings

Fruits - 3 to 4 servings



Non-Essentials:
Cookies, desserts, or other high sugar/fat foods.
You can make healthy alternatives, see below for recipes.

Nuts, beans, and other protein rich foods - 2 to 3 servings

Vegetables - 3 to 5 servings

products.) The best way to get Vitamin D is to get sunshine. Calcium is also a very important mineral we should be sure to get enough of. Calcium is found in tofu, almonds, sesame seeds, and green leafy vegetables. *(More about Calcium and Vit D next lesson.)*

PRACTICAL APPLICATION

Serving sizes: Each diet, program, and government has their own definition of a serving size. A good rule of thumb to follow is: The size of your closed fist equals one to two servings. If it is a light food - like salad your fist is one serving. If it is dense or rich, like nuts, it is two servings. And if prepackaged, consult the label. Thus one small apple for a petite lady is one serving, while a large apple for that Air Force buddy is more appropriate. In summary a meal should have:

1. Plenty of fresh fruits and vegetables, 3 to 5 servings each, pick one or two kinds per meal. I.e. 2 apples and 1 banana for breakfast, and a large salad with carrot sticks for lunch. The body digests food much better if you keep fruit and veggies in separate meals. Change the variety each day to incorporate all the nutrients you need.

2. 2 to 3 servings of grains and starches, again don't live on wheat and potatoes. Try quinoa, rice, millet, rye, buckwheat, kamut, tapioca, etc.

3. Plus your protein rich food such as a handful of nuts, topped off with ground flax on your salad to get those omega 3's.

Pancakes - Demo

Yes, these are quite light 'n' fluffy. I've used them for large pancake breakfasts. The key is to make several small batches.

1 cup whole wheat flour	3/4 cup unbleached flour
1/4 cup raw sugar	1 1/2 Tbsp Ener-G Baking Powder
1/2 tsp sea salt, optional	1 3/4 cups soy milk
1/4 cup vegetable oil <i>(Use soy milk instead to reduce the fat.)</i>	
1 tsp vanilla	1/8 tsp almond flavour
2 tsp Egg Replacer, optional (but better)	

Preheat skillet. Mix dry ingredients in a bowl and whisk well. Whisk in liquids, and spoon onto hot non-stick skillet. Cook on medium low, flip when glossy look is gone about 5 to 7 minutes. Yields: 12 med pancakes

Nutrition (per serving - USING OIL): 138.3 calories; 5.5g total fat; 0mg cholesterol; 98.7mg sodium; 93.8mg potassium; 19.2g carbs; 1.9g fiber; 4.4g sugar; 3.8g protein.

Nutrition (per serving – NO OIL): 100.8 calories; 1.0g total fat; 0mg cholesterol; 101.5mg sodium; 100.1mg potassium; 19.4g carbs; 2.0g fiber; 4.5g sugar; 4.0g protein.

Pancakes - GF

Quick gluten free alternative.

1 cup brown rice flour	1/2 cup tapioca starch
1/2 cup corn flour	2 Tbsp Ener-G Baking Powder
1/4 cup raw sugar (or alternative)	1 cup soy milk
1/4 cup vegetable oil (or applesauce)	1 tsp vanilla
1/8 tsp almond extract, optional	

See above directions. Serves 12

Nutrition (per serving): 134.4 calories; 5.4g total fat; 0mg cholesterol; 12.7mg sodium; 79.4mg potassium; 19.4g carbs; 1.5g fiber; 4.5g sugar; 2.2g protein.

Walnut Sprinkles - Demo

Adds omega 3 and protein to your breakfast.

1 cup finely chopped walnuts	1/2 cup flax seed
------------------------------	-------------------

Mix well and store in the fridge.

Easy Chili - Demo

Very simple, quick 'n' easy dish. Put in a thermos for a hot lunch.

- 1 can red kidney beans
- 1 can navy beans in sauce
- 1 cup onion, chopped
- 2 cloves garlic, minced - optional
- 1 tsp sea salt
- 1 tsp Chili Powder
- 1 can diced tomatoes (796ml/28 oz or about 3 cups)

In large saucepan combine all. Bring to a boil; reduce heat and simmer, uncovered, 15 to 20 minutes, stirring occasionally.

Chili Powder

Flavour without heat!

- 2 Tbsp paprika
- 2 tsp oregano
- 1 Tbsp onion powder
- 2 tsp garlic powder
- 1 tsp cumin
- Dash of cayenne and/or 2 Tbsp dried red bell pepper

Blend all well, and store in air-tight container. Spices such as black pepper, extremely hot chilies, etc. can irritate the stomach lining while herbs, on the other hand, have many health properties.

French Dressing

One of my personal favourites.

- 2 to 3 Tbsp tomato paste
- 1/4 cup water
- 1/2 cup olive oil
- 3 Tbsp Sucanat (or brown sugar)
- 4 to 5 Tbsp lemon juice, fresh best
- 1 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1 Tbsp nutritional yeast flakes
- 1/4 tsp paprika

Place all ingredients into blender and blend on high until smooth and thoroughly combined. (If you have a Vita-Mix you can emulsify this.) Store in fridge up to 5 days. Serves 16

Easy Buns - GF

Does not roll out like traditional dough.

2 3/4 cups warm water	1 Tbsp active dry yeast
1/4 cup vegetable oil	1 Tbsp lemon juice
1/4 cup ground flax	1 tsp sea salt
2 cups brown rice flour	1 cup tapioca starch
1 cup corn flour	1/4 cup sweet rice flour (or 3 Tbsp potato flour)
2 Tbsp raw sugar	
2 tsp Ener-G Egg Replacer, optional	

Dissolve yeast in water. Combine dry ingredients. Add remaining wet ingredients to yeast mix and stir wet into dry. Beat 2 minutes on high with electric mixer. Serves 12

Buns - Fill prepared muffin tin 2/3 high. Let rise till just topping tin and bake at 350°F for 25 to 35 minutes or lightly browned.

Pizza Shells - Pour dough on prepared pizza pan and let rise until doubled. Bake un-topped shell at 400°F for 7 minutes, just starting to brown, top with toppings and bake 10 minutes more. Can freeze after first baking if desired, I find a bit crumbly after.

Easy Buns

Quick and easy.

4 cups whole wheat flour	1 to 2 cups unbleached flour
1 Tbsp active dry yeast	1 tsp sea salt
2 1/4 cups warm water	1/4 cup vegetable oil, optional
2 Tbsp lemon juice	

Combine whole wheat flour, 1 cup unbleached, and yeast in a large bowl. Combine liquids and add, mixing well. Knead in more unbleached flour as needed to form soft ball. Knead 5 min. Shape into 16 buns (for burgers) or 24 (for dinner rolls) and let rise until double. Bake at 375°F for 7 min, reduce heat to 350°F and bake 7 to 10 min more. Serves 16

Nutrition (per serving): 132.8 calories; 0.7g total fat; 120.2mg sodium; 147.2mg potassium; 28.2g carbohydrates; 4.0g fiber; 0.2g sugar; 5.2g protein.

Quick Herb Buns - Demo

Very quick and easy! Thanks Janice for the idea.

1 recipe Easy Buns (GF or regular)	2 to 4 Tbsp oil (canola for omega 3)
3 to 4 cloves garlic, minced	1 tsp parsley, dried*
1 tsp basil*	1 tsp oregano* (or marjoram)
2 tsp onion powder	

Prepare dough as directed. Mix remaining ingredients together. Press (or pour if using gluten free) dough into a prepared 9 x 13 pan and slice into approx. 20 buns. Spread herb mixture on top. Let rise until doubled and bake at 350°F for 20 to 25 min. Serves 20

Nutrition (per serving): 145.8 calories; 4.6g total fat; 0mg cholesterol; 96.9mg sodium; 138.1mg potassium; 23.2g carbs; 3.4g fiber; 0.2g sugar; 4.5g protein.

Italian Dressing

Truly reminds me of the traditional “red wine” dressing.

1/4 cup water	1/3 cup lemon juice, fresh best
1/2 cup olive oil	2 Tbsp grape juice concentrate
1 tsp Italian Herbs	1/2 tsp Seasoning Salt (or sea salt)
1 tsp onion powder	1 clove garlic (or 1/2 tsp garlic powder)

Combine all ingredients and shake well before using. Serves 16

Nutrition (per serving): 67.1 calories; 6.8g total fat; 0mg cholesterol; 83.4mg sodium; 22.3mg potassium; 1.9g carbs; 0.2g fiber; 1.2g sugar; 0.1g protein.

Italian Dressing - no oil

A no oil dressing make this a low fat recipe.

1/4 to 1/3 cup lemon juice	1/2 cup water
2 Tbsp ground flax seed	2 tsp Italian Herbs
1/2 tsp Seasoning Salt (or sea salt)	1 tsp onion powder
2 tsp nutritional yeast flakes	1 clove garlic (1/2 tsp powder)

Combine all ingredients in blender and blend on high. Shake well before using. We add 1 tsp clear jel for a thicker dressing, if avail. Serves 16

Nutrition (per serving): 12.4 calories; 0.7g total fat; 0mg cholesterol; 83.6mg sodium; 35.1mg potassium; 1.5g carbs; 0.6g fiber; 0.4g sugar; 0.5g protein.

DATE: _____

NAME: _____

1. Write out your reasons for becoming vegetarian/vegan:

2. What changes do you want to see in your diet?

3. Bake the Quick Herb Bun Recipe and describe how you found making these. Is this your first time cooking bread from scratch? Yes No How did it go?

4. Make the French Dressing and the Italian Dressing. Fill in the questions below:

a. Did you like them? Yes No Why or why not? (Part of cooking is learning why you like a recipe, what flavors appeal to you, and what would be better. Not everyone likes the same thing.)

b. Which did you like better and why?

c. Choose one salad dressing recipe and cook it again, but change one of the ingredients. You can omit something, add something, or replace something. What did you change?

d. Did you like the second recipe better? Yes No

Lesson #2:

Common and uncommon ingredients used in vegan cooking
Where to find vegan foods
Calcium

Recipes in this Booklet:

Golden Seasoning
Italian Herbs
Tasty Brown Bouillon
Seasoning Salt
Basic Bread - Gluten Free
Gluten Free Flour
Basic "White Bread"
Creamy Mayo
Cashew Mayo
Tofu Mayo
Almond Butter
Margarine
Corn Butter
Almond Milk
Tofu Cottage Cheese
Cashew Cream
Orange Cheese
White Cheese
Zesty Sprinkles
Flax Gel (and other egg substitutes)

OVERVIEW

Welcome to the Vegan Vegetarian Cooking School Lesson #2. We are so glad you've continued with us and hope you are making the most of your lessons by getting involved in the kitchen. We now have two camera's and better audio so the DVD's should be more interesting to watch.

This lesson will be explained quite well on the DVD, but I will clarify a few points in this booklet plus a little more. So, enjoy Lesson #2.

COMMON & UNCOMMON INGREDIENTS

In this section we will explore common and uncommon food ideas that vegans use. When I say common I am referring to ingredients you can usually get at a regular large grocery store. And even some of the uncommon ingredients are becoming more common in general grocery stores. You can get most of the uncommon ingredients at your local health food store, but the prices can be very expensive. Be sure to check your local grocery store as many of these uncommon ingredients are available in the specialty section of larger stores. I am included some mail order and online sources for you as well.

Baking Powder: Ener-G Baking Powder reacts with liquid so time is of the essence. Get it into the oven as quickly as possible. This is the only baking powder I've found without sodium bicarbonate (baking soda). Made with citric acid and calcium carbonate, it forms calcium citrate, a highly digestible form of calcium. There is some evidence the new (after 1920's) baking powers are safe, provided they are aluminum free. Magic Baking powder here in Canada is aluminum free.

Baking Soda: "...may cause an inhibition of intestinal absorption of phosphorus and this may be followed by an increase in calcium loss." (Spencer & Lender, 1979). Many dietitians recommend avoiding baking soda because it interferes with nutrition absorption and can lead to inflammation of joints, etc. "The use of soda ... causes inflammation of the stomach." {CD 342}

Bouillons & Seasonings: There are many vegetarian and vegan seasoning out on the market these days. Watch for msg, and hidden spices that may be an irritant. One of the seasonings I didn't mention on the DVD is Marmite, or Vegex or Vegemite or Sovex, different brands of a salty paste made from nutritional yeast extract. Nutritional yeast flakes are NOT bread yeast. Red star brand is a natural B12. Avoid caramel, msg, black pepper, and hydrolyzed soy protein. Each of

these have their own health issues.

Bragg's Aminos: A non-fermented soy sauce substitute. Fermented products disrupt digestion and can lead to many different diseases. This product is available in many stores nationwide. This is still high in sodium and is a concentrated food so use sparingly.

Carob powder: Carob is 8% protein, has minerals such as calcium, 3 times richer in calcium than chocolate, but 1/3 less calories and 17 times less fat! Chocolate contains theobromine, which can cause allergic reactions and other effects. Learn more about carob vs chocolate on our website under student files or www.VeganVegetarianCookingSchool.com.

Egg Replacer: Ener-G Egg Replacer is found in many large grocery stores and we've included a few recipes for you to try as well. This is a leavener and a binder. Good for substituting in your favorite non-vegan recipes. (Except soufflés and quiche)

Grains: There are lots of grains out there. Rye, buckwheat, oats, millet, kamut, spelt, rice, corn, couscous (wheat), sweet rice or glutinous rice, and many more.

For wheat free: spelt flour can be used in most recipes in place of whole wheat. Kamut can also be used, but I prefer not to use it exclusively. And of course any of the gluten free grains listed below as well.

Gluten free grains: Amaranth, brown rice, buckwheat, corn, millet, soy flour, oat (if processed in a wheat free environment.), tapioca or cassava, popcorn, potato flour, quinoa, and wild rice.

Experimenting with different flours: Change only one at a time, and test it out. Oat flour tends to be light, flaky and crumbly, barley is moist and a bit goeey, and rye a bit heavy. Combining oats with barley or rye works well. Corn flour is quite absorbent so use less.

Grinding your own: Because purchased flours, even whole wheat, have additives in them, home ground flours may react differently in recipes, often more absorbent and a bit crumbly. Soft wheat will replace pastry flour as it is lower in protein and hard wheat replaces regular baking flour. We find combining these two flours works well in most recipes.

Meat Alternatives: Soy Curls is a whole food made from just soy beans, no additives or seasonings. It is also gluten free. www.bulterfoods.com - For a dealer near you contact: Butler Foods (503) 879-5005 or email dan@

butlerfoods.com There are many more on the market. Be sure to read the labels! On on these on the DVD.

Milk & Dairy alternatives: Dairy has a host of problems these days from allergies to contamination. It can lead to diabetes in children and much more. Soy milk has many different flavours depending on the brand. Don't just try one! Vita Soy is thick and creamy, So-Nice is more like skim milk, and So Good is very sweet and thick, to just name a few. We use soy milk, but there are some whom are allergic to soy or have a hard time finding one without additives. Silk Soy Creamer, is called Silk Coffee Whitener in Canada. Comes flavoured or plain and is very creamy and sweet. Can be used to replace cream in recipes (will not whip). Use your favourite soy milk plus a little sweetener if unavailable. You can also use Cashew Cream for an alternative. Toffutti makes a sour cream and a cream cheese, very nice alternative! There are many cheese substitutes on the market as well as mayonnaise substitutes. We've included recipes so you can make your own substitutes. Please keep in mind if you are not using any supplements or fortified foods you may get low in B12 or vitamin D. For FREE health articles go to www.VeganVegetarianCookingSchool.com

Nuts: There are many nut options out there. Brazil, filbert (hazelnuts), macadamia, cashews, almonds, walnuts, and more. Almonds are high in tryptophan, essential for good brain health, as well as calcium. They have half the saturated fat of peanuts. Walnuts are high in omega 3, another brain food. They have a good polyunsaturated fat to saturated fat ratio. A good ratio of P:S is 3:2. In other words for every 3 grams of unsaturated fat, you can consume 2 grams of saturated fat. Less saturated fat is usually better, but this give a good (just a quick fat lesson - LOTS more coming). Raw cashews are one of the most common nuts used in vegan cooking for desserts and creamy recipes. Do NOT use roasted unless called for. Roasted have a much different flavour and will not work in sweet recipes. Rinse raw cashews well before using. Blanched almonds work but have a different flavour and are not as creamy. I recommend buying large quantities of raw cashews and freezing them, see Azure Standard. Roasted cashews are nice in gravy to give it flavor. And many roasted nuts taste good in cookies and sweet breads when chopped. Please beware of rancid nuts. Raw nuts should be white on the inside. If they have gone yellow, they are going rancid. The oils in the nuts start to turn and not only taste bad but have been linked to a risk factor in cancer. When many commercial companies roast nuts, they hid the fact they have started to go bad. Buy only from reputable companies or better yet, roast them yourself.

Sweeteners: Most of these I have found are available in the larger stores. There are so many options for sweeteners. Diabetes may lean toward Agave Nectar due to its low GI. Those with bowel, heart, or immune system disorders may want a natural sugar like raw sugar or honey. And Vegans will not choose honey, but rather maple syrup or brown rice syrup. I have done my best to give you a very brief description of each so you can choose for yourself.

Agave Nectar or Syrup: A natural juice from a cactus native to Mexico. It is 60 to 90% fructose which gives it a very low glycemic index – beneficial for diabetics. Agave not tested for the cautions mentioned under fructose, but as it is not refined it is unlikely to have the harmful side effects. Agave is not as sticky as honey and mixes well into other ingredients. Has a mild flavor and works well in various recipes. I quite like it. No aftertaste, sweeter than sugar, similar to honey.

* 1/2 cup agave nectar replaces 1 cup of sugar.

Brown Rice Syrup: A refined syrup from brown rice. Not as quite as sweet as maple syrup or honey, very thick and sticky. I use in place of corn syrup.

*use equal with corn syrup or honey

Fructose: This is extracted from various fruits. It acts very much like regular white sugar. It has a low glycemic index but care must still be taken to not overuse it, as studies show high quantities of refined fructose may lead to increased cholesterol, aggravating bowel problems, and liver issues. Be cautious.

* 3/4 cup fructose replaces 1 cup sugar

Honey and Maple Syrup: While honey not vegan, it is Biblical. Of course so is milk. Bees are given antibiotics and other treatments. Maple syrup, not as sweet so you need to use more, can be substituted, but treat it as a liquid. Be sure to check on the brand of maple syrup, many companies use formaldehyde – Spring Tree does not.

* 2/3 cup honey replaces 1 cup sugar or visa versa (may need to adjust liquid)

* 1 cup pure maple syrup replaces 1 cup honey (reduce liquid by 1/4 cup)

* 1 cup pure maple syrup replaces 1 cup sugar (reduce liquid by 1/2 cup)

Raw Icing Sugar or Unbleached Icing Sugar: This is an unbleached product found in many grocery stores. If you can't find it, you can grind 1 cup raw sugar to a powder and add 1 tsp corn starch.

Raw sugar: Raw sugar is also called dried or evaporated cane juice. The “juice” is extracted from the sugar cane and dried, not bleached. The brown sugar in stores is regular sugar, bleached with molasses added back to it. You can get raw sugar in most grocery stores, but dried cane juice is less expensive and organic. Bleaching is harmful and devalues the nutrients in the sugar. Raw sugar can be used directly in place of regular sugar. If replacing brown sugar see also Sucanat.

* 1 cup raw sugar replaces 1 cup sugar

* 1 cup raw sugar plus 1 tsp molasses = 1 cup brown sugar or Sucanat

Stevia: Unlike artificial sweeteners, stevia is simply the leaf of a herb. It is very sweet and leaves a bit of an aftertaste. It is excellent for diabetics as it has almost no carb’s. It can be used in place of sugar or honey in many recipes. I use the white, but the green is good and less refined. Experiment! *1 tsp green or 1/4 tsp white replaces 1 cup sugar, to taste (may need to add more flour). Will not work in ‘candies’.

Sucanat: This is dried cane juice with molasses added in. Some controversy as to how refined it is. The source I contacted said it is the cane ground up, thus less refined than raw sugar. Can use raw sugar with molasses, see above; or Turbinado.

* 1 cup Sucanat or Turbinado replaces 1 cup brown sugar

Thickeners: To avoid lumps be sure to mix the starch in the liquid before heating. If the sauce or gravy is all ready hot, mix a small amount of water with the starch into a paste. Add several Tbsp of the hot liquid to the starch mixture, then whisk that into the pan of hot liquid. A whisk will help prevent lumps.

Arrowroot is good for thickening an acidic liquid and gives a high gloss when done. It is also nicer in frozen dishes as it doesn’t go spongy when thawed like cornstarch. It is also the most “neutral” tasting, although all three starches have little flavor. Use 1.75 x as much arrowroot as cornstarch.

Cornstarch is cheap and easy to find. It gives a low gloss, nice for gravies or sauces. Most recipes call for cornstarch.

Tapioca starch has a high gloss and thickens quickly at a low temperature. Freezes ok, as well. Use the same amount as cornstarch.

Tofu: Tofu is rich in tryptophan & protein. Water packed tofu is made

by cooking whole soybeans, adding a coagulant, and pressed into a mold. The liquid is pressed out. Be sure to cook this tofu to kill or reduce any bacteria that may be in the liquid, especially 'bulk' tofu. Silken tofu is made a bit different. A soymilk is made and coagulant added. It is poured into the box and sealed. Silken is very smooth with no 'beany' flavour and very useful in desserts. Silken does not need to be cooked.

Vegan Jello:

1/2 cup agar agar powder (or 1 cup of flakes)

1/2 cup organic cornstarch

1/4 cup raw sugar

Combine well and store in airtight container. Use 1 Tbsp per 1 1/2 cups of liquid for med-firm. Directions: Wisk Jel into 1/2 cup of liquid from the recipe, bring to a boil, boiling 1 min, and add to recipe. Blend just until mixed and chill. You can also use commercial Kosher or Vegan Jel's. For flavoured and clear jel's try Gefen or Hain brands at Vegan Sweets: www.vegansweets.com or your local health food store.

WHERE TO GET VEGAN FOODS

Adventist Book Center: www.adventistbookcenter.com Look for the store locator. You can also call your local Seventh-Day Adventist church and ask if a food truck comes to your area. Or call the ABC directly at 1-800-765-6955

Azure Standard: For those in the Northwest USA this company is an excellent source of most of the products both common and uncommon mentioned in this lesson like bulk nuts and Ener-G baking powder. They will ship anywhere, but they also use "Drop Points" where shipping is minimal or free www.azurefarm.com or call 541-467-2230.

Blaney's: A Canadian manufacturer and distributor of seasonings and veegitarian jel. They produce a low sodium chicken and beef flavor and sell other food products in Canada. Will ship - call: 1-403-288-9293 or email: rdbloney@telus.net www.totalhealthfortoday.com

Country Life is a good source for vegan foods and bulk nuts, etc. USA 1-800-456-7694 or www.clnf.org

Some online stores: www.veganstore.com ; www.veganessentials.com

Calcium

Calcium is a mineral we need for various body functions such as: bone formation, blood clotting, nerve function, and muscle contraction. We often hear all about the need for calcium to prevent bone deformation and disease, but often overlooked is the need of calcium for nerve and muscle function. Lack of calcium can cause muscle cramps, and other dysfunctions. For example, it may help to prevent high blood pressure. It also appears to assist the heart in beating with greater vitality (due to its effect on muscle contraction).

HOW MUCH DO WE NEED?

The RDA in the USA is 1000mg of calcium per day for 2000 calorie diet (or ave. adult male). Estimates from over six different studies in 3 countries place the need for calcium from 400 to 800mg per day which is 3 to 6 servings in the chart on the right. If you have any extra needs such as: pregnancy, osteoporosis risk, etc, stay closer to the higher numbers or supplement as your doctor directs.

INFORMATION ON SOURCES

Some foods are high in calcium, but also contain oxalates that bind to the mineral and do not allow for easy absorption such as spinach and swiss chard. Also some supplements are better than others. Generally liquid forms of calcium supplements are better absorbed. Calcium carbonate for example, is not as available as calcium citrate. Minerals have a compound nature. In other words, if you eat 400 mg one day and 1200 mg the next, it will even out. But don't stock up too much, it could cause other problems, such as kidney stones.

CALCIUM FROM PLANT FOODS

One of the safest forms of calcium is plant foods. Here the Creator packaged it up right and prevented overdosing. We now realize calcium can be assimilated as well or better from vegetarian sources than from animal products such as milk. One reason is lactose intolerance. Approx 75% of people world wide are lactose intolerant. The low phosphorus to calcium ration is another reason for good absorption of calcium from plant foods like green leafy vegetables. Dark green leafy vegetables can have three to five times as much calcium as phosphorus. But it is not just the ratio of phosphorus to calcium, but the total phosphorus found in the food. Guess what food is high in phosphorus? You got it, animal protein.

EXERCISE, CALCIUM, AND BONE STRENGTH

Exercise is now being shown to have one of the greatest impacts on bone strength. The demand on the skeletal system creates a need for calcium to go into the bones thus strengthening them. So it is not just your intake of calcium that gives you bone strength, it is how much your body is utilizing.

CALCIUM SOURCE CHART

Almonds - raw	1/2 cup	120mg
Almonds - dry roasted	1/3 cup	121mg
Almonds - oil roasted	1/4 cup	114mg
Amaranth grain (dry)	1/2 cup	149mg
Artichoke hearts	1 1/2 cup	114mg
Broccoli with stalk	1 large	120mg
Butternut Squash (baked)	1 1/2 cup	126mg
Carob powder	1/3 cup	118mg
Dandelion greens (raw)	1 1/4 cup	128mg
Ener-G Baking Powder	1/8 tsp	125mg
Figs (~5 figs)	1/2 cup	143mg
Flax seeds	1/3 cup	100mg
Garbanzo's (chickpeas)	1 1/2 cup	115mg
Green soy beans	1/2 cup	130mg
Hazelnuts	1/2 cup	127mg
Kale (raw)	1 1/2 cup	135mg
Kale (cooked)	3/4 cup	134mg
Lambsquarters	1/4 cup	115mg
Mustard greens (cooked)	1 1/4 cup	128mg
Molasses (blackstrap)	2 tsp	118mg
Oats, instant, no sugar	1 pouch	165mg
Okra (cooked)	1 1/4 cup	125mg
Orange juice - fortified	1/2 cup	150mg
Orange segments (2 med)	~1 cup	110mg
Parsnips (cooked)	2 cups	116mg
Pinto beans (cooked)	1 1/2 cup	120mg
Quinoa (cooked)	2 1/2 cup	128mg
Rutabagas	1 cup	115mg
Sesame seeds	1 1/2 Tbs	131mg
Soy flour - low fat	3/4 cup	124mg
Soymilk (fortified)	1/2 cup	150mg
Sunflower seeds	3/4 cup	125mg
Tofu - water pack	1/4 cup	120mg
Walnuts - English	1 cup	124mg

CALCIUM AND VITAMIN D

Vitamin D helps your body absorb calcium along with MANY other health benefits. Food sources of D are very limited. So where do you get vitamin D? The sun of course! Studies show calcium absorption was improved with full spectrum (sunshine) lighting. Don't get burnt, that can increase the risk of skin cancer. (Also a high fat diet is under suspect for greater risk.)

To get your Vitamin D quota, you need 15 to 30 min per day, three times per week, in the summer. (You need more in the Northern latitudes and in the winter. Extreme latitudes may need supplementation. The current recommendation is 800 or more depending on age and other needs (IE: depression, fibromylgia, etc).)

ANIMAL PROTEIN AND CALCIUM

Milk not only contains calcium, but a host of critters can be hiding in your cup, like *Campylobacter* and *Listeria*. From antibiotics to mad cow disease, cows are not as healthy as they were in Grandma's day. Add to that, as a nation we are consuming way too much animal protein. What has animal protein got to do with calcium? Animal protein, specifically casien, causes calcium loss due to the digestive process, and if the blood calcium levels drop too low, the body will pull calcium from the bones! But a higher consumption of vegetable protein does not appear to be related to osteoporosis or bone fractures. Thus a diet plentiful in calcium contained in plant foods is recommended above animal sources of calcium.

REFERENCES

Hyper Physics, www.hyperphysics.com

BC Health files, 2007

Joanne Stepaniak, , & Vesanto Melina, M.S., R.D., "Raising Vegetarian Children"

Dr. Thrash, "Calcium Counselling Sheet"

Dr. Walter Veith, "Diet and Health - Scientific perspectives"

Dr. Neil Nedly, "Proof Positive"

Dick Nunez, "Body and Spirit: Osteoporosis Episode" on 3ABN

Zane Kime, M.D. "Sunlight"

HealthCare Commission, Medline Website: <http://www.nlm.nih.gov/medlineplus/ency/article/002405.htm>

BC Health Guide, 2007

Sources for nutrition include: BC Health Files, Proof Positive, USDA Nutrient Guides, and more.

Now let's get cooking!

Golden Seasoning - Demo

A great “chicken flavour” substitute.

1/2 cup soy flour	1 1/4 cups nutritional yeast flakes
2 Tbsp Italian herbs	1/4 cup each onion powder and sea salt
2 tsp turmeric	1 Tbsp each paprika and garlic powder
1/2 tsp rosemary	1 tsp each celery seed, sage, and thyme
3 to 4 Tbsp parsley	

Combine all ingredients, except parsley, in a food processor and blend until powdery. Stir in parsley. Keeps in the cupboard for weeks (even months if it lasts that long). If recipe says to dissolve Bouillon, just add this seasoning to the dry. No need to “dissolve” like you would need to if you used a cube. Yields: 2 – 2 1/2 cups

Can purchase pre-made seasonings such as: Blaney’s Chicken Flavour or McKay’s Chicken Seasoning (watch out for different kinds, some have animal products). I personally use McCormick’s Vegetable Bouillon - Chicken flavour if I am not using Golden Seasoning (for scrambled tofu and some other dishes). This means crumbling it really well and adding it to the liquid of the recipe you’ve chosen. If any of my recipe call for a Tbsp, I use homemade Golden Seasoning. If it calls for 1 cube, I use McCormick’s (available in Canada) or Better-Than-Bouillon (in USA).

Italian Herbs

Makes it quick to add herbs in seasoning foods.

1/2 cup basil	1/4 cup parsley
1/2 cup marjoram, dried	1/4 cup oregano, dried
2 Tbsp sea salt	1 tsp rosemary, optional
1 to 2 Tbsp raw sugar	1/4 cup dried minced garlic
1/4 cup dried green bell peppers	1/2 cup dried red bell peppers
2 Tbsp paprika	1/2 cup onion flakes, dried (or 1/3 cup powder)
2 Tbsp tomato powder, optional	1/4 tsp cayenne, optional

Combine all and store in airtight container in cupboard. I use the food processor on each ingredient to get it the right consistency. If you dump it all in some will turn to powder while others remain in chunks.

Tasty Brown Bouillon

Not super beefy, but tasty.

1/2 cup sea salt	1/2 cup Seasoning Salt
1 cup onion powder	1/2 cup garlic powder
2 Tbsp ground basil	1/4 cup carob powder
1/4 cup Italian Herbs	1 cup nutritional yeast flakes

This recipe is not real beefy, but is an acceptable option. Combine all in food processor and store in airtight container. (To get a more beefy flavor, sauté a large onion until very brown, blend until smooth, and add to wet ingredients in the recipe you will be making, such as gravy.) -- Use 1 to 2 Tbsp when recipe calls for 1 cube or 1 Tbsp. If any of my recipes call for 1 Tbsp then I use the homemade and if 1 cube, I normally use McCormick's.

McCormick's is my first choice. This is in cube form. Gluten free, fairly inexpensive, in most grocery stores (in Canada), and tasty. -- Use 1 cube when recipe calls for 1 cube or 1 Tbsp. Better-Than-Bouillon is very tasty, quite healthy, in most grocery stores (in the USA), and moderately priced. This is a paste. This company makes many favours, but not all are vegetarian. -- Use 1 tsp when recipe calls for 1 cube or 1 Tbsp.

Blaney's Beef-like Seasoning is quite healthy, a powder, but not real 'salty.' Use 3 tsp + 1/2 tsp salt when recipe calls for 1 cube or 1 Tbsp. There are many more brands out there. Experiment and enjoy.

Seasoning Salt

No black pepper or MSG, plus the sodium is adjustable - more herbs less salt.

1 1/2 cups sea salt	1/2 cup onion powder
1/4 cup garlic powder	1/4 cup paprika
1/4 cup raw sugar, optional	1/2 tsp cayenne pepper
1/4 cup basil	

Process briefly in food processor and store in airtight container in cupboard. Ready in: 5 to 10 minutes

Basic Bread - GF - Demo

Spongy and moist. For those who cannot have any gluten. A bit dry, not bad if toasted. I use this for GF bread crumbs.

1 cup tapioca starch	3 cups brown rice flour*
1/4 cup sweet rice flour	3 Tbsp ground flax seeds
1 1/2 tsp sea salt	1 Tbsp active dry yeast
1/4 cup vegetable oil	1 Tbsp lemon juice
2 1/2 to 3/4 cups warm water	2 Tbsp raw sugar, optional

Mix dry ingredients. Combine wet ingredients. Mix all together until batter forms. Beat 2 to 3 minutes, I use a mixer, and pour two thirds full into 2 prepared small or med loaf pans. Place in warm oven (150°F and turn off) and let rise until almost double (about 10 to 15 min). Do NOT let double. Remove from oven and preheat oven to 425°F. Reduce heat and bake at 375°F for 25 to 30 minutes or golden brown. Put into a sealed bag as soon as cool and do not refrigerate. Will dry out in a couple days. *Can replace one cup of brown rice flour with 1 cup corn flour, Kamut or spelt to make this a multi-grain bread, for wheat free. Do NOT over rise! This will sink slightly. Serves 24

Gluten Free (GF) Flour

Use in place of regular flour in many recipes.

- 1 cup sweet rice flour or potato starch
- 1 cup tapioca starch (or arrowroot)
- 2 cups almond flour (omit if you can't have almonds)
- 2 cups brown rice flour (or half white and half brown rice flours)
- 2 cups sorghum flour, optional
- 2 cups chickpea/garbanzo flour (or garbanzo/fava bean flour) - OMIT for desserts - I prefer it out, but beans are good nutrition!

Store in a baggy and use in place of wheat flour one to one in any recipe except BREAD. I've used this mixture in my regular muffin recipes and it works well. For best results I highly recommend you add 1/4 tsp xanthan gum per 1 cup of flour for moisture retention and better binding.

Basic “White Bread” - Demo

Lovely, light loaves with enough whole grains to keep it healthy.

2 Tbsp active dry yeast 5 cups whole wheat flour
2 to 4 cups unbleached flour (or oat flour) as needed
1/4 to 1/2 cup vegetable oil 1/4 cup lemon juice
3 1/2 cups very warm water (or soy milk)
2 tsp sea salt 2 Tbsp raw sugar

Mix dry ingredients except unbleached flour. Combine wet ingredients. Mix all together adding unbleached flour until soft dough forms. Knead 7 to 10 min, I use a mixer, and place into 3 med prepared loaf pans. Place in warm oven (150°F turned off) and let rise until double (about 20 min). Remove and preheat oven to 350°F. Bake at 350°F for 25 to 30 min.

Nutrition (per serving): 75.0 calories; 1.4g total fat; 0mg cholesterol; 79.7mg sodium; 67.8mg potassium; 13.9g carbs; 1.8g fiber; 0.6g sugar; 2.4g protein.

Tips: Bread should be made one day ahead and preferably two or three. Be sure to use salt to help control the yeast and lemon juice works as a stabilizer.

Creamy Mayo - Demo

A very nice mayo. Worth the time and can be made low-fat.

1 1/2 cups water 2 Tbsp lemon juice, fresh best
1/2 to 1 tsp onion powder 1 to 2 Tbsp nutritional yeast flakes, opt
1/4 tsp garlic powder 3/4 to 1 tsp Seasoning Salt (or sea salt)
dash of turmeric, optional 1/3 to 1/2 cup oil (omit for low-fat)
1/2 cube Golden Seasoning, optional
1/3 cup unbleached flour (or 4 Tbsp arrowroot and 3 Tbsp cornstarch)

Whisk all together, except oil, in saucepan over medium heat. Cook until thick and bubbling, reduce heat to low and cook 3 to 5 minutes longer. Remove from heat and place in freezer 15 minutes. Scrape into blender and blend on high until creamy, slowly adding oil. Chill and store in fridge up to 7 days. Serves 16

Nutrition (per serving – NO OIL): 11 calories; 0g total fat; 0mg cholesterol; 89mg sodium; 11mg potassium; 2.4g carbs; 0.1g fiber; 0.1g sugar; 0.4g protein.

Nutrition – with OIL: 51.3 calories; 4.6g total fat; 0mg cholesterol; 89mg sodium; 11mg potassium; 2.4g carbs; 0.1g fiber; 0.1g sugar; 0.4g protein.

Cashew Mayo

One of our favorite mayos.

3/4 cup raw cashews, rinsed	1/4 cup lemon juice, to taste
1/2 to 1 tsp onion powder	1/2 tsp sea salt
1/2 to 3/4 cup soy milk (or Soy Creamer* or water) as need	
1/4 to 1/2 cup canola oil, opt**	1/2 cube Golden Seasoning, opt***
dash turmeric, optional***	2 Tbsp nutritional yeast flakes, opt***

Put cashews, lemon juice, and enough soy milk to completely cover cashews. Blend on high until smooth, add remaining ingredients. Will thicken in fridge. To thin add more soy milk as needed. Serves 16

* Soy Creamer makes this extra special. ** Canola oil adds omega 3 and makes it extra rich and creamy, but adds A LOT of fat (not shown in nutritional info). *** We add these optional ingredients for variety.

Can use 1/2 sunflower seeds or almonds in place of 1/2 of the cashews for nutritional variety.

Creamy Cashew Dip: Add 1 to 1 1/2 tsp Italian herbs to make into a delicious dip.

Nutrition (per serving): 39.9 calories; 3.0g total fat; 63.8mg sodium; 55.8mg potassium; 2.5g carbs; 0.3g fiber; 0.5g sugar; 1.5g protein.

Tofu Mayo

Wonderful texture and creamy too.

1 pkg silken tofu, extra firm	1 tsp onion powder
1 clove garlic (or 1/2 tsp powder)	1 Tbsp raw sugar
1/3 to 1/2 cup lemon juice, fresh to taste	1/2 tsp sea salt
1 Tbsp nutritional yeast flakes	1/4 cup soy milk
1/4 cup vegetable oil, optional	

Combine all ingredients, except oil, in blender and blend on high until smooth and creamy. Slowly add oil (or omit) while blender is on high. Store in fridge 3 to 5 days. Serves 16

Nutrition (per serving): 23.3 calories; 1.1g total fat; 0mg cholesterol; 62.5mg sodium; 39.0mg potassium; 2.0g carbs; 0.1g fiber; 1.0g sugar; 1.9g protein.

Almond Butter

Delicious homemade and healthier, too.

Almonds, 2 to 4 cups Sea salt to taste

Wash nuts and place in single layer on cookie sheet and roast in oven at 250°F for 40 minutes. Check the inside of the nut for golden brown colour. Bake longer if needed then cool. Process in a Champion Juicer. You may use a high-powered blender, but you may need to add some water. Add sea salt as desired and store in the fridge. Almond butter is much lower in saturated fat compared to peanut butter. (NOTE: It is not lower in total fat. Just to clarify from the DVD comment.)

Margarine

A tropical margarine for baking; use like hard or block margarine.

1 cup canola oil 1 cup melted coconut oil
2 Tbsp liquid lecithin 2 Tbsp butter flavour, optional
1/2 to 1 tsp sea salt 1 cup very cold water

Blend first 5 ingredients well. Very slowly add the cold water while blending on high. Refrigerate.

Corn Butter - Demo

A low fat, healthy and delicious spread.

1/2 cup organic corn flour mixed in 1/2 cup water
3/4 cup boiling water
1/2 cup raw cashews and 3/4 cup water
1 to 2 tsp fresh lemon juice, optional
1 tsp sea salt 2 Tbsp nutritional yeast flakes
1/2 cup vegetable oil, opt but very GOOD! (or 1/4 to 1/3 cup water)

Put corn flour and water in a small saucepan. Add boiling water and cook until thick, about 5 min. In blender put raw cashews and 3/4 cup water. Blend until smooth, add corn mixture and remaining ingredients, and 1 tsp butter flavour, opt. Store in fridge. Serves 16

Nutrition (per serving): 98.7 calories; 8.9g total fat; 118.6mg sodium; 50mg potassium; 4.2g carbs; 0.6g fiber; 0.3g sugar; 1.3g protein.

Almond Milk - Demo

We used this milk recipe for years until soy milk was affordable.

- 1/3 cup almonds (can use blanched)
- 1/3 cup water
- 2 to 2 ½ cups of water
- 2 to 3 tsp honey, optional (agave nectar or sugar for vegan).

Combine almonds and first amount of water in a blender. Blend, blend, until smooth. Add remaining water and honey to taste. Strain if desired.

Tofu Cottage Cheese - Demo

Creamy. Thank you, Grandma Matthews, for the inspiration.

- 4 cups firm water packed tofu (2 pkgs - 454 grams each)
- 1 to 1 ½ tsp sea salt
- 2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 to 3/4 cup Mayo

Mash tofu coarsely and stir in remaining ingredients. Serves 4.

Nutrition (per serving): 239.9 calories; 15.0g total fat; 0mg cholesterol; 806.9mg sodium; 471.4mg potassium; 9.0g carbs; 2.8g fiber; 2.8g sugar; 22.8g protein.

Tips: Can use only one box of Tofu for extra rich and flavorful. Good for in a lasagna. BUT, reduce the salt to 3/4 tsp.

Cashew Cream

Thick and rich, good for cream pies, soups, etc.

- Blend: ½ cup cashews and ½ cup water till thick and creamy
- Add: 1 cup water
- Blend till smooth. Yields 2 cups. (Add more water if needed.)

Note: Add vanilla and a touch of sweetener, about 2 to 4 Tbsp raw sugar, if it calls for vanilla soy milk or soy creamer.

Orange Cheese

A very versatile cheese.

1 1/4 cups water	1/2 cup boiling water
3/4 to 1 cup raw cashews	2 to 3 tsp sea salt
1/2 cup nutritional yeast flakes	2 Tbsp lemon juice
1/4 tsp garlic powder	1 to 2 tsp onion powder
3 Tbsp Vegetarian Jel, optional (see Variations)	
1/4 med pimento or red bell pepper	

Dissolve Jel in boiling water, if using. Rinse cashews, place in blender, cover with water and blend on high until smooth. Add remaining ingredients and blend until very smooth. Pour into a mold and let set in fridge overnight. Serves 12 Variations:

1. Omit Jel and add 4 to 5 Tbsp cornstarch. Blend all on high until smooth. Cook in a saucepan until thick and bubbly. Good for dipping (may need to add water) or spreading.
2. For macaroni and lasagna skip the cooking step and the Jel and pour on just before baking. I use this the MOST!

Nutrition (per serving): 54.4 calories; 3.9g total fat; 230.2mg sodium; 93.7mg potassium; 3.5g carbohydrates; 0.4g fiber; 0.7g sugar; 2.3g protein.

White Cheese

A good pizza cheese.

1/2 to 3/4 cup water	1/2 cup raw cashews
1/4 cup sesame seeds	1 pkg silken tofu, extra firm
1 tsp sea salt	1/4 cup nutritional yeast flakes
2 Tbsp lemon juice	1 tsp onion powder

Rinse cashews well, place in blender with sesame seeds, and cover with water. Blend on high until smooth. Add remaining ingredients and blend until very smooth. Pour into a container or spread onto lasagna or pizza. Can be grated, if frozen for a few hours. Serves 8

Nutrition (per serving): 126.3 calories; 8.9g total fat; 0mg cholesterol; 241.7mg sodium; 196.2mg potassium; 5.9g carbs; 1.0g fiber; 0.7g sugar; 8.2g protein.

Zesty Sprinkles - Demo

A Parmesan substitute.

1 cup sesame seeds	1/2 cup sunflower seeds
1 cup nutritional yeast flakes	1 tsp garlic powder
2 tsp onion powder	2 Tbsp lemon juice, fresh best
1 tsp sea salt	

Brown sesame seeds on low heat in a dry skillet until golden in color, and let cool. Blend sesame and sunflower seeds in coffee grinder or blender until ground fine. I do this in 1/2 cup batches. Combine all. If it is not dry enough to sprinkle, bake on a cookie sheet at 150°F for 15 to 20 min or so. Store in the fridge. Lasts several weeks, if you can keep it around! Serving size: 1 to 2 Tbsp; Yields: 2 cups

Nutrition (per serving): 36 calories; 2.5g total fat; 49mg sodium; 63mg potassium; 2.2g carbs; 0.7g fiber; 0.1g sugar; 1.9g protein.

Flax Gel - Demo

An very healthy egg substitute

1/2 cup flax seeds	2 1/4 cups water
--------------------	------------------

Bring flax and water to a boil and let simmer 3 min. Strain immediately. To use: 1/4 cup flax gel for one egg. Good in cookies, roasts, and breads. Will not leaven or whip, but a good binder.

Other substitutes for baking - For 1 egg:

- 1 Tbsp soy flour, 1/2 tsp oil (optional), and 2 Tbsp water
- 1/4 cup med tofu, blend smooth
- 2 Tbsp ground flax seeds (does not add moisture to recipe)
- 1 heaping tsp Ener-G Egg Replacer and 2 Tbsp water (This will leaven a little.) See directions on package.

Each of these has their strengths and weaknesses, the tofu works well in baking (like cookies or patties) as does the soy flour mixture. I've used the ground flax seeds in roasts, loafs, and cake.

Assignment - Lesson #2:

DATE: _____

STUDENT NAME: _____

1. Why can't you use roasted nuts in place of raw nuts in deserts?
2. What nut is good for creamy sauces? _____
3. What sweetener is not officially vegan? _____
4. What nut is high in tryptophan? _____
5. What are some meat alternatives?
6. What two sweeteners are good for diabetics?

8. Make the Golden Seasoning and purchase one or two brands of Chicken Seasoning. Fill in the questions below:

a. Did you like it? Yes No Why or why not?

b. Which did you like better, the store bought or the homemade, and why? What brand did you buy?

Lesson #3:

Making the most of your mornings
Plus Iron Infosheet

Recipes in this Booklet:

Granola
Granola (lower fat)
Raspberry Almond Granola
Pina Colada Granola
Pina Colada Granola - low fat
Gratenutz
Gratenutz - wheat free
Heavenly Rice Pudding
Low Fat Rice Pudding
Tapioca Pudding
Maple Tapioca Pudding
Lemon Poppy Seed Muffins
Blueberry Muffins
Bran Muffins
Bran Muffins - unleavened
Gluten Free Muffins
Maple Crumb Muffins
Orange Spice 'n' Nut Cake & gluten free version
Pecan Date Cake & Pecan Date Cake - gluten free
Breakfast Bars
Omega Bars
Date Squares
Raspberry Date Squares & & gluten free version
Lemon Millet Squares
Date Walnut Spread
Dee's Fruit Bread
Raisin Walnut Bread

MAKING THE MOST OF YOUR MORNINGS

The alarm goes off, you hit snooze. An hour later you realize you didn't hit snooze, you turned off the alarm and now its a rush to get dressed and get out of the house before it's too late. Or your husband goes to work early or maybe you are just not a morning cook. Whatever the case, most of us need some quick meals we can put on the table or eat on the run.

Your body needs fuel for the day and you can't fill up after. Like a car, not a credit card, your body needs to fill up first. The muscles need ATP from the cells, the cells need nutrients from the blood, and the blood needs those from somewhere.... You need to eat. It is true your body does store calories, fat, and nutrients, but the morning is the best time to replace those stores.

Studies show children do better in school if they have eaten breakfast. The brain needs glucose to work. Thus without food, the body is in short supply to give the brain the energy it needs. Eating breakfast also helps improve memory according to the Nov 2001 issue of The American Journal of Clinical Nutrition.

Breakfast also helps with weight loss. Yup, eating can help you lose weight. Ok, it's not that simple, but studies show people who eat breakfast are a third less likely to be obese than those who skip breakfast (BBC News 2003). Part of this is because you are less likely to binge or crave high fat, high sugar foods. Another part of the reason, is it helps your body maintain a better metabolism.

Eating in the morning also helps regulate blood sugar levels, while this is vital for diabetics, it can also explain why eating breakfast helps give more energy throughout the day. So, how do you fuel up in a rush? Cold breakfast are the answer. This does mean you have to prepare some things in advance. You can make these recipes up a day or two, or even a week ahead. Most of these recipes are high in carbohydrates and protein, both of which you need to get the morning started. Please be sure to add 2 or 3 pieces of fresh or canned fruit to complete this morning meal.

IRON

Iron is the blood builder. It is vital in creating hemoglobin, which keeps your blood full of oxygen. This gives you energy. When iron levels get low, you start to feel tired because of the lack of oxygen delivered to organs and tissues.

HOW MUCH DO WE NEED?

Sixty to seventy percent of the iron in our body is found in the blood hemoglobin.

Your body's total iron is about 3 to 4 grams, not much more than a small nail. Also, the body recycles much of the iron from cells when they are broken down. So how much do we need? The RDA & RNI recommends: 14-25mg for women; 9-14mg for men, 11 to 15mg for teenagers, and 6 to 9mg for children.

IRON ABSORPTION ISSUES

Some foods are reported to block the absorption of iron. These include coffee, tea, egg yolks, and milk. Some vegetables, like spinach, that are high in oxalates have been reported to be iron absorption inhibitors, however other research suggest this is limited. Likewise some foods help aid the absorption of iron. Eating foods high in vitamin C, such as citrus fruits or bell peppers, at the same time you eat iron-rich foods can help your body absorb the iron. Most vegetarians eat plenty of fruits and vegetables and on average get more vitamin C, thus are able to absorb more iron from plant foods. This explains why vegetarians do not get iron deficiency any more than the general population, as found in numerous studies across the globe, such as: 1. Anderson, B., et. al. (1981). The iron and zinc status of long-term vegetarian women. *American Journal of Clinical Nutrition* v34 (6) p. 1042-10482. Draper, A. & Wheeler, E. (1989). The diet and food choice of vegetarians in Greater London. Centre of Human Nutrition, London. Just to name a few.

DAIRY & IRON

The erroneous message of drinking milk to increase your iron is not only a myth, less than 0.08mg of iron per serving, but is injurious especially to infants. A significant number of babies have blood in their stool if fed milk before 4 1/2 months old and toddlers with high milk intake are at risk for iron deficiency and excessive caloric intake. Milk, or rather casein (found in cheese too), also inhibits iron absorption from good iron sources.

SOURCES - ISN'T MEAT THE BEST?

There are two forms of iron. Heme iron, found in animal tissue, and non-heme iron found in plants. Your body can use both! Meat is one of the most available sources of iron, when it is cooked lightly and is fresh, but there are health implications with improperly cooked meat. Meat with heme iron has a 10 to 35% absorption rate, while plant foods with non-heme iron range from 2 to 20%. That dramatic range comes from the phytates, which reduce absorption, and Vit C, which increases absorption. Vegetarians who omit beans from their diet should keep an eye on their iron levels and sources. What about Cast Iron Pans? Yes, you do get iron from using cast iron pans. Just a few comparisons:

applesauce	.35mg	cooked in cast iron pan	7.38mg
spaghetti sauce	.61mg	cooked in cast iron pan	5.77mg
pancakes	.63mg	cooked in cast iron pan	1.31mg

Basically foods high in acid pull the iron out of the cast iron skillet or dutch oven. This is ONLY for cast iron, and the effect can be lessened over time with very old cookware. It is safe and usable iron, better than cast aluminium which is harmful.

WHAT ABOUT ANEMIA?

Fatigue, looking pale, weakness, shortness of breath, headaches, light-headedness, cold hands and feet, brittle nails, unusual cravings for ice or dirt, poor appetite are all symptoms associated with iron deficiency and anemia.

The Mayo Clinic states 1 in 5 women are iron deficient, most of them are omnivores not vegetarians. Lack of iron in the diet is a common cause of iron deficiency, but there are a few others as well. Excessive menstrual periods, ulcers, tumors, colon polyps, or other internal bleeding can also cause anemia. The clinic also states: “You can be mildly deficient in iron and not develop anemia. Iron deficiency leads to anemia when the body lacks sufficient iron to make adequate hemoglobin. Without enough hemoglobin, your red blood cells are smaller and paler than normal, and they can’t carry adequate oxygen to your tissues.” Without oxygen you feel tired and can have many of the above symptoms.

The body stores iron in the liver, spleen, bone marrow, and muscles. You can get low iron stores and not necessarily have anemia, but you need those stores. (Especially pre-menopausal women.) Some of the tests your doctor can do: hemoglobin, hematocrit, iron, red blood cells (RBC), ferritin, transferrin, total iron binding capacity (TIBC) and mean corpuscular hemoglobin (MHC).

Sources for Iron

*Applesauce (cooked in cast iron) 100g	7.4 mg	Tahini	2 Tbsp	2.7 mg
Lentils, cooked	1 cup 6.6 mg	Peas, cooked	1 cup	2.5 mg
Spinach, cooked	1 cup 6.4 mg	Cashews	1/4 cup	2.1 mg
Quinoa, cooked	1 cup 6.3 mg	Bulgur, cooked	1 cup	1.7 mg
Tofu (about 1/3 cup)	4 ounces 6.0 mg	Raisins	1/2 cup	1.6 mg
Great Northern beans	1 cup 5.0 mg	Soy Milk	1 cup	1.6 mg
Lima beans, cooked	1 cup 4.4 mg	Almonds	1/4 cup	1.5 mg
Swiss chard, cooked	1 cup 4.0 mg	Most raw berries	1 cup	1.3 mg
Prune juice	6 ounces 4.0 mg	Green beans, cooked	1 cup	1.2 mg
Black beans, cooked	1 cup 3.6 mg	Sunflower seeds	1/4 cup	1.2 mg
Blackstrap molasses	1 Tbsp 3.6 mg	Soy yogurt	6 ounces	1.1 mg
Pinto beans, cooked	1 cup 3.5 mg	Tomato juice	8 ounces	1.0 mg
Chickpeas, cooked	1 cup 3.2 mg	Sesame seeds	2 Tbsp	1.0 mg
Potato	1 large 3.2 mg	Banana	large	1.0 mg
Kidney beans, cooked	1 cup 3.0 mg	Brown rice	1 cup	1.0 mg
Beet greens, cooked	1 cup 2.7 mg	Whole wheat bread	1 slice	0.8 mg
		Enriched Pasta	varies see package	

Granola - Demo

This is high-energy food and has 4mg of iron per serving.

16 cups rolled oats (not quick)	1 cup whole wheat (or GF)
1 cup sunflower seeds	1 cup chopped walnuts
1/2 cup sesame seeds	1/2 – 3/4 cup Sucanat
1 cup dates, chopped	1 tsp sea salt
3 cups applesauce (or pear puree)	1 1/2 cups raisins

Combine all dry ingredients, except raisins, in a large bowl. Add applesauce and stir well. Divide into four. Place each portion on a cookie sheet. Bake at 300°F for 20 min, stir well and bake 20 min, add raisins and let cool. Store in cupboard. Serves 16 (1 1/4 cup per serving)

Nutrition (per serving): 452.4 calories; 12.7g total fat; 0mg cholesterol; 101.3mg sodium; 521.4mg potassium; 75g carbs; 10g fiber; 21.82g sugar; 14.28g protein.

Granola (lower in fat)

To reduce fat omit walnuts, sunflower seeds & sesame seeds. This reduces fat to 4.4grams per serving and protein to 11.43grams.

Raspberry Almond Granola - Demo

A delightful change from the ordinary.

16 cups rolled oats (not quick)	2 cups almonds, chopped
2 cups dates, chopped	1 cup pumpkin seeds, optional
3/4 cups honey (or 1 cup raw sugar)	1 to 2 tsp sea salt
3 to 4 cups pureed raspberries (fresh or thawed)	
1/2 cup vegetable oil (Can reduce, but will be a bit tough.)	

Mix oil and raspberries. Combine all dry ingredients in a large bowl. Add wet to dry and stir well. Divide into four. Place each portion on a prepared cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 300°F for 20 minutes, stir well, and bake an additional 15 to 20 minutes. Let cool. Store in cupboard. Serves 20 – 1 cup servings

Nutrition (per serving): 381.3 calories; 13.6g total fat; 0mg cholesterol; 13.4mg sodium; 393mg potassium; 61g carbs; 8.1g fiber; 33g sugar; 8.6g protein.

Pina Colada Granola

A bit different flavor for those early mornings when camping. VERY high energy food.

12 cups rolled oats (not quick)	2 cups coconut
1 1/2 cups almonds, chopped	1/2 cup Sucanat (or raw sugar)
1 cup dates, chopped	1 tsp sea salt
1/4 cup vegetable oil	1 cup crushed pineapple
1 cup pineapple juice concentrate	1/4 cup honey
1 1/2 cups raisins	

Mix oil, pineapples, pineapple juice, and honey, heat if necessary to mix well. Combine all dry ingredients in a large bowl. Add wet ingredients and stir well. Divide into four. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard. Serves 16 (1/2 cup)

Nutrition (per serving): 551.1 calories; 19.9g total fat; 0mg cholesterol; 129.5mg sodium; 658.0mg potassium; 85.6g carbs; 10.8g fiber; 37.7g sugar; 13.5g protein.

Pina Colada Granola - low fat

A lower fat and calorie version.

10 cups rolled oats (not quick)	1 cup coconut
1/2 cup almonds, chopped	1/2 tsp sea salt, optional
1 can crushed pineapple	3/4 cup raisins

Mix oil, pineapple juice, and pineapples, heat if necessary to mix well. Combine dry ingredients, add wet and stir well. Divide into four, and place each on a cookie sheet. Bake at 275°F for 20 min, stir well and bake an additional 20 min or until golden. Add raisins and let cool.

Nutrition (per serving - serves 16): 286 calories; 8.8g total fat; 0mg cholesterol; 64mg sodium; 311.3mg potassium; 44.6g carbs; 6.7g fiber; 8.2g sugar; 9.5g protein.

Tips ‘n’ Techniques: This one is a bit “harder” than the original recipe. When you lower the fat it tends to make it a little harder to chew. My father soaks his granola before eating.

Gratenutz - Demo

Very CRUNCHY even in milk! 4.6mg of iron!

4 cups whole wheat flour	3/4 to 1 cup Sucanat
dash of sea salt	1/2 to 1 tsp cinnamon (or cardamom & coriander)
2 cups soy milk	1/2 cup applesauce (or vegetable oil)

Preheat oven to 350°F. Mix all of the ingredients. Spread onto 2 prepared non-stick cookie sheets and bake 25 to 30 minutes. Should be golden brown. Lift and let cool. Grind in food processor and bake until completely dry about 20 to 25 minutes at 300°F. Cool completely and store in airtight container. Don't grind to fine. We like it about 1/8" chunks. Serves 6

Nutrition (per serving): 597.3 calories; 4.6g total fat; 0mg cholesterol; 85.8mg sodium; 769.0mg potassium; 126g carbs; 16.7g fiber; 33g sugar; 22.0g protein.

Gratenutz - wheat free

A low fat, crunch cereal.

2 cups spelt flour	1 cup cornmeal
1 cup quick oats	1/2 to 1 tsp sea salt
3/4 to 1 cup Sucanat	3/4 tsp cardamom (or cinnamon)
2 cups soy milk (or other)	1/2 cup applesauce (or vegetable oil)

Combine dry ingredients in a large bowl. Whisk liquid ingredients and add to dry. Combine all and thoroughly mix. Pour onto 2 prepared non-stick baking sheets (about 11 x 17). Bake at 350°F for 25 to 30 minutes. Cool. Break into pieces and grind coarsely in food processor. Place on two cookie sheets and bake at 300°F until completely dry, about 20 to 25 minutes. Store in airtight container in the cupboard. This will be crunchier if left in coarse pieces, we prefer 1/2 to 3/4". If you grind too fine, it will go soggy! Serves 8

Nutrition (per serving): 290.6 calories; 2.9g total fat; 0mg cholesterol; 282.1mg sodium; 340mg potassium; 59.6g carbs; 6.7g fiber; 16.6g sugar; 9.7g protein.

Heavenly Rice Pudding - Demo

Very Yummy. Too rich for a dessert, but great for Breakfast!

3 cups cooked brown rice 1 1/2 cups vanilla soy milk (or other)
1 tsp vanilla, optional 2/3 cup raisins or currants
1/2 cup sliced almonds 1/2 tsp cardamom (or cinnamon)
1 cup Whipped Topping (omit to reduce the fat)

Cook all except whipped topping in a medium saucepan over medium low heat until warm and creamy. Let cool and fold in whipped topping. Variation: Omit soy milk and cooking procedure. Just combine all ingredients and serve. Serves 4

Nutrition (per serving): 431.6 calories; 10.2g total fat; 0mg cholesterol; 97.6mg sodium; 586mg potassium; 70g carbs; 6.2g fiber; 19g sugar; 15.4g protein.

Low Fat Rice Pudding

Simply Delicious!

1 1/2 cups cooked brown rice 1 1/4 cups soy milk (or other)
2 tsp vanilla extract 1/3 cup raisins
1/2 tsp cardamom (or cinnamon)

Combine all and cook all in a medium saucepan over medium low heat, stirring frequently, until warm and creamy. Serves 3

Nutrition (per serving): 225.2 calories; 2.9g total fat; 0mg cholesterol; 63.3mg sodium; 313.7mg potassium; 42.5g carbs; 3.9g fiber; 12.1g sugar; 7.7g protein.

Tapioca Pudding

My son Jordan's favourite food to take to the park.

1/2 cup minute tapioca 1 Tbsp vanilla extract
2 to 4 Tbsp raw sugar 3 cups vanilla soy milk
(OR 2 cups soy milk and 1 cup coconut milk—extra yum!)

In pan combine all and slowly bring to a full boil over med-low heat. Simmer 5 min, cool 15 min and serve or chill. Goes Thick! For pearl tapioca use 1/2 cup, soak 5 min and cook 10 min longer.

Nutrition (per serving): 181.7 calories; 3.5g total fat; 0mg cholesterol; 101.9mg sodium; 239.5mg potassium; 29.2g carbs; 2.5g fiber; 10.4g sugar; 8.3g protein

Maple Tapioca Pudding

Just a touch of flavor.

1/2 cup minute tapioca	1 tsp vanilla extract
1 tsp maple extract	3 Tbsp pure maple syrup
3 cups vanilla soy milk	

See directions previous page.

Lemon Poppy Muffins - Demo

Nice, light muffins.

3/4 cup whole wheat flour	1 cup unbleached flour
3/4 cup raw sugar	1 1/2 Tbsp Ener-G Baking Powder
2 Tbsp poppy seeds	1/4 cup lemon juice, fresh best
3/4 cup water	1/4 cup applesauce (or oil)
1/2 tsp sea salt	1 tsp Ener-G Egg Replacer, opt

Preheat oven to 400°F. Prepare muffin tin (I use paper). Mix dry ingredients, combine wet ingredients and mix wet into dry. Spoon into muffin tin and bake at 375°F for 20 to 25 minutes. Serves 12

Nutrition (per serving): 123.0 calories; 0.9g total fat; 0mg cholesterol; 79.7mg sodium; 62.2mg potassium; 27.2g carbs; 1.4g fiber; 13.4g sugar; 2.4g protein.

Blueberry Muffins

Delicious! Where is the fat???

3/4 cup whole wheat flour	1 cup unbleached flour
1/2 cup raw sugar (or alternative)	1/2 tsp sea salt
1 1/2 Tbsp Ener-G Baking Powder	1 1/4 cups soy milk
1/4 cup applesauce (or canola oil for omega 3, will add fat)	
1/8 tsp almond extract	1 tsp vanilla extract
1 cup blueberries (fresh or frozen)	

Preheat oven to 400°F. Prepare muffin. Mix dry ingredients, stir in blueberries. Combine wet ingredients and mix wet into dry. Bake at 375°F for 20 to 25 minutes. Serves 12

Nutrition (per serving): 119.0 calories; 0.8g total fat; 0mg cholesterol; 93.2mg sodium; 87.0mg potassium; 25.4g carbs; 1.9g fiber; 10.3g sugar; 3.3g protein.

Bran Muffins

Taste just like Mom's!

1 1/4 cups whole wheat flour	1/2 cup wheat germ
1 cup bran	1/3 cup Sucanat
1 1/2 Tbsp Ener-G Baking Powder	1/2 tsp sea salt
3/4 cup dates, chopped (or raisins)	1/4 cup applesauce (or oil)
1 1/4 cups water	1/4 cup molasses
2 tsp maple flavour, optional	

Preheat oven to 400°F. Prepare muffin pan (I use papers). Combine all dry ingredients in large bowl. Combine wet ingredients and quickly mix wet into dry. Bake at 375°F for 20 to 25 minutes. Serves 12

Nutrition (per serving): 140.5 calories; 1.0g total fat; 0mg cholesterol; 84.8mg sodium; 345.3mg potassium; 33.1g carbs; 5.2g fiber; 15.8g sugar; 3.9g protein.

Bran Muffins, unleavened - Demo

Was one of my mom's favourites. A dense, muffin.

3 to 4 cups grated apples	2 1/4 cups quick oats
1/3 cup nuts, optional	(ground into flour)
2 1/4 cups bran	1/4 cup vegetable oil
1/2 to 1 cup water	1/2 cup chopped dates
1/4 to 1/2 cup Sucanat, optional	1 tsp sea salt

Preheat oven to 350°F. Prepare muffin pan. Combine all dry ingredients in a large bowl. Combine wet ingredients, except water, and mix thoroughly. Add water as needed to make everything stick. Fill muffin tins very full, press down, and bake at 350°F for 20 to 25 minutes or until well browned. Can drop onto cookie sheet for cookies – good this way! Serves 12

Nutrition (per serving): 195.9 calories; 8.1g total fat; 0mg cholesterol; 158.3mg sodium; 278.1mg potassium; 31.7g carbs; 7.7g fiber; 12.5g sugar; 4.9g protein

GF Muffins

Quick gluten free alternative. See below for variations of flavors.

1 cup brown rice flour	1/3 cup tapioca starch
1/2 cup corn flour	1 1/2 Tbsp Ener-G Baking Powder
1 tsp Egg Replacer, opt	1/3 to 1/2 cup raw sugar
1 cup soy milk	1/4 cup applesauce (or oil)
1 tsp vanilla extract	1/8 tsp almond extract, opt

Combine dry ingredients in large bowl. Combine wet and stir into dry. Bake at 375°F for 25 to 30 min or until golden brown. Serves 12

Nutrition (per serving): 115.9 calories; 1.0g total fat; 0mg cholesterol; 12.7mg sodium; 83.6mg potassium; 24.7g carbs; 1.6g fiber; 6.5g sugar; 2.2g protein.

Best Bran & Date Bran muffins: Sorry, no alternative.

Blueberry: Add 1 cup blueberries to dry ingredients.

Lemon Poppy Seed Muffins: Add 2 Tbsp poppy seeds, 1 Tbsp tapioca starch, and 2 to 3 Tbsp raw sugar to dry, 1/4 cup lemon juice to wet.

Maple Crumb Muffins: Omit raw sugar. Add 1/2 cup maple syrup and 2 tsp maple flavour to wet. Add 2 Tbsp tapioca starch to dry. Add Crumb Topping, after baking, place under broiler just to brown.

Maple Crumb Muffins

Reminds me of old fashioned cake doughnuts!

1 3/4 cups whole wheat flour	1 cup unbleached flour
3/4 cup raw sugar (or alternative)	1 tsp sea salt
1 1/2 Tbsp Ener-G Baking Powder	1/2 cup pure maple syrup
3/4 cup soy milk	3/4 cup water
1/2 cup applesauce (or canola oil for Omega 3 - we like this!)	
2 tsp maple flavour	1 recipe Crumb Topping (see below)

Preheat your oven to 400°F. Prepare muffin tin (paper or oil). Prepare Crumb Topping and set aside. Mix dry ingredients, combine wet and mix wet into dry. Spoon into muffin tin, top with Crumb Topping, and bake at 375°F for 20 to 25 min. Serves 24

Crumb Topping

1/4 cup non hydrogenated margarine	1/3 cup Sucanat
1/3 cup ww flour (or brown rice flour)	1/4 cup unbleached flour (or corn flour)

Cut margarine into flours until crumbly. Stir in Sucanat. Put on top of recipe before baking.

Orange Spice n Nut Cake

1 1/4 cups organic corn flour	1 1/2 cups whole wheat flour
1 1/2 Tbsp Ener-G Baking Powder	3/4 cup raw sugar
1 tsp cinnamon	1/8 tsp ginger, optional
1 cup chopped walnuts	1/4 cup applesauce (or oil)
3/4 cup orange juice concentrate	1 1/4 cups water

Preheat oven to 350°F. Prepare a bundt or 9 x 13 pan, with non-stick spray. Mix all dry ingredients in a large bowl. Mix all the wet ingredients in a small bowl, then combine. Mix well but quickly. Pour into pan and bake at 350°F for 35 to 40 min. Cool 5 minutes and invert pan till cooled completely. (Can also bake this in a muffin tin for quick portions.) Serves 16

Nutrition (per serving): 130.7 calories; 0.6g total fat; 0mg cholesterol; 2.0mg sodium; 170.3mg potassium; 30.2g carbs; 2.8g fiber; 14.4g sugar; 2.5g protein

Orange Spice n Nut Cake - GF

1 cup brown rice flour	1/2 cup organic corn flour
1/2 cup tapioca starch	1/4 cup sweet rice flour
3/4 cup raw sugar	1 1/2 Tbsp Ener-G Baking Powder
1 cup chopped walnuts	1 tsp coriander & cardamom (or cinnamon)
2 tsp Egg Replacer, opt	1/2 cup water
1/4 cup applesauce (or oil)	1/2 cup orange juice concentrate
1 Tbsp vanilla extract	1/4 tsp almond extract

Preheat oven to 350°F. Prepare 9 x 9 pan for thick cake or 9 x 13 for thin cake or two 8" rounds. Combine dry ingredients in a bowl, then combine wet ingredients. Quickly stir wet into dry and pour into pan. Reduce heat and bake at 350°F for 30 to 35 min. Let cool. Serves 16

Nutrition (per serving): 125.1 calories; 0.7g total fat; 0mg cholesterol; 9.9mg sodium; 66.0mg potassium; 27.6g carbs; 1.3g fiber; 10.2g sugar; 1.9g protein

Pecan Date Cake - GF

1 cup brown rice flour & 1 cup organic corn flour	
1/3 cup tapioca starch & 1/3 cup sweet rice flour	
2 Tbsp Ener-G Baking Powder	2 tsp Ener-G Egg Replacer, opt
3/4 cup Sucanat	1/2 cup chopped pecans
1 cup soy milk (or other)	2/3 cup water
1 1/2 Tbsp vanilla extract	1/4 cup oil (or applesauce)

Preheat oven to 350°F. Prepare two 8" round pans (9 x 13 for thin cake). Combine dry ingredients and wet in separate bowls. Quickly stir wet into dry and pour into pan. Bake at 350°F for 30 to 35 min.

Pecan Date Cake

1 cup whole wheat flour	3/4 cup unbleached flour
3/4 cup organic corn flour	2 Tbsp Ener-G Baking Powder
2 tsp Ener-G Egg Replacer, opt	3/4 Sucanat (or brown sugar)
1/2 cup chopped pecans	1/3 cup applesauce (or oil)
1 cup soy milk (or other)	2 Tbsp vanilla extract
3/4 cup water	

See directions above.

Breakfast Bars - Demo

A wholesome, portable meal, with fresh fruit!

- 1 cup pure maple syrup
- 1 cup brown rice syrup (or corn syrup)
- 1 cup peanut butter (or almond butter)
- 3 cups quick oats
- 1/4 cups ground flax
- 1 tsp vanilla extract
- 1/2 cup walnuts (or other favourite nut – like almonds!)
- 1/4 cup sunflower seeds, optional (or pumpkin seeds)

Preheat oven to 350°F and prepare a 9 x 13 pan with non-stick spray. Combine brown rice syrup, and maple syrup in a large saucepan over medium heat. Bring to a boil. Remove from heat and stir in remaining ingredients. Combine thoroughly and place in pan. Bake for 20 to 25 minutes. Cool, slice and store in airtight container. Serves 24

Nutrition (per serving): 382.3 calories; 8.3g total fat; 98.2mg sodium; 153.6mg potassium; 80.6g carbohydrates; 1.6g fiber; 58.2g sugar; 7.4g protein.

Omega Bars

Full of omega 3's – 1.8grams per serving.

- 1/2 cup brown rice (or corn) syrup
- 1/2 cup almond butter (or peanut)
- 1 cup chopped walnuts
- 1/2 cup ground flax
- 3 cups brown rice crispies
- 1/4 cup canola oil
- 1/2 cup peanut butter
- 1/2 cup pumpkin seeds
- 1/4 cup sesame seeds, opt

Heat syrup, canola oil, and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 16 and chill. Serves 16

Nutrition (per serving): 398.0 calories; 19.5g total fat; 0mg cholesterol; 86.7mg sodium; 213.5mg potassium; 58.3g carbs; 2.5g fiber; 38.3g sugar; 7.8g protein.

Date Squares

A high-energy bar for camping, etc.

1 cup water
2 cups whole wheat flour (or brown rice flour or spelt)
3/4 cup non-hydrogenated margarine
3 cups quick oats
1/4 vegetable oil, canola for Omega 3's
1/2 cup water as need (use more oil, less water for traditional bar)

Place dates and water on the stove over medium heat to soften. Combine margarine and flour with pastry blender until crumbly. Stir in oats and Sucanat. Stir in vegetable oil and water as needed until crumbles form. Press 2/3 of mixture into a 9 x 13 pan. Spread dates over and top with remaining crumbs. Press lightly and bake at 350°F for 20 to 30 minutes or golden brown on edges.

Raspberry Date Squares - Demo

A delicious variation on an old favorite.

2 cups raspberries: fresh, frozen or thawed
1/3 to 2/3 cup water, as needed
2 cups whole wheat flour (or spelt)
1/2 cup non-hydrogenated margarine
3/4 cup vegetable oil +

2 cups dates, pitted
2 Tbsp water
1/2 cup Sucanat
4 cups quick oats

Place dates, raspberries, and water on the stove over medium heat to soften, add water as needed to make a thick date butter. Combine margarine and flour with pastry blender until crumbly. Stir in oats and Sucanat. Stir in vegetable oil and water as needed. Press 2/3 of mixture into a 9 x 9 pan. Spread date mixture over and top with remaining crumbs. Press lightly and bake at 350°F for 20 to 30 minutes, or golden brown on edges. Serves 20

Nutrition (per serving): 290.6 calories; 14.4g total fat; 0mg cholesterol; 123.4mg sodium; 254.5mg potassium; 38.3g carbs; 5.3g fiber; 15.9g sugar; 4.8g protein.

Raspberry Date Squares - GF

A gluten free & oat free variation, although not layered.

2 cups raspberries: fresh or frozen 2 cup dates, pitted
1/3 cup water, as needed 1/2 cup Sucanat
4 cups puffed rice (or puffed millet cereal)

Place dates, raspberries and water on the stove over medium heat to soften, add water as needed to make a thick date butter. Combine all and press into pan. Let cool. Slice. Will be a bit crumbly.

Lemon Millet Squares - Demo

From my friend Donna's kitchen. A sweet delight.

1 cup millet 4 cups pineapple juice
1 tsp lemon zest, optional 1 can pineapple, tidbits or chunks
1/2 tsp salt 1/4 to 1/2 cup lemon juice, fresh best
1/3 cup dates (or sugar) 2 cups granola (or crust baked in 9 x 13 pan)

Cook millet in pineapple juice until done - about 40 minutes on medium-low heat. Grind granola until coarse. Press in to a 9 x 13 pan. Combine remaining ingredients in blender then add millet mixture. Blend all together well and pour onto crust. Refrigerate to set. Top with fruit topping of your choice or serve with fresh fruit.

Date Walnut Spread

An excellent way to eat your nuts! Light and fluffy.

1 cup walnuts (or 1/2 walnuts and 1/2 almonds)
1 cup dates
1 cup soy milk

Soften dates in soy milk over medium low heat. Remove from heat and place in food processor. Add walnuts and process on high until smooth. Variation: Add 1/2 cup carob powder. Serves 16

Nutrition (per serving): 87.2 calories; 5.1g total fat; 0mg cholesterol; 8.8mg sodium; 124.2mg potassium; 10.1g carbs; 1.6g fiber; 7.3g sugar; 2.1g protein.

Dee's Fruit Bread

A fruity change for a bread.

1 1/4 cups warm water (or fruit juice)	1/4 cup vegetable oil
2 Tbsp honey	1 tsp almond extract
3 to 4 cups whole wheat flour	1 tsp salt
1/2 cup coarsely chopped walnuts	1/2 cup raisins
1/2 cup dates (or more raisins)	2 tsp active dry yeast
pinch of coriander, optional	

Combine liquids. In large bowl combine 3 cup whole wheat flour and dry ingredients. Add liquid and enough flour until dough pulls away from bowl, knead 7 to 10 minutes. Divide in 1/2 and form into loaves. Place into prepared loaf pans and let rise until doubled, about 20 minutes. Bake at 350°F for 25 to 35 minutes. Serves 16

Nutrition (per serving): 170.6 calories; 6.4g total fat; 0mg cholesterol; 119.9mg sodium; 183.7mg potassium; 27.2g carbs; 3.6g fiber; 8.9g sugar; 3.9g protein.

Raisin Walnut Bread

Great breakfast for hearty mornings.

1 Tbsp active dry yeast	1/4 cup vegetable oil
3 cups whole wheat flour	1/4 cup Sucanat
1 tsp sea salt	1 tsp cardamom (or cinnamon)
1 cup raisins	1 cup chopped walnuts
2 cups very warm water	1 to 2 cups unbleached flour

Combine liquids. In large bowl combine whole wheat flour, yeast, Sucanat, salt, and cardamom. Add water and beat on medium until smooth. Add raisins, walnuts, and enough unbleached flour until dough pulls away from bowl, knead 7 to 10 minutes. Divide in 1/2 and form into loaves. Place into prepared loaf pans and let rise until doubled, about 20 minutes. Bake at 350°F for 25 to 35 min. Serves 24 -- 2 loaves

Nutrition (per serving): 127.5 calories; 6.1g total fat; 0mg cholesterol; 61.1mg sodium; 116.7mg potassium; 17.1g carbs; 2.0g fiber; 4.4g sugar; 2.8g protein.

Assignment - Lesson #3

DATE: _____

STUDENT NAME: _____

1. Why is breakfast so important:

2. What is the first thing you should look at on a nutritional label?

3. How much iron does the average woman need?

4. Make any two of the Granola recipes in your lesson booklet.
Fill in the questions below:
 - a. Which ones did you make?

 - b. Which did you like better, and why?

5. Make one of the muffin or squares recipes. Which one did you make?

6. Make the Date Walnut Spread. How creamy did you get it?
Not very creamy Creamy Very Smooth

Lesson #4

Scheduling and Planning for health
Protein Infosheet

Recipes in this Booklet:

Maple Millet Delight
Cornmeal Blueberry Mush
Peach Barley Casserole
Bulgur or Buckwheat Cereal
Energy Waffles
Oat Waffles
Multi-grain Waffles
Rice Waffles
Crepes
French Toast
Whipped Topping
Blueberry Topping - Deluxe
Blackberry Topping
Fresh Berry Topping
Fruit Filling - for frozen fruit
Fruit Filling - for canned fruit
Veggie Omelette
Scrambled Tofu
Potato Pancakes
Hash-browns
Early Morning Potatoes
Savory Grains
Lentil Sausage
Vegetarian Italian Sausage

PLANNING AND SCHEDULING FOR HEALTH

We gave you lots of quick cold breakfast to start off your morning in a hurry. But what if you have an hour or so to get ready. Can you fit in a hot breakfast? Chances are yes you can with proper planning.

Planning starts with an idea and ends with implementation. Well, not always. Sometimes it ends in frustration and throwing it the whole thing out. Don't despair, you can re-work a schedule and try again. Our family has to rework a schedule from year to year. Well how to you get started?

The first step is to write out your priorities. What is most important! Then write out when those things have to be done or a range for when they could be done. For example: personal worship, breakfast, lunch, dinner, bed time, exercise, work, time with children, time with spouse, hobbies. Some of these things are done at a certain time each day, like work or lunch. You don't have a choice unless you choose other work. So write in those times. Then add your meals and family time. Be sure to have a spot for personal worship (or relax time if you are not religious). Get in exercise and then come hobbies and other things.

If you find you can't fit it all on a schedule, you won't have much success fitting them all in in real life. You'll be rushing and hurrying and not getting what you want accomplished. Maybe you can combine things, like exercising outside with your children. Or eating and discussing what happen throughout the day with your spouse. Get creative. And don't be afraid of change. Maybe you are too busy. Do you really need to go out to? Could you work less hours?

Another question to ask yourself is: Where is my time going? Is it just being wasted? I take a book with me in my purse then I can read and relax or catch up on those kind of things while waiting for others. Don't let others steal your time. If they are consistently late, ask them to come to you.

Watch out for taking on too much. Boy, I had to learn that the hard way. I am naturally a people pleaser and it is very difficult for me to say no. Sure I can do the newsletter, sure let me help you with that photo in photoshop, of course I can make a wedding cake, and so on. Sometimes you have to think it through. Can I really fit this in? And look out for "just one more thing." That's a real problem with trying to stay on a schedule. Be sure you know realistically how long something will take you and don't try to fit just one more thing in. Your health is important and you need to plan for good meals and exercise, or it likely won't get done or it will fade out in our busy lives.

Protein

Protein, amino acids, the building blocks for the entire body. It is one of the 3 macronutrients (along with carbohydrates and fat) needed for life. About 65% of the protein found in the human body is in the muscles, thus protein is associated with strength. Interestingly the body makes it's own protein, over 50,000 different ones, using the amino acids found in the foods we eat.

Muscles in the body do not happen just from eating muscles (meat). Abundant weight bearing exercise combined with a balanced diet is needed to make muscle tissue and to enhance it's strength. Proteins are used in the growth and repair of tissue in the body. Just about every cell needs protein in one way or another, and many of the hormones in our bodies are proteins, such as insulin.

HOW MUCH?

The RDA established by the National Research Council recommends 0.8 grams of protein for every kilogram (.36 gram per pound) of body weight or 50 to 65 grams per day for an average adult. If recovering from an injury or muscle loss the body may require more. Another measurement for appropriate protein amounts in the body is percent of calories, 8 to 10% of daily calories should be protein, the remaining 90% should be carbohydrates and fat.

WHERE DOES A VEGAN GET THEIR PROTEIN?

From grains, nuts, seeds, and legumes. Most plant foods have some protein in them, see the Source Chart. Want a quick menu? Half of a cantaloupe, a bowl of oatmeal, about 1.5 cups, with 4 Tbsp of chopped walnuts, 1 cup of soy milk, and you have over 30 grams just in breakfast. Eat a big bowl of chili (1.5 cups) and a thick slice of bread for lunch and you add 23 more grams. There you've covered it in just two meals!

ISN'T ANIMAL PROTEIN BETTER?

While there is some truth to the fact animal protein is more easily absorbed (90 to 100%), that can actually be more of a problem than a benefit.

Most people in industrialized countries suffer from excess protein, animal protein in particular. In fact, most Americans consume 105 to 120 grams of protein per day, remember we only need 50 to 65 grams, that is twice the recommended amount.

All of the unneeded protein is stored as fat, which has implications of its own like heart disease, obesity, and so on. Obesity is fast becoming a major epidemic. But excess protein has direct implications as well. It causes stress on the kidneys, produces ammonia (toxic to the system and linked to colon cancer), increased calcium loss, increased phenol levels (implicated in bowel cancer), linked to kidney stones, increased blood cholesterol levels, and B6 deprivation.

COMPLETE PROTEIN MYTHS!

A complete protein is one that contains all 9 of the essential amino acids, called essential because we must ingest these amino acids. There are another 13 (this number keeps increasing) amino acids needed but your body can manufacture them itself. Animal products contain most amino acids, but not in their necessary amounts (ie. beef is low in tryptophan), and yet they are still considered “complete proteins”. Plant products vary in which amino acids they contain. Grains are low in lysine, but legumes are not. Legumes are low in methionine, but grains are not. In the 70’s Frances Moore Lappe published “Diet for a Small Planet”. She said vegetarians should combine foods to create a complete protein at each meal. But, in 1988 the American Dietetic Assoc. said as long as all 9 amino acids are eaten in any given day (not meal) then the body is smart enough to combine them. And in the 10th Edition of “Diet for a Small Planet” Frances renounced the theory. Unfortunately, the myth continues. So unless you’re a fruitatarian, raw-foodist, or never eat grains, you are naturally going to get a proper mix if you eat a variety of foods as has been stated. Grains + Nuts or Grains + Legumes.

DNA & PROTEIN

DNA is the code which enables our bodies to build protein molecules from the amino acids. It is so complex that some scientists have become creationists after studying the DNA process. www.leestrobels.com

Food Item	Serv.	Protein
Almond butter	2 Tbsp	5
Almonds	1/4 cup	8
Black beans, cooked	1 cup	15
Black-eyed peas, cooked	1 cup	11
Broccoli, cooked	1 cup	4
Brown rice, cooked	1 cup	5
Buckwheat flour	1 cup	15
Bulgur, cooked	1 cup	6
Bulgur, cooked	1 cup	5.6
Bulgur, dry	1 cup	12
Cashews	1/4 cup	5
Chickpeas, cooked	1 cup	12
Cornmeal, regular	1 cup	17
Cornmeal, whole-grain	1 cup	10
Gluten or Seitan	3 oz	31
Kidney beans, cooked	1 cup	13
Lentils, cooked	1 cup	18
Lima beans, cooked	1 cup	10
Mushrooms, canned	1 cup	3
Mushrooms, cooked	1 cup	3.4
Peanut butter	2 Tbsp	8
Peas, cooked	1 cup	9
Pinto beans, cooked	1 cup	12
Potato	1 med.	4
Quinoa, cooked	1 cup	10
Soy milk, commercial	1 cup	7
Soybeans, cooked	1 cup	29
Spaghetti, cooked	1 cup	8
Spinach, cooked	1 cup	5
Sunflower seeds	1/4 cup	6
Tofu, firm	4 oz	11
Tofu, regular	4 oz	9
TVP, cooked	1/2 cup	8
Veggie baked beans	1 cup	12
Wheat flour, whole-grain	1 cup	16.5
Whole wheat bread	2 slices	5

REFERENCES

2005 Department of Biology, Davidson College; Robert M. Russell, M.D. and Carmen Castanada Sceppa, M.D., Ph.D., “How Much Protein Do You Need?”, 2008 interMDnet Corporation.; Blackburn et al. (2001). Cleveland Clinic Journal of Medicine. ; Reed Mangels, Ph.D., R.D., “Protein in the Vegan Diet”, www.vrg.org; Fatfree: The Low Fat Vegetarian Archive; Charles R. Attwood, M.D., F.A.A.P. “‘Complete’ Proteins?”, excerpt from: Dr. Attwood’s Low-Fat Prescription for Kids.; Barbara J. Cohen & Dena L. Wood, “Memmler’s The Human Body in Health and Disease”, 9th edition.; Walter Veith, PhD, “Diet and Health Scientific perspectives”. Medpharm. CRC Press.; T. Colin Campbell, Ph.D., “The China Study”, Benbella Books; Sources for nutrition include: BC Health Files, USDA Nutrient Guides, and more.

Maple Millet Delight

An easy breakfast to prepare.

2 cups millet	7 cups hot water
1 Tbsp maple flavour	1/3 cup pure maple syrup
1/2 tsp sea salt, optional	1/2 cup chopped pecans (or walnuts)

Combine all into crock-pot and cook overnight. Settings depend on your crock-pot. We use low for 8 hours. Serve with vanilla soy milk or yogurt, and fresh fruit. Serves 12

Nutrition (per serving): 180.7 calories; 4.7g total fat; 0mg cholesterol; 5.2mg sodium; 101.9mg potassium; 30.9g carbs; 3.3g fiber; 5.5g sugar; 4.1g protein.

Cornmeal Blueberry Mush

This has the fresh taste of summer!

- 1 1/2 cups water
- 1 1/2 cups soy milk
- 3/4 cup cornmeal
- 1/4 tsp sea salt
- 2 cups fresh or frozen blueberries
- 3 Tbsp pure maple syrup (or honey)

In a 2 qt saucepan heat water and milk until boiling, slowly add cornmeal stirring constantly. Reduce heat & simmer until thick, about 35 to 40 min, stir occasionally. Stir in maple syrup, blueberries and serve. Serves 6

Nutrition (per serving): 140.7 calories; 1.9g total fat; 0mg cholesterol; 119.9mg sodium; 177.3mg potassium; 28.5g carbs; 3.1g fiber; 11.2g sugar; 4.3g protein

Peach Barley Casserole

Quick to put together and a break from the same old thing.

2 cups rolled barley	3 cups peaches (save juice if canned)
4 cups water and peach juice combined	

Combine all 2 quart casserole dish and bake at 350°F for 1 hr. Serves 4

Nutrition (per serving): 434.5 calories; 1.2g total fat; 0mg cholesterol; 21.2mg sodium; 520mg potassium; 99.4g carbs; 18.0g fiber; 20.1g sugar; 11.1g protein.

Bulgur/Buckwheat Cereal - Demo

Thanks Donna.

1 cup cracked wheat (or bulgur*) OR 1 1/2 cup buckwheat
4 cups water 1/4 cup coconut
2/3 cup chopped dates 1/2 tsp sea salt
1 tsp vanilla, opt Sucanat or brown sugar to taste

Dextrinize wheat in dry pan over medium heat for 2 minutes. (*Omit this step for bulgur.) Add remaining ingredients and bring to a boil. Simmer for 20 minutes covered (Bulgur or Buckwheat is done at this point, cracked wheat needs the remaining step), remove lid and simmer 10 minutes longer. Stirring is unnecessary until ready to serve. Serves 4

Nutrition (per serving): 84.9 calories; 2.4g total fat; 0mg cholesterol; 120.5mg sodium; 78.2mg potassium; 15.0g carbs; 1.4g fiber; 5.0g sugar; 1.6g protein.

Energy Waffles

Great for growing families and active adults.

2 1/4 cups oats, quick 3 cups water
1 cup tofu, water packed or silken, medium or firm
2 Tbsp sesame seeds 1 Tbsp honey (or maple syrup)
1/2 cup whole wheat flour water as needed

Place all ingredients in a blender and blend on high for 2 to 4 min. Let stand 5 min, and bake in HOT waffle irons. They take approx 12 min. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Thaw (opt) and warm in the toaster, makes for a quick meal. If these are sticking the batter is not thick enough, add more flour. Sesame seeds add some much-needed calcium in the diet, to this dish. You can increase the sesame seeds to 1/4 cup. Serves 4

Nutrition (per serving): 285.8 calories; 6.9g total fat; 0mg cholesterol; 8.9mg sodium; 280.6mg potassium; 45.9g carbs; 6.9g fiber; 3.6g sugar; 12.7g protein.

Oat Waffles - Demo

Very quick and easy to make, simply delicious and VERY healthy!

3 cups oats, quick (or can use rolled oats)
3 1/2 cups very HOT water 2 Tbsp raw sugar

Place all ingredients in a blender and blend on high for 2 to 4 min. Let stand 5 min, and bake in HOT waffle irons. They take approx 12 min. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Thaw (opt) and warm in the toaster, makes for a quick meal. NOTE: Egg Replacer makes these extra light and is good for those new to healthy cooking or gluten free cooking (for those who use oats), add 1 tsp of Ener-G Egg Replacer. If too dark and/or comes apart, reduce the water. If too heavy, add more water.

See celiac.com for information on oats and celiacs.

Serves 4

Nutrition (per serving): 249.2 calories; 3.8g total fat; 0mg cholesterol; 6.8mg sodium; 215.4mg potassium; 45.0g carbs; 6.0g fiber; 5.2g sugar; 9.7g protein.

Multi-grain Waffles

VERY healthy! Start soaking when you go to bed. Have morning devotions - blend well, do your exercise and then bake.

1 cups oats, quick or rolled
3 cups multigrain cereal (like Sunny Boy or Red River)
4 cups water
1 Tbsp honey (or maple syrup)
about 1/3 cup water

Place first 3 ingredients in a large bowl & soak overnight in fridge. In the morning, put into a blender add 1/3 cup water and honey and blend on high for 2 to 4 minutes, adding more water if necessary. Bake in HOT waffle irons. Serves 4

Nutrition (per serving): 313.0 calories; 2.8g total fat; 0mg cholesterol; 9.9mg sodium; 533mg potassium; 66.7g carbs; 14.5g fiber; 3.2g sugar; 13.3g protein.

Rice Waffles

Light and tasty.

- 2 cups brown rice, cooked
- 2 cups water
- 1/2 pkg tofu, medium (454g/12oz water packed or silken)
- 1/4 cup brown rice flour & 1/4 cup sweet rice flour
- dash of salt, optional
- 1 Tbsp honey (or maple syrup)

Blend all ingredients until very smooth. Let stand 5 minutes. Bake in hot waffle irons, approx 15 minutes. (I leave in until the done light has come on twice on my waffle irons.) If they are sticking, leave to cook a bit longer. If still sticking, add more rice flour. You may have to try this a couple times in your waffle iron to get just right. Don't give up. These are light and tasty. Serves 4

Nutrition (per serving): 246.9 calories; 4.0g total fat; 0mg cholesterol; 13.1mg sodium; 152.3mg potassium; 44.8g carbs; 2.7g fiber; 4.7g sugar; 8.7g protein.

Crepes - Demo

These are unbelievably good!

- 1 1/2 cups water (or almond milk)
- 350 grams/12oz extra firm tofu (silken the best!)
- 1 Tbsp pure maple syrup
- 1 cup brown rice flour (NO substitutes!)
- 1 tsp vanilla extract
- 1/8 to 1/4 tsp sea salt

Blend all until very smooth. Let stand about 5 minutes. Heat non-stick pan over medium-low heat; spray with non-stick spray and pour 1/4 cup to 1/3 cup into hot pan. Turn and twist pan around to make a 6 to 7" crepe. If bubbles too much, turn down heat. Cook until golden and turn over. Cook a bit longer, 2 to 4 minutes, and serve filled and rolled with fruit topping or filling of choice. These are very tender. Be careful not to break them. Very delicious! Serves 4

Nutrition (per serving): 226.0 calories; 5.3g total fat; 0mg cholesterol; 84.3mg sodium; 231.8mg potassium; 35.3g carbs; 2.1g fiber; 3.4g sugar; 9.9g protein.

French Toast - Demo

My husband's specialty.

- 1 loaf stale brown bread (Silver Hills sprouted works great!)
- 1 1/4 to 1 1/2 cup water
- 1/3 cup raw cashews (or 2/3 cup or add 1/3 cup oats)
- 1 tsp maple syrup (or agave nectar)
- 1/4 tsp vanilla extract

Blend all until very smooth; pour into large flat bowl. Dip bread quickly into mixture and fry on non-stick pan or griddle. Flip when golden.

We keep the bread pre-sliced and frozen. We do NOT thaw it and it seems to work even better frozen! The sprouted bread is drier and not easily made soggy so it works great for this recipe. We find homemade or other brands of bread needs to dry out a bit, or toast it, before it works.

Whipped Topping

Easy and quite tasty!

- 12 oz pkg silken tofu, extra firm
- 1 to 2 Tbsp Silk Soy Creamer
- 3 to 4 Tbsp raw sugar (or alternative sweetener)
- 1 Tbsp vanilla extract (or 1 tsp powdered vanilla)
- 3 to 5 Tbsp vegetable oil, optional

Process all but vegetable oil in the food processor on high until very smooth, while still on high, slowly add oil. Chill and serve. This is a bit soft. The faster your food processor, the fluffier and thicker this will get. Try your blender too (requires much stopping, starting, and stirring).

Serves 8

Nutrition (per serving): 98.5 calories; 6.1g total fat (with some oil); 0mg cholesterol; 28.1mg sodium; 72.8mg potassium; 6.1g carbs; 0g fiber; 5.6g sugar; 3.2g protein.

Blueberry Topping - Demo

Yum, yum, yum!

1/3 cup grape juice concentrate, undiluted 1/2 cup water
4 cups fresh or thawed blueberries 3 to 4 Tbsp cornstarch

In saucepan mix juice, cornstarch & water. Cook over med heat til thick, stir in blueberries. (For fresh berries, use 3 Tbsp of cornstarch. For thawed berries, use 4 Tbsp of cornstarch.) Add 1 Tbsp more cornstarch for firmer topping. Use 1 Tbsp less for pancakes and waffles. Serves 8

Nutrition (per serving): 70.8 calories; 0.3g total fat; 0mg cholesterol; 2.0mg sodium; 63.4mg potassium; 17.7g carbs; 1.8g fiber; 11.7g sugar; 0.6g protein.

Blackberry Topping

Use for raspberries too!

4 cups blackberries, thawed 1/2 to 3/4 cup grape juice concentrate
3 to 4 Tbsp cornstarch

Drain juice off berries and combine with grape juice*. Whisk in cornstarch and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping. (*Can add raw sugar to taste.) Serves 12

Nutrition (per serving): 58.0 calories; 0.2g total fat; 0mg cholesterol; 1.4mg sodium; 78.0mg potassium; 14.2g carbs; 2.6g fiber; 9.8g sugar; 0.7g protein.

Fresh Berry Topping

Good with any berry!

3/4 cup apple juice concentrate (or white grape)
1/2 cup water 2 to 4 Tbsp cornstarch*
1 to 3 Tbsp sugar 2 cups fresh berries (blueberries, strawberries, or mix)

Whisk cornstarch and raw sugar in water and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 min. *Use 4 Tbsp for thick toppings for cheesecakes, etc. Serves 12

Nutrition (per serving): 46.0 calories; 0.1g total fat; 0mg cholesterol; 5.0mg sodium; 115.5mg potassium; 11.3g carbs; 0.5g fiber; 9.0g sugar; 0.3g protein.

Fruit Filling, Frozen Fruit

A multipurpose recipe for frozen fruit.

4 cups thawed blueberries, strawberries, raspberries, or blackberries, etc.
1 to 2 Tbsp raw sugar (or alternative), optional
3 to 4 Tbsp cornstarch
apple juice, as needed

Thaw fruit and drain the juice into 2 cup measuring cup. Add enough apple juice to equal 2 cups. Pour into saucepan. Whisk in cornstarch until smooth. Heat on medium heat, stirring constantly, until thick and boiling. If too thin, add 1 to 2 Tbsp cornstarch and 2 to 3 Tbsp water and slowly add to saucepan, whisking quickly. Cook until boiling. Remove from heat and add fruit. Serves 4

Nutrition (per serving): 114.9 calories; 1.0g total fat; 0mg cholesterol; 3.4mg sodium; 95.8mg potassium; 27.7g carbs; 4.2g fiber; 16.4g sugar; 0.7g protein.

Fruit Filling, Canned - Demo

A versatile recipe for many kinds of canned fruit.

1 quart peaches OR pears OR cherries OR apricots, etc.
2 to 4 Tbsp raw sugar, optional
*juice to add to drained juice from fruit to equal 2 to 3 cups
3 to 4 Tbsp cornstarch

Drain the juice from fruit into saucepan. Whisk in cornstarch and apple juice until smooth. Heat on medium heat, stirring constantly until thick and boiling. If too thin, add 1 Tbsp cornstarch and 2 to 3 Tbsp water and slowly add to saucepan, whisking quickly. Cook until Comes to a boil. Remove from heat and add chopped fruit.

*apple or white grape juice works well for most fruits. Can use pineapple, peach, or others depending on fruit.

Veggie Omelette - Demo

Omelette is also spelled Omelet. Both are correct.

Omelette base:

- 1 cup water
- 2 cubes Golden Seasoning
- 1 pkg water packed tofu, medium or firm (350ml/12oz)
- 1/2 cup brown rice flour
- 2 to 3 Tbsp nutritional yeast flakes
- 1 tsp onion powder
- 1/8 tsp turmeric

Filling Ideas - choose none or all:

- 1/4 cup sliced olives
- 1 med red bell pepper*
- 1 small red or yellow onion*
- 3/4 cup sliced mushrooms*
- 1/2 cup chopped fresh tomatoes

Blend the first 7 ingredients until smooth. Stir in filling choices. Pour about 1/2 cup of batter onto a hot nonstick skillet prepared with non-stick spray. Cover and cook on medium-low heat for 7 to 10 minutes. It should start to look “dryish” and yellow. Flip and cook another 7 to 10 minutes. Serve with Soy Cheese or plain. Serves 4

Nutrition each – NO FILLING: 181 calories; 6.3g total fat; 0 cholesterol; 269mg sodium; 303mg potassium; 20.4g carbs; 1.5g fiber; 0.4g sugar; 13g protein.

Tips ‘n’ Techniques

* Our favourite choices! Do not forget the non-stick spray or they will be hard to flip. I use two small skillets and one extra large and cook all 4 at once. If you have less pans, keep the cooked ones in the oven while doing the remaining omelettes.

Scrambled Tofu

My personal FAVOURITE with hashbrowns or other potatoes.

1 pkg water-packed tofu, med	1 tsp onion powder
2 to 4 Tbsp nutritional yeast flakes	dash of turmeric
1 cube Golden Seasoning	1/2 cup green onions, opt

Squeeze tofu well to drain the water, mash with fork, and place in non-stick skillet. Crumble in bouillon & add remaining ingredients. Bouillon will dissolve as tofu cooks. Stir occasionally. Cook for 15 to 25 min over med heat until starts to brown. We like it quite crispy. Serves 4

Nutrition (per serving): 104.2 calories; 5.7g total fat; 0mg cholesterol; 221.2mg sodium; 218.6mg potassium; 4.4g carbs; 0.5g fiber; 0.4g sugar; 11.2g protein.

Potato Pancakes

Mouth-watering and crispy.

3 to 4 cups shredded potatoes	1/4 medium onion, shredded
1 to 3 Tbsp oil (or non-stick spray)	pinch of sea salt

Stir potatoes, onions, and salt together. Pat thinly into hot non-stick skillet with a dash of oil or non-stick spray. Cook at medium heat until golden. The more oil, the more crispy, golden, and evenly cooked, but the more fat too. Balance it for your family. Serves 4

Hash-Browns - Demo

Mouth-watering and crispy.

3 to 4 cups finely diced potatoes*	1/4 medium onion, optional
pinch of sea salt	1 to 2 Tbsp canola oil

Stir potatoes, onions, salt, and oil together. Spread into a prepared pan (large lasagna pan works well). Cook at 400°F for about 15 minutes stir and bake another 10 to 15 minutes or until golden brown and crispy.

*We use a fry maker or V-slicer. Serves 4

Nutrition (per serving): 156 calories; 3.4g total fat; 0mg cholesterol; 8.3mg sodium; 854.1mg potassium; 29.8g carbs; 2.1g fiber; 0.3g sugar; 3.1g protein.

Early Morning Potatoes

We love potatoes in the morning. A great start for a busy day.

- 4 to 6 med potatoes, baked
- 2 Tbsp olive oil
- 1 tsp Italian Herbs
- 1 tsp Seasoning Salt

Cube cold potatoes into 3/4” cubes, toss with Seasoning Salt, and fry in non-stick skillet in oil, or bake on a prepared cookie sheet, till golden. Sprinkle herbs on and serve. Serves 4

Nutrition (per serving): 232.9 calories; 6.8g total fat; 0mg cholesterol; 530.4mg sodium; 1181.1mg potassium; 40.8g carbs; 3.3g fiber; 0.9g sugar; 4.4g protein.

Tips ‘n’ Techniques

How to cook potatoes in crock-pot: Scrub and clean 6 to 10 med potatoes for a large slow cooker. Place them into a crock-pot with 1/2 cup water. Cook on high for about 3 hours. Store in fridge until needed for potato salad or above recipe. Do not cut or poke with fork as they will go dark where they are exposed to air.

Savory Grains

Good with a sauce or gravy.

- | | |
|----------------------------------|-----------------------------|
| 1 cup rye (or buckwheat) | 1 cup Kamut (or brown rice) |
| 1 cup barley (or quinoa) | 1/2 cup Bragg’s Aminos |
| 1/4 cup nutritional yeast flakes | 4 Tbsp Tasty Brown Bouillon |
| 1 med onion, diced | 7 to 8 cups water |
| 2 tsp Seasoning Salt | |

Prepare the night before! Thoroughly wash all the grains and drain. Add all ingredients into crock-pot and stir to mix. Cook on low all night, about 8 to 10 hours. In the morning, stir and serve with scrambled tofu and gravy if desired. Serves 8

Nutrition (per serving): 271.5 calories; 2.0g total fat; 0mg cholesterol; 1505.3mg sodium; 286.1mg potassium; 55.9g carbs; 10.2g fiber; 1.3g sugar;

Lentil Sausage

Use for breakfast with Early Morning Potatoes.

- 1 cup boiling water
- 1 cube Tasty Brown Bouillon
- 1/2 cup brown lentils
- 1/2 pkg water packed tofu, medium (454g/16oz pkg)
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1 cup bread crumbs as needed
- oil to fry or non-stick spray, optional

Grind lentils into a flour in a coffee grinder. Add boiling water and bouillon to lentil flour, stirring well to dissolve bouillon. Let stand 10 minutes. Add remaining ingredients, except oil. Form into sausages or patties and fry, with oil if desired, in non-stick skillet on medium-low heat for about 7 minutes each side (until brown).

Yields 8 to 10 medium patties

Preparation time: 15 to 20 minutes

Cooking time: 15 minutes

Ready in: 30 to 35 minutes

Nutrition (per serving): 211.6 calories; 2.7g total fat; 0mg cholesterol; 276.7mg sodium; 309.2mg potassium; 35.5g carbs; 8.6g fiber; 2.5g sugar; 11.1g protein.

Tips ‘n’ Techniques

Iodine is a very important element for the regulation of the fluid content of the body. It is essential for the thyroid gland’s function. While iodized salt has properties that are unhealthy, sea salt is lacking in iodine. If you develop any deficiency symptoms, see a doctor to get a diagnosis, and you may want to supplement. Symptoms include: dry skin, loss of hair and memory, tiredness, and even enlarged thyroid gland in the form of a goiter.

Vegetarian Italian Sausage

Worth all the effort. Gets easier and quicker with practice.

SAUSAGE

- 1/4 cup bulgur
- 1/4 cup boiling water
- 1 cup gluten flour
- 1/3 cup soy flour (or ground dry garbanzos)
- 1/4 cup whole wheat flour
- 1 Tbsp Golden Seasoning (or other bouillon)
- 1 tsp Italian Herbs
- 1/2 to 1 tsp Seasoning Salt
- dash cayenne pepper, optional
- 1/4 cup grape juice
- 1 to 2 cloves garlic
- 3/4 cup water

BROTH

- 1 cup water
- 1 Tbsp Golden Seasoning
- 2 Tbsp Bragg's Aminos
- 1 tsp olive oil
- 2 cloves garlic

Pour boiling water over bulgur to soak, until water is absorbed. Combine dry ingredients. Combine wet ingredients. Mix all together. Divide into 12 portions and roll on clean counter top into links. Place into prepared dish, leaving a little room around each one. Pour broth over top and cover the pan with foil or a lid. Bake at 325°F for 40 to 60 minutes, turn after 30 minutes, until all the liquid is absorbed. Eat or freeze. Serves 4

Preparation time: 20 to 25 minutes

Cooking time: 40 to 60 minutes

Nutrition (per serving): 258.2 calories; 2.8g total fat; 0mg cholesterol; 1195mg sodium; 376.4mg potassium; 24.3g carbs; 3.1g fiber; 3.9g sugar; 36.8g protein

Menu Planner - Low Fat - Two Meals per Day

MEAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break-fast (A vital meal!)	Cream of Wheat - Vol. 5 pg. 9 Fresh Fruit 2 Tbsp ground flax on cereal Fortified Soy or Rice Milk	Commnal Blueberry Mush - Vol. 5 pg. 8 Fresh Fruit 1/4 cup almonds or walnuts Fortified Soy or Rice Milk	Cracked Wheat Cereal - Vol. 5 pg. 10 Fresh Fruit 2 Tbsp ground flax on cereal Fortified Soy or Rice Milk	Gratenutz - Vol. 5 pg. 20, 21 Fresh Fruit Fortified Soy or Rice Milk Raisin Bread - Vol. 7 pg. 99	Multigrain Cereal - Vol. 5 pg. 23 Fresh Fruit 3 Tbsp sliced almonds Fortified Soy or Rice Milk	Peach Barley Casserole - Vol. 5 pg. 24 Fresh Fruit Fortified Soy or Rice Milk	Multigrain Waffles - Vol. 5 pg. 29 Blackberry Topping - Vol. 5 pg. 43 Instant Easy Tofu Whipped Topping - Vol. 1 pg. 7
Dinner (eat before 3 pm - studies show helps prevent weight gain)	Brown Rice Boston Baked Beans - Vol. 6 pg. 9 Marinated Veggie Salad - Vol. 5 pg. 103 (use low fat dressing to reduce fat)	Italian Potato Salad - Vol. 3 pg. 76 Hummus Vol. 7 pg. 73 on Foccia Bread (or Quick Herb Buns Vol. 7 pg. 28.)	Veggies Dinner Burgers - Vol. 6 pg. 115 baked taco chips - 1 cup or so.	Veggies Basic Chili - Vol. 6 pg. 12 Chapattis Vol. 7 pg. 64	Veggies Beans 'n Rice Burger - Vol. 6 pg. 85 Served in a whole wheat bun with lettuce & tomato	Harvest Pitas - Vol. 5 pg. 121 (use low fat Italian dressing) or other low fat dressing) Thanksgiving Rice - Vol. 2 pg. 94	Scalloped Potatoes - Vol. 3 pg. 93 Golden Garbanzo Burgers - Vol. 3 pg. 13 garden salad with low fat dressing
Alternative Breakfasts (or suppers for those "poor starving" persons)	Fresh Fruit Popcorn	No-Bake Blueberry Pie - Vol. 4 pg. 73 Toast and nut butter. (yes, a healthful pie makes a great breakfast or dinner accompaniment)	Fresh Fruit Parfait - Vol. 1 pg. 55 Carob Muffins - Vol. 7 pg. 129	Lemon Pie - Vol. 4 pg. 74 (use low-fat crust) Raspberry Almond Ring - Vol. 7 pg. 97	Fruit Juice Raspberry Muffins - Vol. 7 pg. 127	Fresh Fruit Tarts - Vol. 2 pg. 84 Toast with 1 Tbsp nut butter of your choice	Orange Sweet Buns - Vol. 7 pg. 91 Frozen Fruit Cream - Vol. 2 pg. 50

This menu is designed for those losing weight. The servings of recipes are generally less than 5 grams of fat. If they are higher, they are paired with a lower fat item to keep the total fat intake for the day down to approx. 15 to 20 grams of fat. You may need to supplement with calcium, etc.

Fresh or Canned Fruit Ideas: Apples, oranges, bananas, mangos, peaches, grapes, kiwi, pineapple, pears, plums, strawberries, melon, grapefruit, cantaloupe, apricots, etc. (Can chop fruit into a container and eat like a fruit salad.)

Veggies: Carrots, broccoli, cherry tomatoes, cauliflower, snap peas, cucumber, celery, etc.

REMEMBER: Water: _____ oz per day; Exercise: 30-60 minutes, 4-6 times per week; Get 30 minutes of Sunshine or bright light per day; & Spiritual food.

More menu planners online under student files!

Name:	Date to start:						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEAL							
Breakfast (A vital meal!)							
Sack Lunch (if need in place of Dinner)							
Dinner (before 3 pm)							
Supper (Optional, do not eat if aiming to lose weight)							

Lesson #5:

Packing a safe lunch
Basic Hydrotherapy Information
Water Infosheet
BONUS 3ABN Disk

Recipes in this Booklet:

Lunch Box Ideas
Garbanzo Cheese or Spread
'Egg' Salad Sandwich
Mariner's Spread - 3ABN
Hummus
Walnut Spread
Stafford Nut Meat
Green Bean & Basil Spread
Tofu Slices - 3ABN
Lentil Slice
Harvest Pitas
Salad Fixin's
Golden Baked Tofu Salad/Wrap
Spinach and Pine Nut Salad
Savory Sunflower Seeds
G-Good Loaf - 3ABN
Sandwich Spread Ideas
Pastry
Golden Nuggets - 3ABN
Veggie Pot Pie - 3ABN
Omega 3 Bars - 3ABN
Quiche
Veggie Pastry
Dinner Crumbles - 3ABN
Creamy Risotto Soup
Veggie Turnovers
Potato Stew - 3ABN
Blueberry Muffins - 3ABN

We have marked the recipes from the BONUS DVD in this lesson - 3ABN, because the cooking shows were filmed at 3ABN. There are 3 “Let’s Cook Together” programs on this DVD.

PACKING A SAFE LUNCH

You cannot smell or taste viruses, bacteria and parasites that can make you sick. To prevent foodborne illness, you must cook food properly and store it at the right temperature. Hot food must be kept at or above 60°C (140°F). Cold foods must be kept at or below 4°C (40°F). So here are a few tips from The Canadian Food Inspection Agency:

Use a cooler with freezer packs to keep perishable food at or below 4°C (40°F) You can get lunch box sized coolers. Refrigerate or freeze food, if possible, the day before you pack it. Put your cooler in the coolest part of your vehicle or office. Don’t put the cooler in the trunk if it is a hot day. Keep the cooler out of the sun. Keep the lid of the cooler closed as much as you can. Use frozen juice boxes to keep food cool. You can drink the juice after it thaws, or eat it as a slushy.

BASIC HYDROTHERAPY INFORMATION

Ok, first of all, I am not a doctor!!! I just want to help you to see how valuable hydrotherapy can be so you can look into it for yourself. I highly recommend you get a book on the subject written by a health professional. With that said.... The following is an excerpt from my booklet “Health Quotes ‘n’ Notes: Simple Remedies” -- All quotes are from Ellen White, a turn of the century writer. Available online at www.VeganVegetarianCookingSchool.com

Introduction: “In health and in sickness, pure water is one of heaven’s choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they

should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.” {MH 237}

Water on the inside: “Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good.” {2SM 296}

Fevers: “I feel that the ice used is a mistake. The light which has been given me in reference to several critical cases has been represented to me as a sick child I had in charge, and in every case the directions given were, Do not apply ice to the head (but cool water); apply hot fomentations (to the bowels, stomach, and liver). This will quell the fever much sooner even than cold. The reaction after the cold applications raised the fever, in the place of killing it. This direction has been given me again and again. In some cases the ice applications may be warrantable, but in most cases they are not advisable. If the invalid has any vitality, the system will send the blood to where the cold is, and very often the system has no power for this taxation. Brother Herbert has low vitality. Some cases may endure this other kind of treatment, but I greatly fear for Brother Lacey, if it is continued. Use hot water; in nine cases out of ten it will do a more successful work than the cold ice would do. I cannot now write out all the cases I have handled under the light given me of God, but every case has worked favorably. I have given these directions to physicians of repute, those not of our faith and those of our faith, and in every case, even in fevers, they have reported success in treating with hot water in the place of cold water or applications of ice.” {20MR 278}

Warm water of most benefit: “I might present case after case of a similar character. When I have taken treatment at the sanitarium, Dr. Kellogg has always told the head nurses to allow Sister White to prescribe her own treatment. They used to give me cold (ice) applications to my head, but it was always an injury to me, and I changed them to warm applications to the spine and head, and to the eyes hot salt water fomentations, but seldom ever cold. I have had inflammation to the eyes, but hot applications were used, and with good success.” {20MR 280}

Water

Truly the most amazing molecule of life is water. Two hydrogen atoms and one oxygen bound by polar covalent bond. With a pH of 7, it is neither acidic or alkaline, but neutral. ¹ Water freezes at 0°C, boils at 100°C, and weighs 1 kg for every liter. While we can go weeks without food, months without love, years without doctors, we can only go days without water. It is second only to the air we breathe. We are about 60 to 80% water, the brain is about 85% water. A few things water does (not a complete list):

Aids red blood cells in collecting O₂. ²

It is used in every cell, every body function, every muscle, and every joint. ³

Needed to make neurotransmitters - like serotonin. ⁴

Needed to make hormones - like melatonin. ⁵

Water helps with sleep. ⁶

Prevents toxin & waste build up. ⁷

Aids in weight loss - helps with appetite control, prevents water retention, and decreases fat deposits. ⁸

Increases the ability of the immune system - helping reduce some cancers. ⁹

Memory & brain function. ¹⁰

Helps keep blood at proper viscosity which can help reduce risk of: stroke, heart disease, hypertension, and diabetes. ¹¹ (Women who drink 5+ glasses of water/day are 41% less likely to die from a heart attack. ¹²)

Helps to dilute the bile in the gall bladder, thus reducing the risk of gall bladder diseases. ¹³

Helps to reduce risk of kidney stones. ¹⁴

Aids in the elimination system. ¹⁵

Aids in lubricating the body. Dehydration causes fatigue, headaches ¹⁶ (the body robs the brain to eliminate toxins), dry skin, mental dullness, and much more.

It helps keep the body fluids at homeostasis. When the composition or volume of these fluids change, even by a little, disease sets in. ¹⁷

Pop, coffee, tea, wine, or beer cannot do these functions. But they are mostly water aren't they? While that may seem logical, it is not necessarily right. In fact these substances which contain caffeine or alcohol are diuretics. ¹⁸ In other words they deplete water from the body. In addition they are loaded with calories, chemicals, and sugar which leads to weight gain and blood sugar upsets. ¹⁹ For every cup of soda, beer, or coffee you need an additional cup of water. ²⁰ Because they contain chemicals, good and bad, the body must filter them out before using the water, putting more work on the digestive system including the liver.

HOW MUCH?

Just a small 2% loss of body weight in fluid will cause difficulty breathing and muscle fatigue. With a 4% loss, there is extreme fatigue and light-headedness. Over 6-8% loss can result in death.²¹ So, how much do you need? Well a good rule of thumb is about half your body weight in ounces.²² For example: If you are 120lbs that is 60oz or just under 8 cups. If you are 200lbs that is 100oz or just over 12 cups, check with your doctor as needed. For those using metric - The formula is your weight in Kg x 34 = ml needed per day. Remember, you will need more if you're nursing a baby, running a marathon, or sunbathing on the beach. When drinking copious amounts of water be sure you do not deplete your electrolytes. More common with athletes or in the summer, but can happen to anyone.

KIND OF WATER?

What about what kind of water. First of all, any water is better than none. There is bottled, spring, distilled, well, reverse osmosis, chlorinated, and so on. The best water is the one that is as natural as you can get, filtered (charcoal or ceramic) for bacteria and other critters. Chlorinated water is linked to cancer in the bladder, breast, colon, and rectum.²³ Chlorine can be removed with a charcoal filter or left overnight in an open jug.²⁴ Fluoride also has its problems, so reverse osmosis in this case is a good choice.²⁵ Temperature of water is important too. Cool or warm water doesn't shock the system like ice cold water. Very warm water first thing in the morning helps the circulation, as well as the elimination, to get going.

GETTING ENOUGH?

Many of us know we need water. Many of us know how much water we need. And yet many people simply don't get enough. So, here are a few tips. When you first wake up in the morning, drink 2 cups of warm water. You can add a little lemon juice to the water, my husband enjoys this. Then fill a water bottle with the amount of water you need for the day. KEEP it by your side. You may even need to write reminders out - Drink at 9:00am, 11:00am, 3:00pm, etc. Quit drinking water 30 minutes before eating and wait at least 1 hour after. You may need even longer if you have any problems with digestion.²⁶ When you're hungry between meals, drink water; when you have a head ache, drink water; when you are tired, drink water; when you are feeling depressed, drink water. As you hydrate you will find your body will thank you with energy, vitality, and life.

REFERENCES

1 George Sackheim, "Introduction to Chemistry for Biology Students"; 2-8 F. Batmanghelidj, MD, "Water: for Health, for Healing, for Life"; 8 D. Robertson, MD, MSc, "How 8 Glasses A Day Keep Fat Away"; 9 Dominique Michaud, Harvard School of Public Health; Fred Hutchinson Cancer Research Center, Seattle WA; 10 Dr. Kleiner, Defence Institute of Physiology & Allied Sciences, India; 12 American Journal of Epidemiology, May 1, 2002.; 11/13/14 Neil Nedley, MD, "Proof Positive". Nedley Publishing.; 15 Barbara J. Cohen, BA, MSED, & Dena Lin Wood, RN, MS, "Memmler's The Human Body in Health and Disease"; 16-20 Aileen Ludington, MD & Hans Diehl, DrHSc, MPH, "Health Power". Review & Herald Publishing.; 22/24 F. Batmanghelidj, MD, "Your Bodies Many Cries for Water"; 21/23/25 John Winterdyk, PhD & Karen Jensen, ND, "The Complete Athlete"; 26 Agatha Thrash, MD & Calvin Thrash, MD, "Nutrition for Vegetarians".

Lunch Box Ideas:

Vegetables:

In a baggie – carrot & celery sticks, green or red pepper slices, cabbage wedges and coleslaw dressing for dip, cherry tomatoes, radishes, broccoli, cauliflower, and so on.

In a container - salads, coleslaw, etc.

Sandwiches - Veggie:

Base - tortilla, bread, buns, or pita pockets.

Spread – mayo, dip, cashew cheese, corn butter, relish, etc.

Topping (one or more) – lettuce, spinach, sprouts, tomato, cucumber, celery, shredded squash or zucchini, green onions, bean sprouts, olives, sugar peas, broccoli, grated carrots, etc.

Filling – mashed beans with mayo, cheese, “Egg” salad, Mariner Spread, sliced leftover roasts or casseroles, Tofu Slices, burgers or patties, etc.

Sandwiches – Fruit: (some go better together than others)

Base - bread, buns, pita pockets, or waffles

Spread #1 – peanut or almond butter, tahini, etc.

Spread #2 – honey, jam, jelly, etc.

Filling – bananas, raisins, etc.

Alternatives & Fillers:

Soup or chili in a thermos. muffins, crackers & corn bread; bars & cookies; mixed nuts, or popcorn; healthful cake, rice pudding, bread pudding, tapioca pudding, or and so on.

Garbanzo Cheese/Spread - Demo

Using chickpeas in an unusual way. Very Tasty!!!

*1/2 cup boiling water	*1/2 cup water
*4 Tbsp Vegetarian Jel (two pkgs of plain)	
1/2 cup sunflower seeds	19oz can rinsed garbanzos
1/4 cup nutritional yeast flakes	1 to 2 tsp salt to taste
3 to 6 Tbsp lemon juice	1 tsp dill weed or more to taste
1 tsp celery seed	1/2 tsp paprika, optional

*OPTION #1: Dissolve Jel in boiling water. Prepare a jelly mold with non-stick spray. Blend all ingredients together until very smooth. Pour into mold and chill until firm. Serves 8

OPTION #2: Omit water and Jel, combine all in a food processor. Pulse until desired consistency. Use as a spread, this is MY favorite.

Nutrition (per serving): 67.9 calories; 2.7g total fat; 0mg cholesterol; 326.2mg sodium; 117.0mg potassium; 8.7g carbs; 1.9g fiber; 0.3g sugar; 3.1g protein.

'Egg' Salad Sandwich

Not egg, but couldn't decide what to call it!

1 pkg of Extra-firm Silken Tofu
1/2 to 3/4 cup Mayo
1 to 2 Tbsp Chicken Style Seasoning (or Golden Seasoning)
3 Tbsp nutritional yeast flakes.
1/4 cup finely diced sweet onions (or green onions for lots of color)
1/4 cup finely chopped celery, optional
1 tsp parsley, optional

Make the scrambled tofu and cool to room temp. Combine all and place on whole wheat bread slices. Veggies can be modified or omitted to suit your taste. The procedure to make this recipe is VERY similar to the cottage cheese recipe in lesson #2, so if you want to have a look at that lesson's DVD again, you can do so at your leisure. Serves 4

Nutrition (per serving): 150.4 calories; 8.8g total fat; 0mg cholesterol; 276.2mg sodium; 328.2mg potassium; 8.5g carbs; 1.2g fiber; 1.6g sugar; 12.8g protein.

Mariner's Spread - 3ABN

Like a "mock tuna salad." I get rave reviews on this one!!!

2 cups garbanzos/chickpeas (19 oz can)	1/2 cup Mayo, to taste
2 to 3 Tbsp Sweet Relish	1/4 cup green onions
1 tsp kelp, to taste (or add a dash of salt)	1/2 tsp dulce (or kelp)
1 tsp lemon thyme, optional	1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations: Add 1/2 cup chopped celery, 1/4 cup chopped red or sweet white onion, and/or 1 Tbsp fresh parsley. Serves 4

Nutrition (per serving): 425.7 calories; 5.7g total fat; 0mg cholesterol; 3540mg sodium; 984.8mg potassium; 93g carbs; 10g fiber; 48.8g sugar; 11g protein.

Hummus

So many variations can give this a new twist each time.

2 cups garbanzos/chickpeas (19oz can)	1/2 cup Mayo, to taste
1/4 cup green onions, chopped (or chives)	
2 to 4 cloves roasted or raw garlic	1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations: Add 1/2 cup roasted red bell peppers. Serves 4

Nutrition (per serving): 185.8 calories; 4.4g total fat; 0mg cholesterol; 524.9mg sodium; 285.2mg potassium; 30.5g carbs; 5.7g fiber; 0.7g sugar; 7.5g protein.

Walnut Spread - Demo

Another savory spread from the Stafford clan. Thanks Donna.

1 cup walnuts, finely chopped	6 oz can tomato paste
2 Tbsp onion powder	1 tsp garlic powder
1 tsp sea salt	1/2 tsp cumin
2 cups breadcrumbs	1/4 cup chopped green onion
1/4 cup chopped olives	1/4 cup chopped celery
1 cup water, as needed	1/2 to 1 cup Mayo

Mix all together well, add enough mayo to make smooth and creamy. Good on sandwiches or toast. Serves 4

Nutrition (per serving): 472.4 calories; 23.5g total fat; 0mg cholesterol; 999.3mg sodium; 755mg potassium; 55.8g carbs; 7.2g fiber; 10.3g sugar; 14.4g protein.

Stafford Nut Meat

Thank you, Mrs. Ruth Stafford!

1 cup tomatoes, canned or fresh	3/4 cup water
1/2 cup lightly roasted cashews	1/2 cup walnuts
1/3 cup soy flour (or garbanzo flour)	3 Tbsp nutritional yeast flakes
2 Tbsp onion powder	1 Tbsp garlic powder
1 tsp sea salt	1/2 cup finely chopped peanuts

Place all ingredients, except peanuts, into a blender until smooth. Stir in peanuts and place in cans 3/4 full (14oz or so). Cover with foil and steam in large pot of water 2 to 3 hrs until firm. Let cool and remove from tins. Slice and serve in sandwiches.

Green Bean & Basil Spread

A recipe from Donna Stafford's home.

1/2 lb fresh green beans, trimmed	1 Tbsp vegetable oil
1 med onion, chopped	3 Tbsp fresh basil
1 tsp seasoning salt	1 tsp lemon zest, optional
Mayo, as needed	

Cook beans until tender. Sauté onion in oil. In food processor combine all & until roughly chopped. Place in a bowl & add just enough mayo to hold mixture together. Serve with melba toast or crackers. Yields 2 cups

Tofu Slices - 3ABN

Great warm or cold. EASY!! Thank you again Donna.

1 pkg firm or medium water packed tofu (454g/16oz)
1/4 to 1/2 cup Bragg's Aminos or soy sauce
2 to 4 Tbsp nutritional yeast flakes, optional

Slice tofu thinly and place into a non-stick skillet. Drizzle Aminos liberally over each slice and cook 3 to 5 min. Turn over and repeat. Serve warm or store in fridge for sandwiches. Serves 8

Nutrition (per serving): 31.3 calories; 1.7g total fat; 0mg cholesterol; 466.1mg sodium; 59.9mg potassium; 1.0g carbs; 0.4g fiber; 0.2g sugar; 4.2g protein.

Lentil Slice - Demo

Can be used as a pâté too.

- | | |
|-------------------------------------|----------------------|
| 1 1/4 cups brown lentils, raw | 4 cups boiling water |
| 1 1/2 Tbsp onion powder | 1 tsp garlic powder |
| 2 to 3 cubes Beef flavored bouillon | |

Bring water to a boil in saucepan over med heat. Grind lentils into a flour with coffee grinder, add onion and garlic powder. Dissolve bouillon in boiling water and vigorously whisk in “lentil flour” (or add water to lentil flour and return to saucepan). Cook for 10 min, stirring frequently. Spray a container with non-stick spray and pour mixture in. Chill until firm, about 6 to 8 hours, and slice or use immediately as a pâté. Serves 8

Nutrition (per serving): 138.7 calories; 0.7g total fat; 0mg cholesterol; 80.3mg sodium; 359.9mg potassium; 23.6g carbs; 11.1g fiber; 1.3g sugar; 9.5g protein

Harvest Pitas - Demo

Just about anything goes in this one.

- 1/4 cup Italian Dressing
- 6 to 8 cups fresh Spring Mix Salad (or spinach)
- 1 large carrot, grated (about 3/4 cup)
- 1/4 cup pumpkin seeds (or macadamia nuts)
- 1 to 2 cups of Salad Fixin’s (see below)
- 4 large (7 inch) whole-wheat pita pockets

In a medium bowl, combine all and toss to combine. Spoon into pita pockets, dividing evenly.

Salad Fixin’s

- | | | |
|-----------------|-----------------|---------------|
| Radishes | Beet greens | Tomatoes |
| Spinach | Avocado | Lambsquartars |
| Zucchini | Red bell pepper | Green Onions |
| Broccoli | Carrots | Kale |
| Pumpkin Seeds | Cauliflower | Pine Nuts |
| Baked Tofu | Sliced Almonds | Jicama |
| Chopped Walnuts | Swiss Chard | Cucumber |

Baked Tofu Salad/Wrap - Demo

An EASY and TASTY dish!

BAKED TOFU

1 pkg water packed tofu, firm	3 Tbsp Bragg's Aminos
1/2 Tbsp Golden Seasoning	1 Tbsp nutritional yeast flakes

SALAD

3 to 4 cups baby spinach, torn	3 to 4 cups mixed spring greens
1/2 cup Italian Dressing (or Raspberry)	1 cup Salad Fixin's

Cube tofu in 1/2" or 3/4" cubes. Mix tofu ingredients gently and place evenly on a non-stick sheet. Bake at 300°F for 20 to 30 min or until browned, stir once halfway. Prepare salad and toss with tofu. Serve immediately. If not serving immediately, let the tofu cool before adding to salad. Put into a wrap for your lunch! Serves 6

Nutrition (per serving): 142.8 calories; 10.9g total fat (with Italian Dressing!); 630.4mg sodium; 243.9mg potassium; 4.7g carbs; 1.1g fiber; 1.9g sugar; 8.4g protein.

Spinach and Pine Nut Salad

Get your greens!

8 cups washed baby spinach	1 cup grated carrots
2 to 4 Tbsp olive oil	2 Tbsp fresh lemon juice
1/2 cup pine nuts, toasted opt.	1/2 cup olives
sea salt to taste	

Toss and serve. Serves 4

Savory Sunflower Seeds

Give your salad an extra crunch and more protein!

4 cups sunflower seeds, rinsed well	1/2 cup nutritional yeast flakes
1 tsp garlic powder	2 tsp onion powder
1 tsp sea salt	

Stir well and spread on a cookie sheet. Bake at 300°F for 60 to 90 min. Cool, break up into chunks if needed, and store in fridge. Serves 16

Nutrition (per serving): 75.7 calories; 5.8g total fat; 0mg cholesterol; 118.7mg sodium; 127.8mg potassium; 3.5g carbs; 1.2g fiber; 0.5g sugar; 3.8g protein.

G-Good Loaf - 3ABN

Great for Sandwiches, slices well when cold.

1/2 cup boiling water	1/4 to 1/2 cup peanut butter
1 cube beef flavored bouillon	2 1/2 cups gluten flour
1/4 cup nutritional yeast flakes	1/4 cup Bragg's Aminos
2 cups water	

Pre-heat oven to 400°F. Dissolve bouillon into 1/2 cup hot water, add remaining wet ingredients. Combine all dry ingredients in a medium bowl and stir in wet ingredients. Place in a prepared loaf pan and bake 15 minutes, reduce heat and bake an additional 45 to 60 minutes at 350°F. Let cool 20 minutes before slicing. Serve cool or re-heat in saucepan or in oven with gravy. Serves 9, two slices each

Nutrition (per serving): 209.0 calories; 4.6g total fat; 0mg cholesterol; 477.3mg sodium; 124.6mg potassium; 8.5g carbs; 0.2g fiber; 0g sugar; 35.1g protein.

Sandwich Spread Ideas

Take leftover patties or roasts, mash and add mayo. Use various nuts for butters not just peanut. Homemade cheese and sandwich spreads.

Pastry

Use for Veggie Turnovers.

1/2 cup margarine (or shortening)	1/2 cup unbleached flour
1 1/2 cups whole wheat flour	3 Tbsp oil (canola oil for Omega 3)
4 to 6 Tbsp water, as needed	

Combine flours. Chop in marg till size of small peas. Whisk with fork water and oil, and stir into flour mixture. Add enough water to form soft ball. Roll out and place into pie pan or on top of pot pie. Serves 8

Nutrition (per serving): 259.0 calories; 17.6g total fat; 0mg cholesterol; 301.5mg sodium; 99.5mg potassium; 22.4g carbs; 3.0g fiber; 0.1g sugar; 3.9g protein.

Pastry is difficult to make without fat, whether it is free fats like oil or margarine or whole foods like nut butters. For healthy, active people and growing children this is not such a concern as those whom are dealing with heart disease or a sedentary lifestyle.

Golden Nuggets - 3ABN

These are very versatile and delicious!!! (Gluten free see Tips.)

3 1/2 to 4 cups gluten flour	1/2 cup whole wheat flour
2 Tbsp onion powder	1 Tbsp garlic powder
2 cubes Beef flavored bouillon	1 cup boiling water
2 1/2 cups lukewarm water	Golden Nugget Broth

Prepare two 9 x 13 pans with non-stick spray. Dissolve Bouillon in the boiling water. Combine all dry ingredients, and combine all wet ingredients with Bouillon. Mix together. This will seem goeey but will not stick to your hands. Tear into chunks about 1" or so. (Less than bite size as these will expand) Place into prepared pans. Pour broth over top and bake at 350°F for approx 1 hour. (Switch pans halfway, top to bottom, bottom to top). Cook until liquid is almost absorbed. Cool, stirring a couple times and place in baggies. Freezes well. Variations: Can use Golden Seasoning in place of Beef flavored bouillon. Serves 20 (about 1/2 cup)

Nutrition (per serving including broth no oil): 124.9 calories; 0.8g total fat; 467mg sodium; 96.3mg potassium; 8.24g carbs; 0.65g fiber; 0.36g sugar; 22.1g protein.

Golden Nuggets Broth

4 1/2 cup water
2 cubes Golden Seasoning (or Beef flavored bouillon)
1/2 cup Bragg's Aminos
1/2 cup nutritional yeast flakes
2 to 4 Tbsp vegetable oil, optional

Dissolve bouillon in hot water. Combine all and pour over gluten, making sure you divide evenly. Stir as pouring to ensure even flavour.

Tips 'n' Techniques

For gluten free: Use 8 cups dry Soy Curls in place of above recipe, add 2 Tbsp Golden Seasoning or Beef flavored bouillon, and soak in the Golden Nugget broth for 15 minutes and bake in the broth for 30 min at 350°F.

Veggie Pot Pie - 3ABN

One of my personal favourites! Very YUMMY.

- | | |
|---|----------------------------------|
| 1 1/2 to 2 cups Golden Nuggets | 3 to 5 cups diced potatoes |
| 1 cup diced carrots | 1 can corn, drained (398ml/14oz) |
| 1/2 cup diced onions | 1/2 cup peas, optional |
| 2 Tbsp whole wheat flour (gluten free use corn flour) | |
| 2 to 3 Tbsp Golden Seasoning | 2 cups soymilk (or water)* |
| 2 to 4 Tbsp nutritional yeast flakes, optional | |
| Pastry (or Low fat Cornbread, for a low fat alternative.) | |

Chop nuggets in a large bowl. Combine remaining ingredients in nuggets and mix thoroughly. Top with pastry or Cornbread. Bake at 350°F for 30 to 45 minutes. *For extra creamy add 1 cup more. Serves 8

Nutrition with pastry on pg. 65 of Vol. 6. (per serving): 412.6 calories; 19.4g total fat; 0mg cholesterol; 652.0mg sodium; 644.4mg potassium; 48.0g carbs; 6.4g fiber; 3.1g sugar; 15.0g protein.

Nutrition with corn bread made with applesauce (per serving): 119.4 calories; 1.6g total fat; 0mg cholesterol; 230.4mg sodium; 512.9mg potassium; 22.4g carbs; 3.2g fiber; 2.7g sugar; 5.8g protein.

Omega 3 Bars - 3ABN

Full of omega 3's – 1.8grams per serving.

- | | |
|--|--------------------------------|
| 1/2 cup brown rice syrup (or honey, will be sweeter) | |
| 1/4 cup canola oil (or soy creamer to reduce fat) | |
| 1/2 cup almond butter | 1/2 cup peanut butter |
| 1 cup chopped walnuts | 1/2 cup pumpkin seeds |
| 1/2 cup ground flax | 1/4 cup sesame seeds, optional |
| 3 cups brown rice crispies | |

Heat syrup, soy creamer and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 12 and chill. Serves 16

Nutrition (per serving): 398.0 calories; 19.5g total fat; 0mg cholesterol; 86.7mg sodium; 213.5mg potassium; 58.3g carbs; 2.5g fiber; 38.3g sugar; 7.8g protein.

Quiche

Make these in muffin tins for lunches on the go.

- 1 pkg water packed tofu, medium (454g/16oz)
- 1/3 cups soy milk
- 3 Tbsp nutritional yeast flakes
- 1 Tbsp Golden Seasoning
- 1 tsp onion powder
- 1/4 tsp sea salt, optional
- 1/2 cup green onions
- 1/2 Pastry recipe

Blend all in blender, except pie crust and green onions, until smooth. Requires lots of stop the blender, stir, and blend. Stir in green onions. Pour into pie crust and bake at 400°F for 30 minutes, reduce heat to 375°F and bake 15 to 25 minutes longer. Remove from oven and let stand 15 minutes before serving. Variation: add peppers, garlic, or broccoli. Serves 6 Ready in: 90 minutes

Nutrition with pastry pg. 65 (per serving): 264.8 calories; 17.0g total fat; 0mg cholesterol; 380.2mg sodium; 266.8mg potassium; 19.5g carbs; 2.7g fiber; 0.5g sugar; 11.2g protein.

Nutrition with veggie pastry (per serving): 176.7 calories; 8.7g total fat; 339.5mg sodium; 575.1mg potassium; 17.5g carbs; 1.6g fiber; 0.4g sugar; 9.9g protein.

Veggie Pastry

- 2 cups grated potatoes
- 2 Tbsp olive oil
- 1/2 tsp sea salt

Mix all together and pat lightly into prepared pie pan (spray well). Fill with quiche filling and bake according to quiche directions. Serves 8

Nutrition (per serving): 70.8 calories; 3.4g total fat; 0mg cholesterol; 120.2mg sodium; 281.0mg potassium; 9.7g carbs; 0.7g fiber; 0g sugar; 1.0g protein.

Dinner Crumbles - 3ABN

Keep this “ground beef” substitute recipe handy!

- 2 cups bulgur wheat (see variations)
- 1/2 cup raw brown lentils (ground in blender or coffee grinder)
- 1 can tomatoes, with juice (796ml/28 oz)
- 1 1/2 cups water, as needed 1/2 tsp garlic powder (or 1 to 2 cloves)
- 1 tsp onion powder 1 lrg onion, sautéed, optional
- 1/2 cup ground walnuts, opt 3 to 4 cubes Beef flavored bouillon

Blend all (except bulgur and onions) until smooth. In a large skillet mix all (including bulgur) and bring to a boil over medium heat. Reduce heat and simmer for 30 to 45 minutes stirring occasionally, until mixture is a moist, burger-like consistency (a bit goeey). Will “dry up” as it cools. This freezes well and when thawed crumbles up nicely. Unless stated otherwise, Dinner Crumbles are used COLD in recipes. Serving: 1 cup

Nutrition (per serving): 379.1 calories; 2.5g total fat; 0mg cholesterol; 494.5mg sodium; 898.8mg potassium; 78.0g carbs; 22.0g fiber; 6.2g sugar; 16.5g protein.

Gluten free alternative: Use above recipe with Soy Curls crushed into pea sized bits or use soy TVP (available in some grocery stores)

Quick alternatives: several products on the market that imitate ground beef. Most of them are ready to use, no need to do the above recipe.

Creamy Risotto Soup

Very delicious, rich and creamy!

- 2 cups orzo pasta noodles (or 1 1/2 cups brown rice)
- 4 to 6 cups water
- 4 cups soy milk (or nut milk)
- 1/2 cup White Cheese (see website) or Vegenaïse
- 2 Tbsp non-hydrogenated margarine (omit for low fat)
- 6 cubes Golden Seasoning
- 4 Tbsp Zesty Sprinkles, optional

Combine all ingredients in a large saucepan over medium heat and cook until orzo is done, about 25 to 35 minutes.

Veggie Turnovers

A great dish for traveling, you can eat it on the go!

Pastry	2 cups Dinner Crumbles
1 cup chopped potatoes	1/2 cup chopped carrots
1/2 cup peas, opt	1/4 cup chopped celery, opt
1/4 cup chopped onions, opt	

Mix Dinner Crumbles, potatoes, and carrots. Roll out pastry into large rectangle. Cut into 8 squares. Place 1/2 cup or so of mixture into center of square, using finger wet edge of pastry with water, and fold in half diagonally. Pinch edges well. Bake at 350°F for 25 to 35 minutes.

While turnovers are cooking prepare some extra potatoes and a salad for a complete meal. Could use Golden Nuggets in place of Dinner Crumbles too. This is a great meal for children and hard workers. We especially like it for a picnic on a hike. Taste fine cold, but better warmed a bit.

Low fat and/or Gluten free: use tortillas in place of pastry. Bake only until warm.

Potato Stew - 3ABN

Thank you Mihaela for the inspiration.

6 cups water	2 cups tomato juice
1/2 cup lentils, optional	4 medium potatoes, diced
1 cup diced carrots	2 lrg onions, sautéed if desired
1 Tbsp lemon juice	2 med bay leaves
1 tsp sea salt, to taste	1 cube Beef flavored bouillon

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils and potatoes are tender. Adjust water and salt to taste. Serves 8

Nutrition (per *serving*): 118.2 calories; 0.3g total fat; 0mg cholesterol; 299.7mg sodium; 808.9mg potassium; 27.7g carbs; 2.6g fiber; 4.5g sugar; 3.0g protein.

Blueberry Muffins - 3ABN

(This was in lesson #3 too.)

- 3/4 cup whole wheat flour (or spelt)
- 1 cup unbleached flour
- 1/2 cup raw sugar (or alternative)
- 1/2 tsp sea salt
- 1 1/2 Tbsp Ener-G Baking Powder
- 1 1/4 cups soy milk (or coconut milk)
- 1/4 cup applesauce (or vegetable oil)
- 1/8 tsp almond extract
- 1 tsp vanilla extract
- 1 cup blueberries (fresh or frozen)

Preheat your oven to 400°F. Prepare muffin tin (paper works well). Mix dry ingredients, stir in blueberries. Combine wet ingredients and mix wet into dry. Bake at 375°F for 20 to 25 minutes. Serves 12

Nutrition (per *serving*): 119.0 calories; 0.8g total fat; 0mg cholesterol; 93.2mg sodium; 87.0mg potassium; 25.4g carbs; 1.9g fiber; 10.3g sugar; 3.3g protein.

Blueberry Muffins - GF

- | | |
|---------------------------------|--------------------------|
| 1 cup brown rice flour | 1/3 cup tapioca starch |
| 1 1/2 Tbsp Ener-G Baking Powder | 1/2 cup corn flour |
| 1 tsp Ener-G Egg Replacer, opt | 1/3 to 1/2 cup raw sugar |
| 1 cup blueberries | 1 cup soy milk |
| 1/4 cup applesauce (or oil) | 1 tsp vanilla extract |

Preheat oven to 400°F. Combine dry ingredients in large bowl, stir in blueberries. Combine wet and stir into dry. Fill 12 muffin tins and bake at 375°F for 25 to 30 minutes or until light, golden brown. You may need to add more tapioca starch depending on your altitude. Try as is and add more if they sink too much. Serves 12

Nutrition (per *serving*): 115.9 calories; 1.0g total fat; 0mg cholesterol; 12.7mg sodium; 83.6mg potassium; 24.7g carbs; 1.6g fiber; 6.5g sugar; 2.2g protein.

Assignment - Lesson #5

DATE: _____

STUDENT: _____

1. List some of the reasons why is water so important:
2. Can you drink juice or coffee in place of water?
3. How much water does the average person need (what is the formula)?
4. Are you drinking enough water?

5. Make one of the spreads.
 - a. Which one did you choose?

 - b. How did it turn out?

6. Try one of the Salad recipes.
 - a. Which one did you choose?

 - b. How did it turn out?

7. Make the Spinach and Pine Nut Salad as a wrap.

Lesson #6:

Exercise Infosheet

Recipes in this Booklet:

Cream of Mushroom Soup
Heavenly Casserole
Cream of Celery Soup
Noodle Dinner
Brown Rice
Rice n Almond Dish
Baked Rice
Rice n Burger Pie
Tofu Vegetable Rice Casserole
Special Roast
Shepherd's Pie
Summer Shepherd's Pie
Imperial Roast
Spanish Meal in One
Deluxe Mashed Potatoes
Onion n Cashew Gravy
Golden Cashew Gravy
Macaroni Casserole
Orange Cheese Sauce
Macaroni n Cheese
Lasagna
Creamy Garlic Sauce
Creamy Mushroom Sauce
Oat Gravy
Creamy Veggie Lasagna

Exercise

HOW OFTEN, HOW LONG, & HOW HARD?

The recommendation by health professionals is 30 min per day 3 X a week. While there are benefits from as little as 15 min per day, 3 x week, for maximum health and the Depression Recovery Program, you will need 30 to 60 min, 5 to 6 days per week. Remember gardening, wood chopping, raking leaves, brisk walking to the mail, all count as exercise. Intensity (how hard) is also important. If you dawdle along on your walk you will need to go a lot farther to receive benefit than if you went faster and got your heart rate up quicker, within moderation of course. Do not run as fast as you can until exhausted, just so you can speed things up. In fact, any activity that causes panting or heavy breathing can adversely affect your digestive system, kidneys, liver, and circulatory system, even causing heart attacks. Never exercise past their target heart rate for an extended period of time. Cardiac reserve, the measurement of the heart to work between the resting heart rate up to maximum output, varies in different individuals. The average is 4x, while an athlete can be up to 7x, and a person with a heart condition can have little or no reserve. This is why it is especially important to check with your doctor on what your MHR and THR is if you have any medical condition.

BENEFITS OF EXERCISE

Exercise has so many benefits, here is just a sample of what it can do: improves circulation, strengthens the bones, improves HDL (good cholesterol) and strengthens the heart, boosts energy levels, stimulates the immune system, reduces stress & tension, improves concentration, helps relieve depression, and improves overall health.

WHAT KIND?

There are many forms of exercise that benefit your health. Walking is one of the best forms of exercise because it is easy to do, can be done anywhere, can be done outside in the fresh air and sunshine, and it is adjustable to meet different fitness levels. Hills, flats, quicker, carry weight, all can be used to adapt to your needs. Gardening is another great way to get all the benefits of exercise and is great for character building as well. Shoveling snow, cross-country skiing, throwing hay bales, and so on are all good exercise. In fact, studies in Sweden have shown exercise combined with sunshine double the mitochondria, your cellular power plants, in about 28 weeks, while studies in Germany show a double in the rate of increasing strength. Swimming is good exercise for those who have joint pain.

A well balanced exercise plan includes: moderate aerobics, strength training, and stretching. A basic outline is: 5 minutes stretching, 5-10 minutes of warm up, you should be able to sing. 20-30 minutes of aerobic workout, preferably Intermittent

Training. You should be able to talk, but not sing. If you are panting, you are working too hard. 10-15 minutes of cool down. Don't stop abruptly as this is hard on the heart. Lastly 5 minutes of stretching.

Do strength training 1-3 times per week in between IT or aerobic exercise. Advice varies from trainer to trainer on how much strength training. And don't forget if shoveling snow, pitching hay, or gardening is part of your routine you are combining your strength and aerobic workout. One training plan, developed by Harold C. Mayer, MPH, called PULSE I.T.© uses discontinuous aerobic exercise. It is also called Intermittent Training or I.T. Intermittent Training has been found to help improve thyroid function in addition to all the other health benefits of exercise. It is part of the Depression Recovery Program, by Dr. Nedley (see www.drnedley.com), as well as STEPFAST, a health education program.

I.T. OVERVIEW

Basically, I.T. is taking some rest for every minute of exercise. You will need your resting pulse (RP) and age. Target heart rate (THR) formula is: $(220 - \text{age} - \text{RP}) \times 0.4 + \text{RP} = \text{THR}$ Example: 35 year old, with a resting heart rate of 70 = $(220 - 35 - 70) \times 0.4 + 70 = 116$ THR. Now to implement the I.T. training, add 5 to 10 to your THR and exercise until you reach this heart rate. Once you have achieved this rate you "rest" (slow down) until your pulse is THR - 5 or 10. So in our previous example, the person will exercise until HR is 121, then 'rest' until the HR is 111. There are heart rate monitors that let you know when to change the pace.

There are other ways to do I.T. exercise, such as by time: 30 seconds of exercise, 30 seconds of rest. Progressing to 50 seconds of exercise and 10 second of rest. Other methods do 20 seconds of exercise, 10 second of rest, and repeat for 30 to 45 minutes. Still others do several minutes of exercise with several minutes of rest. Simply stated - work, rest, work, rest, etc. Sounds like farming, walking on uneven terrain & gardening. In fact these activities are health benefit producing because in addition to being a form of I.T. they are also outside in the fresh country air.

PRECAUTIONS

General Pain and Fatigue: While exercise takes effort, it should not be painful. Sore muscles should not continue over 3 days. Chest pain & Shortness of breath: If chest pain or shortness of breath occurs during exercise, stop, and see your doctor. Water, Water, Water: The very best fluid is water. Sweating happens imperceptibly, so don't wait until you're thirsty. Medical Conditions: There are some conditions which limit exercise. Consult your doctor.

(References and sources are listed in the full version, original infosheet.)

Cream of Mushroom-Demo

Use this in all your recipes that call for mushroom soup. Dairy free and still delicious.

- 2 med onions (or 3 Tbsp onion powder)
- 10 to 12 cups water (or soy milk omit cashews)
- 1 to 1 1/2 cup raw cashews
- 1/4 cup cornstarch
- 4 to 5 cubes Tasty Brown Bouillon
- 1 to 2 tsp sea salt, to taste
- 6 to 8 cups mushrooms (Yes, it is a lot of mushrooms.)
- 2 to 3 cups coarsely chopped mushrooms (to desired texture)

In blender place cashews and enough water to cover. Blend until smooth, add remaining ingredients, except coarsely chopped mushrooms and water. Add enough water to blend until creamy and smooth. Pour into saucepan. Stir in coarsely chopped mushrooms and remaining water. Cook over medium heat until tender. Serve. Sometimes we blend it, add cornstarch, heat until thick, then use over baked potatoes. Yields about 4 quarts. I freeze the extra (after it is cooked!). Serves 12

Nutrition (per serving): 100.7 calories; 5.7g total fat; 0mg cholesterol; 268.2mg sodium; 265.7mg potassium; 10.4g carbs; 1.3g fiber; 2.5g sugar; 3.7g protein.

Heavenly Casserole - Demo

Delicious! Modified from a friend, Trudy Brown.

- 2 cups Golden Nuggets (or any gluten loaf or or soy curls)
- 2 to 3 cups mushroom soup (or use celery soup or cream of chicken)
- 1 lrg onion, diced
- 1 med red bell pepper
- 1 stalk of celery, sliced
- 1 clove garlic
- 1 to 2 cans mushrooms
- 6 cups cooked brown rice
- 1 cup chopped almonds
- 3/4 cup soy milk, as needed

Dice Golden Nuggets and add remaining ingredients. Place into casserole dish and bake at 350°F for 45 to 60 minutes.

Cream of Celery Soup

You can use this in place of mushroom soup if you don't use mushrooms.

2 med onions (or 2 Tbsp onion powder)	8 cups water
4 to 6 stalks celery, finely diced	1/2 cup raw cashews
4 cups soy milk	2 to 4 Tbsp cornstarch
2 to 3 Tbsp Golden Seasoning	1 tsp sea salt, opt

In blender place cashews and enough water to cover. Blend until smooth, add remaining ingredients, except celery, and blend again till creamy and smooth. Pour into saucepan and add celery, diced fine. Cook over medium heat until celery is tender. Serves 6

Nutrition (per serving): 185.5 calories; 8.42g total fat; 0mg cholesterol; 294.5mg sodium; 449.9mg potassium; 19.5g carbs; 3.7g fiber; 3.75g sugar; 10.67g protein.

Noodle Dinner - Demo

Very delicious. Make homemade soup for optimum health.

- 2 cups cream of mushroom soup (or cream of celery)
- 1/2 cup chopped cashews, lightly toasted are nice
- 1 to 2 cups chopped Golden Nuggets
- 5 to 7 cups rice noodles (or other "instant" noodle) 300gm pkg or so.

Heat soup till bubbling and turn off. Stir in remaining ingredients, cook as needed, and serve. Variation: angel hair pasta.

Brown Rice

Simple and easy way to make rice.

- 2 1/2 cups long-grain brown rice, Lundberg is the best
- 4 cups water

Wash rice and add water. Place in medium pot over high heat and bring to a boil. Reduce heat and let simmer 25 minutes. Turn off heat and let stand 10 minutes. Serve. Serves 4

Nutrition (per serving): 427.8 calories; 3.4g total fat; 0mg cholesterol; 12.8mg sodium; 257.8mg potassium; 89.3g carbs; 4.0g fiber; 1.0g sugar; 9.2g protein.

Rice n Almond Dish

Rice ‘n’ almonds go so well together in a savory dish like this.

- | | |
|------------------------------------|-------------------------------|
| 1 1/2 cups brown rice | 1/2 cup boiling water |
| 1 cube Golden Seasoning | 2 1/2 cups water |
| 3/4 cup almonds, sliced or chopped | 1/2 cup soy creamer, optional |

Place ingredients in a 3 qrt casserole dish and stir once. Cover and bake at 350°F for 70 to 90 min. Remove from heat, stir in soy creamer, and let stand 15 min before serving. Variation: Use a rice cooker to make the rice, follow directions on rice cooker. Stir in Golden Seasoning, almonds, and soy creamer while still hot. Let stand 15 min and serve. Serves 8

Nutrition (per serving): 180.3 calories; 5.5g total fat; 66.2mg sodium; 77.5mg potassium; 32.1g carbohydrates; 3.3g fiber; 0.4g sugar; 4.4g protein.

Baked Rice

- | | |
|-----------------------------------|-----------------------|
| 1 3/4 cups brown rice | 1/2 cup boiling water |
| 1 cube Golden Seasoning, optional | 2 1/2 cups water |

Dissolve bouillon cube in boiling water or use powdered. Place all ingredients in a 2 quart casserole dish and stir once. Cover and bake at 350°F for 70 to 90 min. Uncover and bake about 5 to 10 min. Serves 6

Nutrition (per serving): 202.2 calories; 1.8g total fat; 0mg cholesterol; 88.2mg sodium; 19.6mg potassium; 47.2g carbs; 3.6g fiber; 0g sugar; 3.9g protein.

Rice ‘n’ Burger Pie

Crust:

- | | |
|---|--|
| 1 can tomato paste | 1 small diced onion, optional |
| 2/3 to 1 cup breadcrumbs
pre-cooked and crumbled.) | 4 cups Dinner Crumbles (Or favourite burger) |

Filling:

- | | |
|---------------------------------|----------------------------------|
| 2 cups cooked brown rice | 1 1/2 cups tomato sauce |
| 1/4 cup red bell peppers, diced | 1/2 cup onions, diced |
| 1 tsp Italian Herbs | 1/2 tsp Seasoning Salt, to taste |

Combine the crust ingredients and press into a 9” prepared pie pan. Combine filling ingredients and bake at 350°F for 25 to 35 min.

Tofu Veggie Rice Casserole - Demo

A meal in one! Use up your leftovers.

2 pkg water packed tofu, med 1 lrg red bell pepper, chopped
2 stalks of bok choy (Chinese cabbage or celery or broccoli), chopped
2 med carrots, chopped 1 cup bean sprouts, green soybeans or peas
1 med onion, chopped 1/4 cup olives, optional
1 tsp basil 3 Tbsp nutritional yeast flakes
1-2 Tbsp Golden Seasoning 1/4 cup Bragg's Aminos (soy sauce)
4 to 6 cups cooked brown rice

Combine Braggs and rice and place in the bottom of a 9 x 9 pan. Drain tofu well, (can squeeze between two plates), mash well. Combine remaining ingredients with tofu and place on top of rice. Bake at 350°F for 50 to 60 minutes and serve. Serves 6

Nutrition (per serving): 205.3 calories; 4.6g total fat; 0mg cholesterol; 142.2mg sodium; 439.9mg potassium; 32g carbs; 4.5g fiber; 4.4g sugar; 11.5g protein.

Special Roast - Demo

Another "special" from my Mom. Very good company pleaser.

1 pkg water packed tofu, medium (454g/16oz)
2 Tbsp Tasty Brown Bouillon
6 cups corn flakes (or Special K or brown rice crispies)
1 med onion, diced fine
1/4 cup walnuts, chopped fine

Put tofu and bouillon in food processor and process until smooth. Stir in remaining ingredients and pour into a prepared 9 x 9 pan (or 8 x 11). Bake at 350°F for 45 minutes covered. Remove cover and bake an additional 15 minutes if you would like it a bit crispy like we do. Serve with gravy or tomato sauce. Serves 8

Nutrition (per serving): 152.2 calories; 5.5g total fat; 0mg cholesterol; 43.9mg sodium; 122.0mg potassium; 20.1g carbs; 0.8g fiber; 1.9g sugar; 6.8g protein.

Shepherd's Pie

Another Meal in One.

8 med potatoes, cooked and mashed	2 cloves garlic
2 cups corn	2 cups peas
3 cups Dinner Crumbles	

Stir crushed garlic into potatoes. In a large casserole pan layer Dinner Crumbles, corn and peas. Top with mashed potatoes. Bake at 350°F for 30 min or until potatoes are browned on top. Serves 8

Nutrition (per serving): 837.4 calories; 5.4g total fat; 0mg cholesterol; 697.1mg sodium; 2054mg potassium; 170.4g carbs; 33.0g fiber; 3.4g sugar; 39.2g protein.

Summer Shepherd's Pie

This is 75% Raw! Low sodium less than 45gram serving.

8 med potatoes, freshly cooked and mashed still hot.	
2 cloves fresh garlic	2 cups fresh corn
2 cups fresh pea's	2 cups grated carrots (or chopped tomatoes)

Stir crushed garlic into potatoes. In a large casserole pan layer carrots, corn and pea's. Top with HOT mashed potatoes. Serve. Serves 8

Nutrition (per serving): 226 cal; 0.9g total fat; 7.2g fiber; 7.0g sugar; 6.7g protein

Imperial Roast

Easy and Tasty.

1 pkg medium tofu, water packed (454g/16oz)	
1 med fresh tomato	1 cup breadcrumbs
1 med onion, diced	1 cup celery, diced
1/2 cup walnuts, chopped	1/2 cup olives, chopped
1 tsp sage	1 tsp sea salt
1/2 tsp thyme	1/2 tsp oregano
1 cup cooked brown rice	

Place tofu and tomato in food processor until smooth. Combine remaining ingredients, pour in tofu mixture and stir well. Place in prepared 9" square pan and bake at 350°F for 60 mins.

Spanish Meal in One

All those veggies and your entree too!

2 cups brown rice, raw 4 cups water
1/4 cup Bragg's Aminos 1/2 cup red bell pepper, chopped
1 can corn, drained, opt 1 med onion, chopped
1 to 2 stalks celery, chopped 1 1/2 to 2 cups Dinner Crumbles
2 cups tomato sauce (or juice)

Layer ingredients in order in a 3 quart casserole dish. Cover, stir and bake at 350°F for 1 hour.* May need some more water or tomato juice. Uncover and bake about 15 to 30 minutes. Serves 8

Nutrition (per serving): 549.7 calories; 4.4g total fat; 0mg cholesterol; 1126.7mg sodium; 847.6mg potassium; 116g carbs; 19.3g fiber; 4.7g sugar; 22.2g protein.

Deluxe Mashed Potatoes

With herbs and garlic this is delicious without gravy.

6 to 8 medium potatoes, peeled and quartered
1/2 to 3/4 cup soy milk
2 to 4 Tbsp non-hydrogenated margarine, optional
1 to 2 tsp Seasoning Salt
1 to 2 tsp Italian herbs
2 to 4 cloves garlic

Cook potatoes until soft and drain. Add remaining ingredients and mash (whip with mixer works well) until smooth. Serve hot. Serves 6

Nutrition (per serving - WITH marg): 211.9 calories; 4.4g total fat; 0mg chol; 370mg sodium; 1164mg potassium; 40.2g carbs; 2.9g fiber; 0.7g sugar; 4.7g protein

Tips on Potatoes: There are basically two types of potatoes: starchy and waxy. Russets are starchy and Red potatoes are waxy. Most chefs will tell you starchy potatoes are good for baking & mashing, while waxy potatoes are good for roasting. Our family likes red potatoes for just about everything. They take a little longer to cook, but we like them for baked, mashed, and fried! Skins ON!

Onion ‘n’ Cashew Gravy - Demo

Simple and no bouillon.

1/2 to 3/4 cup roasted cashews	1/2 cup water
1 to 2 Tbsp oil (or water)	1 lrg onion
1/4 cup whole wheat flour	4 cups boiling water
1 to 2 tsp sea salt	1 tsp carob powder (opt)

Sauté onion in oil until brown, even dark on the edges. Add the flour and continue to “brown.” Put cashews in blender and cover with 1/2 cup water, blend till smooth. Pour in boiling water and remaining ingredients. Add all to onions, whisking constantly. Cook until thick. If goes lumpy or to “hide” onions, place in blender and serve. Serves 4

Nutrition (per serving): 165.9 calories; 11g total fat (reduce oil and reduce this); 478mg sodium; 171mg potassium; 14.3g carbs; 1.3g fiber; 2.7g sugar; 4.1g protein.

Golden Cashew Gravy

Lovely golden gravy.

2 cups boiling water (out of mashed potatoes is good)	
1/2 cup raw or roasted cashews	1/2 tsp onion powder
1 to 2 Tbsp Golden Seasoning	Dash of turmeric, optional

Put cashews and bouillon in blender, pour in enough boiling water to cover and blend until smooth. Add remaining ingredients and pour into saucepan, cook over low heat until thick. Variation: 1 cup soy curls and serve over rice or Quinoa. Serves 4

Nutrition (per serving): 98.8 calories; 7.7g total fat; 0mg cholesterol; 133.2mg sodium; 139.3mg potassium; 5.5g carbs; 0.7g fiber; 1.1g sugar; 3.6g protein.

Macaroni Casserole

A rich and full dish.

6 cups cooked macaroni	2 cups Dinner Crumbles
1 to 2 cups Orange Cheese (or Orange Cheese Sauce)	
1/2 cup onion, chopped	1/2 tsp garlic powder
1 Tbsp yellow mustard	1 cup tomatoes, chopped

Combine all ingredients and bake in preheated 400°F oven for 25 min.

Orange Cheese Sauce - Demo

A nice rich cheese. Leave out the options for low fat.

1 1/2 to 2 cups water	1 cup raw cashews
1/2 cup raw cashews, opt (for extra rich, for growing children)	
1/2 cup canola oil, optional (same as above)	
4 to 5 Tbsp cornstarch	2 to 3 tsp sea salt
1/2 cup nutritional yeast flakes	2-4 Tbsp lemon juice
1 tsp garlic powder or 1 small clove	2 tsp onion powder
1/2 cup roasted red peppers	1/4 to 1/2 can Ro-tel (or diced tomatoes with chiles 10oz/285grams), optional

Rinse cashews well, place in blender and cover with water. Blend on until smooth. Add remaining ingredients and blend until very smooth. Cook in a saucepan until thick and bubbly. Good for dipping (may need to add water) or spreading. For macaroni and lasagna, omit cornstarch, skip the cooking step and pour on just before baking. Serves 8

Nutrition (per serving WITH OIL & EXTRA CASHEWS): 310 calories; 25.5g total fat; 0mg cholesterol; 350.3mg sodium; 513.8mg potassium; 17g carbs; 3.3g fiber; 6.8g sugar; 8.06g protein.

Nutrition (per serving - LOW fat, leave out the optional cashews and oil): 145 calories; 8.2g total fat; 0mg cholesterol; 349mg sodium; 460.1mg potassium; 14.8g carbs; 3g fiber; 6.35g sugar; 6.6g protein.

Macaroni 'n' Cheese - Demo

Very creamy and zesty.

3-4 cups dry macaroni (brown rice for gluten free if cannot get brown rice pasta)
1 cup Orange Cheese Sauce
sunflower seeds, optional

Cook macaroni according to package directions. Make up cheese sauce, but do NOT cook! Stir in cheese while macaroni is still hot. Serve with sunflower seeds, optional. Serves 6

Lasagna - Demo

A traditional favourite, gone veggie!

- 12 Lasagne noodles
- 454g water packed tofu, firm
- 1/3 cup mayo, optional
- 2 Tbsp nutritional yeast flakes
- 1 tsp onion powder
- 3 cups tomato sauce
- 1/4 cup Zesty Sprinkles (or Veggie Parmesan)
- 1 cup White Cheese, optional

Boil lasagne for 10 minutes or use oven-ready lasagne noodles. Spoon 1/2 to 3/4 cup tomato sauce on the bottom of a 9 x 13 pan. Layer 3 noodles. Spoon 1/2 to 3/4 cup tomato sauce and layer 3 noodles. Crumble tofu and add: onion powder, yeast flakes, mayo, and Zesty sprinkles. Layer on top of noodles and cover with 3 more noodles. Spoon on 1/2 to 3/4 cup tomato sauce and 3 more noodles. Spoon on 1/4 to 1/2 cup tomato sauce and pour on White cheese. Bake at 350°F for 35 to 40 minutes or until hot and bubbling. Serves 8

Preparation time: 15 to 20 minutes

Cooking time: 40 minutes or so

Nutrition (per serving) without white cheese or mayo: 190.6 calories; 4.9g total fat; 0mg cholesterol; 511.3mg sodium; 488.4mg potassium; 28.5g carbs; 3.4g fiber; 4.1g sugar; 10.7g protein.

Tips 'n' Techniques

You can omit the precooking of the noodles by adding 1 cup of water to the bottom of the pan before adding sauce. Be sure to cover and bake for 45 to 65 minutes. Remove foil, add white cheese and brown for 10 minutes at 400°F.

Variation: add Dinner Crumbles to tomato sauce!

Creamy Garlic Sauce

Like Alfredo Sauce.

2 cups soy milk (or cashew)	1 Tbsp Golden Seasoning
2 to 4 cloves garlic, minced	1/2 tsp basil
1/2 - 1 tsp parsley (or Italian Herbs)	2 Tbsp cornstarch, as needed
dash cayenne pepper, optional	dash of sea salt to taste
1/3 to 1/2 cup Zesty Sprinkles	

Combine all in a medium saucepan over medium heat. Cook just until thick. Serve over hot, cooked pasta. **Extra Rich Sauce:** add 1/4 cup margarine and/or 1/2 cup vegan mozzarella cheese. Serves 4

Nutrition (per serving): 232.9 calories; 12.0g total fat; 0mg cholesterol; 476.5mg sodium; 469.4mg potassium; 20.9g carbs; 5.0g fiber; 1.2g sugar; 14.3g protein.

Creamy Mushroom Sauce

Reduce garlic in above recipe to 1 to 2 cloves and cook until starts to thicken. Meanwhile fry 2 cups sliced fresh mushrooms in olive oil until tender and juices flow. Add mushrooms to saucepan and cook another 2 to 5 minutes or until thoroughly heated and flavors blend. Serve immediately over favourite pasta. Alternative: Use 2 to 3 cups of Mushroom Soup, Vol. 5 pg. 68 and add 2 to 3 Tbsp cornstarch

Oat Gravy

A low fat, simple gravy. Excellent for lowering cholesterol.

1 cup quick or rolled oats
1 tsp onion powder
2 to 3 cubes Tasty Brown Bouillon
4 to 5 cups water (out of mashed potatoes is good)

Combine all and blend until smooth. Cook over low heat until thick. Serves 8

Nutrition (per serving): 82.9 calories; 1.7g total fat; 0mg cholesterol; 77.9mg sodium; 86.5mg potassium; 13.8g carbs; 2.1g fiber; 0.1g sugar; 3.3g protein.

Creamy Veggie Lasagna

A change from the usual. Good for those who cannot eat tomatoes.

- 15 to 18 lasagna noodles (pre-cooked, oven ready, or fresh)
- 1 med diced onion
- 1 lb mushrooms, sliced
- 2 to 3 Tbsp olive oil
- 1/2 lb fresh spinach, about 3 cups (or thin sliced zucchini)
- 2 to 4 cloves of garlic
- 1/2 cup Zesty Sprinkles
- 2 recipes Creamy Garlic Sauce (or mushroom soup)
- soy milk as needed
- White Cheese & Tofu Cottage Cheese, optional

Wipe mushrooms carefully and sauté in oil until juices start to flow. Add garlic. Cook until mushrooms are starting to brown. Set aside. Pre-heat oven to 400°F. In an 9 x 13 baking dish spread one spoonful of the creamy garlic sauce evenly on bottom. Arrange a layer of noodles in the dish, cover with 1/2 of the mushrooms. Spread a thin layer of sauce over and add layer of noodles. Spread the layer of spinach (or zucchini), Tofu Cottage Cheese if using, and Zesty Sprinkles. Add a layer of noodles and remaining mushrooms. Top with noodles and White Cheese. Bake for 25 to 30 mins at 350°F, remove from oven and let stand 5 min before serving. Serves 8

Tips & Techniques

I do not have a lot of mushroom dishes in my cookbooks because in some health circles they seem to present a real controversy. I highly recommend you research safe varieties – not just safe as in non-poisonous, but also some mushrooms are carcinogenic, while others have healing properties. In fact more and more research shows certain mushrooms are good for helping cure certain cancers.

No Assignment - Lesson #6!

Lesson #7:

Simple Suppers
Rest Infosheet

Recipes in this Booklet:

Angie's Bread
White Cake
White Cake - gluten free
Cherry Almond Muffins
Carrot Cake
Peach Cake
Apricot n Orange Cake
Carrot Cake - gluten free
Blueberry Inversion
Raspberry Muffins
Simple Bread Pudding
Simple Rice Pudding
Strawberry Parfait
Fresh Fruit Parfait
Orange Tapioca Pudding
Basic Biscuits
Basic Biscuits - gluten free
Blueberry Scones
Almond Scones
Zesty Herb Biscuits

Reasons for a Simple Supper

Suppers should be light and well before bedtime. There are several reasons for this. Weight loss is just one of them. Studies have shown people who eat in the evening gain more weight than those who eat the SAME amount of total calories before late afternoon. If you are trying to lose weight or sleep better you should feel slightly hungry at bedtime. If you eat close to bedtime, your body will not use the fat it has stored in your body, and will likely store more. Every time you eat, your metabolism increases slightly but this effect is lost or minimized at night. You don't have the same metabolism-boosting benefit when you eat just before bed because your body is preparing for sleep. It is time for rest. This lowering of the metabolic rate overrides any metabolic boost from eating. So once you go to sleep, the only calories used are those used by the heart and lungs, which are in a very minimal state. Eating late at night can also inhibit calorie-burning potential the next day. Many people skip breakfast, because they are not very hungry in the morning, and lose out on the metabolism-boosting, and many other benefits, from eating breakfast.

Another problem with eating heavy meals late in the day is how it affects the body chemistry. Eating high-glycemic carbs (pasta, potatoes, white rice, sugar, etc.) right before bed will spike your insulin levels and blunt nighttime Human Growth Hormone (HGH) production. About 80% of this fat-burning, muscle-building "super hormone" is released during sleep, so if you are not getting it at night, well, you are not getting much at all. By the way, just because you are not growing, doesn't mean you don't need HGH. It helps with decreasing body fat, increasing muscle mass, increasing bone density, boosting energy levels, improving skin tone and texture, and helping immune system function.

Eating late also makes it more difficult to wake up early in the morning. Your stomach stays awake digesting the food, so even if you fall asleep part of your body is not "sleeping" and overall you still have less effective sleep which is not restful. You will need more sleep which in turn will not let you wake up easily. In addition, if you are hungry for breakfast, you'll likely be more motivated to get out of bed.

WHAT IS TOO LATE?

Doctors and studies suggest anything from 2 to 4 hours before bed. And if the meal is large 4 to 6 hours. So it depends on whether you eat a light supper, large supper, or none at all.

SO WHAT DO YOU EAT FOR SUPPER?

How about a piece of cake? Cake for supper? Why not, if it is made healthy without free fats and loads of sugar. Use unsweetened applesauce in place of oil and/or reduce the sugar. Fresh fruit parfaits are excellent suppers too! How about a muffin or two and an apple. A piece of toast with fruit spread is another very good option. You have to start thinking outside the box for this one. People may think you are a bit strange. But you can explain to them, eating light, wholesome foods is better for you and helps you get a good night rest.

EVIDENCE AND SUPPORT FOR NO SUPPER

There is another alternative which you should consider after you have eaten light suppers for a while. No supper. That's right, eat only two meals a day.

Here is a bit of history on the subject from the book "The Hygienic System: Orthotrophy", by Herbert M. Shelton. "Major Austin says: "Truly, popular tastes and prejudices are rooted more in social habits than in basic physiological demands." It should be known that the three-meals-a-day custom is really a modern one, and is not universally practiced even today. So far as history records none of the nations of antiquity practiced it.... The ancient Greeks--the finest of people, physically and mentally, that ever lived--ate but two meals a day. The same was true of the ancient Hebrews and it is the custom of some of the best fighting races in India today." The Countess of Landsfeld, writing in 1858, describes the eating habits of the English upper class of that time in these words: "After this meal comes the long fast from nine in the morning till five or six in the afternoon, when dinner is served." This would indicate that the two-meals-a-day plan had survived in England up to that time. The adoption of three meals a day, in England, came along with the increasing prosperity of that country. Indeed it may be stated, as a general rule, that the quantity of food eaten in any country in all ages, has depended more upon their economic environment than upon their nutritional needs. Wealth and plenty have brought increased food consumption. In Ancient Rome these factors resulted in the eating of many meals a day, the eater taking an emetic immediately after finishing his gustatory enjoyment and then repairing to the vomitorium, after which he had another meal."

While some cultures took the extreme view of eating only one meal a day (Herbert Sheldon, the author of the above excerpt, one of them), others eat too much. Balance is key in any healthy choice. In order to get enough calories and nutrition one meal would have to be very large, which were be very hard on the

digestive organs.

Not eating supper helps people eat a bigger, better breakfast. This is one of the biggest reasons to go to the two meal plan. The second most important reason is the body rest better at night on an empty stomach.

HOW TO AVOID EATING UNTIL YOUR FULL BEFORE BED: (A FEW TIPS.)

* If you feel like you want to eat at night , just try getting a glass of water or juice instead. Often people put on weight because they are bored and need something to do with their hands - so they eat.

* Glass of warm herbal tea before bed. (I suggest do this an hour or so before, so you don't have to go the bathroom all night.)

* Try eating a very light healthy snack, such as an apple or a handful of grapes, etc. It is probably mostly habit that makes you hungry at night. You can also try eating dinner a little later. But try to make it at least two or three hours before you go to sleep.

* Pay more attention to what you eat throughout the day. Drink lots and lots of water all day long (with a straw and some lemon if you find it hard to drink water). You will feel full quicker and after a few days you'll feel fuller all the time.

* Break your addiction! Read a really good book or a boring one and you will find that in doing other activities you can go to sleep. Remember that you are addicted to doing something a certain way. Ignore your stomach. Tell yourself over and that you can do it. After a while it will be come a great habit. Nothing puts on weight more and makes sleep less relaxed and enjoyable than going to be with food recently consumed. Going to bed a little hungry is amazing. Tell yourself over and over that you are fine and morning will come with a smile because you will be ready to eat a nutritious delicious meal.

* A banana is really good, it is good for sleeping. There is mysterious link between sleeplessness and heart disease. People who don't get much sleep are more likely than those who do to develop calcium deposits in their coronary arteries, possibly raising their risk for heart disease, a new study has found.

* Eat a balanced breakfast and automatically your hunger will subside throughout the day. Research says that people who eat balanced breakfast never feel the craving and don't do binge eating at all.

REST

Yearly - Recreate Yearly or monthly we need some recreation time to completely rid ourselves of the daily grind, the bills, the hassles. This rest is a time to debrief your mind.

Weekly - Revive The weekly cycle is a quandary to evolutionists. It has no bearing on astronomy and yet for centuries societies have followed it. In fact, when France tried a 10 day work week, it cause all kinds of problems. We need a break from our jobs, school, chores, and other daily grinds that go on and on. One journalist from the National Geographic study on longevity said they felt the Sabbath the way the Seventh-Day Adventist keep it, is one of the keys to a long healthy life.

Daily - Relax & Rejuvenate We need a few moments each day to meditate and just slow down. This is more for the mind than for the body's health, but even still it is important. Prayer time is an essential part of this process. And of course we need sleep every night to let the body rebuild and restore.

THE IMPORTANCE OF SLEEP

Rest during sleep enables your body to repair cells, process information from the day, and improve the immune system. Our cognitive function is significantly reduced well we do not get enough sleep. In fact, the body will manually start to shut down if you try to not sleep in as little as 17 hours. This "shut down" is similar to drinking alcohol. Seventeen hours is the equivalent to 2 glasses of wine. How many of us health minded Christian would not get drunk, and yet we will rob our bodies of sleep and create the same effect.

The American Cancer Society found that there is a higher chance of death in individuals who sleep less than 7 hours per night (studies vary from 10% to 30%). There is even a reduced longevity for those who sleep over 9 hours per night. (There is still discussion on whether there is an underlying issue that causes more sleep or whether the act of sleeping is a factor in and of itself.)

GETTING ENOUGH

We all know how important sleep is so we are sure to get enough right? Well, first of all what is enough? The National Sleep Institute says too much can be just a bad (or a sign something is wrong, as mentioned before) as too little. The recommend amount is 7 to 8 hours for adults, 9 for teenagers, 10 to 11 hours for 6 to 12 year-olds, and more for younger children. And believe it or not the hours before midnight are worth twice as much to your body.

What about age old tips for getting sleep? Didn't grandma say have a glass of milk before bed? Some people may find the milk relaxing, but the body has to digest the food thus not getting proper rest. Not to mention more bathroom trips.

It has also been found that going to bed at the same time each night is VERY important, not only for your circadian rhythm, but to help you sleep well. But just as important as going to bed on time, is waking up at a regular time. In fact studies show it is vital for you to get up at the same time every day, including weekends, even if you go to bed late. You can't just make up lost sleep by sleeping in. Many people have trouble falling a sleep or staying asleep because of this alone.

BREAKING THE BAD PATTERNS

Need help to break bad bedtime habits like not falling asleep until midnight or waking several times during the night? Try this effective program.

1. First night, go to bed when you are tired.
2. Get up as soon as you wake, or at your alarm time (5 to 7am is best), even if you only got 2 hours sleep!
3. Next night try to go to bed by your bedtime and get up as soon as you wake or your alarm time. You may have to repeat until you sleep through the night. National Sleep Foundation offers help & tips (202) 347-3471 www.sleepfoundation.org

FIVE STEPS FOR A GOOD NIGHT'S SLEEP:

1. Good preparations: Avoid eating at least 2 to 3 hours before bed, avoid caffeine entirely, and have a little quiet time before going to the bedroom to unwind before you even lie down. Don't use the bed for reading, watching TV, etc. Watch out for stimulating foods at lunch, chocolate, coffee, etc.

2. Go to bed at a regular time each night, preferably before 9pm.

3. Sleep in a dark, quiet room (especially important for shift workers), on a comfortable bed.

4. If you wake in the middle of the night, lie as still as possible in one spot and count your blessings or deep breathe. Tossing and turning will only make things worse. If you wake within 1 hour of your normal rising time, it is usually better to just get up. Don't try to get in that last hour.

5. Get up at the same time each morning, even if you went to bed late!

MELATONIN & SLEEP

Melatonin is a hormone that rises in the evening usually around 9pm (now you know why 9pm is so important) and aids you with sleep. It is the rest and relax hormone so to speak. So, why not take it via a pill to help you sleep each night? Here are some reasons to be cautious when supplementing: Your body may significantly slow down its own production of melatonin; many manufacturers use synthetics; too much of it can cause depression; and since melatonin not well regulated the dose listed may not be accurate.

The GOOD NEWS is your body makes melatonin from serotonin (which

comes from tryptophan) in the pineal gland. Tryptophan is found in various foods such as almonds, tofu, and gluten. You can also get melatonin directly from food, like bananas. Your body also makes melatonin directly in the eye as long as there is darkness, hence, when we sleep at night. (If you work shifts, it is very important to darken your room as best as you can.)

GETTING SLEEP - QUICK TIPS

MUSIC: Music helps increase melatonin, which is directly linked to having a good night's rest. So sing during the day and sleep sweet at night. You need to participate in the music, sing or play with it.

MODERATE EXERCISE: Strenuous exercise will stimulate the body and keep it active, however a light walk can reduce stress and help aid sleep.

MOTIONLESS: Sleep experts recommend you lying still as possible while trying to fall asleep.

MAKE UP: Don't go to bed angry. Make amends with those who you've had conflicts with, and when you can't, give it to God.

MAKE-OVER: An orderly room can have a calming effect and make it more pleasant to be in the room even with your eyes closed.

MEDITATION: Relax, de-stress, with Christian Meditation - prayer. Prayer has been shown to lower blood pressure and decrease stress.

MINIMIZE FOOD: Don't eat a heavy meal a few hours before bed. It disrupts sleep to have your digestive tract working at night.

MARGINAL LIGHT: Keep your room as dark as possible. Not only does it help keep your eyes closed and give your body the sense of "time to go to bed," but it helps with melatonin production - good for tomorrow's sleep.

MATTRESS: You may need a new one. If it is too soggy or too hard your body roams around trying to get comfortable.

MANAGEMENT: Stay on schedule. Re-program your circadian rhythm by staying on schedule and getting bright sunlight or use a light box.

MONOTONOUS: Don't read, watch TV, or talk in bed. This is not the time for stimulating the mind. Sleep experts suggest only sleep in your bed to train your brain this is what you are here to do.

REFERENCES

[Study Finds Music Therapy Boosts Melatonin Levels](#), © 2007 American Music Conference; Eithne Amos Nunez, "Be Your Own Doctor" His Service Publishing © 2003; Courtney Ratzburg, [Melatonin: The Myths and Facts](#), Vanderbilt University Psychology Department; Molly Carter, [Helium](#), "Our Bodies at Rest: What Happens When We Sleep" © 2002-2008 Helium.; National Sleep Foundation; Neil B Kavey, MD [Ask the Sleep Expert: Stress and Insomnia](#), Sleepmatters 2001; Dr. Thrash & Thrash [Counseling Sheets: Insomnia](#); Mercola.com, [33 Secrets to a Good Night's Sleep: The McDougall Newsletter](#) "Sleep Like a Baby" © 2005; WebMD, "Tips for a Good Night's Sleep"

Angie's Bread

A slice of toast and glass of pure juice is a most wholesome supper.

2 cups whole wheat flour	2 cups rye flour
1 cup corn flour	2 tsp sea salt
3 Tbsp active dry yeast	1/2 cup vegetable oil
3 Tbsp lemon juice	4 cups warm water
2 to 3 cups unbleached flour	2 to 3 cups whole wheat flour

Combine the first 5 ingredients, add wet and mix well. Knead in last two ingredients alternating unbleached with whole wheat, 5 to 10 min. Divide into 3 and form loaves. Place into prepared loaf pans and let rise until doubled - about 20 min. Bake at 350°F for 25 to 35 min. Serves 36

Nutrition (per serving): 132.3 calories; 3.6g total fat; 106.7mg sodium; 112.5mg potassium; 22.4g carbohydrates; 3.3g fiber; 0.2g sugar; 3.7g protein.

White Cake - Demo

A light "white" cake.

1 1/4 cups unbleached flour	1 1/2 cups whole wheat flour
2 Tbsp Ener-G Baking Powder*	2 tsp Ener-G Egg Replacer, opt
3/4 cup raw sugar*	1/4 tsp almond extract
1/3 cup oil (or applesauce)	2 Tbsp vanilla extract
1 cup soy milk (or other)	3/4 cup water

Preheat oven to 350°F. Prepare pan (two 8" rounds or 9 x 13). Combine dry ingredients and whisk well. Combine wet ingredients. Quickly stir wet into dry and pour into pan. Bake at 350°F for 30 to 35 min. Let cool before turning out onto rack. Sugar free: use 1/2 tsp Stevia + 3 Tbsp flour, adjust stevia to taste! *Ener-G Baking Powder: work quickly, have the oven hot and the pan ready. Use only 1 Tbsp regular aluminum free baking powder. Serves 16

Nutrition using applesauce: 116.2 calories; 0.5g total fat; 0mg cholesterol; 8.6mg sodium; 73.5mg potassium; 24.9g carbs; 1.5g fiber; 10.5g sugar; 2.7g protein.

Nutrition using oil (per serving): 153.4 calories; 5.0g total fat; 0mg cholesterol; 8.6mg sodium; 69.8mg potassium; 24.3g carbs; 1.5g fiber; 10g sugar; 2.7g protein.

Nutrition using stevia & applesauce: 91.0 calories; 0.6g total fat; 0mg cholesterol; 8.8mg sodium; 86.6mg potassium; 17.9g carbs; 1.9g fiber; 1.2g sugar; 3.2g protein.

White Cake - GF

A nice light cake that is wheat free and gluten free.

1 cup brown rice flour	1/2 cup organic corn flour
1/2 cup tapioca starch	1/4 cup sweet rice flour
3/4 cup raw sugar (or 1/2 tsp Stevia & 2 T tapioca starch)	
1 1/2 Tbsp Ener-G Baking Powder	
2 tsp Ener-G Egg Replacer, opt	
1 cup soy milk	1/2 cup water
1/4 cup applesauce (or oil)	1 Tbsp vanilla extract

1/4 tsp almond extract (white if available) Preheat oven to 350°F.

Prepare 9 x 9 pan for thick cake or 9 x 13 or two 8" rounds for thin cake. Combine dry ingredients in a bowl, then combine wet. Quickly stir wet into dry and pour into pan. Bake at 350°F for 30 to 35 min. Serves 16

Nutrition (per serving): 125.1 calories; 0.7g total fat; 0mg cholesterol; 9.9mg sodium; 66.0mg potassium; 27.6g carbs; 1.3g fiber; 10.2g sugar; 1.9g protein.

Cherry Almond Muffins

A delicious combination of fruit and nuts.

1 cup unbleached flour	3/4 cup whole wheat flour
1/2 cup raw sugar	1 1/2 Tbsp Ener-G Baking Powder
3/4 cup almonds, sliced	1/4 cup applesauce (or oil)
1 tsp vanilla	1 1/4 cup soy milk
1/2 tsp almond extract	3/4 cup chopped cherries (fresh or well drained - pie filling works too)

Preheat oven to 400°F. Prepare muffin tin. Combine dry ingredients, stir in cherries. Combine wet ingredients and stir into dry. Spoon muffin batter into muffin tin and bake at 375°F for 20 to 25 minutes.

Serves 12 - Nutrition (per serving): 152.3 calories; 3.8g total fat; 14.8mg sodium; 141.0mg potassium; 26.2g carbs; 2.5g fiber; 10.5g sugar; 4.6g protein

For gluten free: use gluten free muffin base from Lesson #3. Add almonds and cherries to dry ingredients. Add almond extract to wet. Bake as directed in gluten free muffin recipe.

Carrot Cake

Moist and delicious.

1 1/2 cups whole wheat flour	1 cup organic corn flour
2 Tbsp Ener-G Baking Powder	1/4 tsp sea salt
1 cup Sucanat	3/4 cup chopped nuts
1 tsp coriander & cardamom mixed (or cinnamon)	
1/2 tsp allspice or coriander	1 1/2 cups grated carrots
2 cups water	

Preheat oven to 350°F and prepare a 9 x 13 pan. Mix water and carrots. Mix remaining ingredients. Combine all well but quickly. Pour into pan and bake at 350°F for 40 to 45 min. Serves 16

Nutrition (per serving): 120.9 calories; 0.6g total fat; 0mg cholesterol; 42.0mg sodium; 138.4mg potassium; 24.6g carbs; 2.7g fiber; 10.2g sugar; 2.2g protein.

Tips ‘n’ Techniques: Use spices sparingly. Ginger is a root, and cinnamon the inner bark. Both have health benefits as medicine, but avoid using daily. We don’t eat medicine every day!

Peach Cake

Very nice for supper.

1 1/4 cups whole wheat flour	1 cup unbleached flour
2 Tbsp Ener-G Baking Powder	3/4 cup raw sugar (or 1/2 tsp stevia + 1/4 cup flour)
2 Tbsp raw sugar	
1/3 cup unsweetened applesauce (or vegetable oil)	
3/4 cup water	3/4 cup soy milk
1 1/2 Tbsp vanilla extract	3 to 5 med peaches, sliced*

Preheat oven to 400°F. Prepare 9” square pan. Mix dry ingredients, mix wet ingredients, (except peaches and 2 Tbsp raw sugar) and combine quickly. Pour into pan and place sliced peaches on top, sprinkle with sugar, and bake at 400°F for 5 min and 350°F for 20 to 30 min. Cool and serve. *Fresh works best. If canned, drain well. Serves 12

Nutrition (per serving): 161.9 calories; 0.7g total fat; 0mg cholesterol; 9.8mg sodium; 135.1mg potassium; 35.7g carbs; 2.5g fiber; 17.7g sugar; 3.7g protein.

Apricot 'n' Orange Cake

Something out of the ordinary.

1 1/4 cups organic corn flour	1 1/2 cups whole wheat flour
1 1/2 Tbsp Ener-G Baking Powder	3/4 cup raw sugar
1/4 cup vegetable oil (or unsweetened applesauce)	
1/2 cup orange juice concentrate, undiluted	
1 3/4 cups boiling water	1 cup dried apricots

Preheat oven to 350°F. Prepare a 9 x 13 pan with non-stick spray. Pour boiling water over apricots and let stand 15 min then chop in food processor till chunky. Mix all dry ingredients in a large mixing bowl. Mix all the wet ingredients, including apricots and water, in a small bowl, then combine all ingredients together. Mix well, but quickly. Pour into pan and bake at 350°F for 35 to 40 min. Serves 16

Nutrition (per serving) -- reduce fat by using applesauce in place of oil: 171.2 calories; 4.0g total fat; 0mg cholesterol; 2.6mg sodium; 228.8mg potassium; 33.0g carbs; 3.3g fiber; 17.1g sugar; 2.7g protein.

For gluten free, use the White Cake-GF, adding 3/4 cup orange juice concentrate in place of 3/4 cup water/soy milk; then add the softened apricots, but not the water.

Carrot Cake - GF

A very moist cake, gluten free.

3/4 cup brown rice flour	3/4 cup organic corn flour
1/4 cup tapioca starch	1/4 cup sweet rice flour
1 1/2 Tbsp Ener-G Baking Powder	3/4 cup Sucanat
1/2 tsp coriander (or allspice)	1 tsp cardamom (or cinnamon)
1/2 cup chopped nuts	1/4 tsp sea salt
1 cup water	2 cups grated carrots

Preheat oven to 350°F. Prepare 8 x 8 pan. Combine carrots and water. Combine remaining ingredients. Mix all together well and quickly. Bake at 350°F for 40 to 50 min. Let cool. Serves 9

Nutrition (per serving): 193.3 calories; 1.1g total fat; 0mg cholesterol; 79.7mg sodium; 223.0mg potassium; 40.5g carbs; 3.0g fiber; 14.4g sugar; 2.2g protein.

Blueberry Inversion

Very nice for supper. Double the serving size for hungry children.

1 1/4 cups whole wheat flour	1 cup unbleached flour
1 1/2 Tbsp Ener-G Baking Powder	2/3 cup raw sugar
1/3 cup applesauce (or oil)	3/4 cup water
3/4 cup soy milk (or water)	1 1/2 Tbsp vanilla extract
2 cups blueberries (fresh or frozen)	

Preheat oven to 375°F. Prepare a 9" square pan, or 9 x 13 for a thinner cake. Place blueberries* on the bottom. Mix dry ingredients, mix wet ingredients, and combine all quickly. Pour on top of blueberries and bake at 375°F for 10 min. Reduce heat to 350°F and bake for 20 to 30 min. Cool and serve. *Add 1 cup more blueberries for 9 x 13 cake, more like a betty. For Sugar Free: Use 1/4 tsp stevia, omit sugar. Serves 12

Nutrition (per serving): 151.5 calories; 0.7g total fat; 0mg cholesterol; 10.1mg sodium; 107.0mg potassium; 33.1g carbs; 2.7g fiber; 14.3g sugar; 3.7g protein.

You can substitute other White Cakes, ie for gluten free: use the gluten free white cake on top of blueberries. Try using mixed berries thawed and thickened with 2 to 3 Tbsp cornstarch in place of blueberries.

Raspberry Muffins

Yummy.

3/4 cup whole wheat flour	1 cup unbleached flour
1/2 cup raw sugar	1/2 tsp sea salt
1 1/2 Tbsp Ener-G Baking Powder	1 1/4 cups soymilk
1/4 cup applesauce (or oil)	1/8 tsp almond extract
1/2 tsp vanilla extract	1 cup raspberries, frozen

Preheat your oven to 400°F. Prepare muffin tin. Mix dry ingredients, stir in raspberries, combine wet ingredients and mix wet into dry. Bake at 375°F for 20 to 25 minutes. Serves 12

For gluten free: use gluten free recipe in Lesson #3. Add 1 cup frozen raspberries to the dry ingredients and 1/2 tsp almond to wet ingredients.)

Simple Bread Pudding - Demo

Nice light supper. Like traditional bread pudding.

- 4 slices whole wheat bread, stale is best, cubed*
- 1 cup vanilla soy milk (or other)
- 2 Tbsp maple syrup, to taste
- 1/2 tsp maple flavour, optional

Break bread into cubes and combine with remaining ingredients. Place in a 8” square pan. Bake at 350°F for 35 to 45 min. Time will vary depending on your consistency preference. Variation: Add ½ cup raisins and/or ½ cup chopped almonds. Serves 2

Nutrition (per serving): 245.9 calories; 4.4g total fat; 0mg cholesterol; 334.2mg sodium; 293.2mg potassium; 43.1g carbs; 3.7g fiber; 15.3g sugar; 10g protein.

*For gluten free you can use gluten free bread OR use day old gluten free White Cake or Yellow Cake. (I would reduce the sweetener used in the cake if I was planning on making “bread pudding”).

The calories may look high, but remember, just add a couple pieces of fresh fruit and you have a complete meal!

Simple Rice Pudding

Simply Delicious!

- 1 1/2 cups cooked brown rice
- 1 1/4 cups vanilla soy milk
- 2 tsp vanilla extract
- 1/3 cup raisins
- 1/2 tsp cardamom (or cinnamon)

Combine all and cook all in a medium saucepan over medium low heat, stirring frequently, until warm and creamy. Serves 3 (or 4 to reduce fat and to eat smaller portion for supper)

Nutrition (per serving): 225.2 calories; 2.9g total fat; 0mg cholesterol; 63.3mg sodium; 313.7mg potassium; 42.5g carbs; 3.9g fiber; 12.1g sugar; 7.7g protein

Strawberry Parfait

A strawberry lover's delight! Strawberries are highest anti-oxidant (anti-cancer agents) fruit.

1 recipe Vanilla Pudding 4 cups fresh strawberries or all fruit jam
1 cup Whipped Topping (homemade or omit)

Arrange 1 cup of strawberries in the bottom of a 3 Qt clear bowl. Place half the vanilla pudding on top, a layer of 2 cups strawberries, and remaining vanilla pudding. Arrange remaining strawberries on, and top with whipped topping. Serves 8

Nutrition (per serving) with low-fat homemade pudding: 71.5 calories; 1.1g total fat; 27.4mg sodium; 185mg potassium; 12.3g carbs; 1.8g fiber; 5g sugar; 3.4g protein.

Fresh Fruit Parfait

Mix and match your favourite fruit.

2 cups strawberries, sliced 2 cups apples, sliced
2 cups blueberries 1 cup Vanilla Pudding (or Whipped Topping)

Set out 4 parfait glasses. Place ½ cup of blueberries in each glass, then ½ cup of apples, dipped in lemon juice if not serving immediately. Add ½ cup strawberries. Top with vanilla pudding. Great way to get your fresh fruits. Try oranges, grapes or bananas! Serves 4

Nutrition (per serving): 202.8 calories; 2.2g total fat; 0mg cholesterol; 98.7mg sodium; 375.0mg potassium; 39.6g carbs; 4.8g fiber; 31.0g sugar; 7.5g protein.

Orange Tapioca Pudding

A lovely entrée for an evening meal.

1/3 to 1/2 cup minute tapioca 3 Tbsp raw sugar, to taste
3 cups orange juice 1 1/2 cups chopped oranges

In saucepan, combine all except oranges and bring to a full boil over low heat. Let simmer 5 min, cool 10 min, stir in oranges, and serve warm or chill (Goes Thick! Add more juice if desired) If using pearl tapioca, use ½ cup, let soak about 5 min and cook 10 min longer. Serves 4.

Nutrition (per serving): 192.6 calories; 0.2g total fat; 0mg cholesterol; 2.4mg sodium; 483.8mg potassium; 47.8g carbs; 2.1g fiber; 31.0g sugar; 2.0g protein.

Basic Biscuits - Demo

A basic recipe you can do lots with including scones.

- 1/4 cup wheat germ
- 1 3/4 cups whole wheat flour
- 1 rounded Tbsp Ener-G Baking Powder
- 3 to 5 Tbsp vegetable oil (or 1/4 cup non-hydrogenated margarine)
- 1 cup soy milk, as needed
- 1/2 tsp sea salt (reduce if using margarine)

Combine dry ingredients. If using oil, mix it with milk and stir into dry quickly just until mixed. Add more milk or water if needed. (If using margarine, cut into dry ingredients, like pastry, stir in milk, etc.) Spread into 8 x 8 pan and bake at 375°F for 25 to 30 minutes. Remove from heat and slice into biscuits. Let cool slightly and serve. Serves 12

Nutrition (per serving): 108.4 calories; 4.3g total fat; 0mg cholesterol; 90.8mg sodium; 117.6mg potassium; 14.9g carbs; 2.7g fiber; 0.2g sugar; 3.9g protein.

Store your wheat germ in the fridge to keep it fresh. The oils in the wheat germ can go rancid in the cupboard.

Basic Biscuits - GF

A basic recipe, a bit cake-like.

- 1 cup brown rice flour
- 1/2 cup organic corn flour
- 3/4 cup tapioca starch
- 1/4 cup sweet rice flour
- 2 Tbsp raw sugar, optional
- 1/2 tsp sea salt
- 1/2 cup water
- 1 1/2 Tbsp Ener-G Baking Powder
- 1/4 cup vegetable oil (or applesauce)
- 1 cup soy milk (or rice milk or nut milk)

Combine dry ingredients. Mix wet ingredients and quickly stir into dry, just until mixed. Pour into 8 x 8 pan and bake at 350°F for 25 to 30 minutes. In all recipes calling for Basic Biscuits this will remain a batter, so disregard any directions to roll or press into pan. Serves 12

Nutrition (per serving): 169.6 calories; 5.6g total fat; 0mg cholesterol; 91.7mg sodium; 89.3mg potassium; 27.8g carbs; 1.8g fiber; 2.5g sugar; 2.5g protein.

Almond Scones - Demo

A lovely way to get your tryptophan (need for brain health).

- 1 recipe Basic Biscuits 1/2 tsp almond extract
- 2 Tbsp soy creamer 1 cup sliced almonds (toasted optional)
- 1/4 cup raw sugar (or alternative)

Preheat oven to 425°F. Prepare biscuit dough, adding almonds and raw sugar to dry ingredients (after cutting in margarine if using marg). Add almond extract and soy creamer to wet ingredients. Press into a prepared 8" cake pan and cut into 8 to 12 wedges. Bake at 425°F for 20 to 25 minutes until done and lightly browned. Serve warm.

Blueberry Scones

A delicious delicacy.

- 1 recipe Basic Biscuits
- 2 cups blueberries fresh or partially thawed
- 1/4 cup raw sugar (or alternative)

See above directions (stir in blueberries just before baking). Serves 12

Nutrition (per serving): 102.2 calories; 3.0g total fat; 0mg cholesterol; 60.8mg sodium; 97.1mg potassium; 17.6g carbs; 2.4g fiber; 6.7g sugar; 2.8g protein.

Zesty Herb Biscuits

A delicious compliment to soup, a nice light supper.

- 1 recipe Basic Biscuits 1/2 cup Zesty Sprinkles
- 1 Tbsp Italian Herbs 1/4 to 1/2 cup olives, optional
- 1 tsp onion powder 1 to 2 cloves garlic, optional

Preheat oven to 425°F. Prepare biscuit dough, adding herbs (after cutting in marg). Press into prepared 8" cake pan, cut into 8 to 12 wedges. Bake at 425°F for 20-25 min until lightly browned. Serve warm. Serves 12

Nutrition (per serving): 100.1 calories; 4.2g total fat; 0mg cholesterol; 189.6mg sodium; 166.5mg potassium; 13.3g carbs; 2.7g fiber; 1.1g sugar; 4.0g protein.

No Assignment - Lesson #7

Lesson #8:

Creative Preparations & Decorations
Stress Infosheet

Recipes in this Booklet:

Golden Tofu Loaf
Golden Gravy
Thanksgiving Stuffing
Thanksgiving Rice
Special Mashed Potatoes
Cranberry Sauce
Cranberry Orange Sauce
Pumpkin Pie
Plum Pudding
Lemon Sauce
Gingerbread Cookies
Gingerbread House
Holiday Ring
Sweet Tea Buns
Glaze

(Holidays is in two parts. This month recipes concentrates on Fall/Winter holiday foods.)

General Ideas:

Tablecloths, dishes, traditional party streamers, ribbons, banners, and so on all can be used to give your party a festive touch. Themes are a great way to decorate or decided what to cook. The best advice I can give is narrow down your search by deciding how you want your party to look. Traditional, modern, elegant, southern, classy, natural, etc. Then be sure to use those descriptions in your online search. For those of you without internet the library has many books on the subject. My favourite is to have theme colors. Some of my Christmas favorites: blue and silver with bells and snowflakes; blue, red and white with snowmen; traditional red and green; elegant burgundy and gold with ribbon, and so on.

We like to do a “party” or theme for Sabbath. So you can use these ideas every week if you want. Life is about celebration, socialization, and friendship. What better way to say I care about you and to put a little effort into a dinner party. It doesn’t have to take you hours of preparation. I keep a closet with table cloths, candles, and napkins all ready organized, so I can put together a theme or special dinner in as much time as it takes me to set the table. Not to mention my son LOVES to set the table when we do it like this.

Place cards: Place cards are always fun. Use pinecones for fall or winter, or get wire holders to use year round. Place cards don’t have to be only for names. Use them for a secret message - each one at the table gets a word and everyone has to put these words/heads together to figure it out. Or put a seasonal message, personal message, or a Bible verse.

Napkins: Theme paper napkins or cloth ones folded in special arrangements. I have a napkin folding book and use a couple favourites most of the time. I like paper napkins for color and most guests are more accustomed to using them.

Centerpiece: Use a theme or create one based on the season. Lots of ideas online, just do a centerpiece search. Flowers, candles, are just a few of the usual ideas.

Themes: Just about endless but here are a few brain warmers. Zoo, Snowflakes, fall leaves, a sport (soccer, etc.), an animal, beach, rodeo, science, lego, astronomy, sailboat, rescue (fire fighters, swift water, etc.), construction (or other careers), book, train, western, cultural (Chinese, Italian, etc.), 50's or other era, garden, Bible story or character, and so on. Or even a color theme like I mentioned before.

Games - Anniversaries, Showers, or Adult/Youth Birthdays

Advice - Three methods.

Set up an advice station or leave a card at each dinner setting. Your station or tables need to be equipped with markers and index cards. You can even use theme based pencils (cheep at the dollar store).

1. Use large recipe cards or print your own with a theme on them. Have the guests give advice for the guest of honor or couple. OR 2. Select a variety of questions to ask your guests, from the silly to the serious. Guests can now add their input to such queries as, "How should Jack and Jill divide the household chores after the wedding?" "What can Jack and Jill do for fun when they're on a tight budget?" OR 3. Have a large photo of the guest of honor(s) with a large matt frame or white boarder on the photo. Guests then write their advice, congratulations, or notes on the picture.

Pull It Out

We all know how much women carry in their purses and bags. This game fares well at almost any bridal shower as the gals test their speed and coordination skills, racing against each other to retrieve the required items from their purses. Create a list of questions such as "Who has a nail file?" or "Who has the most pens in their bag?" Each woman will eagerly search her bag of goodies. The first one to pull out the correct item wins. Purchase small gift items for the winners of each question.

Guess Who? (Good for couples!)

To test how well the groom/husband knows his bride, have him blindfolded and seated in a chair facing all the guests. Now comes the fun part. Round up as many guests as possible, from the young to the old, men and women. The objective: can the groom figure out which one in the line up is his new bride? The groom shakes each guest's hand to find his lady in waiting. The guest can touch the grooms shoulder. The groom can narrow them done by saying No, and that person leaves the line. If still too hard, the guest/bride can say hi hun, yes dear, or some other chosen word.

Name that Tool

Men love to talk tools! This game is sure to make the guys chuckle as they watch the gals struggle! Who will guess the most -- the guys or the gals? Can use photo of tools or equipment too!

Name that Spice

The gals turn to chuckle! This game is an old classic that's been around a long time. How many guys can name the spices? A couple wedding shower game sure to generate laughter!

Guess what I am

Pick 5 or 6 food items and write down the ingredients from them. Read the ingredients out loud to the guests. Whoever guesses the most products wins.

Kiss Count

For this game, you will need bags of Hershey's Kisses (or other candy - red hearts for valentines, Maple leaves for Canada Day, etc.), and a bucket or box. The goal is to guess how many Kisses/candy the guest of honor can hold in their hands! Round up all the guests who would like to participate in this game. Have the guest of honor dip his hands into a bucket full of Hershey's Kisses to grab as many as he can. With the Kisses still in his hands, the guests must now guess how many Kisses he is holding. As he patiently waits and balances all the Kisses still in his hands, have all the guests help in the counting process. The one with the

closest guess to the final count wins the Kisses in his hands. (Note: If the candy is not individually packaged ask the guest of honor to wash his hands first.)

The Ice Breaker

This is a good start to the shower if you have a lot of guests that don't know each other. Have each guest stand up and say their first name along with something they love corresponding with the first letter in their name. For example, "My name is Tina and I love tulips." The next guest then has to stand up and say "My name is Cori and I love cupids, and her name is Tina and she loves tulips." Needless to say it gets quite confusing but everyone will remember everyone else's name!!

Who will...? (For couples)

This game really helps to liven up the atmosphere since it requires the participation of the entire wedding party. Guests are sure to love this game. The women form one team and the men form another. Each receives two signs, one with each name of the couple written on them. Ensure the signs are large enough for your guests to see clearly.

Have a list of "who" questions such as, "Who do you think will snore the loudest?" or "Who is the neatest?" or "Who will hog the bed?" All the guests raise the applicable sign in answer to the question. Imagine the varying answers you may get! Choose modest questions that will not embarrass the newly married couple too much in front of close family, co-workers, and young children (especially if they are relatively private people). You know them best!

Garnish Ideas

I know you need pictures, so we will demo some simple garnishes on the DVD. I have purchased only a few garnish books because so many of the garnishes are far too complicated to make on a short time frame. You can get lots of free, easy ideas online. Garnish can be simple, just a few sprigs of parsley or carrot coins, slice of red bell pepper, lemon slice on a cup, fancy ice cubes, cluster of grapes, and so on. You can even use edible

flowers like: carnations, pansies, violas, lilacs, mums, marigolds, hibiscus, nasturtiums, or roses*. Some of these are not very tasty, but pansies and rose pedals are quite nice. It is all about adding a little color and texture to the plate. I will not get into the ornate garnishes that take half an hour or more to make. Life is busy enough without wasting time on something that will last 15 minutes on a dinner plate.

We will demo the following garnish ideas on the DVD:

- Carrot rings with green beans (or asparagus)

- Cucumber and carrot coins

- Cucumber springs

- Green onion sprigs

- Tomato cup with broccoli or cauliflower (works with almost any round fruit or veggie)

- Tomato rose (Apple peelings also work well)

- Orange twist (or zucchini, lemon, cucumber, etc.)

- Orange flower Strawberry fan (works for other fruits, veggies)

- Cantaloup bowl & balls

Other ideas:

- Margarine balls/cubes (roll in herbs)

- Sauce or chocolate drizzle (or carob)

*Only the petals of these composite flowers are edible. The pollen of composite flowers is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma, ragweed, and hayfever should not consume composite flowers, and may have extreme allergies to ingesting any flowers at all.

Disclaimer: The author and publisher have only partly researched edible flowers. Individuals consuming the flowers, plants, or derivatives listed here do so entirely at their own risk.

STRESS

Good or bad stress is here to stay. Good? Yes, stress can be good for you. But when is it not good for you? When is it continual, chronic, and/or negative.

So what is stress? Your car breaks down on the freeway? Your doctor says, you have cancer? Believe it or not, these are not stress, these are stressors. Stressors are things that produce a reaction in your mind and body. This reaction is stress. The first phase of stress is the alarm reaction with an increase in blood pressure, heart rate, and blood flow to active muscles, but with a decrease in blood flow to other areas like the kidneys. This is the flight or fight response, and when it is short term, it is not harmful.

It is when stress is prolonged that it creates problems such as fatigue, poor concentration, depression, anxiety, tension, irritability, anger, muscle pain, and even lowers the function of the brain. A stressor can be in any form. Physical - a dog bite, mental - death of a friend, chemical - caffeine, poor diet, and so on. The first thing you can do is write out your most common stressors. Be specific. What is causing you the most distress? Are there any you can eliminate? Reduce? Change?

But what about the stressors that may be buried beneath our coping mechanisms. Interestingly enough we can help ourselves even if we can't identify all the stressors in our lives. Gillian Bethel, Ph.D. discovered clients at a lifestyle center were often relieved of their stress with exercise, rest, and a good diet before they even got to her for stress counselling.

So the second step is a healthful diet and active lifestyle. Low fat, high fiber, lots of fruits, grains, legumes, and vegetables. The third step is to tune your thoughts. What we think, is what we are. Our thoughts about events are more important than the events themselves. That is why two children can grow up under the same circumstances and one is grossly affected while the other goes on fine with life.

The final step is to find your Sweet Soothing Solutions. You may need 1, 5, or 10 of the ideas listed. Each one is a study in itself. Try them all!

TUNE YOUR THOUGHTS WITH TRUTH

As you identify your stressors you need to learn how to live with the ones that you cannot change. This is not ignoring or avoiding, which can make the situation worse, but adapting. First of all, you need to analyze and control your own thoughts. ABC thinking as psychologists put it. A- Activating Event (stressor) --- B- Beliefs and Self-talk (about that event) --- C- Consequences (the emotions and behaviors that arise from the belief and self-talk about the event). Example: A-Activating Event =You are in a car accident. B-Beliefs = You believe that it will cost \$1000's of dollars to fix, you'll miss work, perhaps get fired and lose your job. C-Consequence = You become worried, distressed, and angry. Ok so now you know what goes on in your brain, how do you do something about it? D-Dispute the belief. Will the car

accident really cause you to lose your job? Is losing your job the end of the world? Can you find a cheaper way to fix the car, or perhaps purchase another used one? The questions and answers will be different for you, but the process is the same. See Lesson #10 “Your Thoughts” for more!

SWEET SOOTHING SOLUTIONS

Stand up: And get some exercise. This will pump up the endorphins and reduce the built up stress hormones coursing through your veins.

Simplify: Clutter takes up space and time. Excess stuff can be physical, too many clothes, or mental, baggage from years gone by. Unload every unnecessary thing. Do a little each day, start in your fav room.

Schedule: Prioritize the important things and put those into the schedule first. Then add the necessities - food, sleep, exercise, and work. Notice work is last. If you have a heart attack or never see your children, what good is work?

Sea Breeze: Fresh air and deep breathing are great tools to reduce blood pressure and other effects of stress. Air blowing over moving water is rich in negative ions which are helpful too.

Solar Power: Like exercise, the sun has many benefits for mental health. It will also add a little serotonin (the happy hormone) to your day!

Sound sleep: Sleep is needed in the production of melatonin, which is vital in the body’s arsenal of stress coping mechanisms.

Song: Singing helps re-direct thoughts. Making music can improve mood, and can even reverse stress genes.

Service: Doing something for someone else.

Self-examination: Are you causing your own stress? Expectations, Erroneous thoughts, and Ego can all play a part in stress.

Spiritual: When POW’s are asked how they got through, “faith in God” is the most common answer.

Sabbatical: Take a trip, a few hours or days, in nature. Nature has healing properties.

Sabbath: A day of rest from the cares of the world is one of the factors in longevity and health according to National Geographic.

Sacrifice: Remember what God has done for you. An Attitude of Gratitude.

REFERENCES

Zane Kime, M.D., M.S., “Sunlight”; Daniel DeNoon, “Making Music Switches off Stress”, www.MedicineNet.com (Source: B. Medical Science Monitor, Feb 2005; vol 11.); Neil Nedley, M.D., “Depression the Way Out”; J. Stephenson, S SrA 22 TRS/CPFA, Survival Training Specialist, Fairchild Airforce Base.; Bemell Baldwin, Ph.D., “Journal of Health & Healing”, Vol. 14, No. 2.; Dan Buettner & David McLain, “The Secrets of Long Life” National Geographic, November 2005.; Neil Nedley, M.D., “Proof Positive”; Vicki Griffin, Ph.D., MACN, Edwin Neblett, M.D., MPH, Evelyn Kissinger, M.S., R.D., IBCLC, “Simple Solutions”; Gillian Bethel, Ph.D., “From Stress to Joy”; Lynn Clark, Ph.D., “SOS: Help for Emotions”.

Golden Tofu Loaf - Demo

DELICIOUS!!! A nice treat for the holidays.

Loaf:

3 pkg 454g extra firm water-packed tofu 3 Tbsp Golden Seasoning
1/4 cup nutritional yeast flakes 1 Tbsp onion powder

Basting:

1/4 cup boiling water 1 cube Golden Seasoning
1/4 tsp turmeric 2 Tbsp vegetable oil
3 Tbsp Bragg's Aminos

Drain tofu and place into a food processor (If you don't have a food processor, you can knead it by hand. Will need to squeeze it well when forming the log.). Add first measure of Golden Seasoning, onion powder, and nutritional yeast flakes. Process on high for 5 to 10 min until "dough like." Will need to start, stop, stir a lot. Form a log in a 4 x 8 loaf pan. Combine basting ingredients and baste the log with a brush. Bake at 325°F for 90 min, basting every 10 min. Let cool. Slice to serve. Can be reheated before or after slicing. Serves 12

Nutrition (per serving): 125.9 calories; 8.1g total fat; 0mg cholesterol; 411.6mg sodium; 215.3mg potassium; 4.5g carbs; 0.6g fiber; 0.2g sugar; 11.4g protein.

Golden Gravy - Demo

A very rich gravy (Use gravy from previous lesson for no 'free fats').

3 Tbsp non-hydrogenated margarine 1/4 cup unbleached flour
1/8 to 1/4 tsp paprika, optional 2 cubes Golden Seasoning
2 cups water

Melt margarine in a small saucepan over medium heat. Add flour and seasonings, let 'brown' 2 to 3 mins and pour in water, whisking constantly. Cook over medium heat until thick and bubbling. I blend after it is cooked, if it goes lumpy, which can happens. Serves 4 (we apologize for the missing overhead camera. There were technical difficulties.).

Nutrition (per serving): 122.5 calories; 9.3g total fat; 0mg cholesterol; 543.7mg sodium; 68.6mg potassium; 7.7g carbs; 0.5g fiber; 0g sugar; 2.0g protein.

Thanksgiving Stuffing - Demo

Smells like Thanksgiving, tastes like Thanksgiving!

1 loaf whole wheat bread	1 1/2 cups grated celery
1 1/2 cups grated carrots	1 cup grated onion
1 to 2 tsp sage, to taste	1 tsp thyme
1/2 tsp rosemary	3 Tbsp Golden Seasoning
1/3 cup nutritional yeast flakes	1 to 2 cups soy milk, as needed

Break up bread into large bowl. Add remaining ingredients, adding as much soy milk as needed to make the desired consistency. Too moist takes too long to cook - "We are hungry, can we eat yet?" Press into a roast pan (I form a "loaf" or use a 9 x 13 pan). Bake at 350°F for about 1 hour. Add sliced "turkey," cover and bake an additional 20 minutes. Serve with mashed potatoes and gravy.

Thanksgiving Rice

A Gluten Free alternative for "stuffing."

2 cups cooked brown rice	1 cup water
1 to 2 Tbsp Golden Seasoning	1/3 cup raw cashews
2 Tbsp nutritional yeast flakes	1/2 cup soy milk
1 stalk celery	1 small onions

Combine all well. Place into a prepared casserole pan and bake at 350°F for 30 to 45 minutes.

Special Mashed Potatoes

A delicious variation on an old favourite.

6 to 8 med potatoes	4 to 6 cloves garlic
water as needed	2 to 4 tsp margarine
2 to 4 Tbsp soy milk	

Peel, wash, and chop potatoes and place in large bowl. Cover with water and add peeled garlic cloves. Bring to a boil and let simmer 20 to 25 min or until potatoes are soft. Drain, leave garlic in potatoes, and save water for buns or gravy, and mash with marg and soy milk as needed.

Cranberry Sauce

A tradition for the holidays in many families.

- 1 pkg cranberries
- 1 cup white grape juice concentrate (or apple juice conc.)
- 1/4 cup raw sugar, to taste

Process berries in food processor until desired consistency. Cook berries in grape juice and sugar for about 15 minutes. Let cool. Serves 12

Nutrition (per serving): 67.3 calories; 0.1g total fat; 0mg cholesterol; 2.0mg sodium; 36.9mg potassium; 17.0g carbs; 1.2g fiber; 15.0g sugar; 0.2g protein.

Orange Cranberry Sauce:

Add 2 large oranges, peeled and chopped, to food processor with cranberries.

Pumpkin Pie

Simply delicious. Like Grandma's!

- 2 to 3 cups pureed pumpkin, carrots, or yams
- 1/2 cup soy milk (or soy creamer or coconut milk)
- 1/2 cup Sucanat (or 1 cup dates softened in 1/4 cup boiling water or 1/3 cup honey)
- 1/3 cup cornstarch
- 1 tsp cardamom (or cinnamon)
- 1/4 tsp allspice
- Pastry, unbaked shell
- Whipped Topping (homemade tofu whipped topping)

Blend all until very smooth and place into an unbaked crust. Bake at 350°F for 60 to 70 minutes. Serve with Whipped Topping. Store-bought canned pumpkin is about 2 cups, and home canned pumpkin in a quart jar is just over 3 cups. Both work fine in this recipe.

Plum Pudding

One of my mom's favourite Christmas Treats. Why doesn't plum pudding have plums?

1 med orange, organic	1 med lemon, organic
1 med lemon peel zest	1 med orange peel zest
1 1/4 cups almond butter, see Tips* (or 1 cup non-hydrogenated margarine)	
1 cup chopped dates	3 cups breadcrumbs
1 cup currants (or raisins)	2 cups raisins
1 can crushed pineapple	1/2 cup chopped hazelnuts
3/4 tsp cardamom (or cinnamon)	1/2 tsp coriander (or allspice)
1 cup minced apples, peeled	1/2 cup Sucanat (or brown sugar)

Whiz in food processor the first 5 ingredients. In a large bowl combine remaining ingredients and stir in cream mixture. Place into prepared Bundt pan, cover with foil and place in a roasting pan half full of water. Bake at 325°F for about 2 hrs. Serve with hot lemon sauce. Serves 32

Nutrition (per serving): 199.7 calories; 7.5g total fat; 0mg cholesterol; 78.2mg sodium; 303.5mg potassium; 32.5g carbs; 2.4g fiber; 19.1g sugar; 3.9g protein.

* Margarine or shortening are traditional, but ground almonds are much healthier. To make the almond butter, blend 3/4 cup almonds in 1/3 to 1/2 cup of water until smooth.

Lemon Sauce

Very tangy! Add raw sugar to taste.

- 3 Tbsp fresh lemon juice
- 1/4 cup apple juice concentrate, undiluted
- 1/2 cup water
- 1 to 2 Tbsp cornstarch
- raw sugar, to taste

In a small saucepan, combine all ingredients. Stirring constantly, cook over medium heat until thick. Pour warm over plum pudding.

Gingerbread Cookies

Very hard and great for decorating. A dunker cookie.

- 1/2 cup non-hydrogenated shortening
- 1/4 cup pure maple syrup (or molasses)
- 1/4 cup molasses
- 1/2 cup water
- 1/2 to 3/4 cup Sucanat (or unrefined brown sugar)
- 1/2 tsp cardamom (or cinnamon)
- 1 tsp ginger & 1/2 tsp salt
- 1 1/2 cups whole wheat flour (or Spelt)
- 1 1/2 cup unbleached flour, as needed (or Spelt)

Combine first 3 ingredients in a large bowl, add water and spices. Slowly add flours and mix until dough forms. Roll out to 1/8" or so, use as little flour as possible. Use favourite cookie cutters, lift with spatula, and bake on a prepared pan at 350°F for 10 to 15 minutes. Let cool and decorate.

Icing

Beat well: 3/4 cup margarine, 1/4 cup soy creamer, 1 tsp vanilla, 1/4 tsp almond extract, and 2 1/2 to 3 cups of unrefined icing sugar. Adjust soy creamer and icing sugar as needed.

Gingerbread House

We plan the house using paper and tape together to make sure it all works. Use wax paper to roll out the dough to keep its shape, lift onto cookie sheet and remove wax paper before cooking (or it will be permanent). While letting cool, make the "glue" for the house: 1/2 cup sugar + 1/4 cup white corn syrup microwaved on high 4 to 6 minutes (or boil 5 minutes). Using a spoon, drip candy mixture over the sides of the house and assemble. If "glue" doesn't set up almost instantly, microwave longer. This works great, BUT be careful not to get burnt! We've used this for over 10 years and our house never falls.

Holiday Ring - Demo

This is a versatile recipe.

1 recipe Sweet Tea Buns

Filling:

1 to 1 1/2 cups cherry pie filling (or cranberry sauce)
1/2 to 1 tsp almond extract, optional

Icing:

1/2 cup unrefined icing sugar
1 to 2 teaspoons soy creamer (or soy milk)
1/4 tsp almond extract

Prepare sweet dough as directed, and roll out a rectangle. Spread filling over dough (I used about 2 cups of cherry pie filling in the DVD, and it was too much! That's what you get for not measuring.). Roll up dough starting at long side of rectangle. Place seam-side down on greased baking sheet. Form into a ring, firmly pressing ends together. With scissors or a sharp knife, cut almost through ring at 1-inch intervals. Turn each section slightly on its side.

Let rise until doubled and bake in a preheated 350-degree oven 20 to 25 minutes or until golden brown. If necessary, cover with foil during last 5 minutes to prevent over browning. Carefully remove from pan to wire rack. Combine confectioners' sugar, milk and almond extract to make a glaze. Drizzle over buns, garnish with reserved whole cherries. Refrigerate. Serves 15

Nutrition (per serving): 197.0 calories; 2.9g total fat; 0mg cholesterol; 81.0mg sodium; 116.9mg potassium; 40.5g carbs; 3.4g fiber; 18.1g sugar; 3.9g protein.

Tips 'n' Techniques

You can use various dried fruits and nuts for inside this festive sweet bread depending on the holiday or season (omit the pie filling and sprinkle 1/2 cup sugar on the fruit.).

Sweet Tea Buns

Delicious no matter what you do with these.

- 1 Tbsp active dry yeast
- 1 3/4 cups whole wheat flour
- 1 + cups unbleached flour as needed
- 1/4 cup raw sugar (or 3 Tbsp honey)
- 1/2 tsp sea salt
- 2 Tbsp vegetable oil
- 1 tsp lemon juice
- 1 1/4 cups very warm water

Mix dry ingredients, except unbleached flour. Combine wet ingredients. Mix all together adding unbleached flour by 1/2 cups until soft dough forms. Knead 3 to 5 minutes, I use a mixer, and let rest 5 minutes.

Serves 12

Nutrition (per serving): 137.0 calories; 2.8g total fat; 0mg cholesterol; 80.4mg sodium; 102.6mg potassium; 25.2g carbs; 2.6g fiber; 4.3g sugar; 3.9g protein.

Tips & Techniques

For gluten free use GF Buns and add 1/2 cup raw sugar. This will not roll out. Spoon into prepared muffin tin 1/2 full. Add filling of choice and spoon another couple Tbsp of “dough” on top. Bake at 350°F for 20 to 30 minutes.

Glaze

Almond extract does wonders to improve the taste.

- 1 to 1 1/2 cups icing sugar (I get unbleached)
- 1/2 tsp vanilla extract
- 1/4 tsp almond extract
- 1 to 3 Tbsp Silk Soy Creamer (or Coffee Whitener), as needed

Combine all ingredients. Whisk until smooth and drizzle over warm buns.

Assignment - Lesson #8

DATE: _____

STUDENT NAME: _____

1. List some of the “stressors” in your life:

2. How are “stressors” different from stress?

3. When is stress good?

4. Name three solutions to stress you WILL use next time.

5. What was your favourite recipe this lesson?

6. Make the Golden Tofu loaf and write down how it tasted.

Lesson #9:

B12 and more Infosheet

Recipes in this Booklet:

Mother's Day Surprise - Fruit Tarts
 Baked Cheesecake
Father's Day Dinner - Veggie Calzone
Lady's Birthday
 Almond Green Beans
 Fettuccine (or Linguine Alfredo)
 Baked Carob Caramel Cheesecake with Carob Crust
Valentines or Anniversary - Black Forest Trifle
 Cherry Pie Filling
 Carob Cake - regular & gluten free
 Very Yummy Whipped Topping
Canada Day Cake
Child's Birthday (or Male Adult Birthday)
 Home Un-Fries
 Sloppy Joes
 Birthday Cake (see DVD)
 Lemonade
Yellow Cake - gluten free
Yellow Cake
Yellow Cake - yeast raised
"Butter Cream" Icing
Fondant
Creamy Whipped Topping (or Icing or Filling)
Templates for cakes

B12, D & OTHER TRACE ELEMENTS

All vitamins are vital for our health but some are more difficult to come by than others. We are going to look at B12 & D in particular as they are the most talked about in vegan and vegetarian circles. B12 covers a group of compounds, mostly cyanocobalamin, that convert into coenzyme forms used in the process of DNA synthesis and nervous tissue. Without B12, homocysteine cannot convert to methionine. This is important to understand, because when someone's homocysteine levels are unusually high it can suggest a B12 deficiency. Vitamin D is not a nutrient it is a hormone. It is vital for calcium absorption and maintenance, needed in bone growth. It is also needed for the immune system and neuromuscular system. Vitamin D also inhibits inappropriate cell division, reduces blood vessel formation around tumors, and regulates proteins that affect tumor growth, thus it is a cancer fighter and much more!

HOW MUCH DO WE NEED?

The RDA & the WHO recommend:

1.3 to 3 mcg per day of B12

200-600 IU of Vitamin D per day.

Variations are for age, different studies, and other health needs.

B12 SOURCES

Most doctors say the B12 found in plant sources is in analog form and your body can not use it. (This has not been tested in depth, but a few studies have been done.) So we need meat right? Well not exactly. It is bacteria that produce B12. Red Star nutritional yeast is one vegan source of B12, and there is research suggesting beets, red cabbage, and other tuberous vegetables grown organically can also contain B12.

Current recommendations for vegans and vegetarians (eggs have B12, but also have a factor that blocks absorption) from most doctors and dietitians for B12, is to supplement by one of the following methods.

* eat fortified foods two or three times a day to get at least three micrograms (≈µg or mcg) of B12 a day.

* take one B12 supplement daily providing at least 10 micrograms. O

* take a weekly B12 supplement providing at least 1000 micrograms.

DO I HAVE TO SUPPLEMENT?

In the effort to be unbiased it needs to be pointed out, some doctors and scientists feel we don't need to supplement unless there is an underlying reason. Why? Because first of all there are very few studies of actual deficiencies in other wise normal vegan populations, and secondly many of the B12 deficiencies recorded are

from poor digestion or the intrinsic factor. Pernicious anemia, the body's inability to properly make red blood cells, can be found in individuals who take enough B12 (such as meat eaters or supplements) because their bodies are not converting it properly. This is most often found in adults over 65, vegan or not.

While the intestine's production of B12 is too late, the mouth, tonsils, and nasal passages do produce B12 before digestion. Thus we can make our own B12, BUT if you brush it away with toothpaste it won't do you any good. In addition the body can store B12 for up to 3 years, the jury is still out on if and why we need to supplement. (People keep arguing the same points but very little scientific research is being done. Many of the same studies are being reported over and over, and most of them are quite small. It comes down to two groups. Those who say you need to supplement and those who don't. Both have valid intellectual, logical, and philosophical arguments. Both have done "research" on the subject. Both are sure the other has problems with their theory. Frankly there are not a whole lot of actual science doing objective studies.)

VITAMIN D SOURCES:

Like B12 vitamin D is not found in abundance in vegetarian foods, or any foods for that matter. But unlike B12 most doctors and scientists agree we can get it from the sun. You need 20 min per day in the summer and at least 30 to 90 minutes per day in the winter with your arms and face exposed. The best times are from 11am to 4pm, avoiding scorching times for those in hotter climates. Stay out longer if you have dark skin, wearing too many cloths, or if you live further north, over 30° latitude. UVB is the best rays to produce D, which is reduced in the winter and at higher latitudes. An easy test - if you can't get a tan, there is not enough sun (yes, you can tan in the winter, just not as quickly or as dark).

You'll get the added benefits of fresh air, so why not combine it with some exercise! What about when it's really cold outside? Doctors recommend supplementing and some even recommend tanning booths in short amounts (be sure it is emitting UVB).

IODINE

Iodine is essential for proper thyroid function as well as general growth in the body. The World Health Organization recommends 150mcg per day, but too much can be toxic. Consumption of raw brassicas, such as cabbage, broccoli and cauliflower, may increase the requirements for iodine. Seaweeds like nori and kelp are some of the best sources. Regular iodized salt or some mineral rich salt (not just plain sea salt) are other good sources of iodine. Vegetables and grains contain trace amounts of iodine if grown in healthy rich soil.

Mineral	RDA	Body Needs	Sources for	Insufficiency	Excess
Chloride	2300 mg	aids production of hydrochloric acid and cellular function.	Salt	hypochloremia	hyperchloremia
Copper	900 µg	component of many redox enzymes	Nuts, grains legumes,	copper deficiency	copper toxicity
Chromium	25-40 µg	works with insulin to maintain normal blood sugar levels. Acidic food in stainless steel cookware is a source.	peas, whole grains	may affect glucose uptake into cells	asthma, kidney damage, sinusitis, deficiency, iron
Iodine	150 µg	Aids function of thyroid glands.	Idodized salt, kelp	iodine deficiency	hypothyroidism
Magnesium	420 mg	is required for processing ATP and for bones. Needed by cells for genetic material and bone growth.	Nuts, legumes, green vegetables	muscle weakness; twitching; cramps, cardiac arrhythmias	Nausea, low blood pressure, nervous system disorders.
Manganese	2.3 mg	is a cofactor in enzyme functions, important in metabolism.	Whole grains, nuts	manganese deficiency	Generally from inhalation not diet
Phosphorus	700 mg	a component of bones and energy processing, needed for metabolism, nerve and muscle function.	Whole wheat bread, oats, beans	Weakness; bone pain; Anorexia.	Hinders body's absorption of calcium.
Selenium	55 µg	a cofactor essential to activity of antioxidant enzymes. Protects all membranes, reduces risk of cancer, enhances immune system, antioxidant.	Whole grains, soy beans	deficiency can cause heart attach, muscular dystrophy, and cystic fibrosis.	Finger nail changes, hair loss.
Sodium	1500 mg	a systemic electrolyte and essential in coregulating ATP with potassium.	Salt	hyponatremia	hypernatremia
Zinc	11 mg	required for over 100 enzymes. enhances immune system, protects against birth defects.	Legumes, whole grains	causes birth defects, infertility, chronic infections.	Nausea, diarrhea, abdominal pain; gastric bleeding.

REFERENCES

Vegetarian Network www.vnv.org.au; Brian Clement, "Do You Have a B-12 Deficiency?" Hippocrates Health Institute.; Beyond Vegetarianism, "Vitamin B-12 and Reality"; B.E. Baldwin, Ph.D, "Vitamin B12 Around the World.", Journal of Health and Healing; Dr. David Reuben, "Everything you Always Wanted to Know about Nutrition"; Dr. Walter Veith, "Diet & Health"; USDA Agricultural Research Service, "Are You Vitamin B12 Deficient?", August 2000 Agricultural Research Magazine.; Office of Dietary Supplements, NIH Clinical Center. "Dietary Supplement Fact Sheet" Vitamin D & Vitamin B12 <http://ods.od.nih.gov/factsheets/>; DermNet NZ, "Vitamin D", 2005 NSDS; Natural News, "Tanning Beds Can Reverse Vit D Deficiency with UV light..." by David Gutierrez; http://en.wikipedia.org/wiki/Dietary_mineral; <http://www.qfac.com/articles/tracechart.html>; Dr. Neil Nedly, "Proof Positive"; Vegan Society, <http://www.vegansociety.com/food/nutrition/iodine.php>

Mother's Day Surprise:

Fresh Fruit Tarts

Many variations can be made with this easy recipe.

- 1 recipe pastry
- 1 recipe Baked Cheesecake* (see below)
- 2 cups fresh sliced strawberries, kiwi, blueberries, grapes, etc.
- peach jelly, as needed

Make pastry according to directions and place into tart pan (muffin tin). Make recipe for cheesecake and pour into tarts then bake at 350°F for 30 minutes. Turn off oven and let cool 30 minutes. Remove from oven and chill. Top with fruit, then pour over melted peach jelly and serve.

*Variation: pre-bake shells and use pudding in place of cheesecake.

Baked Cheesecake

Like the “real thing.” Great texture and taste.

- 1/3 cup soy creamer, French Vanilla (or coconut milk)
- 8 oz Tofutti Better Than Cream cheese, plain (or double the tofu and lemon juice)
- 12 oz silken tofu, extra firm
- 4 Tbsp unbleached flour (or 3 Tbsp cornstarch)
- 1/2 cup raw sugar (1/2 tsp stevia), to taste
- 1 Tbsp vanilla extract
- 1 Tbsp lemon juice, fresh best
- 2 tsp Egg Replacer

Preheat oven to 350°F. Place all in blender. Blend on high until smooth. May need to stop the blender, stir, etc. Pour into crust and bake at 325°F from 45 to 75 minutes. Edge should be set, but center may move slightly. Cool. Store in fridge. Serve with fruit topping or caramel sauce, etc. Serves 8

Father's Day:

Veggie Calzone - Demo

Bread 'n' savory vegetables are a King's combination.

1 recipe Easy Buns, Basic Machine Bread, or other dough (gluten free see tips)

2 cups grated Vegan cheese

1/2 to 1 cup chunky tomato sauce

Filling (whatever you like):

1 large diced onion

2 med diced carrots

1 med bell pepper, chopped

1/2 cup sliced olives

1 cup cubed eggplant (or zucchini)

1 cup chopped mushrooms

Prepare dough following directions. Divide into 4 and roll each into an 8 to 10" circle. Spread one half of the circle with tomato sauce, add about 1 1/2 cup of filling, and 1/2 cup of cheese. Fold over to form a half circle and pinch the edges well. Let rise until almost double and bake at 350°F for 20 to 30 minutes. Let cool. Store in refrigerator and re-bake for 15 minutes to serve warm. NOTE: Adjust filling as desired. Stuff it fuller than you think you will like it, because these cook down. Serves 4

Nutrition (per serving- will vary on cheese): 168.4 calories; 5.5g total fat; 231.3mg sodium; 271mg potassium; 26.3g carbs; 4.3g fiber; 2.0g sugar; 5.8g protein.

Tips 'n' Techniques

For gluten free use a gluten free bread recipe (one on our website www.TheVegetarianCookingSchool.com) and pour into a prepared 8 or 9" cake pan, bake as directed and let cool. Sauté above filling vegetables. Slice bread in half and "stuff" with filling, cheese, and tomato sauce. Reheat at 350°F for 15 to 20 minutes, just before serving.

Lady's Birthday:

Almond Green Beans - Demo

An easy dish.

2 cans french cut (or regular) green beans 1/2 cup sliced almonds
2 to 4 Tbsp Italian Salad Dressing

Drain beans. Combine all and serve. Best left to sit in fridge for 4 to 8 hours, but not necessary. Serves 8

Fettuccine Alfredo - Demo

A nice-looking dish. Very appetizing.

1 pkg of spinach Fettuccine (or Linguine), cooked (375g)
1 cup fresh or frozen peas
Alfredo Sauce (see next page or Garlic Sauce - Lesson #6)
1 cup cherry tomatoes, sliced in half
2 to 4 Tbsp Zesty Sprinkles, optional

Bring 2 large pots of water to a boil and cook pasta according to directions on packages. Meanwhile make sauce according to directions on DVD. Add peas with mushroom if using frozen peas. Toss pasta with sauce. Garnish with Zesty Sprinkles, cherry tomatoes, and serve. Variation: add 1 cup soy curls. Serves 8

Alfredo Sauce - Demo

Similar to the Garlic Sauce from Lesson #6!

3 to 3 1/2 cups soy milk (or cashew) 1 Tbsp Golden Seasoning
1 tsp garlic, minced 1/2 tsp basil
3 Tbsp cornstarch, as needed 1 tsp Italian Herbs
dash cayenne pepper, optional 1 tsp sea salt to taste
1/2 cup Zesty Sprinkles

Combine all in a medium saucepan over medium heat. Cook just until thick. Serve immediately over hot, cooked pasta. Serves 6

Nutrition (per serving): 232.9 calories; 12.0g total fat; 0mg cholesterol; 476.5mg sodium; 469.4mg potassium; 20.9g carbs; 5.0g fiber; 1.2g sugar; 14.3g protein.

Lady's Birthday:

Carob Caramel Cheesecake - Demo

What a yummy dessert for the whole family. (Demo'd the deluxe version, see tips.)

2 pkgs of 12 oz silken tofu, extra firm	3/4 to 1 cup maple syrup
1/4 cup carob powder	2 to 3 Tbsp lemon juice
dash sea salt	2 tsp Egg Replacer
Caramel sauce	Carob Crust, unbaked

Blend tofu, maple syrup, carob powder, lemon juice, and salt until smooth. Pour into crust. Bake at 350°F for 45 to 80 minutes, until cracks start to appear around edge of filling. Chill and serve with Caramel Sauce. Serves 8

Nutrition (per serving): 362.1 calories; 8.7g total fat; 252.2mg sodium; 309.3mg potassium; 67.7g carbohydrates; 1.4g fiber; 61.0g sugar; 6.7g protein.

Deluxe Version: Use Baked Cheesecake recipe. Add 1/4 to 1/3 cup carob powder (or 1/3 to 1/2 cup cocoa powder, plus 1/4 cup of sugar). Omit flour!

Carob Crust - Demo

Not quite Oreo cookie, but still absolutely fabulous!

1 1/4 cups whole wheat flour (gluten free flour)
1/4 cup carob powder
1/4 cup Sucanat
1/3 cup vegetable oil* (or melted non-hydrogenated margarine)
1/4 tsp sea salt (omit if using margarine)

Combine all ingredients and press lightly into a 9" pie pan. *Bake at 350°F for 10 to 12 minutes or until "browned" on edges (this is already quite dark). *use unbaked in baked cheesecake recipes. Serves 12

Nutrition (per serving): 112.7 calories; 6.2g total fat; 0mg cholesterol; 41.8mg sodium; 79.9mg potassium; 14.2g carbs; 2.4g fiber; 4.3g sugar; 1.8g protein.

Caramel Sauce - Demo

A very sweet, gooey topping. Great for ice-cream sundaes!

1/4 cup non-hydrogenated margarine 1/2 cup maple syrup
1/2 cup Sucanat (brown sugar works best) 3/4 cup raw sugar
1/4 cup Silk Soy Creamer (omit for firmer or smoother sauce)

Bring the first 4 ingredients to a boil. Boil hard 5 min, remove from heat and cool about 10 min. Stir in Soy Creamer and store in fridge, serve at room temp. May need to reheat to pour. Will go 'granular' in the fridge unless using brown sugar and no soy creamer. Serves 24

Nutrition (per serving): 76.1 calories; 2.3g total fat; 0mg cholesterol; 53.2mg sodium; 28.5mg potassium; 14.2g carbs; 0g fiber; 13.5g sugar; 0.1g protein.

Valentines or Anniversary:

Black Forest Trifle

This is a crowd pleaser!

2 - 8" round Carob (or chocolate) Cakes, baked
4 to 6 cups of Cherry pie filling (or 2 - 540ml/19oz cans)
4 to 6 cups Whipped Topping

Place one cake in the bottom of a clear bowl. Add half of the cherry filling then half the whipped topping. Layer second half of the cake. Repeat last two layers with remaining cherries and whipped topping.

Cherry Pie Filling

Simple and Easy.

3 cups pitted sweet cherries (Bing, Lambert, etc.)
3 to 4 Tbsp organic cornstarch or minute tapioca
1/3 cup white grape juice (omit if canned cherries)

In saucepan mix cornstarch and grape juice (or juice from canned cherries). Cook over med heat until thick (like a paste). Stir in cherries. (For fresh use 3 Tbsp of cornstarch; for canned, use 4 Tbsp of cornstarch). Adjust juice/cornstarch ratio to your family's preference. Remember, thicker is better inside a cake to prevent soggy cakes. Serves 8

Carob Cake - regular

Very good chocolate substitute.

1 cup unbleached flour	1 1/2 cups whole wheat flour
3/4 cup carob (or cocoa) powder	1 cup raw sugar
2 Tbsp Ener-G Baking Powder	2 tsp Ener-G egg replacer, opt
1 Tbsp Krakus or Roma (coffee substitute - omit if using cocoa)	1 cup soy milk (or other)
1/2 cup applesauce (or oil)	2 tsp vanilla extract, optional
1 cup water	
1 tsp almond extract	

Preheat oven to 350°F. Prepare 9 x 13 pan, bundt pan, or 2 round 8” pans. Combine dry ingredients, whisk well. Combine wet ingredients. Quickly stir wet into dry and pour into pan. Bake at 350°F for 25 to 35 min. Let cool before removing from pan. Note: Using the oil keeps the cake much moister. If using this cake in a trifle use the applesauce because the whipped topping will moisten the cake. Serves 16

Nutrition (using applesauce): 140.3 calories; 0.6g total fat; 0mg cholesterol; 11.7mg sodium; 130.1mg potassium; 32.9g carbs; 3.9g fiber; 15.9g sugar; 3.3g protein.

Carob Cake - GF

Very healthy and still a pleasure to eat.

1 cup organic corn flour (or brown rice flour)	
1 cup brown rice flour	1/4 cup potato flour
2 Tbsp Ener-G Baking Powder	2 tsp Ener-G egg replacer, opt
1/2 cup carob powder	1 cup water
2 cups dates, chopped	1/3 -1/2 cup raw sugar, to taste
2 cups water	1 tsp almond extract

Preheat oven to 350°F. Prepare pan (9 x 13 or two 8” round pans or bundt). In a saucepan, soften dates in 1 cup of water over medium heat. Blend in blender till smooth and add remaining wet ingredients. Combine dry ingredients. Combine wet and dry ingredients together quickly and pour into pan. Bake at 350°F for 25 to 35 min. Let cool before turning onto rack.

Very Yummy Whipped Topping

Good for your first taste test. Very much like vanilla pudding.

- 2 -- 12 oz pkgs silken tofu, extra firm
- 1 pkg Mori Nu Pudding Mates, vanilla flavour
- 2 to 4 Tbsp French Vanilla Soy Creamer (or see below)
- 1 tsp vanilla extract, or more to taste
- 2 Tbsp raw sugar (or alternative)
- 3 to 6 Tbsp vegetable oil
- drop of almond extract, to taste

Process all ingredients, except vegetable oil in food processor on high until very smooth. While still on high, slowly add oil. Chill if desired and serve. Can be used immediately if need be. Serves 8

Nutrition (per serving): 125.2 calories; 7.6g total fat; 0mg cholesterol; 57.3mg sodium; 146.8mg potassium; 7.8g carbs; 0.1g fiber; 6.3g sugar; 6.4g protein.

If you can not find French Vanilla Soy Creamer in your area, you can use a rich soy milk and add 1/2 tsp vanilla flavor, plus 1 tsp sugar.

Canada Day Cake (or July 4th)

- 1 recipe white cake (or any favourite cake see Lesson #7 for white cake)
- 1 recipe Whipped Topping (or Icing)
- 2 cups fresh sliced strawberries

Frost the cake with whipped topping. Arrange strawberry slices to form a leaf in the center and a row of red on each side. You can use the templates at the end of this lesson book. They will need to be enlarged about 125% to fit 9 x 13 pan. (Dimensions don't quite match as the flags are a bit more rectangular.) For July 4th or Independence Day, use blueberries as the background for the stars. You can add "stars" with icing in between blueberries if desired.

Child's Birthday:

Home Un-Fries - Demo

A child's delight, especially mine.

- 8 med potatoes, red or new
- 2 to 3 tsp Seasoning Salt
- 1 to 2 Tbsp oil

Wash and slice potatoes into thin sticks or slices. Smaller will cook faster and be crispy. Combine all ingredients in a large bowl and mix well. Place on a prepared cookie sheet in a single layer. Bake at 425°F for 15 minutes. Flip and cook until browned. Variation: add 1/2 cup B-B-Q Sauce or Ketchup before baking. Serves 4 hungry children!!!

Nutrition (per serving): 360.7 calories; 3.4g total fat; 0mg cholesterol; 867.9mg sodium; 2262.9mg potassium; 78.0g carbs; 5.5g fiber; 0.2g sugar; 8.1g protein.

Sloppy Joe's - Demo

Quick and tasty!

- 2 cups Dinner Crumbles (From Lesson #5) or Just-like-Ground (or other ground burger substitute)
- 1 med onion, chopped (May need to omit for children,)
- 1/2 cup tomato sauce, to taste
- 1/2 to 1 tsp chili powder (available free online at: www.TheVegetarianCookingSchool.com)
- sea salt to taste

In a large frying pan sauté onion in a bit of water or oil. Add remaining ingredients and stir well. Cook on medium heat covered for 20 minutes, stirring occasionally. Serve on toast, buns, or rice. Serves 8

Ready in: Less than 30 minutes even if sautéing the onion.

Nutrition (per serving): 446.2 calories; 3.3g total fat; 0mg cholesterol; 454.6mg sodium; 788.9mg potassium; 88.4g carbs; 19.5g fiber; 1.3g sugar; 22.5g protein

Lemonade - Demo

Very refreshing summer treat.

- 1 cup lemon juice, fresh
- 6 to 7 med fresh lemons, juiced
- 1 to 2 tsp lemon zest (3 to 4 lemons)
- 1/2 to 1 cup raw sugar (or agave nectar or honey)
- 1/8 tsp sea salt
- 1 1/2 cups water
- 5 to 6 cups ice cold water

Boil lemon zest, sugar, salt, and first amount of water for 3 to 5 minutes. Strain, add ice cold water, lemon juice, and chill or serve. Variation: omit lemon zest and boil. Stir well to dissolve sugar. Serves 8

Nutrition (per serving): 56.4 calories; 0.0g total fat; 33.6mg sodium; 39.3mg potassium; 15.2g carbohydrates; 0.2g fiber; 13.3g sugar; 0.1g protein.

Yellow Cake - GF

A light cake that is gluten free, but a little “corny.”

- | | |
|--|----------------------------|
| 1 cup brown rice flour | 1 cup organic corn flour |
| 1/3 cup tapioca starch | 1/3 cup sweet rice flour |
| 2 Tbsp EG Baking Powder | 2 tsp Egg Replacer, opt |
| 3/4 cup raw sugar | 1 cup soy milk (or other) |
| 2/3 cup water | 1 1/2 Tbsp vanilla extract |
| 1/4 to 1/3 cup vegetable oil (or unsweetened applesauce) | |

Preheat oven to 350°F. Prepare two 8” round pans (9 x 13 for thin cake). Combine dry ingredients and wet in separate bowls. Quickly stir wet into dry and pour into pan. Bake at 350°F for 30 to 35 min.

Tips ‘n’ Techniques: This seems runny but is fine. Work very quickly as the baking powder starts to react immediately with the liquid. This cake sinks a bit.

Yellow Cake

A nice Yellow Cake. Thanks Mom!

1 cup whole wheat flour	3/4 cup unbleached flour
3/4 cup organic corn flour	2 Tbsp Ener-G Baking Powder
2 tsp Egg Replacer, opt	3/4 cup water
3/4 cup raw sugar (or 3/4 tsp Stevia + 3 Tbsp flour)	
1/3 cup unsweetened applesauce (or vegetable oil)	
1 cup soy milk (or other)	2 Tbsp vanilla extract

Preheat oven to 350°F and prepare a 9 x 13 pan or two 8” round pans. Mix dry ingredients, and whisk well. Mix wet ingredients. Quickly stir wet into dry. Pour into pan and bake at 350°F for 25 to 30 min.

Tips ‘n’ Techniques: Use organic corn flour if at all possible. Corn is one of those foods that is usually GMO, hybrid, pesticided... (ok pesticided is not a real word, but you get the point). That goes for all corn products--popcorn, cornmeal, cornstarch, etc. Arrowroot can be used in place of cornstarch in many recipes, but you may need to adjust the amount.

Yellow Cake - yeast raised

Use this in any recipe calling for a Yellow Cake.

1/3 cup warm water	1 1/2 Tbsp yeast, dry active*
1 3/4 cups whole wheat flour	1 1/2 cups organic corn flour
1 1/2 cups vanilla soy milk (or other)	1 1/2 Tbsp vanilla extract
1 1/2 tsp sea salt	1/2 cup agave nectar
1/3 cup vegetable oil	3 Tbsp orange juice concentrate, undiluted

Preheat oven to 150°F. Sprinkle yeast in warm water and let stand for 3 min. Combine flours and salt. Combine wet ingredients and stir all together. Dough should be soft enough to stir with a spoon. Place into a well greased pan (9 x 13 or two 8” round pans) and let rise in warm, turned off oven. When cake has doubled, remove from oven and preheat oven to 375°F. Bake at for 25 to 35 min, cool. Remove from pan. Use this cake the next day, as it is not healthy to eat fresh breads.

“Butter Cream” Icing - Demo

A much tastier icing than fondant!! Not very “healthy” use sparingly.

1/2 cup shortening 1/2 cup block margarine
2 tsp clear vanilla extract 1/4 tsp almond extract, opt
4 cups icing (confectioner’s) sugar (approx. 1 lb)
2 Tbsp soy creamer (or soy milk)

In large bowl cream shortening and margarine with mixer. Add extracts. Gradually add sugar 1 cup at a time, beating well at med. Scrape sides and bottom frequently. When all the sugar is mixed in, add soy creamer and beat until light and fluffy. Can add more soy creamer to thin for decorating cakes. Use gel or Wilton dyes. The colors are so much nicer and you need way, way less!!! Add 3/4 cup cocoa powder for chocolate icing. Use 1/2 to 3/4 cup of carob or cocoa for chocolate frosting. Good for brown icing, no dye needed, or for black icing, less dye is needed.

Fondant, Vegan - Demo

A rolled fondant recipe that works quite well.

4 Tbsp agar agar flakes (or 2 pkgs of unflavored vegan gelatin)
1/2 cup water 1 cup white corn syrup
1/4 cup shortening 2 Tbsp Glycerin
2 tsp vanilla extract 1/2 tsp almond extract
Wilton color, if desired* 12 -14 cups icing sugar (about 3 lbs)

Combine agar flakes and cold water; let stand about 15 minutes. Place mixture on the stove and boil 5 minutes. Remove from stove and add shortening until it dissolves. Add corn syrup, glycerin, extracts, and color if using only one color. Place 5 cups of sugar into a bowl and make a well (I use a mixer). Add liquid mixture and stir well. Add sugar a cup at a time until stickiness disappears. Remove from mixture and knead until smooth. Divide and add color as desired. Be careful not to add too much sugar as it will crack if it gets too dry. If sticking too much, or too soft, knead in more icing sugar. Use immediately or store in an airtight container in a cool dry place. Do NOT refrigerate or freeze. When ready to use, knead again until soft. This recipe make enough for a 9 x 13 cake, or a large tiered round cake, plus decorations.

Creamy Whip Topping (or Icing)

Simple ingredients and easy to make. Can be made as a filling too!

- 1 cup water
- 1 cup vanilla soy milk (or other)
- 1/3 to 1/2 cup raw sugar (or ¼ tsp stevia*) to taste
- 2/3 cup unbleached flour*
- 1/8 to 1/4 tsp sea salt, to taste
- 2 tsp vanilla extract
- 1/4 tsp almond extract
- 1/4 cup vegetable oil

Cook water, soy milk, honey, flour, and salt until thick, over medium heat, stirring constantly. Chill, about 1 to 2 hrs. Place in blender and add vanilla and almond extract. While blender is running on high, very slowly add oil until thick and creamy, chill again if desired. You may not need to add all the oil. Serves 10 Ready in: about 2 hrs

Nutrition (per serving): 116.0 calories; 5.9g total fat; 0mg cholesterol; 60.1mg sodium; 44.6mg potassium; 14.3g carbs; 0.3g fiber; 7.7g sugar; 1.5g protein.

Tips 'n' Techniques

*For gluten free: Try one of the other whipped toppings (can try 1/2cup corn starch).

*Make as an Icing: Add 1/2 cup sugar or add 3/4 cup icing sugar after cool, in place of oil. Lowers the fat considerably!

*Make as a Filling: add another 1-2 tsp vanilla for vanilla filling; add 1/3 cup carob powder for carob filling; use orange juice in place of water and milk for orange filling; add 1/4 cup cocoa powder for chocolate filling. Adjust oil as needed.

*Stevia: I use the white. Unlike artificial sweeteners, stevia is simply the leaf of a herb. It is very sweet and leaves a bit of a sweet after taste. It is excellent for diabetics as it has almost no carb's. It can be used in place of sugar or honey in most recipes.





No Assignment - Lesson #9

Lesson #10:

Food Additives
Nutrition for the Mind Infosheet
Your Thoughts Infosheet

Recipes in this Booklet:

Basic Machine Bread
Basic Machine Bread - gf
Essence Bread
Sabbath Bread
Banana Bread
Banana Bread - gf
Sweet Tea Buns
Sweet Tea Buns - gf
Cinnamon Buns
Carob Hazelnut Spread
Fresh Apple Coffee Cake
Glaze for Sweet Breads
Strawberry Spread
Millet Butter
Zippy Spread
Raspberry Spread

3ABN DVD recipes:

Easy Bean Burgers
Easy Bean Burger Mix
Potato Medley OR Oven Roasted Potatoes
Easy Buns & Easy Buns - Gluten Free
Lemon Pie
Just-Like-Graham Crust

Food Additives:

Additives are included in many processed foods. Additives can be used for preservatives, taste enhancer's, or to replace a natural substance, such as sugar or fat. One of the most commonly known additives is MSG. First of all there are forms of MSG found naturally in many vegetables right from the garden. MSG is a trouble maker when isolated and used in massive quantities as an additive. Much like SALT!!!! Too much salt causes many, many problems too. Other additives are food dyes, preservatives, and so on. Some are definitely more harmful than others. Here are the top 10 to watch for:

1. Monosodium Glutamate or MSG;
2. Nitrites (sodium and potassium);
3. Aspartame, Saccharin, Acesulfane-K (and other artificial sweeteners);
4. BHA and BHT;
5. Benzoate's;
6. Hydrogenated oils (not particularly an additive);
7. Olestra (a manmade oil);
8. Propyl... (Gallate, paraben, etc.);
9. Sulfites;
10. Food Colors: especially Yellow - tartazine; Red - allure, cochineal, ponceau 4R, Red A, #3 & #40; Blue #1 & 2; and Brilliant Black BN.

MSG - Monosodium Glutamate was discovered by a Japanese scientist in 1908. He isolated glutamate from a particular seaweed, which had been used for centuries as a flavor enhancer. It is found in protein containing foods like vegetables, and the human body also produces glutamate. However, glutamate is found in two forms: "bound" glutamate (linked to other amino acids forming a protein molecule) and "free" glutamate (not linked to amino acids). It is the free glutamate that is used as an additive in food. Some of these side effects attributed to MSG by some include asthmatic response, seizures, ADHD, hypothyroidism, fibromyalgia. Some of the conflicting studies have disproved the "Chinese Food Syndrome". Much of the information on the subject is circumstantial and antidotal. It is interesting to note the level of vitamin B6 in a person's body plays a role in glutamate metabolism, and the possible impact of marginal B6 intake should be studied. However, there is no scientific evidence that the levels of glutamate in hydrolyzed soy protein causes adverse effects. The highly sensationalized reports of hydrolyzed soy protein are sadly lacking in science, but whole foods are always the best choice!

HERE ARE JUST A FEW FORMS OF ADDITIVES:

Acids: Food acids are added to make flavors "sharper", and also act as preservatives. Common food acids include vinegar, citric acid, tartaric acid, fumaric acid, lactic acid.

Anticaking agents & Antifoaming agents: Anticaking agents keep powders from caking or sticking. Antifoaming agents reduce or prevent foaming.

Antioxidants: such as vitamin C act as preservatives by inhibiting the effects of oxygen on food, and can be beneficial to health.

Food coloring: Colorings are added to food to make food look more attractive. These are some of the most harmful, or at least the most likely to cause reactions.

Emulsifiers: allow water and oils to remain mixed together in an emulsion, as in mayonnaise, ice cream, and homogenized milk.

Flavors & Flavor enhancers: additives that give food a particular taste or smell, and may be derived from natural ingredients or created artificially. Flavor enhancers enhance a food's existing flavors. They may be extracted from natural sources (through distillation, solvent extraction, maceration, among other methods) or created artificially. MSG falls into this category.

Preservatives: prevent or inhibit spoilage of food due to fungi, bacteria and other microorganisms.

Stabilizers & Thickeners: give foods a firmer texture. While they are not true emulsifiers, they help to stabilize emulsions. Some are perfectly harmless like agar or pectin often used in jam and jellies.

Sweeteners: Sweeteners are added to foods for flavoring. Sweeteners other than sugar are added to keep the food energy (calories) low. Some of these sweeteners cause cravings as well as having other health issues.

Vitamins: Some of the vitamins that are added to food are (some of these may come from animal products or may not be the best sources, but they are generally not regarded as harmful as other additives and some of these are vital to good health.): alpha tocopherol or alpha tocopherol acetate - vitamin E; ascorbic acid - vitamin C; beta carotene or carotene - pre-cursor to vitamin A; biotin - B vitamin; calcium carbonate or citrate - calcium; cholecalciferol - vitamin D3; choline bitartrate or chloride - choline a nutrient; cyanocobalamin - B12; 7-dehydrocholesterol - vitamin D3; disodium riboflavin phosphate - vitamin B2; ergocalciferol - vitamin D2; ferric or ferrous... - iron supplement; folacin, folic acid - B vitamin; inositol - a vitamin; iron - nutrient; L-cysteine - amino acid; lactoflavin - Vitamin B2; magnesium acetate, carbonate, or other - nutrient; manganese chloride, citrate, gluconate, etc. -- nutrient; menaquinone - vitamin K; methionine - amino acid; niacin, niacinamide, nicotinamide, or nicotinic acid - vitamin B3; pantothenic acid - vitamin B5; phyloquinone - vitamin K1; pyridoxine hydrochloride - vitamin B6; riboflavin, sodium riboflavin phosphate, etc. - vitamin B2; thiamine hydrochloride or mononitrate - B1; taurine - amino acid; tocopherol - vitamin E; zinc chloride, gluconate, methionine sulfate, oxide, etc. - zinc an important mineral.

Nutrition for the Mind

The body needs many nutrients, but we are going to isolate a few important ones for brain and mind health, such as: Omega 3, Tryptophan, Folate, B vitamins, and antioxidants like Vit A, C & E. Information in your brain is in the form of nerve impulses that go through various cell walls or membranes. Membranes are almost entirely made up of fat, and about 20% of that fat is essential fatty acids such as Omega 3. Folate helps in the production of new cells and their maintenance. It is also needed to make DNA and RNA, the foundation of the cells. What about folic acid? That is a synthetic form of folate found in supplements and in fortification.

The brain also needs neurotransmitters such as serotonin to make the connections between nerve endings. Serotonin is produced in the body from tryptophan.

Those with low dietary folic acid and/or B12 have increased amounts of homocysteine. Elevated levels of homocysteine, an amino acid, causes cell damage in various parts of the body, including the hippocampus (where memory is located). Folate works together with B12 in DNA synthesis and red blood cell production. In addition, low folate levels put you at risk for heart disease and decreased cognitive function.

The B vitamins are often called the STRESS vitamins. Each one has its function in the health of the body and specifically on the cells in processing amino acids. The B Vitamins control the neurochemicals through enzymes. The various B vitamins are also important for memory and cognitive function.

The fuel for the brain is glucose, but sugar is not the best form of glucose. It is too concentrated and causes a surge in the body, leaving the brain with less energy than when it started. The best source of glucose is carbohydrates. Good old fruits, vegetables, and whole grains. Not only do fruits, vegetables, and whole grains provide the carbohydrates needed for all body functions, they also provide the needed vitamins, minerals, and antioxidants too. Antioxidants, are involved in protecting the cells as well as many other functions and have been found to decrease the risk of heart disease and stroke. Sugar can't do that.

Oxygen is critical for cell life, and within five minutes of oxygen deprivation cells in the brain start to die. What has that to do with nutrition? Plenty. Oxygen is carried to the brain via blood vessels. If those vessels are restricted, the blood is restricted, and less oxygen is gets to the brain. What causes such a restriction? Cholesterol. (There are other conditions and problems as well, but this is the most common.) Cholesterol is linked to atherosclerosis (narrowing of arteries) and what you eat affects your cholesterol levels. Food high in cholesterol or saturated fat are the worse offenders. The good news -- NO plant based food has ANY cholesterol in them and most are low in saturated fat. So eat your veggies! For details on the nutrients of foods visit: www.nal.usda.com

OMEGA 3 SOURCES

Flaxseed	English walnuts	Canola oil
Walnuts	Soybean oil	Green soybeans

And in some amounts in Tofu, Red Peppers & Onions

The top three sources are flaxseeds, walnuts, and canola oil. Of course whole foods are best for optimal health, but you can use oil in moderation, and canola is very high in omega 3. It is also resistant to high temperature making it a safe oil to cook with. What about fish? Only some fish are high in omega 3 and many of those fish can also contain mercury (according to the US government).

TRYPTOPHAN SOURCES

Tofu	Roasted Pumpkin Seeds	Gluten Flour
Sesame Seeds	Almonds	Black Walnuts
Black-eyed Cowpeas	Bananas	

Tofu is one of the highest sources at 747mg per 100 grams. Pumpkin seeds and gluten flour are over 500mg per 100g.

FOLATE SOURCES

Lentils	Navy Beans	Bananas
Green leafy vegetables	Legumes (beans)	Oranges
Avocados	Sunflower seeds	Whole Grains

Potatoes and many more, eat lots of veggies and you'll be fine for folate.

MELATONIN SOURCES

Tart cherries	Oats & Barley	Corn & Rice
Tomatoes	Bananas	Sunflower seeds & Almonds

Melatonin is need to make serotonin. This list is not exhaustive, and the body makes its own melatonin as well as getting some from food.

B6 VITAMIN SOURCES

bananas	chickpeas	potatoes (cooked)
avocados	orange juice	brown rice
sunflower seeds	watermelon	raisins
navy beans (cooked)	lentils (cooked)	and many more

OTHER VITAMIN SOURCES

As long as you are eating several servings of whole grains and vegetables daily you will get enough Thiamine, Niacin, Pantothenic Acid as wells as most other vitamins and minerals. At this time B12 is still a bit of a mystery, there is some evidence your body makes enough, and yet B12 anemia does exist in both vegans and omnivores. At this time it is best to supplement until further research is done.

(References are listed in original infosheet.)

Your Thoughts

The Bible says: “For as he thinketh in his heart, so is he.” Pr 23:7 “A Merry Heart doeth good like a medicine.” Pr 14:22 An active relationship with God is the most important thing we can do to have good mental health. There is a loving Creator who wants a relationship with everyone, but he will not force. Each person must ask for strength to fight temptations and guidance to the right path. Prayer time and personal devotion are the keys to unlock the great treasures of life. A meaningful prayer life is important to good spiritual health.

P - Praise God for blessings

R - Repent of wrong doing

A - Ask for your needs

Y - Yield to God's will

E - Entreat the Holy Spirit

R - Repeat through the day

The first step in a good prayer life is to praise God for all the things you are thankful for. This gets you in the right frame of mind and gets rid of many wrong thoughts. Repenting of wrongs you've done and forgiving others. That's right, even if they don't deserve it, you need to forgive them. And I do mean NEED! Our bodies use chemical and electronic messengers in our brain, and thinking bad thoughts (harboring unforgiveness) is harmful to our brains. Ask for your needs. God knows every need, want, and desire. He doesn't need someone to tell Him because He doesn't know, He wants people to communicate. Surrender to God's will for your life. When God's will is not what we want, we need to rely on the Holy Spirit for strength to see us through and we need to choose to say no. “I can do all things through Christ which strengthens me.” Phil 4:13. Entreat means to diligently ask for. The Holy Spirit has the power to help us overcome and deal with anything that can possibly arise on this earth. Repeat often. Turn your heart to the Lord throughout the day. Sometimes we get so busy we forget God is there to help us. Talk to Him throughout the day. Devotions and study time are also important in building a relationship with God. Do you have personal worship each morning?

ABC'S OF THINKING:

Thoughts come in many ways: You can make up your own thoughts, you can get temptations from Satan, and of course God sends you suggestions too. As you walk with God gets closer, you will learn how to tell the difference between those different thoughts. When negative thoughts come to us we don't have to keep thinking them. We can't choose what happens to us, but we can choose how we react to it. Here are some ABC's to thinking:

A - Action and Activity - something happens or a thought comes to mind.

B - Belief and Basics - what you believe forms the basis for your feelings.

C - Consequences and Conscience - there are consequences, good or bad, to your belief and you need to listen to your conscience about your thoughts.

D - Decide and Disagree or Determine - decide if you find what you believed was right or wrong, and disagree with that thought if it is wrong.

What does that all mean? Let's use a dog story as an example.

A - Action and Activity - something happens or a thought takes action in your mind. You are riding your bike and a dog runs out from a neighbors driveway, you begin to make thoughts about what is going to happen. This is the 'action'.

B - Belief and Basis - what you believe forms the basis for your feelings. Your beliefs are made up of the things you choose to believe combined with how you remember things that have happened to you in the past. So the dog comes toward you and you remember the last experience with a dog, or stories (real or imagined) about other people's experiences with dogs, or you make up a 'what if', and you form a belief for what will happen in this situation. Perhaps you believe the dog will or might bite you. The basis (or reason) for that belief is the thoughts (memories or imaginations) about dogs and bikes.

C - Consequences and Conscience - there are consequences, good or bad, to your beliefs and you need to listen to your conscience. The consequences can be physical, mental, spiritual, or a combination of all three. Let's continue with our dog and bike story. Now because you believe the dog might bite you, you become afraid. You see the dog did not make you afraid, it was your belief he might bite you that made you afraid. So the consequence of your own thought is fear.

D - Decide and Disagree or Determine - if you find what you believed was wrong, you need to disagree with that thought. If the thought was correct, then determine to what to do in that situation. Is the dog really going to hurt you? Here is where you take control of your thoughts. You start really thinking about the situation. The dog is friendly and wagging his tail. You've met him before when you visited the neighbor so you don't need to be afraid. Now you need to disagree with your first thought about the dog. Determine to do what is right and pray for strength. You might say "Hi, Rover, I'm just riding to the park today. You better stay home." Can you think of other ways to deal with this problem?

But what if the dog looks angry and your thoughts maybe right, there is something to fear? What then? Determine to give it all to God. Ask Him for protection, get out of the situation, and talk to someone. Don't let the fear sit inside you! You are still in control of how you think even if you can't control the circumstances. You may not be able to prevent the dog from coming out, but you can control how you treat your neighbor after or if you will be afraid of all dogs after this. You see you can make your thoughts take a U-turn, you start out happy

in Jesus, temptation or problems or trials come and you can turn your thoughts back to Jesus. Turn your thoughts right around into positive, right thoughts.

THE TEN PIT FALLS OF THOUGHT:

How do you know if what your thinking is right or wrong? Here are ten cognitive distortions to watch out for:

1. All or Nothing thinking (All or nothing, not looking at the whole situation. You notice the dog running out toward you but you don't see the neighbor on the porch. Or ALL dogs have the ability to bite so they most likely will.)

2. Overgeneralization - Take one event or story and use it to analyze all other events. ie: Using one bad dog story/event as the basis for what all dogs will do.

3. Negative Mental Filter - Only remembering negative examples/stories. Ie: I know LOTS of bad dog stories, can't think of one time a dog liked me.

4. Disqualifying the Positive - Not thinking about the positive. Ie: The only time a dog was nice to me, my mom was there, so he had to be nice.

5. Mind Reading/Fortune Teller Error - We think we know what someone else is thinking and we predict the outcome. ie: That dog is looking at me with fire in his eyes, he WANTS to bite me. If I ride down that street that dog will come out because he is out to get me.

6. Magnifying the Negative (or dwelling on). Ie: I know LOTS of bad dog stories. OR The dog barked and if he bites me and I might die!

7. Emotional Reasoning - Emotions override logic and faith. Watch for feel, etc. Ie: I am scared so the dog must be bad or I wouldn't be scared. I know God can help me, but I don't think he will because I don't feel worth it.

8. "Shoulds and musts" - Demanding others/world give you your way. Ie: Dogs should not run out of the driveway. Dog must always be quiet and friendly.

10. Blaming of others or self. Ie: If the neighbors would tie up the dog, I wouldn't be scared of riding my bike. If dad would have bought me a faster bike, I would just fly past that dog, and he couldn't hurt me.) If I could just ride faster... (adapted from 10 distortions by Aaron Beck - see wikipedia).

Other issues: Over-burdened (Surrender your will to God's will, self is a major burden.) Under-fed (Not studying your Bible will leave you underfed. You need to know God's principles and the strength found in God's word. There are many promises in the Bible. Start memorizing one today! Under-estimating Value (The value of oneself or others - "I can't". I can't ride past, I'm too scared. I'm not worth protecting or saving (nobody cares if I get hurt). That dog is not worth anything, they should get ride of him.) Under-tolerating (Low tolerance to anything you don't like. I don't like being bothered, even if he is no threat. I don't like being even a little scared, EVER!)

Basic Machine Bread - Demo

My father's specialty. I truly enjoy his bread.

2 cups hot water	1 to 2 Tbsp lemon juice
2 to 4 Tbsp vegetable oil	1 1/2 tsp sea salt
3 1/2 to 4 cups whole wheat flour*	1 cup unbleached flour
1/2 cup gluten flour	1/4 cup flax, ground
1 1/2 to 2 tsp instant yeast	

Place ingredients into pan in order listed, start with 3 1/2 cups of flour. Select "NORMAL" program. Press "START." After the first beep, check the dough and if too wet add remaining flour. *Different brands of flour absorb more water. We use 3 1/2 cups of flour with purchased flour, and 4 cups of hard red wheat we grind at home (we use 4 Tbsp oil).

Tips: After 1st rise and mix, before 2nd rise, remove wing or paddle. Many machines beep at this point. This will prevent the hole from paddle removal after bread is finished. Experiment with different settings on your machine as each one is different. We find bread machine yeast does not work as well as instant yeast. You may need to adjust sugar, yeast, etc. If over-raising use less, if under-raising use a bit more.

Basic Machine Bread - GF

Spongy and moist. For those who cannot have any gluten.

1 cup tapioca starch*	3 cups brown rice flour*
1/4 cup sweet rice flour*	3 Tbsp ground flax seeds
1 1/2 tsp sea salt	1 Tbsp active dry yeast
1/4 cup vegetable oil	1 Tbsp lemon juice
2 3/4 cups very warm water	2 Tbsp raw sugar, optional

Mix dry and combine wet ingredients. Mix all together until batter forms. Beat 2 to 3 min, I use a mixer, and pour into 2 prepared small loaf pans. This will be quite runny. Place in warm oven (150°F turned off) and let rise until almost double (about 20 min). Remove from oven and preheat oven to 375°F. Bake at 375°F for 25 to 30 min or golden brown. *Can replace with GF Flour mix (see index). Serves 24

Nutrition (per serving): 133.2 calories; 3.2g total fat; 0mg cholesterol; 120.6mg sodium; 87.2mg potassium; 24.0g carbs; 1.5g fiber; 1.5g sugar; 2.1g protein

Essence Bread

This is sometimes called Manna bread, a very moist, dense bread.

- 3 cups wheat berries
- water to cover and rinse with
- 1 to 1 1/2 cups grated carrots
- 1 cup raisins
- 1 Tbsp cornmeal

Rinse and cover the berries with water in a large bowl. Cover with a cloth and let stand overnight or 12 hours. Drain, rinse and place in colander with a plate on top to prevent berries from drying out, and set it away from light. Rinse 3 times per day until they sprout. Let them get sprouts about ¼ inch long (about 2 days). Growth depends upon moisture and temperature. Grind in Champion, then “knead” for 5 minutes - stir with spoon. (Or use food processor for 7 to 10 minutes. May need to stop, stir, and start again several times.) Form 2 small loaves with your hands. Sprinkle loaf pan with cornmeal and place loaves on top. Cover the loaves with tinfoil and bake at 350°F for 30 minutes. Turn the heat down to 325°F for 90 minutes to 2 hours. (If gets too brown on the bottom, place a cookie sheet underneath loaf pans.) Remove from heat and allow the bread to cool thoroughly on cooling racks for several hours, then store in refrigerator. Slice thickly or break by hand to serve. Serves 6

Nutrition (per serving): 408.3 calories; 1.7g total fat; 0mg cholesterol; 20.4mg sodium; 617mg potassium; 92.8g carbs; 13.3g fiber; 17.5g sugar; 13.2g protein.

Tips ‘n’ Techniques

Wheat berries should be kept in a cool, dry place protected from rodents. They will keep for years in this state, where as when ground into flour they only keep for 6 months or less unless treated with chemicals. They should be aerated at least twice a year.

NOTE: 4 cups of dried berries equals about 11 cups sprouted.

Sabbath Bread - Demo

This is such a delicious bread!!!

- 2 Tbsp active dry yeast
- 4 cups whole wheat flour (or spelt)
- 3 to 4 cups unbleached flour (or soft wheat or whole wheat pastry flour)
- 2 tsp sea salt
- 1/3 cup raw sugar
- 1/2 cup gluten flour
- 1 Tbsp Ener-G Egg Replacer
- 3/4 cup vegetable oil
- 3 Tbsp lemon juice
- 3 1/4 cups soy milk

Mix dry ingredients except unbleached flour. Combine wet ingredients. Mix all together adding unbleached flour until soft dough forms. Knead 5 to 7 minutes, I use a mixer. Divide into 4 loaves.

Divide each loaf into 3 and roll each piece into a long log, about 16". Pinch the three logs together and place on a prepared cookie sheet. Braid the bread and pinch the ends. Repeat with other loaves.

You will need two cookie sheets, two loaves on each. Place in warm oven (150°F and turn off) and let rise until double (about 20 minutes). Remove from oven and preheat oven to 400°F. Reduce heat and bake at 350°F for 20 to 25 minutes or golden brown.

Yields 4 loaves (break apart to serve)

Serves: 32 to 16 (hard to limit this to one piece)

Preparation time: 25 minutes (plus raising time)

Nutrition (per serving): 170 calories; 6.1g total fat; 0mg cholesterol; 134.5mg sodium; 137.3mg potassium; 23.7g carbs; 3.0g fiber; 2.3g sugar; 6.6g protein.

Banana Bread

Like traditional.

- 1 cup whole wheat flour
- 3/4 cup unbleached flour
- 1 Tbsp Ener-G Baking Powder
- 1/2 tsp salt
- 1/4 cup raw sugar (or alternative)
- 1/2 cup coarsely chopped walnuts, optional
- 1 3/4 cups well mashed, ripe bananas (3 or 4 bananas)
- 1/3 cup vegetable oil (or applesauce)
- 1/2 cup water

Combine all dry in a large bowl. Combine wet ingredients well and stir into dry. Mix quickly and well, pour into prepared loaf pan and bake at 350°F for 30 to 35 minutes. Serves 12

Nutrition (per serving): 192.5 calories; 9.5g total fat; 80mg sodium; 188mg pot.; 25g carbs; 2.6g fiber; 8g sugar; 3g protein. Nutrition with APPLESAUCE: ONLY 3.6g fat

Banana Bread - GF

Walnuts are a tradition in banana bread, but others are nice too.

- 3/4 cup brown rice flour 1/4 cup sweet rice flour
- 1/2 cup tapioca flour 1 Tbsp Ener-G Baking Powder
- 1/2 tsp sea salt 1/3 cup vegetable oil
- 1/4 cup raw sugar 1/2 cup walnuts
- 1 3/4 to 2 cups mashed bananas, about 4 med
- 1/2 cup water

Combine all dry in a large bowl. Combine wet ingredients well and stir into dry. Mix quickly and well, pour into pre-pared loaf pan and bake at 350°F for 25 to 35 minutes. Serves 8 Cooking time: 35 minutes Ready in: 1 hour

Nutrition (per serving): 301.8 calories; 14.6g total fat; 0mg cholesterol; 120.1mg sodium; 266.7mg potassium; 42.0g carbs; 2.8g fiber; 12.9g sugar; 3.1g protein.

Sweet Tea Buns

The base for several recipes that follow.

2 cups whole wheat flour (or spelt)	1 Tbsp active dry yeast
1 + cups unbleached flour as needed	1/4 to 1/2 cup raw sugar
1/2 tsp sea salt	1 Tbsp lemon juice
1 1/4 cups warm water (or soy milk)	2 to 4 Tbsp vegetable oil

Mix dry ingredients except unbleached flour. Combine wet ingredients. Mix all together adding unbleached flour by 1/2 cups until soft dough forms. Knead 5 minutes, I use a mixer, and let rest 5 minutes. (Follow directions on chosen recipe OR) Roll dough into a rectangle 9 x 12. Spread the filling on top. Let double, about 20 minutes, and bake at 350°F for 20 to 30 minutes. Serves 12

Nutrition (per serving -wt 2 Tbsp oil): 137.0 calories; 2.8g total fat; 80.4mg sodium; 102.6mg potassium; 25.2g carbs; 2.6g fiber; 4.3g sugar; 3.9g protein.

Sweet Tea Buns - GF

Does not roll out like traditional dough.

2 cups brown rice flour	1 cup tapioca starch
1 cup corn flour	1/2 cup sweet rice flour
2 tsp Ener-G Egg Replacer, opt.	1/3 to 1/2 cup raw sugar
1 tsp sea salt	1/2 cup ground flax
1 Tbsp active dry yeast	1/4 cup vegetable oil
2 3/4 cups warm water	

Combine dry ingredients. Combine wet ingredients and stir into dry. Beat 2 to 3 min on high with mixer. For buns like cinnamon buns, fill prepared muffin tin 1/3 high, add filling/topping, then add more batter to fill the muffin tin to 3/4 full. Let rise till dough just tops the tin and bake at 350°F for 25 to 35 min or lightly browned. Serves 24

This recipe will do 24 “muffins” regardless of what the original recipe you choose to modify. I.e. Cinnamon Buns says 20, but you will make 24 with the recipe above. Will not work for Butterhorns, Croissants, or Donuts.

Cinnamon Buns - Demo

- 1 recipe Sweet Tea Buns
- 1/4 to 1/2 cup Sucanat
- 2 to 4 Tbsp non-hydrogenated margarine (or pure maple syrup)
- 1 tsp cinnamon (or cardamom)

Prepare sweet dough as directed, and roll out a rectangle about 7 x 18". Spread margarine, sugar, and cinnamon over dough. Roll up dough starting at long side of rectangle. Seal edge. Slice into 12 to 20 pieces and place cut edge down into prepared 9 x 13 pan. Let rise until doubled, about 20 minutes, and bake in a preheated 350°F oven 20 to 25 minutes or until golden brown. If necessary, cover with foil during last 5 minutes to prevent over browning. Carefully remove from pan to wire rack. Glaze is optional. Serves 12 large or 20 small

LARGE Nutrition (per serving): 168.3 calories; 4.8g total fat; 131.8mg sodium; 115.1mg potassium; 28.7g carbohydrates; 2.7g fiber; 7.5g sugar; 3.9g protein.

SMALL Nutrition (per serving): 101.0 calories; 2.9g total fat; 79.1mg sodium; 69.1mg potassium; 17.2g carbohydrates; 1.6g fiber; 4.5g sugar; 2.3g protein.

Carob Hazelnut Spread - Demo

Like the Italian favourite - Nutella

- 1/2 cup carob powder (or cocoa powder)
- 1 cup soy creamer (or soy milk plus 2 Tbsp raw sugar)
- 1 cup ground, roasted, skinned hazelnuts
- 1/2 cup raw sugar (or 3/4 cup chopped dates are very nice)
- 1/2 cup well roasted pecans, optional
- 1/4 to 1/2 cup carob chips, optional

Cook carob in soy creamer until it comes to boil (add dates if using and cook 2 min). Combine all in blender and blend until smooth. Add more soy creamer to desired consistency. Variation: Can use 1/2 cup margarine in place of dates and soy creamer but really increases the fat and decreases the healthiness.

Fresh Apple Coffee Cake

Old-fashioned goodness with everyday ingredients.

Topping

- 3/4 cup Sucanat
- 1/2 cup whole wheat flour
- 1/2 cup old-fashioned or quick-cooking oats, uncooked
- 1/3 cup non-hydrogenated margarine, softened (or oil)

Batter

- 1 recipe Basic Sweet Tea Buns
- 2 to 3 med apples, sliced

For topping, combine sugar, flour, and oats in a medium mixing bowl; mix well. Cut in margarine to make a crumbly mixture. Set aside. Make sweet bread according to directions. Spread half the batter into a lightly greased 9 x 13 x 2 inch baking pan. Spread apples over batter. Top with remaining batter. Sprinkle reserved topping over batter. Bake in a preheated 350°F oven 30 to 35 min or until golden brown. Serve warm.

Glaze for Sweet Breads - Demo

A simple sweet topping.

- 1 cup icing sugar (or organic if available)
- 2 Tbsp Silk Soy Creamer (or other soy milk)
- 1/4 tsp almond extract
- 1/2 tsp vanilla extract (white or clear vanilla is nice)

Sift icing sugar and add milk as needed. Stir in almond extract and whisk until smooth.

Strawberry Spread

A simple and sweet spread.

- 4 to 6 cups thawed strawberries
- 3 to 6 rings dried pineapples

Break up pineapples rings into strawberries and let sit in fridge 4 to 8 hours. Blend until smooth and serve. Serves 16

Nutrition (per serving): 24.6 calories; 0.1g total fat; 0mg cholesterol; 1.2mg sodium; 92.5mg potassium; 6.4g carbs; 1.2g fiber; 3.8g sugar; 0.3g protein.

Millet Butter

A low fat, healthy and delicious spread.

- 1/3 cup millet cooked in 1 cup of water
- 1/2 cup raw cashews and 3/4 cup water
- 2 tsp fresh lemon juice
- 1 tsp sea salt
- 2 Tbsp nutritional yeast flakes
- 1/2 cup vegetable oil, optional but very GOOD!

In blender put raw cashews and water, blend until smooth. Add remaining ingredients and blend until smooth. If adding oil, do it last, slowly adding while blender is going. Serves 16

Nutrition (per serving): 89.7 calories; 8.8g total fat; 0mg cholesterol; 118.2mg sodium; 40.8mg potassium; 2.3g carbs; 0.2g fiber; 0.3g sugar; 1.2g protein.

Zippy Spread

These NEVER last at fellowship meals!!!

- 1 cup Tofutti Sour Supreme
- 1 cup chopped olives
- 1 cup Mayo
- 1 cup Zesty Sprinkles (Parmesan substitute)

1 cup chopped green onions
Combine all and spread on French bread, sliced 1" thick, or buns. Toast under grill until lightly browned.

Raspberry Spread

A berry spread that is lovely on toast.

- 1/2 cup white grape juice concentrate (or apple juice concentrate)
- 2 to 3 Tbsp cornstarch
- 1 1/2 cup raspberries

Combine all over medium heat until thick, about 7 minutes, adjust juice concentrate to taste. Remove from heat and refrigerate. Serves 8

Nutrition (per serving): 39.8 calories; 0.1g total fat; 0mg cholesterol; 1.5mg sodium; 60.6mg potassium; 9.6g carbs; 1.1g fiber; 4.6g sugar; 0.2g protein.

Easy Bean Burgers

Quick and Easy, from 3ABN DVD.

- 1 1/2 cups Easy Bean Burger Mix
- 1 cup boiling water

Combine boiling water and burger mix and let stand 5 to 7 min. Fry until golden brown in a non-stick skillet. Variations: Add 1/2 cup chopped or slivered almonds. Serves 4

Nutrition (per serving): 197.1 calories; 2.4g total fat; 0mg cholesterol; 268.8mg sodium; 297.3mg potassium; 34.4g carbs; 6.1g fiber; 0g sugar; 10.1g protein.

Easy Bean Burger Mix

Make up a batch for quick meals from 3ABN DVD.

- 1/2 cup garbanzos, dry (or lentils)
- 3/4 cup brown or green lentils
- 3/4 cup quick oats
- 2 cup breadcrumbs (gluten free: use GF breadcrumbs)
- 1/4 cup cornmeal
- 1/2 cup nutritional yeast flakes
- 2 Tbsp onion powder
- 4 Tbsp Tasty Brown Bouillon

Put garbanzos and lentils in a blender and blend until course flour. Combine remaining ingredients in a bowl and stir in beans. Store in air tight container.

Tips 'n' Techniques

Great for Camping! These are quick to prepare and easy to make. This will store several months in a cool, dark place. We take these when we travel as they are so fast to prepare. Can omit Bouillon in this mix and add as needed to liquid when making burgers.

Potato Medley

A delicious and eye pleasing low fat dish from 3ABN DVD.

- 4 to 6 med yellow (or white) potatoes
- 4 to 6 small purple (or red) potatoes
- 2 to 4 med carrots
- 1 tsp sea salt (or Seasoning Salt)

Peel and wash potatoes (peeling optional). Cut into wedges (about 1” chunks or so). Sprinkle with salt and place in prepared pan. Bake at 400°F for 20 to 30 minutes. Stir twice, every 10 minutes. Variation: add red onions, 4 to 6 Tbsp BBQ Sauce or Ketchup, 1/2 to 1 tsp Italian Herbs, etc. Serves 4

Nutrition (per serving): 302.7 calories; 0.4g total fat; 0mg cholesterol; 509.7mg sodium; 2064.6mg potassium; 70.6g carbs; 5.5g fiber; 1.4g sugar; 7.3g protein.

Oven Roasted Potatoes

One of our favourites. (A variation on the above.)

- 8 med potatoes, red or new
- 1 med onion, coarsely chopped
- 3 to 4 med carrots, sliced
- 8 to 10 whole cloves garlic, peeled
- 1 to 2 tsp Seasoning Salt
- 1 to 2 Tbsp oil

Wash and chop potatoes into wedges or cubes about 1” to 2”. Smaller will cook faster. Combine all ingredients in a large bowl and mix well. Pour into a prepared 10 x 14 pan or cookie sheet. Bake at 375°F for 20 minutes. Stir and cook until browned. Serves 4

Nutrition (per serving): 399.8 calories; 3.6g total fat; 0mg cholesterol; 478.2mg sodium; 2470mg potassium; 87.1g carbs; 7.3g fiber; 3.5g sugar; 9.2g protein.

Lemon Pie

A traditional favorite with a topping change from 3ABN DVD.

3/4 cup water	1/2 can apple juice concentrate
1/4 cup orange juice	1/3 cup lemon juice (2 med. lemons)
1/3 cup cornstarch	1/4 tsp sea salt
1/2 to 3/4 cup raw sugar	Just Like Graham Crust

Blend all together well, adjust lemon juice to taste, in medium saucepan. Cook over medium heat until thick. Pour into pre-baked crust, chill, and serve with whipped topping. Serves 8

Nutrition (per serving): 119.2 calories; 0.1g total fat; 0mg cholesterol; 66.4mg sodium; 149.2mg potassium; 29.9g carbs; 0.1g fiber; 23.8g sugar; 0.3g protein.

Just Like Graham Crust - best

This is so good you won't need regular graham crusts again.

1 1/4 cups whole wheat flour (or spelt or brown rice flour)	
1/4 cup Sucanat	1/4 tsp sea salt, optional (use with oil)
1/3 cup melted margarine (or oil)	

Combine all dry ingredients. Stir melted margarine into dry until crumbly. Press lightly into a 9" pie pan. Bake at 350°F for 12-15 minutes or golden brown. The oil works just fine. Serves 8

Nutrition (per serving): 154.6 calories; 8.3g total fat; 0mg cholesterol; 259.6mg sodium; 93.2mg potassium; 18.6g carbs; 2.3g fiber; 4.9g sugar; 2.6g protein.

Assignment - Lesson #10

DATE: _____

STUDENT NAME: _____

1. List some of the reasons why we should avoid food additives:

2. Name five of the 10 worst food additives:

3. Make one of the bread recipes. How did it go?

Lesson #11:

Stimulants
Chocolate & Carob
Sodium & Hypertension Infosheet

Recipes in this Booklet:

Split Pea Soup
Lentil, Tomato & Onion Soup
Tomato Soup
Corn Chowder
Moroccan Lentil & Chickpea Soup
Southwestern Soup
French Onion Soup
Borscht
Minestrone
Vegetable Lentil Soup
Creamy Potato Soup
Creamy Risotto Soup
Whole Wheat Sticks
Oat Thins
Hiking Crackers
Sweet Corn Bread
Corn Bread - quick
Sun Dried Tomato Corn Muffins
Basic Biscuits
Basic Biscuits - gluten free
Chive Biscuits
Tomato Herb Biscuits

WHAT IS A STIMULANT

STIMULANT, a. [L.] Increasing or exciting action, particularly the action of the organs of an animal body; stimulating. n. A medicine that excites and increases the action of the moving fibers or organs of an animal body. *Webster's Dictionary*

Most harmful stimulants (these are labeled as sinful to indulge in and should be avoided at all costs): Tea, Coffee, Liquor, Tobacco, Narcotics (opium, etc.) Mild and moderate stimulants (These lead to a desire for stronger stimulants. They are not safe for children or those struggling with temperance or self-control): Highly-seasoned foods: too much salt, spices, and pepper, Condiments such as: Hot relish, mustard, pickles, etc. Rich gravies, Rich pastries, Luxurious cakes, & Meat

Ginger ok: "We have not had spice in our house for ten years, except a little ginger, which we have always used to some extent." {15MR 245.4}

Meat Eating: "When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change. Flesh food also is harmful. Its naturally stimulating effect should be a sufficient argument against its use; and the almost universally diseased condition of animals makes it doubly objectionable. It tends to irritate the nerves and to excite the passions, thus giving the balance of power to the lower propensities." {CD 397}

Affects the nervous system: "The nervous system has borrowed power from its future resources for present use, and all this temporary invigoration is followed by a corresponding depression. The suddenness of the relief obtained from tea and coffee is an evidence that what seems to be strength is only nervous excitement, and consequently must be an injury to the system." {CG 403}

Creates a desire for more stimulating articles: "The food is often such as to excite a desire for stimulating drinks. Luxurious dishes are placed before the children,--spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach, and causes a craving for still stronger stimulants. Not only is the appetite tempted with unsuitable food, of which the children are allowed to eat freely at their meals, but they are permitted to eat between meals, and by the time they are twelve or fourteen years of age they are often confirmed dyspeptics." {CTBH 17.2}

Why we should avoid stimulants

Temperance is a path of safety: "God calls upon parents to guard their children against the indulgence of appetite, and especially against the use of stimulants and narcotics. The tables of Christian parents should never be loaded with food

containing condiments and spices. They are to study to preserve the stomach from any abuse. In this fast age the less exciting the food the better. Temperance in all things and firm denial of appetite is the only path of safety.” {CG 405.1}

“We must be constantly meditating upon the word, eating it, digesting it, and by practice, assimilating it, so that it is taken into the life current. He who feeds on Christ daily will by his example teach others to think less of that which they eat, and to feel much greater anxiety for the food they give to the soul.” {CD 89.3}

How to change

It takes some time: “Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, nutritious diet. Their taste is so perverted they have not appetite for a wholesome diet of fruits, plain bread, and vegetables.” {CD 341.3} Education and training: “Children are to be trained to understand that every organ of the body and every faculty of the mind is the gift of a good and wise God, and that each is to be used to His glory. Right habits in eating and drinking and dressing must be insisted upon. Wrong habits render the youth less susceptible to Bible instruction. The children are to be guarded against the indulgence of appetite, and especially against the use of stimulants and narcotics. The tables of Christian parents should not be loaded down with food containing condiments and spices. ...Show them that if they violate the laws of their being they must pay the penalty in suffering. If you cannot see as rapid improvement as you desire, do not be discouraged, but instruct them patiently and press on until victory is gained..” {CT 125-6}

Abstinence: “... trying to cure a drunkard by giving him, in the place of whisky or brandy, the milder intoxicants, such as wine, beer, or cider. The use of these would continually foster the appetite for stronger stimulants. The only safety for the inebriate, and the only safeguard for the temperate man, is total abstinence... Total abstinence is his only safety. {CT 383.4}

Summary

Most of the quotes in regards to stimulants apply to tea, coffee, alcohol, tobacco, and other narcotics. We can assume all caffeinated beverages like colas, are also stimulating drinks and are referred to in these quotes, because caffeine affects the central nervous system. The remaining quotes encourage us to avoid foods that create a desire for these harmful stimulants. Foods such as: meat, heavily spiced foods, rich desserts, and condiments. Eating simple, plain foods may take some time to get used to, but we are living in a time of selfishness, ease, and stress. We need to slow down, simplify, and live so that we can be a blessing to others.

Chocolate vs Carob. Is one better?

CAROB HEALTH BENEFITS

1. Improves digestion. (So does chocolate)
2. May lower cholesterol. (So does chocolate)
3. It acts as an antioxidant. (So does chocolate)
4. It can be used to treat diarrhea in children and adults. Carob is often used in preparations for the treatment of diarrhoea, and as a thickening agent in feeds for infants with gastro-oesophageal reflux. In 2002, a study at the Potsdam University in Germany indicated that carob fiber could reduce LDL cholesterol in men and women within six weeks. (So can dark chocolate.)
5. Low in sodium. (So is chocolate. Plus, chocolate has been directly linked to longevity.)
6. It doesn't contain caffeine, by the way there are trace amounts of theobromine in some carob products¹. (Some chocolate may contain it in very small amounts.)
7. It contains vitamins E as well as other vitamins. (so does chocolate)
8. Carob tannins have Gallic acid. (So does chocolate)
9. It may be useful for those with lung disorders. (So can chocolate)
10. It is not as controversial as chocolate. It's the 'safest' choice. (But chocolate has some healthful properties carob does not, like helps the brain with serotonin production and more.)

CHOCOLATE'S HEALTH BENEFITS

Keep in mind we are discussing chocolate NOT chocolate bars and candy!!!!
Eating candy bars is NOT healthful!!!!

1. Old herbal medicine. "Three consistent roles can be identified: 1) to treat emaciated patients to gain weight; 2) to stimulate nervous systems of apathetic, exhausted or feeble patients; and 3) to improve digestion and elimination where cacao/chocolate countered the effects of stagnant or weak stomachs, stimulated kidneys and improved bowel function. Additional medical complaints treated with chocolate/cacao have included anemia, poor appetite, mental fatigue, poor breast milk production, consumption/tuberculosis, fever, gout, kidney stones, reduced longevity and poor sexual appetite/low virility. In addition to cacao beans, preparations of cacao bark, oil (cacao butter), leaves and flowers have been used to treat burns, bowel dysfunction, cuts and skin irritations."²

2. May lower total or 'bad' cholesterol because it contains mono-unsaturated fats which increase HDL, good cholesterol. One study found that a substance in cocoa helps the body process nitric oxide (NO), a compound critical for healthy blood flow and blood pressure. Another study showed that flavonols in cocoa prevent fat-like substances in the bloodstream from oxidizing and clogging the arteries, and

make blood platelets less likely to stick together and cause clots.³

3. It acts as an antioxidant. In November 2001, researchers from Pennsylvania State University found that people with a diet high in flavonoid-rich cocoa powder and dark chocolate have slightly higher concentrations of HDL cholesterol (the good cholesterol) when compared with the control group. In a more recent study published in *Hypertension* journal in August 2005, researchers from Italy found that dark chocolate may lower blood pressure in people with hypertension. The research also found that levels of LDL cholesterol in these individuals dropped by 10 percent.⁴ Studies show that cocoa powder, dark chocolate and milk chocolate have higher Oxygen Radical Absorption Capacity (ORAC) values than many common foods, such as prunes and blueberries.⁵ ORAC values measure how powerful an antioxidant a substance is. Scientists at Cornell University's Department of Food Science and Technology and the Department of Food Science and Technology in the School of Agricultural Biotechnology at Seoul National University in South Korea, analyzed the total antioxidant content of three popular beverages: cocoa, red wine and tea. Their results, showing that cocoa had the highest levels of antioxidants, were published in the December 3, 2003, issue of the *Journal of Agricultural and Food Chemistry*.⁶

4. Dark Chocolate Helps Diarrhea: Study Confirms Ancient Myth, *ScienceDaily* (Oct. 2, 2005) "A new study conducted by researchers at Children's Hospital & Research Center Oakland is the first to discover that a chemical in cocoa beans can limit the development of fluids that cause diarrhea. Cocoa beans contain a large amount of chemicals called flavonoids. Scientists believe that these flavonoids can be used to create natural supplements to ease diarrhea symptoms. Dark chocolate contains high concentrations of cocoa and may offer mild relief." So what about those that say chocolate is not? Caffeine is a diuretic and since most people assume there is lots of caffeine in chocolate they continue to lump it with coffee and tea. Over and over in my research, I found dieticians, doctors, and scientist combining coffee and tea with chocolate just because it is traditional to do so. Frustrating when you are trying to seek the truth!!!

5. May help with longevity. Men who eat chocolate live a year longer than those who don't.⁷ Researchers from the Harvard School of Public Health found that those who eat chocolate and sweets up to three times each month live almost a year longer than those who eat too much or those who steer clear of junk altogether.⁸

6. Caffeine: It is likely most chocolate has some caffeine, and that may be enough for many to give up chocolate entirely. But how much, is a much debated question. "The *Biochemist*, (Apr/May 1993, p 15) did chemical composition tests where they specifically distinguished between Caffeine and Theobromine. They found regularly up to 1.3% by weight Theobromine in Chocolate. They also found other pharmacologically active compounds including occasionally up to

5.82% Serotonin. They could not detect any Caffeine at all. (The Merck Index, 12th Edition says that a very small amount of Caffeine is found in the hulls of the Cacao seeds, the hulls are discarded before processing.) There are other conflicting reports of caffeine in chocolate, but all of them admit the amount in chocolate is varied and much less than found in coffee. One would have to eat about eight 100-gram bars of milk chocolate to consume the amount of caffeine present in a cup of coffee, so this one is left up to you to decide. One answer to this conflicting data is the following: “CAFFEINE in the cacao plant is found mainly in the shell or membrane which encloses the cacao beans. Chocolate made from cacao beans in which the surrounding membrane is removed before processing will contain almost no caffeine because most of it is found in the membrane.”⁹

7. Chocolate contains: Vitamin A, some B's, and quite a bit of vitamin E. It also has magnesium. “In initial research, the supplementation of magnesium has resulted in the satiation of chocolate cravings. Since both chocolate and cocoa powder contain high levels of magnesium (520 mg/100 g and 100 mg/100 g, respectively), our craving of chocolate may just reflect our desire to supplement our diets with this essential element. Additionally, there are links between low magnesium levels and the development of PMS symptoms, which may explain some women's monthly chocolate binge.”¹⁰

8. Chocolate and carob contain gallic acid. Gallic acid is analgesic, anti allergic and antibacterial. It is also antioxidant, antiviral and antiseptic.²²

9. Mexican healers use chocolate to treat bronchitis and insect bites.⁷ “An ingredient in chocolate may actually be a more effective cough medicine than traditional remedies, a new study suggests. And not only that, the UK-based research showed that the cocoa-derived compound had none of the side effects associated with standard drug treatments for persistent coughs... Barnes and colleagues gave 10 healthy volunteers tablets containing: theobromine, a constituent of cocoa or; codeine, the cough suppressant against which other drugs are measured or; a placebo. The volunteers were then asked to inhale a gas containing capsaicin - a derivative of chilli peppers - which induces coughing and is used as an indicator to test the effectiveness of cough medicines. Lung patients given theobromine needed about one-third more capsaicin to produce coughing than those who took codeine. Codeine was only marginally more effective than the placebo at preventing coughing.”¹¹

10. While chocolate is controversial, it was never mentioned as harmful by Ellen White, an inspired health genius of her time. And yes, chocolate was widely used in her time, and she purchased it herself for use in her own home. If you are going to be open to science and not tradition you should know chocolate is a brain pick-me-up (naturally, healthfully). Chocolate contains tryptophan. “Chocolate also contains tryptophan. Tryptophan is an essential amino acid. It is the rate-limiting

step in the production of the mood-modulating neurotransmitter serotonin. Enhanced serotonin function typically diminishes anxiety. Yet tryptophan can normally be obtained from other sources as well; and only an unusually low-protein, high-carbohydrate meal will significantly increase its rate of intake into the brain.”¹² “Tryptophan, an essential amino acid, lessens anxiety by producing the neurotransmitter serotonin; endorphins, the body’s natural opiates, reduce sensitivity to pain...Chocolate is a natural analgesic, and high-fat, chocolate foods trigger the brain’s production of natural opiates.”¹³

CHOCOLATE ON THE NEGATIVE SIDE

1. Chocolate may trigger headaches in migraine sufferers. Remember food allergies often affect one person and not another. More people are affected by wheat than chocolate, but we certainly wouldn’t label wheat a toxic food. Just remember if you react to chocolate it is NOT ok for you to eat it because of the health benefits listed above. If you react to a food, LEAVE it alone!!!

2. Cravings and behaviour issues. One scientist blames the “exorphins” (external morphine-like substances) in chocolate for “gut problems” and even “psychological sequelae.”¹⁴ A study published in 1999 in the Journal of the American Dietetic Association found that chocolate contains “several biologically active constituents (methylxanthines, biogenic amines, and cannabinoid-like fatty acids), all of which potentially cause abnormal behaviors and psychological sensations that parallel those of other addictive substances.”¹⁵ But it seems it is the aroma is the most important part of chocolate satisfaction. “In one study that examined the pharmacological versus sensory factors in chocolate craving, the role of aroma was indicated as one of the most important factors in abating our yearning for chocolate, independent of sweetness, texture, and calories.”¹⁰

3. It does contain theobromine, from the methylxanthine family. BUT Theobromine is NOT caffeine. It is a natural stimulant, like serotonin, and does NOT affect the CNS (central nervous system) like caffeine. There was a study done in 1993 that showed an increased risk of prostate cancer in older men given theobromine²³, but in 2006 and 2008 two studies were published that stated chocolate had reduced tumor and cancer cell growth²⁴ There have been several more since then on all types of cancer. The key was eating chocolate in moderation, only once or twice a week. Why the conflict? The study in 1993 used theobromine, the chemical, and the later studies are using the food. We can’t pick apart everything God has made and expect to get the same results. God packages food in a certain way. The same goes for eating too many vitamin supplements, gluten, soy isolates, and other articles that have been refined. We need to be cautious. That’s not to say sometimes we need these items, but we should aim for whole foods first!

4. It is fermented to remove the husks and add flavor. The fermentation works

much like yeast in bread or wine. But unlike wine, the remaining processes removes the alcohol. For those of you who avoid miso, soy sauce, vinegar, and other fermented products, chocolate is also off limits to you.¹⁸ Carob is not fermented, usually, but it can be processed with sulfuric or other acids to de-husk it.²¹ I could find nothing harmful related to fermented foods, such as yogurt, sauerkraut, or vinegar, in Ellen White's writings, except to not use them during communion. The only other condemnation she has is absolutely NO fermented beverages. Bread is actually "fermented" in the raising of it.

POOR REASONS FOR NOT EATING CHOCOLATE.

The fundamental logic of this article applies to many other health scare tactics out there from excitotoxins to canola oil. This is why I've gone into such detail on this subject. In hopes you will see that logic and science go hand in and and you need to compile ALL the facts before deciding on a subject.

A) It is harmful to dogs. Here are many other foods that are harmful to dogs. Care to give up all these? Onions (Both onions and garlic contain the toxic ingredient Thiosulphate.) Grapes (Grapes are dangerous because of an unknown substance which affects canine kidneys) Macadamia Nuts (Macadamia nuts contain an unknown substance that is toxic to dogs.) Broccoli (Broccoli is only toxic in large quantities.) Avocado (All parts of the avocado are toxic to dogs.)

B) Chocolate contains oxalate, which can reduce the calcium absorption. "A new research carried out at the University of Western Australia and published in the "American Journal of Clinical Nutrition" shows that regular chocolate consumption could cause weaker bones and osteoporosis. Female subjects who ate chocolate daily were more likely to have lower bone density than those consuming chocolate less than once per week... The team associated these results with the fact that the chocolate contains oxalate, known to decrease the intestinal calcium absorption, and sugar, connected to increased calcium excretion. Less calcium in the blood affects the state of the bones"¹⁶ So it is eating too much oxalates and too much sugar that is the culprit. We should avoid taking supplements and high calcium foods with foods high in oxalates. And guess what, chocolate isn't the only food with oxalates. Here are just a few other foods that contain moderate to high levels of oxalates (over 10mg per serving). Blackberries, Blueberries, Concord grapes, Red currants, Raspberries, Rhubarb, Strawberries Tangerines, Beans - Green, Wax, Baked, Kidney, Celery, Collards, Eggplant, Kale, Leeks, Okra, Olives, Green Peppers, Spinach, Summer squash, and so on.

C) It is full of milk and sugar. Dahhhh, leave it out! If you are using cocoa powder this certainly is not a good reason. However this is a good reason to give up chocolate bars and other candy. I've heard it said carob needs less sweetening, but that is pretty subjective. I have made many recipes using carob vs chocolate and

both of them need some sweetening.

D) Chocolate causes acne. A long dispensed with myth, chocolate does NOT cause acne. No scientific evidence on this one. But sugar can aggravate acne. “Last July the American Journal of Clinical Nutrition published a study of men ages 15 to 25 that found that those who spent 12 weeks on a diet of protein and low-glycemic slow-metabolizing carbohydrates reduced their acne by twice as much as participants in a control group. Studies have also found that a low-sugar, low-refined-carb diet that reduces the level of insulin in the blood also lowers the level of androgens, a hormone that stimulates the glands in the skin to produce oil and, hence, zits.”¹⁷ Another reason not to nibble on chocolate bars!

E) Insects in the chocolate. Harvesting foods in the tropical countries, can mean low sanitation levels. The U. S. Department of Health publishes a book entitled “The Food Defect Action Levels” in which they list unavoidable defects in food (insect, rodents etc.) allowed by FDA. But guess what? The standard is for ALL food, grown anywhere! Here are a few from the FDA. Broccoli (frozen) -- Average of 60 or more aphids, thrips, and/or mites per 100 grams; Tomatoes (canned) -- Average of 10 or more fly eggs per 500 grams; 5 or more fly eggs and 1 or more maggots per 500 grams; 2 or more maggots per 500 grams; Pineapple juice -- Average mold count of 15% or more; Mold count of any 1 subsample is 40% or more; Flour -- Insect fragments - an average of 75 or more insect fragments per 50 grams; Rodent Hairs - an average of 1.0 or more rodent hair per 50 grams.

F) People get cravings for it, thus it is addictive. People also crave bread, sweets, dirt, cinnamon, salt, fats of any kind, ice, and so on. Cravings come from deeper issues. A mineral or vitamin deviancy can cause a food craving to fill the need. A psychological craving - comfort food. And there are even serious disorders that cause food cravings. Cravings do not indicate addiction. In fact, type in salt addiction in Google and you will get over 3 million results, wheat gives you 1 million, and 5 million results for fat addiction! “Although there are similarities between eating chocolate and drug use, generally researchers believe that chocolate “addiction” is not a true addiction. While chocolate does contain potentially mood-altering substances, these are all found in higher concentrations in other less appealing foods such as broccoli. A combination of chocolate’s sensory characteristics — sweetness, texture and aroma — nutrients, and chemicals, together with hormonal and mood swings, largely explains chocolate cravings. Chocolate is seen as “naughty but nice” — tasty, but something which should be resisted. This suggests that the desire is more likely a cultural phenomenon than a physical one.”¹⁹ “A review of the literature on chocolate cravings indicates that the hedonic appeal of chocolate (fat, sugar, texture, and aroma) is likely to be a predominant factor in such cravings. Other characteristics of chocolate, however, may be equally as important contributors to the phenomena of chocolate cravings. Chocolate may be used by

some as a form of self-medication for dietary deficiencies (eg, magnesium) or to balance low levels of neurotransmitters involved in the regulation of mood, food intake, and compulsive behaviors (eg, serotonin and dopamine). Chocolate cravings are often episodic and fluctuate with hormonal changes just before and during the menses, which suggests a hormonal link and confirms the assumed gender-specific nature of chocolate cravings...”²⁰ In other words it is the ‘comfort’ food syndrome, like warm milk, chicken soup, and a favourite teddy bear! Cravings can also come from a need for more serotonin or other missing nutrients.

G) Some doctors and dieticians say not to eat it. MANY doctors and dieticians say you should drink milk, or that a vegan diet is dangerous. There has to be a solid, scientific or biblical reason for doing so! I have seen doctors quoted and re-quoted on the issue of chocolate repeating the same “dangers” with little research to back it up. We can’t keep blindly following tradition!

REFERENCES:

1 Caffeine and Theobromine Levels in Cocoa and Carob Products WINSTON J. CRAIG 1 THUY T. NGUYEN, 1 Authors Craig and Nguyen are affiliated with the Dept. of Nutrition, Loma Linda Univ., Loma Linda, CA 92350.; 2 Food of the gods: cure for humanity? A cultural history of the medicinal and ritual use of chocolate; by Dillinger TL, Barriga P, Escarcega S, Jimenez M, Salazar Lowe D, Grivetti LE Department of Nutrition, University of California, Davis CA 95616, USA. *J Nutr* 2000 Aug; 130(8S Suppl):2057S-72S; 3 Hollman PC, Katan MB. Dietary flavonoids: intake, health effects and bioavailability. *Food Chem Toxic* 1999;37:937-42.; Health Benefits of Chocolate? Written by Gloria Tsang, RD, Published in Dec 2005; Updated in Dec 2006; 5 Waterhouse A, Shirley R, Donovan J. Antioxidants in chocolate. *Lancet* 1996;348:834.; 6 www.food-facts.suite101.com/article.cfm/hot_cocoas_antioxidant_power#ixzz0UJrEGcci; 7 www.momscape.com/articles/chocolate.htm; 8 Lee IM, Paffenbarger R Life is sweet: candy consumption and longevity *BMJ* 1998; 317: 1683-1684.; 9 <http://caffeinefreechocolate.info/NoCaffeine.html>; 10 Chocolate: Food or Drug? Kerry Hughes, M. Sc., Field Technical Editor, <http://www.nutrasolutions.com>, September 1, 2000 Chocolate: food or drug? by Bruinsma K, Taren DL, Arizona Prevention Center, University of Arizona, College of Medicine, *J Am Diet Assoc* 1999 Oct; 99(10):1249-56; 11 Source: New Scientist, Date: 22 November 2004 <http://www.chocolate.org/health/theobromine.html> Journal reference: Federation of American Societies for Experimental Biology Journal (DOI: 10.1096/fj.04-1990fj); 12 Chocolate’s chemical charm Dhara Thakerar, a second-year student of natural sciences at Cambridge University, UK, 27 July 2006.; 13 <http://www.chocolate.org/> Chocolate [sorely tempted?] A rampant chocaholic; 14 Brostoff J., Second World Congress on CFS and Related Disorders held in Brussels, Belgium, Allergy in CFS September 1999.; 15 Bruinsma K, Taren DL Chocolate: food or drug? *J Am Diet Assoc* 1999 Oct; 99(10):1249-56; 16 Chocolate Is Bad for Your Bones!, By Stefan Anitei, Science Editor 28th of January 2008, 09:09 GMT; 17 Is Chocolate Bad for Your Skin? By Temma Ehrenfeld | Newsweek Web Exclusive, Feb 7, 2008 | Updated: 2:50 p.m. ET Feb 7, 2008; 18 <http://www.skylinecollege.edu/case/chocolate.html>; 19 Does Chocolate Addiction Exist? By Jane Collingwood, June 28, 2006; 20 *J Am Diet Assoc*. 1999;99: 1249-1256.; 21 Isolation and chemical evaluation of carob (*Ceratonia siliqua* L.) seed germ. 2006 Elsevier Ltd All rights reserved. www.sciencedirect.com; 22 <http://www.phytochemicals.info/phytochemicals/gallic-acid.php>; http://breastcancer.about.com/od/cgterms/g/gallic_acid.htm; 23 Pennington, JA. Supplementary Tables: Theobromine. In: Bowes and Church’s Food Values of Portions Commonly Used, Fifteenth Edition. Philadelphia, PA: JB Lippincott Company, 1989 p. 278.; 24 Jourdain C, et al. *Eur J Cancer Prev*. 2006 Aug;15(4):353-61 ; Bisson JF, et al. *Eur J Cancer Prev*. 2008 Feb;17(1):54-61

Sodium & Hypertension

In layman's terms Hypertension is a chronic problem with elevated blood pressure. Hypertension is classified as either essential (primary) or secondary. Essential or primary hypertension means that no medical cause can be found to explain the raised blood pressure. Secondary hypertension indicates that the high blood pressure is a result of (i.e., secondary to) another condition, such as kidney disease or tumours (adrenal adenoma or pheochromocytoma).

About 90-95% of hypertension is essential hypertension, meaning it is not related to a particular medical condition. So, what is causing most hypertension? There are no direct causes identified in the medical community, but there are many risk factors such as sedentary lifestyle, overweight (more than 85% of cases occur in those with a body mass index greater than 25 see side chart),⁵ salt (sodium) sensitivity,⁶ alcohol intake,⁷ and vitamin D deficiency.

So, getting enough sunlight or Vitamin D supplements, and avoiding alcohol take care of 2 factors. What about the other three? Lets start with sedentary lifestyle and obesity because these two are very often connected. Exercise will help both of these. An active lifestyle not only helps you lose weight but it help with stress, circulation, and much more. Obesity will also need diet control such as limiting fat, especially saturated fats, eliminating dietary cholesterol (animal products), and eating more whole foods. This help tremendously with weight loss and control.

SO WHAT ABOUT SALT?

Sodium, the chemical name for salt (OK table salt is actually sodium chloride), is abundant in animal foods, but it is also used as a seasoning. Process foods are the greatest culprits. And while we MUST have sodium, along with potassium, for nervous system function, we can get too much. Evidence from a variety of sources shows that too much sodium can contribute to increased blood pressure. But not everyone is affected by salt in the same manner. Studies suggest that about 50% of hypertensives in the United States are sensitive to sodium. But whether you are directly affected or not, too much is not good for you, and if you are sensitive, you may need even less than the RDA.

How much salt is too much? The RDA recommends up to 2,300mg per day. (Unless your doctor is recommends less!!!)

So, how do you reduce the salt in your diet?

Read the labels.

Measure the salt you use.

Use other seasonings.

Read the labels. You may be surprised just how much sodium is in the foods you eat. An apple only has 5mg, but apple pie can have up to 800mg!! That is more than one third of your target amount for the entire day.

Measure the salt you use. Instead of using the salt shaker freely, add a measured amount to your food, make sure the total sodium between the food you eat and the salt you add are under your target amount. This is easier if you are on two meals per day, you know it needs to be under 1150mg per meal. For those eating three meals keep it under 767mg per meal.

Use other seasonings that are lower in sodium. I don't mean chemical salt substitutes. Use herbs and other seasonings.

BODY MASS INDEX

So what exactly is BMI? It is a number calculated from a person's weight and height. This helps determine an idea of how much you should weigh, but keep in mind, it is just a base figure to help give you an idea. Don't fret over exact numbers!

Formula - USA

Weight in lb x 703/ Height in inches² (2 or squared is number times itself)

Example: A person weighing 150 lbs and is 5' 5" (or 65").

$$150 \times 703 / (65 \times 65) = 24.95$$

Formula - Canada

Weight in Kg/Height in M²

Example: A person weighing 68kg and is 165cm (1.65m).

$$68 / (1.65 \times 1.65) = 24.98$$

REFERENCES

- Carretero OA, Oparil S (January 2000). "Essential hypertension. Part I: definition and etiology". *Circulation* 101 (3): 329–35. PMID 10645931. ; Hall, John E.; Guyton, Arthur C. (2006). *Textbook of medical physiology*. St. Louis, Mo: Elsevier Saunders. p. 228. ISBN 0-7216-0240-1. ; Kyrou I, Chrousos GP, Tsigos C (November 2006). "Stress, visceral obesity, and metabolic complications". *Ann. N. Y. Acad. Sci.* 1083: 77–110. doi: .1367.008. PMID 17148735. ; 4 Wofford MR, Hall JE (2004). "Pathophysiology and treatment of obesity hypertension". *Curr. Pharm. Des.* 10 (29): 3621–37. doi:10.2174/1381612043382855. PMID 15579059. ; Haslam DW, James WP (2005). "Obesity". *Lancet* 366 (9492): 1197–209. doi:10.1016/S0140-6736(05)67483-1. PMID 16198769. ; Lackland DT, Egan BM (August 2007). "Dietary salt restriction and blood pressure in clinical trials". *Curr. Hypertens. Rep.* 9 (4): 314–9. doi:10.1007/s11906-007-0057-8. PMID 17686383. ; Jürgens G, Graudal NA (2004). "Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride". *Cochrane Database Syst Rev* (1): PMID 14974053. ; Djoussé L, Mukamal KJ (June 2009). "Alcohol Consumption and Risk of Hypertension: Does the Type of Beverage or Drinking Pattern Matter?". *Rev Esp Cardiol* 62 (6): 603–605. doi:10.1016/S1885-5857(09)72223-6. PMID 19480755. ; Weber, Michael (2001). *Hypertension medicine*. Totowa, N.J: Humana. ISBN 0-89603-788-6. ; Tuohimaa P (March 2009). "Vitamin D and aging". *The Journal of Steroid Biochemistry and Molecular Biology* 114 (1-2): 78–84. doi: .2008.12.020. PMID 19444937. ; Lee JH, O'Keefe JH, Bell D, Hensrud DD, Holick MF (2008). "Vitamin D deficiency an important, common, and easily treatable cardiovascular risk factor?". *J. Am. Coll. Cardiol.* 52 (24): 1949–56. doi: .2008.08.050. PMID 19055985. ; Cutler JA. The effects of reducing sodium and increasing potassium intake for control of hypertension and improving health. *Clin Exp Hypertens* 1999;21:769; Chrysant GS, Bakir S, Oparil S. Dietary salt reduction in hypertension—what is the evidence and why is it still controversial? *Prog Cardiovasc Dis* 1999;42:23

Split Pea Soup

Can add Baco Bits to this for a more traditional flavour.

- 1 lb green split peas
- 1 large onion, chopped
- 10 cups water, adjust as needed
- 4 to 5 med potatoes, diced
- 2 large carrots, diced
- 3/4 cup celery, chopped
- 2 Tbsp Golden Seasoning or Chicken Flavor
- 1/4 to 1/2 cup Baco Bits, optional
- 1/2 tsp sea salt, to taste

Combine peas, water, Golden Seasoning, celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add potatoes and carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, thin it with water. Season with more sea salt to taste if needed. Serves 12

Nutrition (per serving): 178.9 calories; 0.6g total fat; 0mg cholesterol; 211.9mg sodium; 709.9mg potassium; 34.2g carbs; 11g fiber; 4.3g sugar; 10.8g protein.

Lentil, Tomato & Onion Soup

Thick and rich, full of nutrients.

- 2 large sautéed onions
- 1 cup red lentils
- 4 cups water
- 4 to 5 large chopped tomatoes (or a 28oz can of diced)
- 1 tsp Seasoning Salt
- 2 stalks chopped celery
- 1/2 cup brown lentils
- 2 tsp Italian Herbs

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils are tender. Adjust water and salt to taste. Puree half in a food processor until smooth. Puree remaining half until chunky. Serve warm. Serves 4

Nutrition (per serving): 325.3 calories; 1.9g total fat; 0mg cholesterol; 649.5mg sodium; 1178.8mg potassium; 59.9g carbs; 16.9g fiber

Tomato Soup - Demo

Very simple, with a fresh tomato taste.

1 can crushed tomatoes, 796ml/28oz	4 cups water
1/2 to 1 tsp sea salt to taste	1/2 cup raw cashews
1/2 tsp basil, optional	

Blend cashews with enough water to cover until smooth, add remaining ingredients and blend till creamy smooth. Pour into saucepan over medium heat and cook until hot and steamy. Serves 4.

Nutrition (per serving): 155.4 calories; 8.2g total fat; 0mg cholesterol; 503.6mg sodium; 688.6mg potassium; 18.9g carbs; 4.3g fiber; 1.0g sugar; 6.2g protein.

Corn Chowder - Demo

Lovely for a light supper.

1 cup water	1 1/2 cups soy milk
1 cup grated potatoes (1 med)	1 can creamed corn
1/2 cup finely chopped onions	sea salt to taste
1 to 2 Tbsp Golden Seasoning	

Combine all, bring to a boil, reduce heat and simmer until potatoes are tender. Serve. Variation: Use sliced potatoes in place of grated potatoes &/or add 1/4 cup chopped celery. Serves 4

Nutrition (per serving): 150.2 calories; 2.2g total fat; 0mg cholesterol; 372.1mg sodium; 558.3mg potassium; 28.9g carbs; 3.2g fiber; 2.9g sugar; 7.1g protein.

Moroccan Lentil & Chickpea Soup

Have a change of pace with something new.

2 quarts water	1 can chickpeas, drained (540ml/19oz)
3/4 cup lentils, rinsed	1 stalk chopped celery
1 large onion, diced	1/2 cup fresh parsley (or cilantro)
1 can chopped tomatoes	1 tsp sea salt, to taste
1/2 tsp turmeric	3 to 4 Tbsp Golden Seasoning
2 to 3 tsp lemon juice, to taste	

Combine all ingredients and bring to a boil. Simmer, partially covered, for about 45 to 60 minutes (or until the lentils are cooked).

Southwestern Soup

Adjust the heat with the salsa. Very nice without tomatoes, too.

1 cup Golden Nuggets	6 cups water
1/2 cup salsa, mild or medium	2 med carrots, diced
3 to 4 Tbsp Golden Seasoning	1 can diced tomatoes, opt
1/2 med red bell pepper, diced	1 can corn
1 small onion, diced	3/4 cup soup noodles
1/2 tsp garlic powder, optional	1 tsp cilantro or parsley

Dice Golden Nuggets. Bring all ingredients to a boil in a large pot. Reduce heat and simmer 20 to 25 min. Serve.

French Onion Soup - Demo

Delicious with homemade buns.

4 large onions	3 Tbsp vegetable oil, optional
6 cups boiling water	3 cubes Beef flavour bouillon
1 tsp dried basil, crushed fine	1 dash cayenne pepper

Sauté onions in water or olive oil till brown on the edges. Combine all in large saucepan and bring to a boil. Simmer on med-low for 30 min.

Borscht

Delicious Russian favourite. Thank you Pauline for the ideas.

4 cups water	4 cups tomato juice (or V8)
3 cups grated beets	3 cups cabbage, grated
3 to 4 med potatoes, diced, opt	1 lrg onion, diced
1 Tbsp lemon juice	1 cup carrots, diced
1/2 cup celery, diced	1 cup peas, optional
1 tsp sea salt	1/2 tsp basil
2 to 3 Tbsp Golden Seasoning	1 tsp Italian Herbs
1 Tbsp dill weed	3 to 4 cloves garlic

Combine all ingredients and bring to a boil. Reduce heat and simmer about 45 min, until all vegetables are tender. Traditionally served with sour cream, try Tofutti Sour Supreme or Tofu Cottage Cheese.

Minestrone

Rich tomatoes, succulent vegetables, and herbs.

- 6 cups water
- 2 cups tomato juice (or V8)
- 1 to 2 cups penne (or other pasta)
- 1 can peas (or green beans - 398ml/14oz)
- 1 can diced tomatoes (796ml/28oz)
- 1 can corn (398ml/14oz)
- 2 med carrots, diced
- 1 med red bell pepper, diced
- 2 lrg onions, sautéed if desired
- 1 tsp parsley, basil, and Seasoning Salt
- 3 to 4 cubes beef flavor bouillon

Combine all in large pot and bring to a boil. Reduce heat and let simmer 30 minutes, until carrots are tender. Adjust water, salt, and bouillon to taste. Serves 10 to 12

Nutrition (per serving): 118.2 calories; 0.9g total fat; 0mg cholesterol; 458.5mg sodium; 412.3mg potassium; 25.2g carbs; 3.4g fiber; 6.9g sugar; 4.1g protein.

Vegetable Soup

Add as many or as few veggies as you want!

- | | |
|-------------------------------------|------------------------|
| 3 cups water | 3 cups tomato juice |
| 1 cup grated beets, optional | 1/2 cup celery, diced |
| 1 can kidney beans (or navy beans) | 1 can peas |
| 1 can corn | 1 cup carrots, diced |
| 2 lrg onions, sautéed if desired | 2 cups potatoes, diced |
| 1 dash cayenne pepper, optional | 1 tsp basil |
| 2 to 4 cubes beef flavored bouillon | 2 med bay leaves |

Combine all in large pot and bring to a boil. Reduce heat and simmer 45 to 60 min or carrots are tender. Adjust water and salt to taste. Serves 6

Nutrition (per serving): 287.3 calories; 1.7g total fat; 0mg cholesterol; 636.8mg sodium; 1280mg potassium; 60.5g carbs; 12g fiber; 10.6g sugar; 11.5g protein.

Vegetable Lentil Soup

More lentils because they are easy to digest and full of vitamins.

5 cups tomato juice (one large can) 4 cups water
1 cup lentils, washed 1 cup diced carrots
1 cup chopped celery (or spinach) 1 medium chopped onion
1/2 med red bell pepper - opt 2 med bay leaves
1 tsp sea salt (or 1 Tbsp Golden Seasoning), to taste

Bring tomato juice and water to a boil. Add the rest of the ingredients. Bring back to a boil, reduce heat, and let simmer for 1 1/2 hours.

Freezes well. Serves 6

Nutrition (per serving): 166.6 calories; 0.6g total fat; 0mg cholesterol; 444.3mg sodium; 926.4mg potassium; 32.3g carbs; 11.9g fiber; 10g sugar; 10.3g protein.

Creamy Potato Soup - Demo

Thank you to Donna for this one.

3 cups soy milk (or cashew milk*)
3 cups water
3 Tbsp nutritional yeast flakes
2 cloves of garlic, or more to taste
1 large onion, diced
3 Tbsp Golden Seasoning (or 2 tsp sea salt)
5 cups thinly sliced potatoes
2 to 3 Tbsp non-hydrogenated margarine, optional
1 block of silken tofu
1/4 to 1/2 cup Vegenaïse

Combine all ingredients in a medium saucepan. Bring to a boil. Reduce heat, cover, and simmer 10 to 15 minutes, or until potatoes are tender. Remember red potatoes work best for this recipe. Cashew milk – 1 cup water blended on high with 3/4 cup cashews for 1 to 2 min until creamy. Rinse blender with 1/2 cup water and add to soup.

Whole Wheat Sticks - Demo

From my mother's kitchen.

- 1 cup whole wheat flour
- 1/4 cup unbleached flour (or oat flour)
- 1/2 tsp sea salt
- 1/4 cup vegetable oil
- 1/4 to 1/2 cup soy milk, as needed

Mix all together and press into a prepared 8 x 8 pan, slice into sticks. (OR Roll into logs, like traditional bread sticks.) Bake at 350°F for 20 to 25 minutes until golden brown. Yields: 12

Nutrition (per serving): 85.2 calories; 4.9g total fat; 0mg cholesterol; 81.8mg sodium; 57.0mg potassium; 9.3g carbs; 1.6g fiber; 0.1g sugar; 1.9g protein.

Oat Thins

A very nice cracker, thin or thick, my favourite.

- 1 1/2 cups oat flour (grind oats in food processor)
- 1 1/4 cups whole wheat flour (or spelt)
- 1/4 to 1/3 cup vegetable oil
- 1/2 to 2/3 cup water, as needed
- 1/2 tsp salt to taste

Combine all (except salt) in food processor. Mix until ball forms. Roll onto prepared cookie sheet and sprinkle with salt. Slice into squares and bake at 350°F for 20 to 30 minutes turning once at 15 minutes (optional). Size of cookie sheet will determine thickness of crackers or roll on counter and place individual crackers on sheet to change thickness as desired. Under 1/8" will be thin and crispy. Over 3/8" will be more like a crisp biscuit. Both are nice. Serves 8

Nutrition (per serving): 244.6 calories; 9.3g total fat; 0mg cholesterol; 119.6mg sodium; 209.9mg potassium; 34.3g carbs; 5.6g fiber; 0.1g sugar; 7.8g protein.

Hiking Crackers

Lots of energy for those mountain trails.

- 1 1/2 cups oat flour (grind oats in blender)
- 1/4 cup ground almonds 1 cup whole wheat flour (or GF)
- 1 tsp sea salt 1/2 to 1 cup water, as needed
- 1/4 cup almond butter (or non-hydrogenated margarine)

Combine water and almond butter well. Mix all ingredients well. Roll out until very thin (1/16") on a cookie sheet. Cut into squares and bake at 375°F for 10 to 15 min or until golden brown. Serves 4

Nutrition (per serving): 385.9 calories; 17.7g total fat; 0mg cholesterol; 475.1mg sodium; 432.7mg potassium; 47.8g carbs; 8.6g fiber; 1.1g sugar; 13.9g protein.

Variations: Add 1 tsp onion powder, 1 tsp Italian Herbs, 1/2 tsp garlic, &/or 3 Tbsp Zesty Sprinkles.

Sweet Corn Bread

Thank you to a friend, Debbie!

- 1 1/4 cups whole wheat flour (or spelt)
- 3/4 cups cornmeal
- 3 Tbsp raw sugar
- 1 Tbsp Ener-G Baking powder
- 1/2 tsp sea salt
- 1 tsp Ener-G Egg Replacer, optional
- 1 1/2 cups soy milk
- 1/4 cup oil

Combine dry ingredients in a bowl and stir together until evenly mixed. Stir in soy milk and margarine. Mix just until all is moistened. Pour batter into a prepared 8 x 8 pan and bake at 400°F for 20 to 25 minutes or until light golden brown. Serves 8

Nutrition (per serving): 208.1 calories; 8.4g total fat; 148.3mg sodium; 165.9mg potassium; 29.7g carbohydrates; 3.7g fiber; 5.1g sugar; 5.6g protein.

With chili or soup, corn bread is a delicious side dish. Sweet corn or yellow maize has carotene, or vitamin A.

Corn Bread - quick

A delicious cornbread, moist and light.

- 1 cup whole wheat flour (or brown rice flour for gluten free)
- 1 cup organic corn flour 1 cup cornmeal
- 2 Tbsp potato flour 1 Tbsp Ener-G Baking Powder
- 1 tsp sea salt 2 cups water, as needed (or soy milk)

Combine dry ingredients in a bowl. Stir in water and mix just until all is moistened. Pour batter into prepared 9 x 13 pan and bake at 400°F for 25 to 35 min or until golden brown. Serves 8

Nutrition (per serving): 167.8 calories; 1.4g total fat; 0mg cholesterol; 244.4mg sodium; 175.6mg potassium; 35.9g carbs; 5.1g fiber; 0.3g sugar; 4.5g protein.

Sun Dried Tomato Corn Muffins

Good with soup.

- 1 recipe Corn Bread, don't make until read directions below.
- 3/4 cup chopped sun-dried tomatoes (I prefer those done in oil)
- 1/2 cup sliced green onions

Re-hydrate the sun-dried tomatoes by soaking in water for several hrs if you are not using the ones done in oil. Add the tomatoes and green onions to the dry ingredients. Make and bake as directed above. Serves 12

Nutrition (per serving): 115.4 calories; 2.5g total fat; 0mg cholesterol; 93.3mg sodium; 323.4mg potassium; 19.4g carbs; 3.8g fiber; 2.4g sugar; 5.9g protein

Basic Biscuits

A basic recipe.

- 1/4 cup wheat germ (or unbleached flour)
- 1 3/4 cups whole wheat flour 1 Tbsp Baking Powder
- 1/2 cup vegetable oil (or margarine) 1 cup soy milk, as needed
- 1/2 tsp sea salt (omit if using margarine)

Combine dry ingredients. If using oil, mix with milk and stir into dry just until mixed. (If using margarine, cut into dry ingredients, like pastry, stir in milk, etc.) Spread into 8 x 8 pan and bake at 375°F for 25 to 30 min. Remove from heat and slice into biscuits. Let cool slightly and serve.

Basic Biscuits – GF

A basic recipe, a bit cake-like.

1 cup brown rice flour	1/2 cup organic corn flour
3/4 cup tapioca starch	1/4 cup sweet rice flour
2 Tbsp raw sugar, optional	1/2 tsp sea salt
1 1/2 Tbsp Ener-G Baking Powder	1/4 cup oil (or applesauce)
1 cup soy milk (or rice or nut milk)	1/2 cup water

Combine dry ingredients. Mix wet ingredients and quickly stir into dry, just until mixed. Pour into 8 x 8 pan and bake at 350°F for 25 to 30 minutes. In all recipes calling for Basic Biscuits this will remain a batter, so disregard any directions to roll or press into pan. Serves 9

Chive Biscuits - Demo

Best with fresh chives or try green onions too.

1 recipe Basic Biscuits	1/2 cup chives (or green onions)
1 Tbsp Italian Herbs	1 tsp onion powder

See directions for Biscuits.

Tomato Herb Biscuits

Good with soup and more.

1 recipe Basic Biscuits	Tomato juice as needed
1/2 cup sun dried tomatoes (or cherry tomatoes in halves)	
1/2 cup sliced green onions	1 Tbsp Italian Herbs
1 tsp onion powder	

Preheat oven to 425°F. Start preparing biscuit dough, stirring in tomatoes, onions, Italian Herbs, and onion powder to dry ingredients. Use tomato juice in place of liquid in recipe chosen. Press into prepared 8" square pan and cut into 8 to 12 squares. Bake at 425°F for 20 to 25 minutes until done and lightly browned. Serve warm. Serves 12

Nutrition (per serving): 87.9 calories; 3.0g total fat; 0mg cholesterol; 204.8mg sodium; 218.5mg potassium; 13.5g carbs; 2.7g fiber; 1.9g sugar; 3.3g protein.

Assignment - Lesson #11

DATE: _____

STUDENT NAME: _____

1. How much salt is too much?

2. Figure out your body mass index with the formula:
Weight in lb x 703/Height in inches²

3. Make one cream soup. Which one did you make?
How did you like it?

4. Name five important ingredients you like in a good soup:

5. Make one of the cracker recipes. How did it go?

Lesson #12:

Fats - good and bad - Infosheet

Recipes in this Booklet:

Cobbler Topping
Instant Strawberry Cream Pie
Just Like Graham Crust - Best, Quickest, Gluten Free, Low Fat
No Oil Pie Crust
Low Fat Oat Crust
Rich Nutty Crust
Rice 'n' Almond Crust
Easy Pastry
Easy Pastry - Gluten free
Orange Chiffon Pie
Blueberry Pie
Coconut Cream Pie
Lemon Chiffon Pie - Low Carb
Vegan Jel
Blueberry Cream Pie
Cherry Cream Pie
Banana Cream Pie
Creamy Millet Delight
Raspberry Topping
Carob or Chocolate Cream Pie
Easy Apple Pie
Apple Pie - No Sugar
Deluxe Berry Cheesecake
Blackberry Cheesecake
Simple Cheesecake

Fats - Good & Bad

Although the words “oils”, “fats”, and “lipids” are all used to refer to fats, “oils” is usually used to refer to fats that are liquid at normal room temperature. “Lipids” refers to both liquid and solid fats, along with other related substances. Fat is an essential part of our diet. We need various fats for many functions: Maintaining healthy skin and hair; Maintaining body temperature; Energy store for the body; Serving as a buffer against disease; Improving blood sugar control in diabetics; Increases attention span and much, much more! For the sake of simplicity the fats below are labeled as friend or foe, but too much fat of any kind is not good for you.

SATURATED - MOSTLY FOE

These fats are saturated with hydrogen, and they are generally hard at room temperature. They are linked to an increased risk of heart disease, insulin issues, brain dysfunction, and some cancers. The recommendation is keep these fats under 10% of your total calories or less than 20grams for an average 2000 cal. diet. They are mostly found in animal products and tropical oils. There is some evidence that saturated fat in plant foods is less harmful than found in animal products.

CHOLESTEROL - FRIEND & FOE

There are two types of cholesterol, LDL and HDL and you need both for every cell in your body. HDL is considered good as it helps remove total cholesterol from the arteries. Ideally the ratio of HDL to LDL in your body should be 3.5:1 or less. Because your body makes its own, about 800mg per day, you don't need to eat any cholesterol! In fact eating foods with cholesterol can increase your LDL, or “bad” cholesterol. Good news, it's only found in animal products.

MONOUNSATURATED - MOSTLY FRIEND

These fats are generally liquid at room temp and semi-solid when refrigerated. They have some health benefits such as improving the blood sugar levels in diabetics, lowering heart disease risk and the risk of some cancers. There is no particular RDA for monounsaturated fats, but you are unlikely to be deficient when eating a balanced diet. Found in olives, most nuts, and avocados to name just a few sources.

POLYUNSATURATED - MOSTLY FRIEND

Here are the real good guys. These fats are liquid at room temperature and when cold. There are two essential fatty acids in this category that are particularly important, omega 3 and omega 6. (Essential means your body does not make them so you must consume them in your diet.)

OMEGA 3 - FRIEND

This is the fat with the most commendations. It is also the one fat most likely to be deficient in the average diet. Omega 3, or n-3, fatty acids include a-linolenic

acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), all of which are polyunsaturated. Some of the conditions that can be benefited by getting adequate n-3 are: rheumatoid arthritis, cardiac arrhythmias, depression, anxiety, helps general brain health, helps with immune function, many cancers, and may reduce the risk of ischemic and thrombotic stroke. Up to and including 3 grams of total EPA/DHA daily are considered very safe with no increased risk of hemorrhagic stroke. There is no official RDA for n-3 so health professionals recommend different amounts based on the individual needs of the person.

OMEGA 6 - MOSTLY FRIEND

These fats are shown to help with Diabetic neuropathy, allergies, ADHD, Eczema, breast cancer, and possibly rheumatoid arthritis. However they should be in the right proportion with omega 3's to ensure a balance. Some recent findings are suggesting if omega 3 is deficient, the risk of certain diseases related to inflammation goes up. The accepted ratio of omega 6 to 3 varies from 2:1 to 10:1. Omega 6 is found abundantly in nuts, olive oil, and avocados. See reverse page for more on nuts.

FREE FATS, STORAGE & TOTAL FAT

Free fats are fats that have been separated from the food source they came packaged in, olive oil as opposed to eating olives. We should, as a rule, limit free fat consumption. The use of oils to get omega 3 is an exception, as this is the equivalent of supplementing to avoid disease. Oils need to be stored differently depending on type, so follow the directions on the label. Oils, even cooking oils, do go rancid forming free radicals that can cause cancer. Even nuts are prone to going rancid. Be sure you are eating fresh nuts and buying good oils. NEVER let an oil smoke, this causes carcinogens to form. Research confirms cooking at moderate temperatures does not completely destroy omega 3 as some claim, ie: canned wild salmon is high in n-3. Cooking does reduce the total amount of omega 3 in some nuts and seeds like flax. For the average healthy person, total fat intake should be below 30 percent of total calories. I.e. in a 2,000-calorie diet, there should be 60grams or less of fat in the food. For those who struggle with weight gain or have health issues, fat intake should be kept at 15 to 20% of total calories, getting omega 3's first.

OMEGA-3

Generally speaking you need about 1.1 to 3 grams of omega 3 per day depending on your individual needs. Sources include: flaxseed (flax oil - do not cook with); hemp seeds Or chia seeds; canola oil; walnuts; free range eggs; Two tablespoons of flax, chia, or hemp seeds or canola oil, has the needed 1.5 to 3g of n-3.

Hemp seeds. What about THC's? Research suggests there is no THC within the hemp seed itself, but trace amounts of THC may be found when plant matter adheres to the seed surface during manufacturing. You'd need to eat half a pound

of hemp seed at once for any amount of THC to show up in your blood stream.

Canola oil has been extensively researched and no scientific study has proven a connection to any risk. Early studies seemed to suggest a possible link between canola oil and toxicity in rats. But further research confirmed that rats, do not metabolize any oil well, and therefore do not make good lipid research subjects. Unfortunately the flawed studies continue to be cited in error. Any oil can be made into poison. For example, flax oil, can be made into linseed oil, used in paint products. Just because a plant, like canola or hemp, is related to another does not make it toxic by its relation.

NUTRITIOUS NUTS AND SEEDS

While nuts are relatively high in fat, the fat in nuts is mostly monounsaturated, which when used in place of saturated fat, can help reduce total and LDL cholesterol levels. Other benefits of nuts: they are naturally cholesterol free, good source of dietary fiber, good source of protein, contain vitamin E (a potent antioxidant), folic acid, niacin, magnesium, vitamin B 6, zinc, copper and potassium; walnuts contain polyunsaturated fat and omega-3, plus tryptophan, almonds contain calcium, around 80 mg in one ounce; pine nuts are a good source of iron, with almost 6 mg in 2 ounces. Use a small handful of nuts to replace the harmful fats like potato chips, bacon, greasy burgers, fried chicken, in your diet.

TRANS FATS - ALWAYS FOE

Hydrogenation adds hydrogen atoms to unsaturated fats, making them more like a saturated fat, such as solid at room temperature. This also helps with longer shelf life. The process frequently (but not always) turns some cis-isomers into trans fats. This creates trans fat, an artificial fat. (Vaccenic acid is another class of trans fats, found in trace amounts in some animal products.) Eating foods with trans fats increases the risk of coronary heart disease by raising levels of “bad” LDL cholesterol and lowering levels of “good” HDL cholesterol. The NAS, National Academy of Sciences, is concerned “that dietary trans fatty acids are more deleterious with respect to coronary heart disease than saturated fatty acids”. Health authorities worldwide recommend consumption of trans fat be reduced to trace amounts. Some other risks being studied are: * Alzheimer’s Disease: A study published in Archives of Neurology in Feb 2003 suggested that the intake of both trans fats and saturated fats promote the development of Alzheimers. * Cancer: One study has found connections between trans fat and prostate cancer as well as breast cancer. * Diabetes: There is a growing concern that the risk of type 2 diabetes increases with trans fat consumption. * Obesity: Research indicates that trans fat may increase weight gain and abdominal fat, despite a similar caloric intake. * Liver Dysfunction: Trans fats are metabolized differently by the liver than other fats and interfere with delta 6 desaturase, needed for normal function.

Cobbler Topping

*A versatile recipe. Double if desired to completely cover fruit.**

3/4 cup whole wheat flour	3/4 cup unbleached flour
3 to 4 Tbsp raw sugar	1 Tbsp Ener-G Baking Powder
3/4 to 1 cup soy milk	1/4 cup oil (or soy milk to reduce fat)
1 tsp vanilla extract	1/4 tsp almond extract, optional

Combine dry ingredients. Whisk wet ingredients and pour into dry. Stir quickly just until mixed and spoon onto fruit filling of choice in a 9 x 13 pan (or 9 x 9 pan for a thicker topping). Bake at 375°F for 35 to 45 minutes or until top is golden brown. * If you double this recipe, it will cover a 9 x 13 pan quite well. We like this recipe a bit “sparse” so the fruit bubbles through. Gluten Free Cobbler: use a GF cake or biscuit recipe for a topping. Serves 8

Nutrition (per serving): 167.7 calories; 7.5g total fat; 12mg sodium; 86.3mg potassium; 22.6g carbohydrates; 1.8g fiber; 5.4g sugar; 3.4g protein..

Instant Strawberry Pie - Demo

Great if you have unexpected company!

- 1 pkg Mori Nu Silken Tofu, extra firm
- 1/4 cup raw sugar (3 Tbsp honey or dash of stevia)
- 1 Tbsp lemon juice, optional
- 1 Tbsp vanilla extract
- 1 to 2 cups fresh or partly thawed strawberries
- Just Like Graham Crust - Quickest

Put crust into 8 parfait bowls. Process all, except strawberry topping and crust, in food processor on high until very smooth. Pour into crust and carefully put strawberry's on. Serve immediately. Serves 8

Nutrition (per serving): 112.5 calories; 1.0g total fat; 0mg cholesterol; 28.9mg sodium; 194.9mg potassium; 22.4g carbs; 1.3g fiber; 17.2g sugar; 3.6g protein.

It is always nice to have a quick dessert you can whip up if company comes. If you don't have time for the strawberry topping, use all fruit jam, or canned cherry pie filling. You can also use the Mori Nu pudding mates for a nicer tasting filling.

Just Like Graham Crust - Best

This is so good you won't need regular graham crust again.

- 1 1/4 cups whole wheat flour (or brown rice flour)
- 1/4 cup Sucanat
- 1/4 tsp sea salt, optional (use with oil)
- 1/3 cup melted non-hydrogenated margarine (or oil)

Combine all dry ingredients. Stir melted margarine into dry until crumbly. Press lightly into a 9" pie pan. Bake at 350°F for 12-15 minutes or golden brown. The oil works just fine, I use it all the time. The recipe testers said this was a family favourite. Serves 8

Nutrition (per serving): 154.6 calories; 8.3g total fat; 0mg cholesterol; 259.6mg sodium; 93.2mg potassium; 18.6g carbs; 2.3g fiber; 4.9g sugar; 2.6g protein.

Just Like Graham Crust - Quickest

Very simple! Very quick!

- 1 1/2 cups granola (no raisins is best or GrapeNuts cereal)
- 2 to 4 Tbsp water

Process granola in food processor briefly to get a coarse meal texture. Mix in water and press firmly into a 9" pie pan. NO BAKE! Serves 12

Nutrition (per serving): 74.7 calories; 3.7g total fat; 0mg cholesterol; 3.4mg sodium; 81.9mg potassium; 8.1g carbs; 1.3g fiber; 3.1g sugar; 2.3g protein.

Just Like Graham Crust - Low Fat

Not quite as tasty, a bit "tougher".

- 1 1/4 cups whole wheat flour (or 1 cup brown rice flour)
- 3 Tbsp Sucanat
- 1/4 tsp sea salt
- 3 Tbsp vegetable oil
- 3 Tbsp applesauce

Combine all dry ingredients. Mix oil and applesauce and stir into dry. Press lightly into a 9" pie pan. Bake at 350°F for 12 to 15 minutes or golden brown. Serves 8

Nutrition (per serving): 86.2 calories; 3.7g total fat; 0mg cholesterol; 41.0mg sodium; 63.9mg potassium; 12.4g carbs; 1.6g fiber; 3.3g sugar; 1.7g protein.

Just Like Graham Crust - GF

This is not like traditional graham crust, but is still nice and low fat!

3/4 cup coconut 3/4 cup brown rice flour
1/4 tsp sea salt 1/3 cup Tahini* (or almond butter)
3 to 5 Tbsp apple juice (or water)

Blend rice flour and coconut in food processor until smooth. Combine all ingredients in food processor and mix well. Press firmly into 9" pie pan. Bake at 350°F for 10 to 15 minutes. Serves 12

Nutrition (per serving): 87.4 calories; 4.6g total fat; 0mg cholesterol; 45.7mg sodium; 70.4mg potassium; 10.2g carbs; 1.4g fiber; 0.6g sugar; 2.0g protein.

*Tahini is ground sesame seeds. It can usually be found in the Indian section of the grocery store. Good source for calcium!

No Oil Pie Crust - Demo

A low-fat alternative to regular pie crust.

1 cup soy milk (or other)
1 cup dates, chopped or whole pitted
1 cup walnuts
1/2 cup water, as needed
1/2 tsp sea salt
2 cups whole wheat flour (or spelt)

Soften dates in soy milk over medium-low heat. Remove from heat and place in blender. Add walnuts and blend on high until smooth, add water as needed. Set aside until cool. Combine flour and salt, cut in date/walnut mixture until crumbly. Add water if needed, to form dough. Roll and place into a 9" pie pan, bake as directed in pie recipe. Handle as little as possible. Serves 8

Nutrition (per serving): 200.9 calories; 5.4g total fat; 0mg cholesterol; 127.2mg sodium; 157.7mg potassium; 34.0g carbs; 2.4g fiber; 7.4g sugar; 5.3g protein.

Low Fat Oat Crust

A low-fat alternative to Just Like Graham Crust.

- 1 1/2 cups quick oats, blend 1/2 until coarse flour
- 1/2 cup applesauce (or 2 Tbsp oil and 2 Tbsp water)
- 2 Tbsp raw sugar, optional
- 1/4 tsp sea salt

Combine all gently. Press into prepared pan. Bake for 10 to 15 minutes at 350°F. Serves 8

Nutrition (per serving): 64.9 calories; 1.0g total fat; 0mg cholesterol; 59.7mg sodium; 64.6mg potassium; 11.9g carbs; 1.7g fiber; 1.8g sugar; 2.5g protein.

Rich Nutty Crust - Demo

High calorie, loaded with nutrients. Can be used raw or cooked.

- 1 cup pecans (or walnuts)
- 1/2 cup almonds, ground
- 1/2 cup dates
- 1/4 tsp sea salt (omit for low sodium)

Process all ingredients in food processor till crumbly. Press firmly into pie pan. Works best for creamy pies. Can bake this at 350°F for 10 to 15 minutes to brown it. Serves 8 Ready in: 5 min if left raw.

Nutrition (per serving): 159.8 calories; 12.9g total fat; 0mg cholesterol; 59.0mg sodium; 172.1mg potassium; 11.4g carbs; 2.9g fiber; 7.9g sugar; 2.8g protein.

Rice 'n' Almond Crust

A favourite for those who can't have wheat.

- 1/4 cups almonds, ground
- 3/4 cups brown rice flour
- 3 Tbsp water
- 2 Tbsp vegetable oil

Combine dry ingredients, and whisk water & oil well. Stir wet into dry and let stand until liquid is absorbed. Scrape into 9" pie pan and press evenly. Bake at 350°F for 5 minutes. Serves 8

Nutrition (per serving): 101.9 calories; 5.4g total fat; 0mg cholesterol; 1.3mg sodium; 64.4mg potassium; 11.9g carbs; 1.0g fiber; 0.3g sugar; 1.7g protein.

Easy Pastry

A bit soft to work with, but nice 'n' flaky. Can be made wheat free.

1/2 cup margarine (or shortening) 1/4 cup canola oil (or marg)
2/3 cup unbleached flour (or oat flour or Kamut)
2 cups whole wheat flour (or spelt)
1/2 cup very cold water dash sea salt, optional

Combine flours. Chop in margarine till crumbly. Whisk water and oil and stir in to form soft ball, add water if needed. Roll out and place into 9" pan. For a pre-baked crust bake at 350°F for 15 to 20 min. Serves 8

Nutrition (per serving – DOUBLE CRUST): 309.5 calories; 19.5g total fat; 302mg sodium; 132.7mg potassium; 29.9g carbs; 3.9g fiber; 0.2g sugar; 5.2g protein.

Nutrition Facts for 2 pies (16 servings) (per serving): 166.3 calories; 10.8g total fat; 0mg cholesterol; 151.0mg sodium; 67.0mg potassium; 15.4g carbs; 2.0g fiber; 2.7g protein.

* You can find non-hydrogenated shortening at health food stores, but don't forget to ask at your local grocery store too.

* Divide into two equal parts for 2 pies, or divide one a bit larger for a bottom and top. Put the larger on bottom of pie pan.

Easy Pastry - GF

A bit fussy to work with.

1/2 cup margarine (or shortening) 1/4 cup vegetable oil
1 cup organic corn flour (or other GF Flour)
1 cup brown rice flour (or other GF Flour)
3 to 5 Tbsp water

Combine flours. Chop in marg till size of small peas. Stir in enough water to form soft ball. Press into 9" pie pan or muffin tins. For a top, roll out on floured tea towel, lift onto pie and carefully remove towel. This is very tender and a bit fussy, but my best crust for gluten free alternative. I usually only use this for a bottom crust so I can fix it up a bit in the pan. Bake as directed or at 350°F for 10 to 12 min. Serves 8

Nutrition (per serving): 303.7 calories; 19.9g total fat; 0mg cholesterol; 302.9mg sodium; 108.7mg potassium; 28.4g carbs; 2.3g fiber; 0.3g sugar; 2.6g protein.

Orange Chiffon Pie

A tasty dessert or have for breakfast.

1/2 cup orange juice, fresh best	1/2 cup raw cashews
1/3 cup agave nectar (or sugar)	1/4 cup orange juice concentrate
1 pkg silken tofu, extra firm (12oz)	1/2 cup orange juice, fresh best
2 Tbsp Vegetarian Jel	Just Like Graham Crust

Blend cashews in orange juice until creamy. Add tofu, agave nectar, and orange juice concentrate, and blend more. Dissolve Jel in second amount of orange juice over med-high heat, do not boil. Blend all until very smooth, pour into deep 9" pre-baked crust (or two 7"). Serves 8

Nutrition (per serving): 137.3 calories; 4.7g total fat; 0mg cholesterol; 28.9mg sodium; 247.7mg potassium; 20.5g carbs; 0.5g fiber; 17.6g sugar; 5.1g protein.

Blueberry Pie

VERY scrumptious and healthy too.

4 cups blueberries, fresh or frozen	2 to 4 Tbsp raw sugar (or
3 Tbsp cornstarch	1/3 cup grape juice concentrate)

Stir all together. Use 4 Tbsp flour for frozen berries. Pour into unbaked bottom crust and top with a crust. Bake at 375°F for 30 to 40 minutes.

Coconut Cream Pie

Many reviews over this one at fellowship meals.

1 1/2 cups vanilla soy milk	2 to 3 Tbsp agave nectar
1/3 cup cornstarch	1 can coconut milk, 14 oz
1 Tbsp vanilla extract	1 1/2 cups coconut
Just Like Graham Crust	

Combine all ingredients, except coconut (and crust of course). Whisk in a medium saucepan over medium heat until it comes to a boil. Remove from heat and stir in coconut. Pour into pre-baked crust and chill about 4 hours. Top with whipped topping, optional and serve. Serves 8

Nutrition (per serving): 232.9 calories; 16.5g total fat; 0mg cholesterol; 68.3mg sodium; 218.9mg potassium; 19.4g carbs; 1.2g fiber; 10.5g sugar; 3.6g protein.

Lemon Chiffon Pie

Low in sugars, great for diabetics.

1/2 cup raw cashews 1/4 cup water
1/3 cup fresh lemon juice 1/2 tsp lemon zest
2 to 4 Tbsp raw sugar 1/8 tsp stevia, optional
1 pkg silken tofu, extra firm (12oz)
1/2 cup water
2 Tbsp Vegetarian Jel or one pkg of “Gefen Clear” (see below)
Just Like Graham Crust

Blend cashews in first amount of water and lemon juice until creamy. Add tofu, sugar, and stevia and blend more. Dissolve Jel in second amount of water over med heat, do not boil. Blend all together until very smooth, pour into 9” pre-baked crust. Chill 4 hours. Serves 8

Nutrition (per serving): 341 calories; 13.5g total fat; 0mg cholesterol; 323.4mg sodium; 852.3mg potassium; 16.4g carbs; 0.8g fiber; 8.6g sugar; 39.3g protein.

Vegan Jel

1/2 cup agar agar powder (or 1 cup of flakes)
1/2 cup organic cornstarch
1/4 cup raw sugar

Combine well and store in airtight container. Use 1 Tbsp per 1 1/2 cups of liquid. Directions: Wisk into 1/2 cup of liquid from the recipe, bring to a boil, boiling 1 min, and add to recipe. Blend just until mixed and chill. You can also use commercial Kosher or Vegan Jel’s. For flavoured and clear jel’s try Gefen or Hain brands at Vegan Sweets: www.vegansweets.com or your local health food store. I prefer purchased gelatins over this recipe. Be sure the jel you choose is for 2 cups of liquid. Some only set 1 1/2 cup, if this is the case yo will need to add another half of package. This will add sweetness to the dessert as purchased jels have sweeteners added. Usually in a desert this is not a problem.

Blueberry Cream Pie

A wonderful, cool treat!

1 cup vanilla soy milk 1/3 cup agave nectar (or raw sugar)
2 Tbsp Vegetarian Jel 1/2 cup grape juice concentrate
3 cups fresh or partly thawed blueberries
Just Like Graham Crust Blueberry Topping (see Lesson 4)

Dissolve Jel in grape juice concentrate over med heat. Blend all ingredients in blender and pour into pre-baked crust. Chill 4 to 6 hrs and serve. Top with Blueberry Topping or fresh berries, optional.

Cherry Cream Pie

A scrumptious dessert you'll want to share.

1/2 cup millet 1/2 cup soy creamer
1 1/2 cups hot water 1/4 cup soy creamer
1/4 cup honey (or see above) 1 Tbsp lemon juice, fresh best
Carob Crust Cherry Pie Filling

Bring millet, 1/2 cup soy creamer, and water to a boil, reduce heat and let simmer on very low for 40 min. Place into blender with remaining ingredients. Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into pre-baked 9" crust and top with pie filling. Chill 4 to 6 hrs.

Banana Cream Pie

This was declared "A Keeper" by the testing crew!

1/3 cup raw cashews 1/2 cup cooked rice
1/4 cup raw sugar 1 tsp vanilla extract
2 1/2 cups soy milk 3 med bananas, sliced
1/3 cup cornstarch 1/8 tsp sea salt, optional
Whipped Topping Just Like Graham Crust

Blend all (except bananas, whipped topping & crust), until smooth. Pour into saucepan and cook over med heat until thick. Cool. Stir in 2 bananas (dip bananas in lemon juice to prevent browning) and pour into pre-baked crust. Top with another banana and Whipped Topping. Chill. Serves 8

Nutrition (per serving): 156.0 calories; 4.0g total fat; 0mg cholesterol; 69.8mg sodium; 294.1mg potassium; 27.9g carbs; 1.9g fiber; 13.4g sugar; 3.8g protein.

Creamy Millet Delight - Demo

A delicious and nutritious taste bud treat.

1/2 cup millet	2 cups hot water
1/4 cup soy creamer	1/2 cup raw cashews, opt (add sfat)
1 tsp vanilla extract	1/2 cup raw sugar (or stevia to taste)
2 to 3 Tbsp lemon juice	Just Like Graham or Nutty Crust
Raspberry Topping, see below (or any fruit topping)	

Bring millet and water to a boil, reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients, except soy creamer. Blend until smooth, stop, stir, blend, stop, stir, blend, etc. Adding soy creamer as needed, the less you use the firmer the pie will be. Pour into baked 9" crust and top with fruit topping. Refrigerate to set, about 2 to 4 hours. To set in a hurry - use the freezer for 1 to 2 hours. Will be a "soft" consistency. To make firmer add 1 package of raspberry vegan "jello" to hot millet just before blending. TIP: Use fresh fruit sliced onto this recipe for a healthy meal; bananas are good as are berries. Serves 8

Nutrition (per serving): 127.3 calories; 1.6g total fat; 7.1mg sodium; 86.0mg potassium; 27.6g carbohydrates; 1.8g fiber; 14.6g sugar; 1.8g protein.

Raspberry Topping

Another personal favourite!

1 cup apple juice (Can use concentrated apple juice and omit sugar)
1 to 2 cups raspberries, thawed with juice
3 to 4 Tbsp cornstarch
2 to 4 Tbsp raw sugar, to taste

Drain juice off berries and combine with apple juice. Whisk in cornstarch and raw sugar. Cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping. Serves 8

Carob or Chocolate Cream Pie

Very dark 'n' delectable. Another quick dessert, but with little or no sugar, it also makes a nice supper with a couple pieces of fruit.

1 cup dates, pitted and chopped	3/4 cup water
1/4 cup carob powder (or cocoa)	1/3 cup cornstarch
2 cups soy milk, vanilla best!	1 to 3 Tbsp raw sugar
1/2 tsp vanilla extract	Just Like Graham Crust

In saucepan simmer dates and water over medium heat until soft (5 to 8 minutes). Combine all in blender and blend till smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping. Serves 8

Nutrition (per serving): 128.4 calories; 1.3g total fat; 0mg cholesterol; 36.4mg sodium; 249.1mg potassium; 29.0g carbs; 3.9g fiber; 17.4g sugar; 3.5g protein.

Apple Pie, Easy - Demo

6 to 8 cups apples, peeled and sliced	1/4 cup Sucanat
1/2 tsp cardamom (or cinnamon)	1/8 tsp sea salt
2 Tbsp unbleached flour (or 1 Tbsp cornstarch)	Pastry

Combine all and spoon into bottom crust. Top with top crust. Bake at 375°F for 45 to 60 min. Serve with Frozen Fruit Cream. Serves 8

Nutrition (per serving): 65.1 calories; 0.1g total fat; 0mg cholesterol; 31.5mg sodium; 99.9mg potassium; 16.9g carbs; 1.4g fiber; 13.1g sugar; 0.5g protein.

Apple Pie, No Sugar - Demo

VERY appetizing and full of flavor.

6 to 8 cups apples, peeled and sliced (sweet apples best)	
1/2 can apple juice concentrate	1/2 tsp cardamom (or cinnamon)
1 to 2 Tbsp unbleached flour (or cornstarch), as needed*	
1/8 tsp sea salt, opt	Pastry

Simmer all until thick. Pour into crust and top with crust. Bake at 375°F for 30 to 40 min. *will depend on type of apples and preference. Serves 8

Nutrition (per serving): 82.6 calories; 0.2g total fat; 0mg cholesterol; 43.0mg sodium; 190.9mg potassium; 21.1g carbs; 1.1g fiber; 18.3g sugar; 0.4g protein.

Deluxe Berry Cheesecake

This is yummy partly frozen.

1 pkg silken tofu, extra firm (12 oz)	1 1/2 cups grape juice
2 to 4 Tbsp raw sugar, optional	3 to 4 Tbsp Veg Jel
4 cups frozen or fresh blueberries	2 to 4 cups Whipped Topping
Just Like Graham Crust	

Dissolve Jel in grape juice over medium heat. In food processor combine remaining ingredients, except whipped topping, and process until smooth. Add in Jel. Fold in Whipped Topping. Can chill and serve or freeze and serve. Will go quite hard in freezer.

Blackberry Cheesecake - Demo

This is a great transition cheesecake. Very RICH!

2 pkgs Tofutti Creamcheese, plain (or 12oz pkg Silken Tofu + 1 Tbsp lemon juice)	
1/4 cup grape juice concentrate	3 Tbsp lemon juice, fresh
1/3 cup raw sugar	2 pkgs raspberry veg jel
1 cup blackberries, thawed	Blackberry Topping
Just Like Graham Crust	1-2 cups Whipped Topping, opt

See above directions. Spread on Blackberry topping, chill and serve. Can use blueberries, strawberries, or raspberries in place of blackberries.

Simple Cheesecake

An easy, tasty treat.

1/4 cup pineapple juice concentrate	1/3 cup raw sugar
3 Tbsp lemon juice, fresh best	2 Tbsp orange juice concen.
12 oz silken tofu, extra firm	2 tsp of Instant Clear Jel*
fruit topping of your choice	Just Like Graham Crust

Combine all in food processor and blend until smooth (not crust or fruit topping of course). Pour into pre-baked crust. Top with fruit topping of your choice, strawberry is nice, and chill. A bit soft, but nice.

*Variation: omit clear jel and add 1/4 cup cornstarch after blending and cook over med heat until thick OR use 1 pkg of Gefen clear.

Assignment - Lesson #12

DATE: _____

STUDENT NAME: _____

1. What fats are important for our health?
2. What foods have Omega 3?
3. Should you ever let an oil get so hot it smokes? Why?
4. What was your favourite recipe this lesson?

5. Make an apple pie. Were you able to use less sugar than you thought you could from your past recipes?

IS THERE ANYTHING MORE??

You've just made it through all the cooking lessons for this program!!! Thank you for being a student. Don't forget to fill out the survey to get a FREE DVD. You can send in all your assignments to get your Certificate of Completion!

Mail to: Higher Path Print & Production
3988 Galloway Frtg Rd
Galloway BC V0B 1T2

We are working on more videos, recipes and health tips, so please stay in touch by signing up for our newsletter or join us on FACEBOOK! *Angela Poch, N.C.*

Recipe Index

Alfredo Sauce - Demo	149	Breakfast Bars - Demo	54
Almond Butter	36	Brown Rice	101
Almond Green Beans - Demo	149	Bulgur/Buckwheat Cereal - Demo	64
Almond Milk - Demo	37	“Butter Cream” Icing - Demo	157
Almond Scones - Demo	126	Canada Day Cake (or July 4th)	153
Angie’s Bread	118	Caramel Sauce - Demo	151
Apple Pie, Easy - Demo	216	Carob Cake - GF	152
Apple Pie, No Sugar - Demo	216	Carob Cake - regular	152
Apricot ‘n’ Orange Cake	121	Carob Caramel Cheesecake - Demo	150
Baked Cheesecake	147	Carob Crust - Demo	150
Baked Rice	102	Carob Hazelnut Spread - Demo	174
Baked Tofu Salad/Wrap - Demo	87	Carob or Chocolate Cream Pie	216
Banana Bread	172	Carrot Cake	120
Banana Bread - GF	172	Carrot Cake - GF	121
Banana Cream Pie	214	Cashew Cream	37
Basic Biscuits	200	Cashew Mayo	35
Basic Biscuits - Demo	125	Cherry Almond Muffins	119
Basic Biscuits - GF	125	Cherry Cream Pie	214
Basic Biscuits – GF	201	Cherry Pie Filling	151
Basic Bread - GF - Demo	33	Chili Powder	17
Basic Machine Bread - Demo	169	Chive Biscuits - Demo	201
Basic Machine Bread - GF	169	Cinnamon Buns - Demo	174
Basic “White Bread” - Demo	34	Cobbler Topping	207
Blackberry Cheesecake - Demo	217	Coconut Cream Pie	212
Blackberry Topping	68	Corn Bread - quick	200
Black Forest Trifle	151	Corn Butter - Demo	36
Blueberry Cream Pie	214	Corn Chowder - Demo	194
Blueberry Inversion	122	Cornmeal Blueberry Mush	63
Blueberry Muffins	49	Cranberry Sauce	137
Blueberry Muffins - 3ABN	94	Cream of Celery Soup	101
Blueberry Muffins - GF	94	Cream of Mushroom-Demo	100
Blueberry Pie	212	Creamy Garlic Sauce	109
Blueberry Scones	126	Creamy Mayo - Demo	34
Blueberry Topping - Demo	68	Creamy Millet Delight - Demo	215
Borscht	195	Creamy Mushroom Sauce	109
Bran Muffins	50	Creamy Potato Soup - Demo	197
Bran Muffins, unleavened - Demo	50		

Creamy Risotto Soup	92	Glaze for Sweet Breads - Demo	175
Creamy Veggie Lasagna	110	Golden Cashew Gravy	106
Creamy Whip Topping (or Icing)	158	Golden Gravy - Demo	135
Crepes - Demo	66	Golden Nuggets - 3ABN	89
Date Squares	55	Golden Seasoning - Demo	31
Date Walnut Spread	56	Golden Tofu Loaf - Demo	135
Dee's Fruit Bread	57	Granola - Demo	45
Deluxe Berry Cheesecake	217	Granola (lower in fat)	45
Deluxe Mashed Potatoes	105	Gratenutz - Demo	47
Dinner Crumbles - 3ABN	92	Gratenutz - wheat free	47
Early Morning Potatoes	72	Green Bean & Basil Spread	85
Easy Bean Burger Mix	177	Harvest Pitas - Demo	86
Easy Bean Burgers	177	Hash-Browns - Demo	71
Easy Buns	18	Heavenly Casserole - Demo	100
Easy Buns - GF	18	Heavenly Rice Pudding - Demo	48
Easy Chili - Demo	17	Hiking Crackers	199
Easy Pastry	211	Holiday Ring - Demo	140
Easy Pastry - GF	211	Home Un-Fries - Demo	154
'Egg' Salad Sandwich	83	Hummus	84
Energy Waffles	64	Imperial Roast	104
Essence Bread	170	Instant Strawberry Pie - Demo	207
Fettuccine Alfredo - Demo	149	Italian Dressing	19
Flax Gel - Demo	39	Italian Dressing - no oil	19
Fondant, Vegan - Demo	157	Italian Herbs	31
French Dressing	17	Just Like Graham Crust - best	179
French Onion Soup - Demo	195	Just Like Graham Crust - Best	208
French Toast - Demo	67	Just Like Graham Crust - GF	209
Fresh Apple Coffee Cake	175	Just Like Graham Crust - Low Fat	208
Fresh Berry Topping	68	Just Like Graham Crust - Quickest	208
Fresh Fruit Parfait	124	Lasagna - Demo	108
Fresh Fruit Tarts	147	Lemonade - Demo	155
Fruit Filling, Canned - Demo	69	Lemon Chiffon Pie	213
Fruit Filling, Frozen Fruit	69	Lemon Millet Squares - Demo	56
Garbanzo Cheese/Spread - Demo	83	Lemon Pie	179
Gulten Free (GF) Flour	33	Lemon Poppy Muffins - Demo	49
GF Muffins	51	Lemon Sauce	138
G-Good Loaf - 3ABN	88	Lentil Sausage	73
Gingerbread Cookies	139	Lentil Slice - Demo	86
Gingerbread House	139	Lentil, Tomato & Onion Soup	193
Glaze	141	Low Fat Oat Crust	210

Low Fat Rice Pudding	48	Potato Pancakes	71
Lunch Box Ideas:	82	Potato Stew - 3ABN	93
Macaroni Casserole	106	Pumpkin Pie	137
Macaroni 'n' Cheese - Demo	107	Quiche	91
Maple Crumb Muffins	52	Quick Herb Buns - Demo	19
Maple Millet Delight	63	Raisin Walnut Bread	57
Maple Tapioca Pudding	49	Raspberry Almond Granola - Demo	45
Margarine	36	Raspberry Date Squares - Demo	55
Mariner's Spread - 3ABN	84	Raspberry Date Squares - GF	56
Millet Butter	176	Raspberry Muffins	122
Minestrone	196	Raspberry Spread	176
Moroccan Lentil & Chickpea Soup	194	Raspberry Topping	215
Multi-grain Waffles	65	Rice 'n' Almond Crust	210
Noodle Dinner - Demo	101	Rice n Almond Dish	102
No Oil Pie Crust - Demo	209	Rice 'n' Burger Pie	102
Oat Gravy	109	Rice Waffles	66
Oat Thins	198	Rich Nutty Crust - Demo	210
Oat Waffles - Demo	65	Sabbath Bread - Demo	171
Omega 3 Bars - 3ABN	90	Salad Fixin's	86
Omega Bars	54	Sandwich Spread Ideas	88
Onion 'n' Cashew Gravy - Demo	106	Savory Grains	72
Orange Cheese	38	Savory Sunflower Seeds	87
Orange Cheese Sauce - Demo	107	Scrambled Tofu	71
Orange Chiffon Pie	212	Seasoning Salt	32
Orange Cranberry Sauce:	137	Shepherd's Pie	104
Orange Spice n Nut Cake	52	Simple Bread Pudding - Demo	123
Orange Spice n Nut Cake - GF	53	Simple Cheesecake	217
Orange Tapioca Pudding	124	Simple Rice Pudding	123
Oven Roasted Potatoes	178	Sloppy Joe's - Demo	154
Pancakes - Demo	16	Southwestern Soup	195
Pancakes - GF	16	Spanish Meal in One	105
Pastry	88	Special Mashed Potatoes	136
Peach Barley Casserole	63	Special Roast - Demo	103
Peach Cake	120	Spinach and Pine Nut Salad	87
Pecan Date Cake	53	Split Pea Soup	193
Pecan Date Cake - GF	53	Stafford Nut Meat	85
Pina Colada Granola	46	Strawberry Parfait	124
Pina Colada Granola - low fat	46	Strawberry Spread	175
Plum Pudding	138	Summer Shepherd's Pie	104
Potato Medley	178		

Sun Dried Tomato Corn Muffins	200
Sweet Corn Bread	199
Sweet Tea Buns	141
Sweet Tea Buns	173
Sweet Tea Buns - GF	173
Tapioca Pudding	48
Tasty Brown Bouillon	32
Thanksgiving Rice	136
Thanksgiving Stuffing - Demo	136
Tofu Cottage Cheese - Demo	37
Tofu Mayo	35
Tofu Slices - 3ABN	85
Tofu Veggie Rice Casserole - Demo	103
Tomato Herb Biscuits	201
Tomato Soup - Demo	194
Vegan Jel	213
Vegetable Lentil Soup	197
Vegetable Soup	196
Vegetarian Italian Sausage	74
Veggie Calzone - Demo	148
Veggie Omelette - Demo	70
Veggie Pastry	91
Veggie Pot Pie - 3ABN	90
Veggie Turnovers	93
Very Yummy Whipped Topping	153
Walnut Spread - Demo	84
Walnut Sprinkles - Demo	16
Whipped Topping	67
White Cake - Demo	118
White Cake - GF	119
White Cheese	38
Whole Wheat Sticks - Demo	198
Yellow Cake	156
Yellow Cake - GF	155
Yellow Cake - yeast raised	156
Zesty Herb Biscuits	126
Zesty Sprinkles - Demo	39
Zippy Spread	176

Health Info Index

Becoming Vegan, Basic Nutrition	3
Calcium	28
Chocolate and Carob	184
Exercise	98
Fats - good and bad	204
Food Additives	162
Hydrotherapy	78
Iodine	144
Iron	42
Nutrition for the Mind/Brain	164
Protein	61
Rest/Sleep	115
Sodium	&
Hypertension	191
Stress Management	133
Stimulants	182
Trace minerals	144
Water	80
Vitamin B12	144
Vitamin D	144

Want More???

To order our complete set of
of 7 cookbooks, with over 800
recipes:

www.HigherPathStore.com