Cover Key

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Foreword

This series was done to help families have more variety in their menus. It is dedicated to all those various needs in one family. One child can’t have wheat, while another can’t have corn, father can’t eat soy, and mother is allergic to almonds. These problems make dinner a chore and recipe searching endless. I have tried to make these recipes as adaptable as possible with many variation ideas in the recipe itself or at the back in the Appendix. I have also included tips from various authors on health on the pages throughout the books in this series. All the recipes in the books were cooked on a glass stove top or electric oven, unless otherwise stated, and were made and tested at a higher altitude (approx. 3500 feet). If you live higher or lower, you may need to adjust the flour in the cake, muffin, or bread recipes.

This book on Seasonal Treats includes a few lists for ideas as well as recipes. I find I forget about simple ideas for sandwiches, traveling foods, and camping so I’ve included a list of such things to have as a handy reference.

This book will not give you step-by-step canning instructions as there are so many good ones in full color pictures that it seemed pointless to do another. You can even go on the internet and print off information. Instead, the canning recipes in this book focus on healthier recipes than traditional jams, which was often more sugar than fruit in order for it to set, or pickles that use vinegar and other harmful substances.

Enjoy this book and the others in the series!

Angela

The nutritional analysis may not be 100% accurate. It is for informational use only. It may vary with different products and other factors. Please note:

* If an ingredient is optional, it is NOT in the nutritional analysis.
* If more than one ingredient is listed, the first one is in the nutritional analysis.
* If a recipe is listed as an ingredient, it is included in the nutritional analysis.
* If more than one size is listed, the first size listed is used.

Information in this book is for reference only. Always consult your doctor (one who will work with healthy alternatives) before making abrupt changes in your diet or exercise program.
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Recipe Conversion for Canning

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All of the above recipes are gluten and wheat free. Serving sizes and yields are approximate.
Conversion for Canning

Converting recipes can be challenging when it comes to jams and canning because the sugar to pectin ratio is vital for a good set. But it can be done. Here are a few steps:

1. Reduce the sugar to 50 - 75%. Remember that no sugar jams do not keep as long as regular jams – even when processed and sealed. Store in a cool, dark room.

2. Choose a thickener: Use low/no sugar pectin in place of the regular pectin - follow directions on the box for amounts. If the recipe is very old with no pectin, add the no sugar pectin. Jam will not set without pectin (present in some fruit naturally) or other thickener. Pectin naturally occurring in fruit needs LOTS of sugar to activate it. This is why traditional recipes have so much sugar. The good news is we have several thickeners available to us. Agar-agar use 1 tsp of powder and 1 Tbsp cornstarch to 2 cups ‘liquid’ - pureed fruit, etc. Cook for 5 to 10 minutes over medium heat. Or see our Easy Fruit Spread recipe page 9 for more ideas.

3. Rewrite your recipe only changing these two things the first time. Then make the recipe and see if it works.

4. Make additional changes, each a step at a time. Be SURE to record in detail each change such as reducing sweetener further or exchanging sugar for an alternative sweetener such as agave nectar, honey, and so on. See Appendix for more info on sweeteners.

So enjoy healthier living and your favourite recipes. There are several thousand recipes out there, and you may be surprised to find your “family secret” not so secret. So take some time to look at healthier books for recipes close to the one you enjoy. Perhaps all the guesswork is done for you.
Apricot Pineapple Spread

*A sweet combination*

- 8 cups pureed apricots, fresh or frozen
- 1 can concentrated pineapple juice
- 2 boxes Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin.)

Follow directions inside the pectin box. Yields 9 to 10 half-pints.

Serves 128
Serving size: 1 Tbsp
Preparation time: 5 to 10 minutes
Ready in: 30 to 45 minutes

*Nutrition Facts*

Nutrition (per serving): 10.2 calories; 0g total fat; 0mg cholesterol; 1.7mg sodium; 33.1mg potassium; 2.5g carbs; 0.3g fiber; 1.6g sugar; 0.2g protein.

*Your Favourite Recipes ‘n’ Tips*
Mom’s No Sugar Apricot Spread

The grape juice sweetens the apricots without losing flavour.

- 5 cups pureed apricots, fresh or frozen
- 1 cup concentrated white grape juice (from 3 cups boiled down or frozen concentrate)
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Follow directions inside the pectin box. Yields 7 to 8 half-pints.

Serves 96
Serving size: 1 Tbsp
Preparation time: 5 to 10 minutes
Ready in: 30 to 45 minutes

Nutrition Facts
Nutrition (per serving): 10.9 calories; 0g total fat; 0mg cholesterol; 1.3mg sodium; 23.2mg potassium; 2.7g carbs; 0.2g fiber; 2.1g sugar; 0.1g protein.

Tips ‘n’ Techniques
Juice concentrates can be made by boiling down diluted or regular juice. Some juices will oxidize and be unattractive, but grape works well, especially white grape for light-colored fruits or to avoid changing the flavor. Red or purple grape juice actually enhances the flavor of blueberries, etc.
Easy Fruit Spread

A very versatile recipe. Make as large a batch as you need.

- 1 cup fruit such as strawberries
- 1 1/2 Tbsp tapioca starch
- 2 Tbsp apple juice
- 2 Tbsp honey (or agave nectar or 1/2 tsp stevia)

Wash, mash, and measure fruit. Put into a saucepan, add tapioca starch and sweetener. Bring to a boil stirring constantly. Add more sweetener if desired. If you need to add more thickener (remember this will thicken as it cools) dissolve starch in apple juice and add to fruit mixture. Store in freezer for long term or in fridge to be used within a week or so. Use the above ratios even for larger batches, i.e. for 4 cups of fruit use 6 Tbsp of tapioca starch and 8 Tbsp (or 1/2 cup) honey.

Serves 16

Serving size: 1 Tbsp
Preparation time: 5 minutes
Cooking time: 15 to 25 minutes
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 15.1 calories; 0g total fat; 0mg cholesterol; 0.3mg sodium; 18.3mg potassium; 3.9g carbs; 0.2g fiber; 2.8g sugar; 0.1g protein.

Tips ‘n’ Techniques

Remember no sugar jams and jellies do not keep very long once opened, even in the fridge. Be sure to keep track of how long it has been in the fridge. Sugar acts as a preservative, unlike other sweeteners, and a reduced amount also affects the longevity.
No Sugar Strawberry Spread

The pineapple juice and grape juice are the sweeteners.

- 6 cups pureed strawberries
- 1/2 can concentrated white grape juice
- 1 tsp stevia, optional (see below)
- 1 can pineapple juice concentrate
- 1/3 cup cornstarch
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Follow directions inside pectin box. Add cornstarch to fruit. Yields 8 to 9 half-pints.

Serves 115
Serving size: 1 Tbsp
Preparation time: 5 minutes
Ready in: 30 to 45 minutes

Nutrition Facts

Nutrition (per serving): 10.4 calories; 0g total fat; 0mg cholesterol; 1.1mg sodium; 21.7mg potassium; 2.6g carbs; 0.2g fiber; 1.6g sugar; 0.1g protein.

Tips ‘n’ Techniques

Stevia is very interesting to work with. It can leave an aftertaste. The green leaves a slightly bitter aftertaste and the white leaves a sweeter aftertaste. This is quite subjective. It seems different for many different people. I have friends that I have introduced to stevia who love the flavour and taste. They say it is very satisfying to the palate. Others, such as myself, find they need to go very easy on how much they use. I don’t like any food aftertaste, except maybe garlic. One thing is for sure, stevia is VERY sweet and does not affect the blood sugar. It also is very natural and has no history of ill effects.
Strawberry Jam

A low sugar jam

- 7 cups crushed strawberries
- 1/2 cup concentrated apple juice
- 2 cups raw sugar (or alternative, see Appendix)
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Follow directions inside the pectin box. Yields 9 to 10 half-pints.

Serves 128
Serving size: 1 Tbsp
Preparation time: 5 minutes
Ready in: 30 to 45 minutes

Nutrition Facts
Nutrition (per serving): 17.4 calories; 0g total fat; 0mg cholesterol; 1.1mg sodium; 16.5mg potassium; 4.5g carbs; 0.2g fiber; 3.8g sugar; 0.1g protein.

Your Favourite Recipes ‘n’ Tips
Raspberry Jam

My personal favourite for jam.

- 6 1/2 cups crushed raspberries
- 1 can concentrated white grape juice
- 2 cups raw sugar (or alternative, see Appendix)
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Follow directions inside pectin box. Yields 9 to 10 half-pints.

Serves 128
Serving size: 1 Tbsp
Preparation time: 5 minutes
Ready in: 30 to 45 minutes

Nutrition Facts
Nutrition (per serving): 19.6 calories; 0g total fat; 0mg cholesterol; 1.0mg sodium; 10.8mg potassium; 5.0g carbs; 0.4g fiber; 4.1g sugar; 0.1g protein.

Blackberry Jam

A delicious jam for the fall season.

- 6 1/2 cups crushed blackberries
- 1 can concentrated grape juice
- 2 cups raw sugar (or alternative, see Appendix)
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

See above for directions.

Serves 128
Serving size: 1 Tbsp
Preparation time: 5 minutes
Ready in: 30 to 45 minutes

Nutrition Facts
Nutrition (per serving): 21.3 calories; 0g total fat; 0mg cholesterol; 1.0mg sodium; 12.1mg potassium; 5.4g carbs; 0.4g fiber; 4.7g sugar; 0.1g protein.
No Sugar Raspberry Jam

This is delicious with blackberries too!

- 5 1/2 cups crushed raspberries
- 1 can concentrated white grape juice
- 1 can concentrated apple juice
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Follow directions inside pectin box. Yields 9 to 10 half-pints.

Serves 128
Serving size: 1 Tbsp
Preparation time: 5 minutes
Ready in: 30 to 45 minutes

Nutrition Facts
Nutrition (per serving): 9.8 calories; 0g total fat; 0mg cholesterol; 1.4mg sodium; 16.6mg potassium; 2.4g carbs; 0.4g fiber; 1.6g sugar; 0.1g protein.

Tips ‘n’ Techniques
You may add 1 cup of raw sugar, if desired for a more traditional Jam. Also you can use blackberries in place of raspberries for Blackberry Jam.

Friendship Preserves
1/2 cup greetings  1 cup smiles
1 large handshake  2 cups love
1 tsp sympathy     2/3 cup hospitality

No Sugar Raspberry Freezer Jam

Quick and easy.

• 2 1/2 cups crushed raspberries
• 1 can concentrated white grape juice
• 4 Tbsp corn starch

Combine raspberries, grape juice, and cornstarch in a large saucepan. Bring to a boil, stirring constantly, and cook until thick, about 10 minutes. Remove from heat and ladle into sterile jars. Let cool and freeze until ready to use. Yields 4 to 6 half-pints.

Serves 56
Serving size: 1 Tbsp
Preparation time: 5 to 10 minutes
Cooking time: 10 to 15 minutes
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 11.9 calories; 0g total fat; 0mg cholesterol; 0.4mg sodium; 11.2mg potassium; 2.9g carbs; 0.4g fiber; 1.9g sugar; 0.1g protein.

Tips ‘n’ Techniques
You may add 1 cup of raw sugar, if desired. We enjoy this addition. This works with blackberries too.

Limit rich foods, keeping added sugars to 1 Tbsp or less daily, salt to 1 tsp, and oil to 3 Tbsp. Avoid spices, greases (animal fat), fried foods, baking soda, and vinegar. Fruit juices and concentrated foods such as gluten, soy protein, etc. should be taken in small quantities. It is best to eat foods as naturally as possible. The palate will change as you learn to eat with less spice, salt, and sugar. Your body will reward you with better health.
Apricot Jam

*A low sugar jam.*

- 5 1/2 cups crushed apricots
- 1/2 can concentrated peach juice
- 1 1/2 cups raw sugar
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Follow directions inside pectin box. Yields 8 to 9 half-pints.

Serves 120
Serving size: 1 Tbsp
Preparation time: 5 minutes
Ready in: 30 to 45 minutes

*Nutrition Facts*

Nutrition (per serving): 14.9 calories; 0g total fat; 0mg cholesterol; 0.9mg sodium; 19.8mg potassium; 3.8g carbs; 0.2g fiber; 3.3g sugar; 0.1g protein.

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Your Favourite Recipes ‘n’ Tips

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Canning Tips

Just a few tips for the canning season. First, buy when it is inexpensive and can or freeze your produce to save money. When purchasing in season you can often find produce much riper than other times of the year, especially if you go to the source.

Second, have a “Canning Party.” We’ve really enjoyed these gatherings, and it makes the job a whole lot easier. Prepare and plan before anyone arrives, because once people come, the mouth gets a talking, and, well, I am sure you can guess. We’ve done these parties with antipasto, peaches, and more.

And third, get a good picture book. When you’re canning in the busiest time of the year, the last thing you need is to decide ambiguous words on a page. I find diagrams quick and easy to look at and easy to add notes. Yes, I write in my books! Are you going to look for pieces of paper with canning notes all over the house? Put it where you’ll find it. I know people who start a “tips” journal only to never remember what’s in there.

Key for Page 17
1. Blackberry Pie Filling, pg. 27
2. No Sugar Apple Pie Filling, pg. 25
3. Green Tomato Mincemeat, pg. 28
4. Saskatoon Jelly, pg. 20
5. Sweet Pickles, pg. 39
6. Sweet Relish, pg. 42
7. “Hot Dog” Relish, pg. 41
8. Summer Salsa, pg. 33
9. Dill Pickles, pg. 38
Rear of Photo

In order to keep numbering consistent with hard copy cookbook, blank pages must be inserted where there would be blank pages in the hard copy. Sorry for any confusion

PS: Covers are at the end of the book so you can print them if desired.
Grandma Latta’s Peach Jelly

Don’t waste those skins! This is delicious. Thanks, Mom P.

- 12 cups peach skins & pits, approx
- 2 cups crushed peaches, approx
- water as needed
- 6 cups “Juice” from above
- 1 cup raw sugar to taste
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Place skins, peaches, and pits in large pot and just barely cover with water. Bring to a boil and simmer 30 minutes. Place in a jelly bag and strain juice into a large bowl in a cool place overnight. In the morning follow directions inside the No-Sugar added Pectin box.

Tips ‘n’ Techniques

Food borne illnesses are much more common that people realize. There is NO 24 hour flu. It is usually food poisoning. While animal products are the main source of infection (including cross contamination such as meat dripping on lettuce in the fridge, leading to E-coli breakouts), home cooking and canning can also be a threat. Keep all your instruments clean, and be sure to sanitize jars and other containers. Heat foods quickly and cool foods as soon as possible. Do NOT leave foods out on the counter to cool, especially rice, beans, gluten, tofu, and other high protein foods. Get them in the fridge ASAP!!! Improper cooling is the number one cause of food poisoning outbreaks. Bacteria loves the same temperature as we do, 40°F to 140°F (4°C to 60°C).
Saskatoon Jelly

A low sugar Jelly, pictured on pg. 17.

- 4 cups Saskatoon juice (see directions)
- 3 Tbsp lemon juice
- 1 1/2 cups raw sugar
- 1 box Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Thaw and crush 12 cups of saskatoons. (Wash and freeze fresh berries for best results.) Bring to a boil in a large pot, reduce heat to low and cook for 10 minutes. Strain juice out with a jelly bag, I make my own with cotton fabric, but you can purchase them or use cheesecloth or an old pillowcase. Attach the filled bag to the top edge of a large pot with cloths pins - leave several inches off the bottom, or set the bag inside a large strainer. Follow directions inside the pectin box to process.

Yields: 5 to 6 half-pints
Serves 80
Serving size: 1 Tbsp
Preparation time: 60 minutes (+ straining time which takes several hours)
Cooking time: 15 minutes

Nutrition Facts
Nutrition (per serving): 20.8 calories; 0g total fat; 0mg cholesterol; 1.3mg sodium; 6.4mg potassium; 5.4g carbs; 0.2g fiber; 4.5g sugar; 0.1g protein.

Tips ‘n’ Techniques
Wild fruit and herbs are such fun to pick and enjoy. BE VERY SURE you know what to pick. When in doubt, throw it out! (This goes for the tip on pg. 19 too.) There are several good, wild edible food guides on the market. I own a couple, plus I have taken a course as a youngster in wild edibles. So get informed and have fun.
No Sugar Saskatoon Jelly

*It is such fun to pick wild berries. Also called service berries.*

- 8 cups saskatoon juice (see directions)
- 1 can grape juice concentrate
- 1/4 cup lemon juice
- 1/2 cup honey (or 2 Tbsp stevia)
- 3 boxes Bernardin No Sugar Pectin (In US: Pomona’s Universal Pectin)

Thaw and crush 12 cups of saskatoons. (Wash and freeze berries for best results.) Bring to a boil in a large pot, reduce heat to low and cook for 10 minutes. Strain. (See pg. 20 for information.) Follow directions inside pectin box to process. Yields: 10 to 12 half-pints.

Serves 160

Serving size: 1 Tbsp

Preparation time: 60 minutes (+ straining time which takes several hours)

Nutrition Facts

Nutrition (per serving): 12.9 calories; 0g total fat; 0mg cholesterol; 2.1mg sodium; 7.7mg potassium; 3.4g carbs; 0.3g fiber; 2.2g sugar; 0.1g protein.

Your Favourite Recipes ‘n’ Tips
Christmas Marmalade

* A lovely treat for cold mornings on whole wheat toast.*

- 6 med organic oranges
- 2 med organic lemons
- 3 cans crushed pineapple
- 2 cups raw sugar
- 1 small jar chopped maraschino cherries

Wash oranges and lemons very well and put through food processor. Add pineapple and sugar. Cook over medium heat for 30 minutes. Check consistency. If it is too watery add pectin (1 box Bernardin No Sugar Pectin) and follow directions on pectin box. If consistency is ok, then stir in cherries and put into half-pints. Process in water bath for 10 minutes after it returns to a boil.

Yields: 5 to 6 half-pints
Serves 80
Serving size: 1 Tbsp
Preparation time: 10 minutes
Ready in: 60 minutes

**Nutrition Facts**

Nutrition (per serving): 32.8 calories; 0g total fat; 0mg cholesterol; 0.9mg sodium; 38.4mg potassium; 8.5g carbs; 0.5g fiber; 7.4g sugar; 0.2g protein.

**Tips ‘n’ Techniques**

Be sure to use organic for this recipe as it includes the skins. Scrub the fruit well. It is wise to use a food grade soap, we use Dr. Bronner’s Castile soap. This soap is made with oils, and, yes, it still works with no “chemicals.”
Easy Cherry Pie Filling

We love this in Hobo Pie or Personal Pies, pg. 134.

- 36 cups Bing, Lambert, Van, or Lapin Cherries (or other sweet cherry) approx 15-18 lbs
- 2 jugs of 1.34 litre white grape juice
- 2 cups minute tapioca
- 1 to 3 tsp almond extract, to taste

Pit cherries, saving pits. Boil pits in juice for 5 to 10 minutes, strain pits, saving water. Combine all ingredients and bring to a boil. Boil hard for 15 minutes. Place into sterilized quart jars. Process in water bath canner for 25 minutes after water returns to a boil.

Yields 7 quarts (approx)
Serves 32
Serving size: 3/4 cup
Preparation time: 30 to 60 minutes
Cooking time: 30 minutes
Ready in: 90 minutes to 2 hours

Nutrition Facts
Nutrition (per serving): 194.2 calories; 0.4g total fat; 0mg cholesterol; 3.9mg sodium; 460.1mg potassium; 48.4g carbs; 3.0g fiber; 36.0g sugar; 2.1g protein.

Tips ‘n’ Techniques
The darker the cherries the greater the content of magnesium and iron. These two minerals are vital for good health. Magnesium is needed for calcium to be of any benefit, and iron is important for good blood health.

“Cherries are a good “spring” cleaner…and valuable in cases of anemia, poor complexion, bad blood,…” Encyclopedia of Fruits, Vegetables, Nuts, and Seeds for Healthful Living, by Joseph M. Kadans, Ph.D.
Cherry Pie Filling

A very low sugar filling.

- 36 cups Bing, Lambert, Van, or Lapin Cherries (or other sweet cherry) approx 15-18 lbs
- 1 can grape juice concentrate
- 1 can white grape juice concentrate
- 1 to 2 cups raw sugar (or honey to taste)
- 2 1/2 cups minute tapioca
- 1 to 3 tsp almond extract, to taste
- 12 cups water

Pit cherries, saving pits. Boil pits in water for 5-10 minutes, strain pits, saving water. Combine all ingredients and bring to a boil. Boil hard for 15 minutes. Place into sterilized quart jars. Process in water bath canner for 25 minutes after water returns to a boil.

Yields 7 quarts (approx)
Serves 32
Serving size: 3/4 cup
Preparation time: 30 to 60 minutes
Cooking time: 30 minutes
Ready in: 90 minutes to 2 hours

Nutrition Facts

Nutrition (per serving): 174.0 calories; 0.3g total fat; 0mg cholesterol; 2.8mg sodium; 303.6mg potassium; 43.8g carbs; 2.9g fiber; 29.5g sugar; 1.5g protein.

Tips ‘n’ Techniques

Light is as important to health as it is to plant growth. Sunlight provide vitamin D and kills germs. But what about indoors, does it matter what kind of artificial light you use? Studies have shown full spectrum light aids in calcium absorption up to 15%, whereas regular lights reduced calcium absorption by 25%. That is a 40% difference! (Information from Sunlight, Zane R. Kime, M.D., M.S.)
No Sugar Apple Pie Filling

A tasty filling with no sugar, pictured on pg. 17.

- 36 cups peeled, cored, and chopped apples
- 3 cans apple juice concentrate
- 1/3 to 1/2 cup minute tapioca
- 1 Tbsp lemon juice
- 2 to 4 cups apple juice*

Combine all, except apples, in a large stock pot and let stand 15 minutes. Add apples and bring to a boil. Place into quart jars, process for 25 minutes after water returns to a boil. * If apples are juicy use 2 cups, if quite dry use up to 4.

Serves 56
Serving size: 3/4 cup (approx.)
Ready in: approximately 2 hours

Nutrition Facts
Nutrition (per serving): 60.1 calories; 0.1g total fat; 0mg cholesterol; 3.1mg sodium; 125.3mg potassium; 15.5g carbs; 0.9g fiber; 12.5g sugar; 0.3g protein.

Apple Pie Filling

A very tasty filling with no spice.

- 36 cups peeled, cored, and chopped apples
- 6 cups apple juice
- 2 cups raw sugar
- 1/2 cup minute tapioca
- 1 Tbsp lemon juice

Combine all, except apples, in a large stock pot and let stand 15 minutes. Add apples and bring to a boil. Place into quart jars, process for 25 minutes after water returns to a boil. * Adjust apple juice, if apples are extra juicy or dry.

Serves 56
Bumbleberry Filling

For those who have never heard of Bumbleberry, it is a combination of several berries and often apples too.

- 12 cups peeled, cored, and sliced apples
- 8 cups blackberries
- 8 cups raspberries
- 8 cups blueberries
- 2 cups raw sugar (or 1 Tbsp stevia or 1 cup honey, etc.)
- 1 cup minute tapioca

Bring all (except tapioca) to a boil. Stir in tapioca and cook 20 minutes. Fill jars leaving a 1” head space (tapioca will swell). Process in water bath canner for 25 minutes after returning to a boil.

Serves 42
Serving size: 3/4 cup (approx.)
Preparation time: 30 to 60 minutes
Ready in: approximately 2 hours

Nutrition Facts
Nutrition (per serving): 92.8 calories; 0.4g total fat; 0mg cholesterol; 0.8mg sodium; 125.7mg potassium; 23.3g carbs; 4g fiber; 14.9g sugar; 0.92g protein.

Tips ‘n’ Techniques
Vitamins were discovered in the 1900’s. There are about 20 vitamins, and they fall into one of two categories. Water-soluble B and C; and fat-soluble A, D, E, and K. The water soluble are more easily absorbed but pass through the system easily as well. The fat-soluble vitamins can be stored in the fat of your body, which means one can overdose on these vitamins if taking them in pill form. It is always best to get your vitamins from the source thus ensuring you’ll not overdose. However, there are times for supplements to give your body a boost.
Blackberry Pie Filling

One of our favourite waffle toppings, pictured on pg. 17.

- 18 cups chopped apples
- 32 cups blackberries
- 2 cans grape juice concentrate
- 2 1/4 cups minute tapioca
- 4 cups raw sugar (or 2 Tbsp stevia or 2 cups honey or agave nectar)

Bring all (except tapioca to a boil). Stir in tapioca and cook 20 minutes. Fill jars leaving a 1” headspace (tapioca will swell). Process in water bath canner for 25 minutes after returns to a boil.

Serves 75
Serving size: 3/4 cup (approx.)
Preparation time: 30 minutes
Ready in: approximately 2 hours

Nutrition Facts
Nutrition (per serving): 71.4 calories; 0.2g total fat; 0mg cholesterol; 0.64mg sodium; 69.7mg potassium; 18g carbs; 2.1g fiber; 13.4g sugar; 0.5g protein.

Tips ‘n’ Techniques
Whether you believe you can or you believe you can’t - you’re right!
Green Tomato Mincemeat

Thanks to both moms for this combined recipe, pictured on pg. 17.

- 3 quarts green tomatoes, chopped
- 4 cups water
- 1 1/2 cups Sucanat (or Turbinado)
- 1 1/2 cups raw sugar
- 3/4 cup lemon juice
- 3 cups raisins
- 1 can crushed pineapples
- 4 cups tart apples, chopped with peel
- 1 cup non-hydrogenated margarine, optional
- 1 tsp sea salt
- 1 Tbsp cardamom (or cinnamon)
- 1 tsp orange zest
- 2 tsp allspice (or coriander)

Bring tomatoes and water to a boil and let simmer 1 hour. Let stand until cool. Drain well - use a jelly bag and squeeze. Should end up with approx 1 1/2 quarts of “mush.” In a large pot combine all. Simmer 1 hour, stirring every 10 minutes or so. Ladle into hot jars and process for 20 minutes after returning to a boil.

Serves 32

Nutrition Facts
Nutrition (per serving): 152.6 calories; 0.3g total fat; 0.0mg cholesterol; 73.3mg sodium; 337.8mg potassium; 39.5g carbs; 2.3g fiber; 33.8g sugar; 1.5g protein.

Tips ‘n’ Techniques
Variation: add 1/2 can orange juice concentrate.
Light Syrup (No Sugar)

*Use this for peaches, cherries, etc.*

- 22 cups water
- 8 cups white grape juice
- 10 cups apple or pear juice
- 1/2 cup honey (or 1 Tbsp stevia) to taste, optional

Combine all and bring to a boil. Use over fruit as directed in canning recipe of choice.

Serves 80
Preparation time: 2 minutes
Cooking time: 5 minutes
Ready in: 7 minutes

**Nutrition Facts**

Nutrition (per serving): 36.4 calories; 0.1g total fat; 0mg cholesterol; 3.1mg sodium; 71.4mg potassium; 9.2g carbs; 0.1g fiber; 8.9g sugar; 0.2g protein.

**Tips ‘n’ Techniques**

A great canning book or step-by-step guide is the Ball Blue Canning Book. Or go online [www.homecanning.com/ca](http://www.homecanning.com/ca)
Medium Syrup (Low sugar)

*Use this for peaches, cherries, etc.*

- 24 cups water
- 6 cups white grape juice (white grape/peach for peaches)
- 8 cups apple or pear juice
- 4 cups raw sugar (or 2 cups of honey or 1 Tbsp stevia)

Combine all and bring to a boil. Use over fruit as directed in canning recipe of choice. Yields: ~28 quarts

Serves 80

Preparation time: 2 minutes

Cooking time: 5 minutes

Ready in: 7 minutes

*Nutrition Facts*

Nutrition (per serving): 61.9 calories; 0g total fat; 0mg cholesterol; 2.7mg sodium; 54.8mg potassium; 15.7g carbs; 0g fiber; 15.5g sugar; 0.1g protein.

Peach Syrup (Low sugar)

*Use this for peaches, cherries, etc.*

- 14 cups water
- 16 cups white grape/peach juice
- 8 cups apple juice
- 4 cups raw sugar (or 2 cups of honey or 1 Tbsp stevia)

Combine all and bring to a boil. Use over fruit as directed in canning recipe of choice. Yields: ~28 quarts

Serves 80

Preparation time: 2 minutes

Cooking time: 5 minutes

Ready in: 7 minutes
Canning - Relish, Pickles & Misc.

Antipasto
Summer Salsa
Birthday Treat Menu & Photo
Bread n Butter Pickles
Dill Pickles
Sweet Pickles
Dilly Relish
“Hot Dog” Relish
Sweet Relish
Easy Tomato Sauce

All of the above are gluten free.
Antipasto

Antipasto is as varied as the people who make it. Adjust however you would like. Truly an end of harvest dish.

- 4 cups tomatoes (about 2 1/2 lbs.), chopped
- 2 cups lemon juice
- 1/2 cup Sucanat
- 3 Tbsp sea salt
- 3 to 4 cloves garlic
- 1 Tbsp Italian Herbs (see Vol. 3, or other)
- 2 medium carrots, diced
- 1 stalk celery, sliced
- 2 cups pickling onions (or 1 large onion, chopped)
- 2 med yellow or green pepper, chopped
- 1 can sliced olives
- 1 cup green beans, optional
- 1/8 tsp cayenne or less to taste
- 1/2 cup olive oil

Combine lemon juice, Sucanat, salt, garlic, and Italian Herbs in large saucepan. Bring to a boil, stirring until Sucanat is dissolved. Stir in remaining ingredients and boil gently for 30 minutes. Ladle into hot, sterile jar leaving a 1/2” headspace. Process half pint jars for 10 minutes in hot water bath. Store in a dark place.

Tips ‘n’ Techniques

You can easily double this recipe. Be sure not to reduce lemon juice or salt too much as the acid and sodium prevent spoiling because this is not pressure canned.

Other options in place of green beans: cauliflower, mushrooms, cucumbers, zucchini, etc.
Summer Salsa

A mild to medium salsa, pictured on pg. 17.

- 18 cups chopped tomatoes
- 2 cups chopped green bell peppers
- 4 cups red bell peppers
- 3 cups chopped mixed banana peppers (or bell)
- 5 large onions
- 3 cups lemon juice
- 8 to 10 cloves garlic
- 2 Tbsp sea salt
- 1 Tbsp basil
- 1/2 tsp cayenne pepper, optional
- red chili flakes or peppers to taste, optional
- 3/4 cup corn starch, optional but runny

Combine all and bring to a boil. Simmer for 1 hour and ladle into pint jars. Process in water bath canner for 25 minutes after water returns to a boil. Yields: ~ 21 pints

Serves 104 (serving size about 3 to 4 Tbsp)

Preparation time: 20 minutes
Cooking time: 60 minutes
Ready in: 2 hours

Nutrition Facts
Nutrition (per serving): 16.5 calories; 0.1g total fat; 132.3mg sodium; 115.9mg potassium; 4g carbohydrates; 0.7g fiber; 1.5g sugar; 0.5g protein.

Tips ‘n’ Techniques

Develop goals and then develop ways to achieve those goals. This procedure gets people out of debt, start a new career, develop a successful business, train children, and develop character.
Birthday Treat

Birthdays are that special day when we like to treat those we love, or the birthday person may do the cooking in recognition of Jesus, whose birth was an act of sacrifice.

Our family likes to break the world’s tradition and make the birthday persons favorite foods in place of a cake (unless they love cake!). So here is a sample menu from our home.

* Grasshopper Pie, pg. 62

* Special Mashed Potatoes, pg. 91 and Golden Gravy, pg. 122

* Burgers, pg. 114

Key for Page 35

1. Blueberry Smoothie, pg. 79
2. Grasshopper Pie, pg. 62
3. Cranberry Holiday Ring, pg. 100
Bread ‘n’ Butter Pickles

Very delicious for sandwiches and healthy too.

- 1 gallon of sliced pickling cucumbers, about 5 lbs.
- 2 cups sliced onions
- 1/2 cup pickling salt
- 3/4 cup lemon juice
- 1 cup honey
- 3 tsp turmeric
- 1 tsp celery seed
- 1/2 cup water

In a large pot combine cucumbers, onions and salt. Mix and cover with cold water and ice cubes. Let stand 3 hours or overnight in fridge. Drain, add remaining ingredients, and bring just to a boil, DON’T let them boil. Pack immediately into hot, sterile pint jars and process 15 minutes in water bath. Serves 48

Nutrition Facts
Nutrition (per serving): 32.1 calories; 0.1g total fat; 0mg cholesterol; 1162.7mg sodium; 88.2mg potassium; 8.6g carbs; 0.4g fiber; 6.9g sugar; 0.4g protein.

Tips ‘n’ Techniques

Health HELPERS:

H: Harmony - live in accordance to the natural laws of health. Avoid harmful foods, chemicals, negative thoughts, and so on.

E: Exercise – vigorous daily walking in fresh air is an ideal way to maintain and improve health.

L: Lots of water – inside and out.

P: Proper diet – lots of fresh fruits ‘n’ veggies, low fat, etc.

E: Environment – what you surround yourself with, simplify your life, home, and time.

R: Rest & Recreation – daily, weekly, and mentally.

S: Spiritual Connection – positive outlook, prayer, etc.
Dill Pickles

Delicious alternative to vinegar pickles, pictured on pg. 17.

- 10 lbs. cucumbers
- 1 cup pickling salt
- 3 cups lemon juice
- 1/2 cup raw sugar, optional
- 7 sprigs fresh dill
- 48 cloves garlic, approximately (4 to 6 cloves per jar)
- 16 cups water
- 7 cabbage (or grape) leaves, optional

Wash FRESH cucumbers in cold water and leave in ice cold water while proceeding. Bring water, lemon juice, salt, and sugar (if using) to a boil, reduce heat to keep simmering. In one quart jar put a cabbage leaf, dill, 4-6 cloves of garlic, and pack in washed 3 to 4” cucumbers. Pour in enough “juice” to cover, leave 1/2” headspace. Repeat with 6 more jars and process for 10 minutes after water returns to a boil. May need to make a few batches of the “juice”.

Serves 48 (Yields 7 quarts)
Serving size: 1 or 2 pickles (depending on size)
Preparation time: 30 minutes
Cooking time: 15 minutes (10 to process 5 for water to come to a boil)
Ready in: 2 hours (These are best left for several months before using)

Nutrition Facts
Nutrition (per serving): 23.4 calories; 1.4g total fat; 0mg cholesterol; ? sodium*; 174.4mg potassium; 5.8g carbs; 0.8g fiber; 1.9g sugar; 1.0g protein.

Tips ‘n’ Techniques

*I don’t know how much salt is actually absorbed into pickles.

These are much crisper with a cabbage or grape leaf added to the bottom of the jar.
Sweet Pickles

*Very similar to bread and butter pickles on pg. 37.*

- 1 gallon of sliced pickling cucumbers, about 5 lbs.
- 2 cups sliced onions
- 1/2 cup pickling salt
- 3/4 cup lemon juice
- 2 cups honey
- 2 tsp turmeric
- 1 tsp celery seed
- 1/2 cup water
- 1 1/2 Tbsp mustard seeds, optional

In a large pot combine sliced cucumbers, onions, and pickling salt. Mix and cover with cold water and ice cubes, let stand 3 hours or overnight in fridge. Drain and add remaining ingredients. Bring just to a boil, but DO NOT let boil, remove from heat and pack into sterilized pint canning jars. Process in a water bath canner for 15 minutes after water returns to a boil. Add 5 minutes if you live over 2500 feet. Yields 8 gem pints.

Serves 48

_Nutrition Facts_

_Nutrition (per serving):* 55.1 calories; 0.2g total fat; 0mg cholesterol; 1130.1mg sodium; 93.7mg potassium; 14.4g carbs; 0.4g fiber; 12.7g sugar; 0.5g protein._

_Tips ‘n’ Techniques_

Sodium content is less than nutritional analysis because the pickles are rinsed. Sorry, I can’t be more accurate. Serving size would be about 2 to 4 pickles.
Dilly Relish

Mix some with Mayo for a delicious dip!

- 18 cups finely chopped cucumbers
- 1/3 cup pickling salt
- 3 cups lemon juice
- 3/4 cups honey
- 1/3 to 1/2 cup cornstarch
- 2 cups water
- 1 cup chopped fresh dill including heads (or 2 Tbsp dried dill weed)
- 1 Tbsp dill seed
- 7 to 10 cloves garlic

Combine cucumber and pickling salt in a large stainless steel bowl. Let stand overnight (in fridge if have room). In the morning, rinse and drain. Place in large stockpot and add remaining ingredients. Bring to a boil and reduce heat to simmer 30 minutes. Blend with hand blender if desired (I like this a bit chunky) and simmer another 30 minutes. Process in sterile half-pint jars for 15 minutes in water bath canner.

Serves 300 (approx.)
Serving size: 1 Tbsp
Preparation time: 20 minutes
Cooking time: approx. 75 minutes

Nutrition Facts

Nutrition (per serving): 5.2 calories; 0g total fat; 0mg cholesterol; 119.7mg sodium; 18.7mg potassium; 1.4g carbs; 0.1g fiber; 0.9g sugar; 0.1g protein.

Tips ‘n’ Techniques

The sodium in the nutritional analysis is an estimate due to the rinsing process.
“Hot Dog” Relish

Very good on burgers or patties, pictured on pg. 17.

- 18 cups grated or finely chopped cucumbers
- 1/3 cup pickling salt
- 3 cups lemon juice
- 1/2 cup honey
- 1/2 to 3/4 cup soy flour
- 2 cups water
- 1/3 cup turmeric
- 1/4 cup mustard seed ground (or turmeric)
- 1/2 cup red bell peppers, chopped

Combine cucumber and pickling salt in a large stainless steel bowl. Let stand overnight (in fridge if have room). In the morning, rinse and drain. Place in large stockpot and add remaining ingredients. Bring to a boil and reduce heat to simmer 30 minutes. Blend with hand blender to desired consistency and simmer another 30 minutes. Process in sterile half-pint jars for 15 minutes in water bath canner.

Serves 300 (approx.)
Serving size: 1 Tbsp
Preparation time: 20 minutes
Cooking time: approx. 75 minutes

Nutrition Facts
Nutrition (per serving): 5.5 calories; 0.1g total fat; 0mg cholesterol; 119.5mg sodium; 24.4mg potassium; 1.2g carbs; 0.1g fiber; 0.7g sugar; 0.2g protein.

Tips ‘n’ Techniques
The sodium in the nutritional analysis is an estimate due to the rinsing process.
Sweet Relish

My favourite, pictured on pg. 17.

- 10 cups grated or finely chopped cucumbers
- 2 cups finely grated carrots
- 2 1/2 cups finely chopped onions
- 1/4 cup pickling salt
- 2 1/2 cups lemon juice
- 1 1/2 to 2 cups honey
- 1 cup water
- 1 cup tomato paste
- 2 Tbsp turmeric
- 2 Tbsp mustard seed ground (or turmeric)
- 1/2 cup red bell peppers, chopped
- 1 to 2 Tbsp celery salt to taste
- 2 Tbsp paprika

Combine cucumber, carrots, salt, onions and pickling salt in a large stainless steel bowl. Let stand overnight (in fridge if have room). In morning rinse and drain. Place in large stockpot and add remaining ingredients. Bring to a boil and reduce heat to simmer 30 minutes. Blend with hand blender to desired consistency and simmer another 30 minutes. Process in sterile half-pint jars for 15 min in water bath.

Serves 300 (approx.)

Preparation time: 20 minutes
Cooking time: approx. 75 minutes

Nutrition Facts

Nutrition (per serving): 8.6 calories; 0g total fat; 0mg cholesterol; 107.8mg sodium; 25.3mg potassium; 2.2g carbs; 0.2g fiber; 1.7g sugar; 0.1g protein.

Tips ‘n’ Techniques

The sodium in the nutritional analysis is an estimate due to the rinsing process. Serving size about 1 Tbsp.
Easy Tomato Sauce

A Marinara sauce that is full of flavour:

- 16 cups pureed tomatoes (preferably Roma’s 10 to 11lbs)
- 4 cans tomato paste
- 8 large bay leaves
- 5 to 6 large onions
- 4 large red bell peppers
- 1 bulb garlic (10 to 12 cloves)
- 1/2 cup lemon juice
- 2 Tbsp basil
- 1/4 cup Italian Herbs
- 1 Tbsp sea salt
- 1 cup of water as needed

Sauté onions in water (can use olive oil for added flavour, but adds fat too) until golden brown. Combine all in large stockpot and bring to a boil. Let simmer for 1 to 2 hours and spoon into sterilized quart jars. Process for 35 to 40 minutes after water returns to boil. Yields: 7 to 8 quarts. Variations: 6 cups chopped mushrooms or 1 cup chopped carrots and 1 cup chopped celery.

Serves 35

**Nutrition Facts**
49.6 calories; 5% calories from fat; 0.4g total fat; 227mg sodium; 514.1mg potassium; 11.5g carbohydrates; 2.8g fiber; 6.0g sugar; 2.2g protein.

**Tips ‘n’ Techniques**

“Lycopene causes the red color in strawberries and tomatoes. Foods that are particularly rich in Lycopene have been associated with prostate cancer prevention. Harvard’s Health Professionals Follow-up Study found that men who ate tomato sauce as little as once per week had prostate cancer risks 23% lower than those who never ate it. Those men eating tomato-based products 10 or more times per week were up to 35% less likely to get prostate cancer.” Proof Positive, Dr. Neil Nedly, M.D.
Cool Treats

Berry Striped Pops
Cherry Ice Cream
Simple Vanilla Ice Cream
Vanilla Supreme Ice Cream
Mint Carob Chip Ice Cream
Carob Ice Cream
All Fruit Strawberry Cream
Strawberry Ice Cream
Frozen Fruit Cream
Spumoni
Ice Cream Treats & Photo
Carob Fudge Topping
Caramel Topping
Mango Sorbet
Orange Sherbet
Mango Supreme Ice Cream
Raspberry Sorbet
Fruity Ice Cream Cake
Just like Graham
Carob Crust
Butterscotch Ice Cream Pie
Grasshopper Pie
Pudding Pie
Summer Sunshine Bowl

All of the above are gluten free or have variations for gluten free.
Berry Striped Pops

Children will love to help make these. See Tips on pg. 50.

- 1 1/2 cups sliced strawberries (or raspberries)
- 6 Tbsp agave nectar (or honey)
- 3 kiwi fruit, peeled and sliced (or blueberries)
- 1 1/2 cups chopped peaches (or mangos)
- 6 Tbsp white grape juice (or apple juice)

Supplies:
- 12 -- 3 oz paper cups or popsicle molds
- 12 popsicle sticks

In a blender or food processor, puree strawberries with 2 Tbsp honey and 2 Tbsp juice. Divide mixture evenly between 12 cups or popsicle molds. Freeze until starting to get firm, about 10 minutes. Meanwhile, rinse processor; puree kiwi with 2 Tbsp agave nectar and 2 Tbsp juice. When strawberry layer is “firmish” pour kiwi puree into molds. Insert a popsicle stick and freeze until firm, about 30 minutes. Repeat process with peaches and remaining 2 Tbsp honey and 2 Tbsp of juice. Pour peach puree into molds and freeze until solid and ready to serve.

Serves 12
Preparation time: 15 minutes
Ready in: ~ 6 hours

Tips ‘n’ Techniques

While a true Vegan does not use honey, it is a Biblical food, albeit so is fish, milk, and so on. The difference lies in the best diet not just an acceptable one. God designed the first meal plan in the garden of Eden, which did not include animal products. Since beekeepers are starting to use chemicals to keep bees, it is becoming less and less desirable. The good news is there are other options like agave nectar, maple syrup, and brown rice syrup, to name a few. See Appendix for more information.
Cherry Ice Cream

For an extra treat stir in 1 to 2 cups chopped fresh cherries.

- 1 cup raw cashews, rinsed
- 2 cups vanilla soy milk (Vita Soy or So Good, best)
- 6 to 8 cups pitted cherries - Vans, Bings, or Lamberts
- 1/2 to 3/4 cup raw sugar (or alternative, see Appendix)
- 1 Tbsp vanilla extract, adjust as needed
- 1 Tbsp almond extract, to taste

In blender on high blend cashews and enough soy milk to cover until VERY smooth. Add remaining ingredients and process on high. Place in a container and freeze 2 hours; process on high in food processor. Repeat as necessary until smooth and frozen firm. See Tips on pg. 50.

Serves 12
Preparation time: 10 minutes
Ready in: 4 to 6 hours

Nutrition Facts
Nutrition (per serving): 165.1 calories; 6.0g total fat; 0mg cholesterol; 23.9mg sodium; 284.8mg potassium; 25.0g carbs; 2.4g fiber; 18.6g sugar; 4.6g protein.

Simple Vanilla Ice Cream

A large batch of a simple, healthy ice cream.

- 3 cup vanilla soy milk (or vanilla almond milk)
- 2 cups millet cooked in 8 cups of water (~8 cups cooked)
- 1 cup raw sugar (or alternative, see Appendix)
- 3 pkg of vanilla pudding mates, optional
- 2 Tbsp vanilla extract, adjust as needed
- 1/2 tsp almond extract

In blender all ingredients until very smooth. Place in a container and freeze 2 hours; process on high in food processor. Repeat as necessary until smooth and frozen firm.
Vanilla Supreme Ice Cream

Sweet and delicious, pictured on pg. 53. See Tips on pg. 50.

- 1 cup raw cashews, rinsed
- 1 cup vanilla soy milk (Vita Soy or So Good, best)
- 2 cups Silk Soy Creamer (see Tips pg. 51)
- 2 cups cooked millet (or vanilla soy milk)
- 1/2 to 1 cup raw sugar (or alternative, see Appendix)
- 1 Tbsp vanilla extract, adjust as needed
- 1 med vanilla bean (or another Tbsp of vanilla)

In blender on high, blend cashews and enough soy milk to cover until VERY smooth. Split vanilla bean lengthwise and scrape insides into blender. Add remaining ingredients and process on high. Place in a container and freeze 2 hours; process on high in food processor. Repeat as necessary until smooth and frozen firm.

Serves 12
Preparation time: 10 minutes
Ready in: 4 to 6 hours

Nutrition Facts
Nutrition (per serving): 200.4 calories; 11.1g total fat; 0mg cholesterol; 33.2mg sodium; 166.5mg potassium; 21.9g carbs; 1.0g fiber; 10.6g sugar; 5.1g protein.

Tips ‘n’ Techniques
This ice cream will go hard if left for a day or more in freezer. Slice into chunks and process in champion or food processor to serve.

To make millet: Bring 1/2 cup millet and 2 cups water to a boil. Reduce heat and simmer 30 minutes.

Low fat: Reduce cashews to 1/2 cup. Or used cooked rice in place of cashews for nut-free and lower in fat.

Soy-free: Use rice milk in place of soy milk and creamer. Add 3/4 cup raw cashews and 2 to 3 Tbsp raw sugar.
Mint Carob Chip Ice Cream

One of my personal favourites. But Carob is a close second.

- 1 cup raw cashews, rinsed
- 1 1/2 cups vanilla soy milk (Vita Soy or So Good, best)
- 1 1/2 cups Silk Soy Creamer (see Tips pg. 51)
- 2 cups cooked millet (or vanilla soy milk)
- 1/2 cup raw sugar (or 1/3 cup honey)
- 1 Tbsp vanilla extract, adjust as needed
- 1 tsp mint flavor (or +/- 1/2 cup fresh mint leaves)
- 1 cup carob chips (I like them broken up a bit)

Blend cashews and enough soy milk to cover until VERY smooth. Add remaining ingredients (except chips) and process on high. Stir in carob chips. Freeze 2 hours. Process on high in food processor. Repeat as necessary until smooth and firm. See Tips on pg. 47, too.

Serves 12  Ready in: 4 to 6 hours

Nutrition Facts

Nutrition (per serving): 238.3 calories; 12.3g total fat; 0mg cholesterol; 36.7mg sodium; 171.4mg potassium; 29.2g carbs; 1.2g fiber; 13.6g sugar; 5.3g protein.

Carob/Chocolate Ice Cream

Delicious!!! Pictured on page 53. See Tips on pg. 50.

- See above and add:
- 3/4 cup carob powder (or 1/2 cup cocoa for chocolate)
- 1/2 tsp almond flavor (in place of mint)

See above directions but OMIT mint flavour and carob chips.

Serves 12

Nutrition Facts

Nutrition (per serving): 205.6 calories; 10g total fat; 0mg cholesterol; 36.1mg sodium; 219.9mg potassium; 27.5g carbs; 3.7g fiber; 13.5g sugar; 5.6g protein.
All Fruit Strawberry Cream

Quick, easy, and delicious. See Tips on pg. 50.

- 3 medium bananas, peeled and frozen
- 2 cups strawberries, frozen

Alternate strawberries and frozen banana’s in Champion Juicer. Comes out like soft-serve ice cream. OR whiz all ingredients in a food processor on high. Add a touch if soy milk or soy creamer as needed and process until creamy. Bananas make it sweet and creamy.

Serves 8

Nutrition Facts

Nutrition (per serving): 51.5 calories; 0.3g total fat; 0mg cholesterol; 0.8mg sodium; 216.6mg potassium; 13.0g carbs; 1.9g fiber; 7.2g sugar; 0.7g protein.

Strawberry Ice Cream

- 1 pint strawberries
- 2 Tbsp raw sugar (or honey)
- 2 cups Silk Soy Creamer (see Tips pg. 51)

Remove stems from strawberries. Place strawberries on cookie sheet and freeze until solid. In a food processor combine creamer, sugar, and frozen berries. Blend until smooth and remove to 9 x 9” glass dish. Freeze again until firm. Serve.

Serves 6

Nutrition Facts

Nutrition (per serving): 177.1 calories; 11.1g total fat; 0mg cholesterol; 41.4mg sodium; 308.0mg potassium; 20g carbs; 2.7g fiber; 13.2g sugar; 3.3g protein.
Frozen Fruit Cream

Quick, easy, and delicious.

• 2 to 3 medium bananas, peeled and frozen
• 1 cup peaches, frozen*
• 1 tsp vanilla extract
• 1/4 cup soy milk (or soy creamer - YUM!) as needed

Whiz all ingredients in a food processor on high. Add a touch of soy milk or soy creamer as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. Bananas make it sweet and creamy.

Serves 8
Preparation time: 10 minutes
Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 40 calories; 0.3g total fat; 0mg cholesterol; 4.6mg sodium; 156.3mg potassium; 9.2g carbs; 1.2g fiber; 5.5g sugar; 0.9g protein.

Tips ‘n’ Techniques

*Any frozen fruit will work in place of peaches.

Always use ice cream on warm food. Cold food disrupts digestion and can cause health problems. The stomach has to warm the food to over 100°F to digest it, thus blood must be drawn from the extremities to warm the food.

We like to eat popcorn or toast with our ice cream to prevent such a shock to the system. Eat slowly and allow it to melt and warm in your mouth.
Spumoni

Sweet and delicious. An Italian favourite. Pictured on pg. 53.

- 1 cup raw cashews, rinsed
- 1 cup vanilla soy milk (Vita Soy or So Good, best)
- 2 cups Silk Soy Creamer (see below)
- 2 cups cooked millet (or soy milk)
- 1/2 cup raw sugar (or 1/3 cup honey)
- 1 Tbsp vanilla extract
- 1 Tbsp anise extract
- 3/4 cup to 1 cup lightly toasted almonds, chopped
- 1/3 to 1/2 cup candied fruit, optional

Blend cashews and enough soy milk to cover until VERY smooth. Add remaining ingredients (except almonds) and process on high. Stir in almonds. Place in a container and freeze 1 hour, process again. Repeat as necessary until smooth but frozen consistency.

Serves 12

Preparation time: 10 minutes
Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 239.4 calories; 14.5g total fat; 0mg cholesterol; 33.3mg sodium; 215.6mg potassium; 23.3g carbs; 1.8g fiber; 10.9g sugar; 6.5g protein.

Tips ‘n’ Techniques

Soy Creamer Alternative: 2 cups vanilla soymilk (or rice milk or coconut milk) + 2 Tbsp sweetener (see Appendix) + 1 tsp vanilla.

See Tips on pg. 47 for soy free, low fat, and more. See also Tips on pg. 50 for cold foods and your health.
Ice Cream Treats

One of the worst foods for depressing the immune system and raising cholesterol levels (due to its oxidized cholesterol) is conventional ice cream. Often powdered milk and eggs are used in the making of ice cream and when the animal protein is dried it oxidizes. This is the worst form of cholesterol to digest.

But when you take out the milk protein, reduce the sugar, and use it sparingly, ice cream can be made healthy and delicious. Be sure to let it warm in your mouth before swallowing, as mentioned on pg. 50. Cold food disrupts digestion and can cause health problems. The stomach has to warm the food to over 100°F to digest it, thus blood must be drawn from the extremities to warm the food.

Too hot of food is also hard on the digestive system, hot drinks, piping hot soups, and other hot foods should be allowed time to cool to “warm”. Warm can be a bit subjective, but I think most of us can use common sense to understand when something is too hot or too cold.

Key for Page 53

1. Spumoni, pg. 51
2. Carob Ice Cream, pg. 48
3. Carob Fudge Topping, pg. 55
4. Vanilla Supreme Ice Cream, pg. 47
5. Caramel Topping, pg. 55
Rear of Photo
Carob Fudge Topping

This is the best carob topping around!!! Pictured on pg. 53.

- 1 cup carob chips, grain sweetened best
- 1/4 cup Silk Soy Creamer (see Tips pg. 51)
- 1/4 tsp almond extract

Combine all in small saucepan and melt over very low heat (or use a double boiler). Drizzle onto cake. Delicious!!

Serves 16
Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 40.6 calories; 2.3g total fat; 0mg cholesterol; 3.9mg sodium; 4.7mg potassium; 5.8g carbs; 0g fiber; 2.6g sugar; 0.1g protein.

Caramel Topping

Delicious, Sweet Treat! Pictured on pg. 53.

- 1/4 cup non-hydrogenated margarine (see Tips)
- 1/2 cup maple syrup
- 3/4 cups raw sugar
- 1/2 cups Sucanat (see pg. 13)
- 1/4 cup Silk Soy Creamer (omit for firmer topping)

Bring the first 4 ingredients to a boil. Boil hard 5 minutes, remove from heat and cool about 10 minutes. Stir in Soy Creamer and store in fridge, serve at room temperature. May need to reheat to pour.

Serves 24
Ready in: 15 minutes

Nutrition Facts
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.
Mango Sorbet

A mild and sweet treat. Good with vanilla ice cream too.

- 1/2 can frozen white grape juice concentrate
- 5 to 6 cups frozen mangoes (peel, chop, and freeze)
- 1/2 cup Silk Soy Creamer, as needed (See Tips pg. 51)

Process all in food processor until smooth and creamy. Place in a container and freeze 1 hour, process again. Repeat as necessary until smooth but frozen consistency.

Serves 8

Nutrition Facts
Nutrition (per serving): 130.3 calories; 2.4g total fat; 0mg cholesterol; 11.0mg sodium; 230.6mg potassium; 29.0g carbs; 2.4g fiber; 25.6g sugar; 1.2g protein.

Orange Sherbet

A delicious, tangy treat. Purchase a good brand of orange juice.

- 1 can frozen orange juice concentrate
- 2 cups frozen peaches (or try mangoes)
- 3 med frozen bananas
- 1/4 to 1/2 cup Silk Soy Creamer, as needed (See Tips pg. 51)

Process all in food processor until smooth and creamy. Place in a container and freeze 1 hour, process again. Repeat as necessary until smooth but frozen consistency.

Serves 8

Nutrition Facts
Nutrition (per serving): 109.3 calories; 1.3g total fat; 0mg cholesterol; 5.0mg sodium; 428.0mg potassium; 24.8g carbs; 2.0g fiber; 19.2g sugar; 1.7g protein.
Mango Supreme Ice Cream

A creamy and rich delight.

- 7 mangos
- 1 can frozen mango/white grape juice concentrate
- 473ml pkg of Silk Soy Creamer (about 2 cups)

Process all in food processor until smooth and creamy. Place in a container and freeze 1 hour, process again. Repeat as necessary until smooth but frozen consistency.

Raspberry Sorbet

A delicious, tangy treat. Lovely in “Ice Cream Cake” pg. 58.

- 1 can frozen white grape (or apple) juice concentrate
- 4 cups frozen raspberries
- 1/4 cup raw sugar (or alternative, see Appendix) to taste
- 3 to 4 med frozen bananas (or 1 cup Silk Soy Creamer + 1/2 cup water)

Process all in food processor until smooth and creamy. Place in a container and freeze 1 hour, process again. Repeat as necessary until smooth but frozen consistency. Serves 8

Nutrition Facts

Nutrition (per serving): 131.7 calories; 0.7g total fat; 0mg cholesterol; 2.6mg sodium; 376.5mg potassium; 32.5g carbs; 5.3g fiber; 22.6g sugar; 1.7g protein.

Tips ‘n’ Techniques

To turn this into a sherbet add a block of Silken Tofu. Sherbets are more creamy in texture than sorbets. Sorbets are blend fruit and sugar (often along with other chemicals) when sold on the freezer shelf, but they can be made quite wholesome using simple fruits. Please also see pg. 50 for more information on frozen desserts.
Fruity Ice Cream Cake

One of those great birthday or anniversary treats.

- 1 recipe Raspberry Sorbet, pg. 57
- 1 recipe Vanilla Supreme Ice Cream, pg. 47
- 1 recipe Mango (or Orange) Sorbet, pg. 56

Make up Raspberry Sorbet but do not freeze. In a plastic container, spread in Raspberry Sorbet. Chill 15 min or until firm. Meanwhile make the Vanilla Supreme Ice Cream. Spread Vanilla Supreme Ice Cream over and repeat with the Mango Sorbet. Freeze 4 hours or overnight. Invert when ready to serve and cut with hot knife. May need to run container under hot water to remove.

Serves 12

Preparation time: 60 minutes
Ready in: 4 to 6 hours

**Nutrition Facts**

Nutrition (per serving): 375.1 calories; 13.1g total fat; 0mg cholesterol; 42.3mg sodium; 571.2mg potassium; 62.9g carbs; 6.1g fiber; 42.7g sugar; 7.1g protein.

Your Favourite Recipes ‘n’ Tips
Just like Graham

This is so good you won’t need to go back to regular graham crusts.

- 1 1/4 cups whole wheat flour (or brown rice flour)
- 1/4 cups Sucanat
- 1/4 tsp sea salt
- 1/3 cup melted non-hydrogenated margarine (or vegetable oil)

Combine all dry ingredients. Whisk water in oil and stir into dry until crumbly. Press lightly into a 9” pie pan. Bake at 350°F for 12 to 15 minutes or until golden brown.

Serves 12
Preparation time: 5 minutes
Cooking time: 12 minutes
Ready in: 20 minutes

Nutrition Facts
Nutrition (per serving): 103.1 calories; 5.5g total fat; 0mg cholesterol; 173.1mg sodium; 62.2mg potassium; 12.4g carbs; 1.5g fiber; 3.3g sugar; 1.7g protein.

Tips ‘n’ Techniques
Graham crackers are almost always made with baking soda. See Appendix for more information on baking powder and baking soda.
Carob Crust

Not quite Oreo cookie, but much better for you!

- 1 1/4 cups whole wheat flour (or brown rice flour)
- 3 to 4 Tbsp carob powder
- 1/4 cup Sucanat
- 1/3 cup vegetable oil (or melted non-hydrogenated margarine)
- 1/4 tsp sea salt

Combine all ingredients and press lightly into a 9” pie pan. Bake at 350°F for 12 to 15 minutes or golden brown.

Serves 12

Preparation time: 5 minutes
Cooking time: 12 minutes
Ready in: 20 minutes

Nutrition Facts
Nutrition (per serving): 112.3 calories; 6.2g total fat; 0mg cholesterol; 41.8mg sodium; 78.7mg potassium; 14.1g carbs; 2.3g fiber; 4.2g sugar; 1.8g protein.

Tips ‘n’ Techniques
This crust gets rave reviews from those who like the “chocolaty” flavour of Oreo cookie crusts.
Butterscotch Ice Cream Pie

*A rice, creamy delight with nutrients to benefit your body.*

- 1 crust Just Like Graham crust, pg. 59
- 2 1/2 to 3 1/2 cups canned pumpkin
- 1/2 to 3/4 cup maple syrup to taste
- 2 tsp vanilla extract
- 2 tsp maple flavour
- 1/8 tsp sea salt
- 2 cups Whipped Topping, pg. 81

Blend pumpkin, maple syrup, flavours, and sea salt until smooth in food processor. Top with Whipped Topping. Pour all into crust and freeze 4 to 6 hours or until solid. Let stand at room temperature for 10 to 15 minutes before serving.

Serves 8
Preparation time: 5 minutes
Ready in: 4 to 6 hours

**Nutrition Facts**

Nutrition (per serving): 236.2 calories; 8.5g total fat; 294.7mg sodium; 293.6mg potassium; 38.4g carbohydrates; 4.5g fiber; 19.5g sugar; 3.4g protein.

**Your Favourite Recipes ‘n’ Tips**
Grasshopper Pie

A delicious combination of mint and carob. Pictured on pg. 35.

- 1 crust Carob Crust, pg. 60
- 12oz pkg extra firm silken tofu
- 1 tsp mint extract (or 1/2 cup chopped fresh mint leaves, adjust to taste)
- 1/4 cup raw sugar
- 1 tsp vanilla
- 2 cups Whipped Topping, pg. 81 (see below)
- 3/4 cup grain-sweetened carob chips
- green food coloring, optional
- 1 to 2 cups Whipped Topping, optional but delicious.

Blend tofu, mint flavor, and raw sugar until smooth in food processor. Fold in Whipped Topping and carob chips. (I like to break up the carob chips a bit in food processor before adding.) Pour all into crust and freeze 4 to 6 hours or until firm.

Serves 8

Preparation time: 25 minutes (includes crust)
Ready in: 4 to 6 hours

Nutrition Facts

Nutrition (per serving including crust): 186.0 calories; 8.3g total fat; 0mg cholesterol; 182.9mg sodium; 82.2mg potassium; 27.2g carbs; 1.6g fiber; 13.4g sugar; 2.5g protein.

Tips ‘n’ Techniques

I often use a purchased non-dairy whipped topping for frozen pies when I have “non-vegetarian” company. More fat and no tofu helps when making a transition to a dairy free diet or to encourage non-vegetarians to eat healthier.
Pudding Pie

*Vary versatile recipe. Quick ‘n’ Easy.*

- 2 cups pudding (vanilla, carob, or pistachio)
- 2 cups Whipped Topping, pg. 81
- nuts, carob chips, etc. as desired.
- 1 Just Like Graham crust, pg. 59

Fold pudding and whipped topping together and spoon into crust. Freeze 5 to 6 hours and serve. Try adding nuts, etc.

**Serves 6**

**Preparation time: 5 minutes**

**Nutrition Facts**

Nutrition (per serving): 216.8 calories; 8.8g total fat; 0mg cholesterol; 279.1mg sodium; 208.4mg potassium; 26.3g carbs; 2.1g fiber; 5.3g sugar; 7.9g protein.

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**Tips ‘n’ Techniques**

“Attention to health is one of our most important duties. We owe this to ourselves, to society, and to God… Exercise is indispensable to the health of every organ… When physical exercise is taken, the circulation is quickened. The heart receives blood faster and sends it to the lungs faster… Exercise gives new life and strength to every part of the body.” E.G. White, Reflecting Christ

“It is never too late to begin an exercise program… regardless of how out of shape a person is, the risk of death from all causes could be reduced by merely becoming fit through a regular exercise program.” Dr. Neil Nedly, M.D., Proof Positive
Summer Sunshine Bowl

Idea from Kraft Magazine, with a healthy twist.

- 1 pkg Strawberry Vegetarian Jel (Vegansweets or other)
- 1 cup apple juice (or white grape)
- 2 cups chopped fresh fruit
- 1 cup Whipped Topping, pg. 81
- more fresh fruit for topping

Bring Jel and apple juice to a boil over medium heat. Stir in fruit and let chill for 2 to 4 hours. Serve with Whipped Topping and garnish with fresh fruit.

Serves 4

Preparation time: 15 to 20 minutes
Ready in: 2 to 4 hours

Nutrition Facts

Nutrition (per serving): 95.8 calories; 0.1g total fat; 0mg cholesterol; 6.6mg sodium; 186.4mg potassium; 24.4g carbs; 1.2g fiber; 22.8g sugar; 0.6g protein.

Tips ‘n’ Techniques

Be careful using fruit such as kiwi, fresh pineapple, fresh papaya as these may not work too well with Vegetarian Jel’s.
Drinks

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Other than the cereal coffee, all of the above are gluten free.
Tasty Hot Apple Drink

A family favourite when I was growing up.

- 8 cups apple juice
- 1 small lemon, sliced thinly
- 1/2 tsp cinnamon
- 2 Tbsp Sucanat or brown sugar, optional

Combine all ingredients in a pot over medium heat. Stir occasionally and serve when hot. Adjust Sucanat and cinnamon to taste.

Serves 8
Preparation time: 5 minutes
Cooking time: 5 minutes
Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 119.4 calories; 0.3g total fat; 0mg cholesterol; 7.7mg sodium; 306.6mg potassium; 29.9g carbs; 0.6g fiber; 27.2g sugar; 0.2g protein.

Your Favourite Recipes ‘n’ Tips
Cereal Coffee

This taste a bit like Inka or Krakus. Beware your house will smell like burnt toast and coffee.

- 1/2 cup corn meal
- 2 cups bran (or 1 cup bran and 1 cup rye flour)
- 1 cup barley flour
- 1/2 cup molasses
- 1/2 cup boiling water

Mix dry ingredients. Add boiling water to molasses. Pour over dry ingredients, mix well, and spread onto a shallow pan. Bake at 350°F for 30 minutes, stir and bake 10 to 15 minutes more. Should be very dark, almost “burnt.” Let cool completely. Blend in blender until powdered and store in airtight container. PS: open the windows.

To use: add 1 Tbsp to 1 cup boiling water. Let steep 5 minutes, strain and serve.

Serves 40
Yields: 2 1/2 cups
Preparation time: 20 minutes
Cooking time: about 45 minutes
Ready in: 2 hours (incl. cooling time)

Nutrition Facts

Nutrition (per serving): 36.8 calories; 0.2g total fat; 0mg cholesterol; 2.4mg sodium; 111.8mg potassium; 8.9g carbs; 1.7g fiber; 2.4g sugar; 1.0g protein.

Tips ‘n’ Techniques

Chicory roots also add flavor and are plentiful around where we live. However, there is difficulty in getting the tangled roots clean of the rocks it entwines itself around.

Cereal coffee was made frequently by families throughout Europe, in fact Krakus still comes from Poland. It was also made by many pioneers in North America.
Bavarian Mint Drink

Rich and creamy.

• 1/2 cup vanilla soy milk powder (or see Tips below)
• 1/3 cup Inka, or Roma, Postum, etc.
• 1/3 cup raw sugar (or alternative, see Appendix)
• 2/3 cup carob powder
• 4 to 5 med peppermint candies

Combine all in blender until candy is powdered and combined. Store in airtight container. Spoon 1 to 3 Tbsp of mix into mug (depending on size) and add boiling water.

Serves 4
Preparation time: 5 minutes
Ready in: 10 minutes

Tips ‘n’ Techniques

Can omit soy milk powder and use Silk Soy Creamer when serving, omit sugar.

Get acquainted with your oven. If it isn’t baking properly, check it for proper temperature. Many an oven I have used and found they can be off significantly. Keep a note handy that reminds you whether you need to reduce by so many degrees or increase the temperature. If your oven has a tendency to burn the bottom, set your baking pans on a cookie sheet to shield the food a bit.
Cafe Viennese

*Rich and creamy.*

- 1/2 cup vanilla soy milk powder (see Tips pg. 68)
- 3/4 cup Inka, or Roma, Postum, etc.
- 1/3 cup raw sugar (or alternative, see Appendix)
- 1 tsp cardamom (or cinnamon)

Combine all and store in air tight container. Spoon 1 to 3 Tbsp of mix into mug, depending on size, and add boiling water.

Serves 4

Preparation time: 5 minutes

Ready in: 10 minutes

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Your Favourite Recipes ‘n’ Tips

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Mother’s Day Menu

For as long as I could cook, I took breakfast in bed to my mother on Mother’s Day. As a small child it was simply toast and fruit, but as I grew so did the menu. My mom’s favourite was waffles with strawberries and whipped cream.

- Waffles, pg. 82
- Fruit topping of choice, pg. 83
- Whipped Topping, pg. 81

Please note: A meal should have the following considerations:
* Have something fresh or raw. We aim for 50 to 75% in volume.
* Serving size depends on:
  1. Time of day (mornings more, later less).
  2. Age of person (growing youth need plenty).
  3. Activity level (going backpacking or to the office).
* Only 2-4 dishes at one meal, but lots of variety through the week.
* Follow these basic guidelines:
  1. Lots of fresh fruits and veggies 5+
  2. Plenty of grains 6+
  3. Moderate use of legumes, nuts and seeds 3+
  4. Calcium rich foods 2+
  5. Omega-3 rich foods and other specific requirements as needed.
  6. Limited use of sweeteners, oils, etc.
  7. Lots of water through the day.

Key for Page 71
1. Wahini rice (this is the natural color when cooked).
2. Waffles, pg. 82
Swiss Mocha

A delicious change from the ordinary.

- 3/4 cup vanilla soy milk powder
- 1/2 cup Inka, or Roma, Postum, etc.
- 1/2 cup raw sugar (or alternative, see Appendix)
- 3/4 cup carob powder
- 1 tsp vanilla powder

Combine all, food processor works, and store in airtight container. Spoon 3 to 4 Tbsp of mix into mug (depending on size) and add boiling water.

Serves 4
Ready in: 10 minutes

Tips ‘n’ Techniques

Adjust the Inka as desired for more or less “coffee” flavour. Ideas: Add a dash of mint, almond or orange flavour just before serving.

Hot Chocolate (Carob)

Chocolate?? Learn more: VeganVegetarianCookingSchool.com

- 2 cups vanilla soy milk powder
- 2 cups raw sugar (or alternative, see Appendix)
- 1 cup cocoa (carob) powder

Combine all, food processor works well, and store in airtight container. Spoon 3 to 4 Tbsp of mix into mug (depending on size) and add boiling water.

Serves 4
Ready in: 10 minutes

Tips ‘n’ Techniques

Chocolate is on the controversial list, learn the FACTS from scientific sources so you can make an informed decision at the website above. Traditional wisdom is not always right.
Hot Carob Drink

*Our favourite.*

- 1/3 to 1/2 cup carob powder
- 1/4 cup raw sugar (or alternative, see Appendix)
- 4 to 5 cups vanilla soy milk (Vita Soy or So-Good)
- 1/8 tsp almond flavour
- 1 tsp vanilla extract, optional

Combine all in a small pot and cook on medium heat until hot.

Serves 4
Preparation time: 5 minutes
Ready in: 10 minutes

**Nutrition Facts**

Nutrition (per serving): 195.0 calories; 4.8g total fat; 0mg cholesterol; 137.8mg sodium; 375mg potassium; 32.2g carbs; 6.6g fiber; 17.9g sugar; 11.4g protein.

Instant Hot Carob

*Camping version of our favourite.*

- 1 cup carob powder
- 3/4 to 1 cup raw sugar (or alternative, see Appendix)
- 1 cup vanilla soy milk powder
- 2 to 3 tsp vanilla powder, optional

Combine all, food processor works and store in airtight container. Add 1 cup boiling water to 1/4 cup of mix, stir well, and serve. If you use cocoa powder in place of carob, use the higher amount of sugar. This is one of the downfalls of chocolate, it needs more sweetener than carob.

Serves 4
Ready in: 5 minutes (After mix is made)
Lemonade

Refreshing goodness.

- 1 cup lemon juice, fresh (6 to 7 med lemons)
- 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
Preparation time: 15 minutes
Ready in: 15 minutes with ice

Nutrition Facts

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.

Tips ‘n’ Techniques

Kitchen equipment is vital to good cooking. The better the equipment the faster and more productive you can be. Buy a REALLY good blender. It may not be expensive, just powerful and easy to use. I didn’t get a food processor until a few years back. I just didn’t think it would get used much. Boy, was I WRONG! I use it every few days now. Be sure to clean you blender and food processor immediately after using to have a quick clean-up time. At the very least rinse it out before even setting it down. You won’t regret the time it saves later. Frying pans are another purchase you don’t want to “cheap out” on. I have purchased several frying pans in ONE year! Now I am careful to buy good quality, and it saves money in the long run. It is better to have less than to have junk!
Strawberry Banana Shake

Good for a light supper.

• 1 med banana
• 1/2 cup strawberries, frozen
• 1 cup soy milk (or orange juice)

Combine all in blender and process on high until frothy. (Orange juice will go frothier than milk.)

Serves 2
Preparation time: 5 minutes
Ready in: 5 minutes

Nutrition Facts
Nutrition (per serving): 128.4 calories; 2.7g total fat; 0mg cholesterol; 68.3mg sodium; 421.3mg potassium; 22.4g carbs; 3.9g fiber; 9.6g sugar; 6.4g protein.

Your Favourite Recipes ‘n’ Tips
Fruity Punch

Many combinations can be made. Experiment!

• 1 cup raspberries (strain out seeds if desired)
• 1 cup pineapple juice
• 4 cups apple juice
• 4 cups grape juice

Blend raspberries and pineapple juice until smooth. Combine all ingredients and serve.

Serves 8
Preparation time: 5 minutes

Nutrition Facts
Nutrition (per serving): 159.7 calories; 0.3g total fat; 0mg cholesterol; 8.0mg sodium; 380.3mg potassium; 39.2g carbs; 1.3g fiber; 36.9g sugar; 1.1g protein.

Your Favourite Recipes ‘n’ Tips
Cherry Smoothie

This is a refreshing pick-me-up any time of day.

- 2 cups frozen tart or sweet cherries
- 1 ripe banana, peeled
- 1 cup cherry juice blend (or other juice)
- Maraschino cherries, for garnish

Put frozen cherries, banana and cherry juice blend in container of electric blender or food processor. Cover container. Process or blend until smooth. Do not put a spoon or spatula in the blender while it is running, and keep your hands clear of the working parts. If necessary, turn blender off; remove cover. Scrape sides of container with a spatula. Cover and puree until smooth. Pour into individual serving glasses. Garnish with maraschino cherries, if desired. Serve immediately.

Serves 2
Preparation time: 5 minutes
Ready in: 5 minutes

Nutrition Facts

Nutrition (per serving): 220.5 calories; 0.5g total fat; 0mg cholesterol; 7.0mg sodium; 565.9mg potassium; 55.9g carbs; 4.9g fiber; 40.3g sugar; 2.4g protein.

Tips ‘n’ Techniques

Eating out can be a real challenge. Some tips: Salads and potatoes are available at just about every restaurant; pasta with a tomato or marinara sauce, ask even if it is not on the menu, often they have one available if they are an Italian or Greek restaurant. Many Chinese, Japanese or other Oriental restaurants are now carrying tofu or tofu dishes, be sure to ask. Pizza without the cheese. Or the good old grocery store - run in, pick up some fruit, buns, and peanut butter. Or pre-peeled carrots, bread, and hummus. Some people don’t mind cold beans and a bag of taco chips.
Orange Frosty

*Reminds me of Orange Julius (without the dairy)*.

- 1 cup orange juice
- ½ cup crushed ice
- ¼ cup soy creamer
- 1 to 2 Tbsp raw sugar (or alternative see Appendix)

Combine all in the blender and blend until frothy.

Serves 1

**Nutrition Facts**

Nutrition (per serving): 248.4 calories; 8.5g total fat; 0mg cholesterol; 34.9mg sodium; 571.3mg potassium; 42.4g carbs; 0.5g fiber; 35.4g sugar; 3.5g protein.

Blueberry Smoothie

*A delicious delight pictured on pg. 35.*

- 1 cup frozen blueberries
- ½ to 1 cup soy milk

Blend until smooth.

Serves 1

**Nutrition Facts**

Nutrition (per serving): 146.4 calories; 2.8g total fat; 0mg cholesterol; 68.8mg sodium; 263.5mg potassium; 27.0g carbs; 5.1g fiber; 15.1g sugar; 6.6g protein.

Tips ‘n’ Techniques

Beware of hidden animal products in food when you eat out. It’s your choice, and we have had some dairy in soy cheese, or mushroom burgers, but it pays to be informed. It is better to know what you’re eating and make the decision to eat a little dairy or egg, than to not ask and find out later you had lard or other harmful foods. Ignorance is not bliss. Just because you don’t know does not mean you are not responsible for your choice.
Holiday’s

Canada Day Cake
Whipped Topping
Mother’s Day Breakfast - Waffles
Mother’s Day Breakfast - Strawberry or Blueberry Topping
Mother’s Day Breakfast - Fresh Fruit Tarts
Fathers Day Dinner - Spicy Lentil Loaf
Father’s Day Dinner - Veggie Calzone
Father’s Day Dinner - Raspberry Dessert
Father’s Day Menu & Photo
Special Mashed Potatoes
Golden Cashew Gravy
Thanksgiving Stuffing
Thanksgiving Rice
Golden Tofu Loaf
Cranberry Sauce
Cranberry Orange Sauce
Plum Pudding
Lemon Sauce
Gingerbread Cookies
Cranberry Holiday Ring
Shortbread Cookies
Mexican Wedding Cakes
Caramel Popcorn
Pumpkin Pie

Most of the above are or can be made gluten free or wheat free, see each individual recipe for details.
Canada Day Cake

Can be used for Independence Day too. Use blueberries for the base behind the stars.

- 1 recipe white cake (or any favourite cake see Vol. 1)
- 1 recipe Whipped Topping (see below)
- 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.

Serves 16

Nutrition Facts
Nutrition (per serving): 160.5 calories; 1.3g total fat; 0mg cholesterol; 28.2mg sodium; 142.2mg potassium; 32.6g carbs; 1.7g fiber; 11.4g sugar; 4.1g protein.

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, see Appendix)
- 2 Tbsp vanilla extract (or 2 tsp powdered vanilla)
- 3 to 5 Tbsp vegetable oil
- 1 rounded tsp clear gel, 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 Facts
Nutrition (per serving): 98.5 calories; 6.1g total fat; 0mg cholesterol; 28.1mg sodium; 72.8mg potassium; 6.1g carbs; 0g fiber; 5.6g sugar; 3.2g protein.
Mother’s Day Breakfast - Waffles

A tradition in our home was breakfast in bed for my mother:

- 2 cups cooked Wahini or red rice (or brown rice)
- 2 cups water
- 1 pkg silken tofu, 12 oz
- 1 cup oats (or 3/4 cup brown rice flour)
- 2 Tbsp honey (or alternative, see Appendix)
- drop of red food coloring, optional

Combine all in the blender and blend on high 3 to 5 minutes. Pour into preheated waffle irons and bake according to waffle iron directions.

Serves 16
Preparation time: 5 minutes
Cooking time: 10 minutes (each waffle)
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 122.3 calories; 1.4g total fat; 0mg cholesterol; 16.0mg sodium; 102.0mg potassium; 23.2g carbs; 1.3g fiber; 1.9g sugar; 4.2g protein.

Tips ‘n’ Techniques

Batch cooking is a great way to prepare food. Make it and freeze it. This reduces the time in the kitchen and allows you to prepare for busy times when you’re not so busy. Some hints:

* Make large batches of base foods like rice, beans, patties, potatoes, etc. These can be prepared in a variety of ways throughout the week.

* Wash lettuce (spin dry), fruits, and other veggies when you get home from shopping and place in Veggie ZiplocTM bags or other fridge containers that are designed for freshness. (I know you’re tired, but boy you’ll be glad you did it now.)

* Freeze muffins, breads, cakes, soups, and other dishes.
Mother’s Day - Strawberry Topping

Simple and easy. Delicious as jam.

- 1 cup apple juice
- 2 cups fresh or thawed strawberries
- 3 to 4 Tbsp cornstarch
- 2 Tbsp honey (or 3 Tbsp raw sugar)

Combine apple juice, cornstarch, and honey in small saucepan. Cook until thick. Pour over partially thawed strawberries and stir well.

Serves 8

Nutrition Facts
Nutrition (per serving): 54.1 calories; 0.1g total fat; 0mg cholesterol; 1.8mg sodium; 97.8mg potassium; 13.6g carbs; 0.8g fiber; 9.5g sugar; 0.3g protein.

Blueberry Topping - Deluxe

Yum, Yum, Yum!

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

In saucepan mix juice, cornstarch, and water. Cook over medium heat until thick. Stir in blueberries. (If using fresh berries, use 3 Tbsp of cornstarch. If using thawed or frozen berries, use 4 Tbsp of cornstarch.) Add 1 Tbsp more cornstarch if you would like a “solid” topping. Use 1 Tbsp less for pancakes and waffles.

Serves 8

Nutrition Facts
Nutrition (per serving): 68.7 calories; 0.3g total fat; 0mg cholesterol; 1.9mg sodium; 62.5mg potassium; 17.2g carbs; 1.8g fiber; 11.1g sugar; 0.6g protein.
Mother’s Day - Fresh Fruit Tarts

Many variations can be made with this easy recipe.

- 1 recipe pastry, pg. 136
- 1 recipe Baked Cheesecake, pg. 133 Vol. 4 (or Whipped Topping, pg. 81 or Vanilla Pudding)
- 2 cups fresh 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.

Serves 12

Your Favourite Recipes ‘n’ Tips
Father’s Day - Spicy Lentil Casserole

A rich and zesty loaf for the head of the home.

- 2 cans lentils (540ml/19oz or 4 cups)
- 1 med onion, chopped
- 2 cloves garlic, minced
- 1 med celery stalk, chopped
- 3 Tbsp ground flax
- 1/2 cup pumpkin seeds or walnuts
- 1/2 cup tomato paste (or B-B-Q Sauce, pg. 132)
- 2 tsp Seasoning Salt
- 1/8 tsp each cayenne and cumin, or more to taste
- 3 cups breadcrumbs, as needed

Rinse and drain lentils. Combine all except bread crumbs into a food processor and process until smooth. Stir in enough breadcrumbs to form a loaf. Place in well prepared 9 x 13 pan and bake at 350°F for 45 to 60 minutes. Serve hot or cold.

Serves 16

Preparation time: 15 minutes
Cooking time: 60 minutes
Ready in: 75 minutes

Nutrition Facts
Nutrition (per serving): 143.2 calories; 3.7g total fat; 0mg cholesterol; 387.9mg sodium; 200.7mg potassium; 21.7g carbs; 3.6g fiber; 2.2g sugar; 6.4g protein.

Tips ‘n’ Techniques
Metric is a sore point for many who are stuck in tradition (like myself), but it is a world-wide system. In metric, volume, weight, and size are inter-related. Example: 1 litre of water weighs 1 kilogram and would fill a 10 cm cube. In Canada, the “re” ending is used for litre and metre, although it is common to see liter and meter. And Kilometre is pronounced KIL-o-metre, not kil-LOM-metre. Just thought you’d like to know.
Father’s Day - Veggie Calzone

*Bread ‘n’ savory vegetables are a King’s combination, pictured on pg. 89.*

- 1 recipe Easy Buns, pg. 118 (gluten free see Tips)
- 2 cups grated Vegan cheese
- 1/2 to 1 cup chunky tomato sauce

**Filling:**
- 1 large diced onion
- 2 med diced carrots
- 1 med red bell pepper, chopped
- 1/2 cup sliced olives
- 1 cup cubed eggplant (or zucchini)
- 1 cup chopped mushrooms, optional

Prepare dough following directions. Divide into 4 and roll each into an 8 to 10” circle. Spread one half of the circle with tomatoes 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.

Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes

**Nutrition Facts**

Nutrition (per serving- will vary on cheese): 168.4 calories; 5.5g total fat; 0mg cholesterol; 231.3mg sodium; 271mg potassium; 26.3g carbs; 4.3g fiber; 2.0g sugar; 5.8g protein.

**Tips ‘n’ Techniques**

For gluten free use the bread recipe on pg. 119 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.
Father’s Day - Raspberry Dessert

A not too sweet dish with lots of flavour, pictured on pg. 89.

- 3 cups thawed (or fresh) raspberries
- 3 to 4 Tbsp raw sugar (or alternative, see Appendix)
- juice from thawed raspberries (or 1/2 cup grape juice if using fresh raspberries)
- 3 Tbsp Vegetarian Jel (see Appendix)
- 2 cups Whipped Topping, pg. 81

Drain and save juice from raspberries. Puree raspberries. Dissolve Jel in juice over med heat and mix into pureed raspberries. Pour 2 cups of raspberry mixture into a 6 cup mold. Chill in freezer 10 minutes. Meanwhile, combine last cup of raspberry mixture with Whipped Topping. Carefully pour this on top of raspberry mixture in mold and chill until firm, about 6 to 8 hours. Invert and serve.

Serves 8 large portions
Preparation time: 15 minutes
Chilling time: 6 hours
Ready in: 7 to 8 hours

**Nutrition Facts**

Nutrition (per serving): 113.1 calories; 1.4g total fat; 0mg cholesterol; 37.8mg sodium; 163.9mg potassium; 20.4g carbs; 3.1g fiber; 9.6g sugar; 4.8g protein.

**Tips ‘n’ Techniques**

For quick setting of chilled foods, use the freezer. Be sure to check often so as not to freeze the food in question. I check after 30 minutes or after 15 minutes if I use the “fast freeze” option on our unit. In the winter, we live where it snows, I set the food outside. The squirrels, mice, and bears are all napping so I don’t have to worry about critters in my dish.
Father’s Day Menu

Looking for a hearty meal for that special dad? Look no further.

Men tend to love hearty, savory foods that are warm and filling. Here’s a twist on the traditional “let’s have pizza” for Father’s Day (or other Man’s Day). Don’t forget you can use just about any topping for pizza inside the Calzone. Have fun with your man’s favourite foods.

- **Veggie Calzone, pg. 86**
- **Spicy Lentil Loaf, pg. 85**
- **Big green salad with favourite dressing.**
- **Raspberry Dessert, pg. 87**

**Key for Page 89**
1. Spicy Lentil Loaf, pg. 85
2. Raspberry Dessert, pg. 87
3. Veggie Calzone, pg. 86
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 minutes or until potatoes are soft. Drain, leave garlic in potatoes, and save water for buns or gravy and mash with margarine and soy milk as needed.

Serves 6

Preparation time: 10 minutes
Cooking time: 30 minutes
Ready in: 40 minutes

**Nutrition Facts**

Nutrition (per serving): 133.1 calories; 1.6g total fat; 0mg cholesterol; 42.9mg sodium; 457.1mg potassium; 27.9g carbs; 2.5g fiber; 1.3g sugar; 2.6g protein.

**Tips ‘n’ Techniques**

Add 1 to 2 tsp Italian herbs, onion powder, etc. for even more savory flavour.

Some recipes can be adjusted with great variety, and others cannot change without ruining the recipe (or creating a new one). So when you adjust, remember the lady who… “This recipe calls for 2 cups of flour; I only have one, and I’ll have to use water instead of orange juice. I’ll use sage in place of cinnamon. I don’t think I need to use the blender, a quick stir is all. I’m in a hurry so 300°F won’t do; I’ll bake it at 450°F so it’s finished soon. What’s that? Something is burning. Oh, my cake is ruined! I’ll never use that recipe again!”
Golden Cashew Gravy

Lovely golden gravy.

- 2 cups boiling water (out of mashed potatoes is good)
- 1/2 cup raw cashews
- 1/2 tsp onion powder
- 2 to 3 cubes Golden Seasoning, pg. 120
- 1/8 tsp paprika
- 1 Tbsp nutritional yeast flakes
- 2 Tbsp non-hydrogenated margarine, 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.

Serves 4
Preparation time: 5 minutes
Cooking time: 10 minutes
Ready in: 15 minutes

Nutrition Facts
Nutrition (per serving): 164 calories; 14.4g total fat; 0mg cholesterol; 304.8mg sodium; 133.4mg potassium; 6.6g carbs; 0.6g fiber; 1.1g sugar; 3.6g protein.

Your Favourite Recipes ‘n’ Tips
Thanksgiving Stuffing

Smells like Thanksgiving, tastes like Thanksgiving!
Pictured on pg. 107.

- 1 loaf whole wheat bread
- 1 cup grated celery
- 1 cup grated carrots
- 1 large chopped onion
- 1 tsp sage
- 1 tsp thyme
- 1 tsp Italian Herbs
- 1/2 tsp rosemary, optional
- 2 to 4 Tbsp Baco Bits, optional
- 3 Tbsp Golden Seasoning, pg. 120
- 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.

Serves 12
Preparation time: 15 minutes
Cooking time: 60 minutes

Nutrition Facts
Nutrition (per serving): 224.7 calories; 4.7g total fat; 0mg cholesterol; 406.6mg sodium; 417.4mg potassium; 38.8g carbs; 5.4g fiber; 4.0g sugar; 9.3g protein.

Tips ‘n’ Techniques

Freshness in ingredients makes a difference to the taste of the finished product. While stale or freezer burnt bread works fine in stuffing, it is important to use fresh ingredients in most cooking. Carrots can get bitter with age, and herbs lose their flavour.
Thanksgiving Rice

A Gluten Free alternative for “stuffing.”

- 2 cups cooked brown rice
- 1 cup water
- 1 to 2 Tbsp Golden Seasoning, pg. 120
- 1/3 cup raw cashews
- 1/2 cup soy milk
- 2 Tbsp nutritional yeast flakes
- 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.

Serves 8

Preparation time: 15 minutes (not including cooking rice)
Cooking time: 45 minutes
Ready in: 60 minutes

Nutrition Facts
Nutrition (per serving): 104.3 calories; 3.4g total fat; 0mg cholesterol; 81.5mg sodium; 139.5mg potassium; 15.4g carbs; 1.5g fiber; 1.0g sugar; 3.9g protein.

Tips ‘n’ Techniques

A Happy Home Recipe (from my mom Diane’s file)
4 cups of love  3 cups forgiveness
2 cups loyalty  1 cup friendship
5 spoons of hope  1/2 cup of tenderness
4 quarts of faith  1 barrel of laughter

Take love and loyalty, mix it thoroughly with faith. Blend it with tenderness, kindness, and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake with sunshine.
Golden Tofu Loaf

DELICIOUS!!! A nice treat for the holidays, pictured on pg. 107.

- Loaf:
  - 3 pkgs of 454g extra firm water-packed tofu
  - 3 Tbsp Golden Seasoning, pg. 120
  - 1 Tbsp onion powder
  - 1/4 cup nutritional yeast flakes
- Basting:
  - 1/4 cup boiling water
  - 1 cube Golden Seasoning, pg. 120
  - 1/4 tsp turmeric
  - 2 Tbsp vegetable oil
  - 3 Tbsp Bragg’s Aminos

Drain tofu and place into a food processor (see Tips). Add first measure of Golden Seasoning, onion powder, and nutritional yeast flakes. Process on high for 5 to 10 minutes until “dough like.” Will need to start, stop, stir a lot. Form a log in a 4 x 8 loaf pan, squeeze well while forming log. Combine basting ingredients and baste the log with a brush. Bake at 325°F for 90 minutes, basting every 10 minutes. Let cool, slice to serve. Can be reheated before or after slicing.

Serves 12
Preparation time: 30 minutes
Cooking time: 90 minutes
Ready in: 2 hours

**Nutrition Facts**

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.

**Tips ‘n’ Techniques**

If you don’t have a food processor, you can knead it by hand. Will need to squeeze it well when forming the log.
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
Preparation time: 5 minutes
Cooking time: 15 minutes

*Nutrition Facts*

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.

Cranberry Orange Sauce

*Orange is a nice addition to cranberries.*

- 1 pkg cranberries
- 2 large oranges, peeled and seeded
- 1/4 cup raw sugar, to taste
- 1 cup white grape juice concentrate (or apple)

Blend orange and the cranberries in food processor. Place into med saucepan, add sugar and juice. Cook for about 15 minutes. Let cool and serve.

Serves 12
Preparation time: 10 minutes
Cooking time: 15 minutes

*Nutrition Facts*

Nutrition (per serving): 89.8 calories; 0.2g total fat; 0mg cholesterol; 2.4mg sodium; 95.8mg potassium; 22.6g carbs; 1.9g fiber; 19.9g sugar; 0.6g protein.
Plum Pudding

One of my mom’s favourite Christmas Treats. Why doesn’t plum pudding have plums? Pictured on pg. 107.

- 1 med orange, organic and 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 or cranberries)
- 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 unrefined 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 hours. Serve with hot lemon sauce.

Serves 32

Nutrition Facts

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.

Tips ‘n’ Techniques

* 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. Pictured on pg. 107.*

- 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 (or alternative see Appendix)

In a small saucepan, combine all ingredients. Stirring constantly, cook over medium heat until thick. Pour warm over cake.  **Serves 32**

**Nutrition Facts**

Nutrition (per serving): 8.6 calories; 0g total fat; 0mg cholesterol; 1.2mg sodium; 21.5mg potassium; 2.2g carbs; 0g fiber; 1.7g sugar; 0g protein.

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**Light Fruit Cake**

*A light version of a traditional Christmas cake.*

- 2 pkg instant yeast
- 1/2 cup warm water
- 1/3 cup warm soy milk
- 1/2 cup softened non-hydrogenated margarine
- 1/4 cup raw sugar
- 1 tsp salt
- 1 tsp each of cinnamon, ginger, and nutmeg
- 3 1/4 to 3 1/2 cup flour
- 1 cup mixed candied fruit (dried fruit for healthy alter.)
- 1 cup walnuts
- 1 tsp orange peel zest

Combine all ingredients and place into a bundt pan. Let raise until double. Bake at 375°F for 35 to 40 minutes. Top with a glaze or serve with lemon sauce.
Gingerbread Cookies

Very hard and great for decorating. A dunker cookie.

- 1/2 cup non-hydrogenated shortening
- 1/4 cup pure maple syrup (or corn syrup)
- 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, sugar, and spices. Slowly add flours and mix until dough forms. Roll out to 1/8 to 3/16”, use as little flour as possible. Use favourite cookie cutters, lift with spatula, and bake on a prepared pan at 350°F for 8 to 12 minutes (8 for smaller pieces). 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.

Making a House

Tips for house building: 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 full boil 5 minutes), use an old jar you can just throw out for ease of cleaning. Using a spoon, drip candy mixture over the sides of the house and assemble. If “glue” doesn’t set up almost instantly, microwave a bit longer. This works great, BUT be careful not to get burnt! We’ve used this for over 15 years and our house never falls.
Cranberry Holiday Ring

You could use cherries too! Pictured on pg. 35.

• 1 recipe Sweet Tea Buns, pg. 140

Filling:
• 2 cups fresh, frozen or dried cranberries
• 1/2 cup raw sugar
• 1/2 to 1 tsp almond extract

Icing:
• 1/2 cup unrefined icing sugar
• 1 to 2 teaspoons soy creamer (or soy milk)
• 1/4 tsp almond extract

Chop cranberries in a food processor. Combine chopped cranberries, sugar, and almond extract; mix well. Prepare sweet dough as directed, and roll out a rectangle. Spread filling over dough. 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 Facts
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.
Shortbread Cookies

This is a traditional recipe with healthier ingredients.

- 2 cups vegan margarine, block or hard
- 1 1/2 cups unrefined icing sugar
- 1 tsp vanilla extract
- 3/4 cup cornstarch
- 3 cups unbleached flour

Cream margarine until light in color, add icing sugar and cream until very light (whipped looking). Mix in remaining ingredients well. Using a cookie press form cookies on ungreased nonstick cookie sheet (or can chill dough and roll into balls). Bake at 325°F for 7 to 9 minutes or until golden brown.

Serves 24

Preparation time: 10 minutes
Cooking time: 15 minutes
Ready in: 20 minutes

Nutrition Facts

Nutrition (per serving): 253 calories, 16.2g total fat, 0mg cholesterol, 400.8mg sodium, 17.3mg potassium, 24.5g carbohydrates, <1g fiber, 8.6g sugar, 1.6g protein.

Tips ‘n’ Techniques

For gluten free see tips on pg. 102 and omit almonds. Cream both measures of icing sugar with margarine, ie: don’t need to roll.
Mexican Wedding Cakes

Most of the icing sugar is saved for the outside of the cookie. The gluten free version, see Tips, melt in your mouth.

- 1 cup vegan margarine, block or hard
- 1/2 cup icing sugar
- 2 tsp vanilla extract
- 1 cup whole wheat flour (gluten free see Tips below)
- 1 cup Kamut (or unbleached flour)
- 1 cup ground almonds
- 1/2 to 3/4 cup icing sugar to roll cookies in.

Cream margarine, icing sugar and vanilla. Add flour and almonds. Mix well and shape into 1” balls. Place 1” apart on ungreased, nonstick cookie sheet. Bake at 325°F for 15 minutes (or until set). Remove from cookie sheet and let cool 2 to 3 minutes. Roll in icing sugar and cool completely. (Traditionally these are re-rolled a second time, but that loads on the sugar.)

Serves 12

Preparation time: 20 minutes
Cooking time: 15 minutes
Ready in: 35 minutes

Nutrition Facts
Nutrition (per serving): 304.5 calories; 20.3g total fat; 0mg cholesterol; 401mg sodium; 110.5mg potassium; 27.0g carbs; 2.4g fiber; 10.5g sugar; 4g protein.

Tips ‘n’ Techniques
For gluten free: Omit whole wheat flour and Kamut. Use 1 cup corn flour, 1/3 cup sweet rice flour, and 1/2 cup tapioca starch. Follow above directions. These are so good, they melt in your mouth!
Caramel Popcorn

This a special winter treat. Pictured on pg. 125.

- 6 to 8 quarts popped popcorn (6 will be sweeter)
- 1 cup brown sugar
- 1/4 cup vegan margarine
- 1/4 cup pure maple syrup
- 1/2 tsp vanilla extract

In a small saucepan bring brown sugar, margarine, and syrup to a boil over medium heat. Boil for 3 to 5 minutes, remove from heat, add vanilla then pour over popcorn. You can eat it like this or if you prefer a drier popcorn, then spread evenly out onto cookie sheets and bake for 20 to 25 minutes at 250°F, stirring occasionally. Cool and serve or store in airtight container. Variation: add 1 cup peanuts or chopped pecans for additional crunch!

Serves 16 (2 cups)

Preparation time: 15 minutes for caramel and 10 minutes for popcorn

Ready in: about 15 (for sticky) or 45 minutes (for dry)

Nutrition Facts

Nutrition (per serving): 152 calories, 31 calories from fat, 0mg cholesterol, 81.8mg sodium, 104.4mg potassium, 29.5g carbohydrates, 1.8g fiber, 19.2g sugar, 1.4g protein.

Your Favourite Recipes ‘n’ Tips
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, pg. 136
- Whipped Topping, pg. 81

Blend all until very smooth and place into an unbaked crust. Bake at 350°F for 60 to 70 minutes. Serve with Whipped Topping.

Serves 8

Preparation time: 15 minutes
Cooking time: 60 to 70 minutes
Ready in: about 90 minutes

Nutrition Facts
Nutrition (per serving – WITHOUT crust, but includes whipped topping): 333.7 calories; 15.6g total fat; 0mg cholesterol; 135.1mg sodium; 326.5mg potassium; 44.4g carbs; 6.1g fiber; 11.8g sugar; 6.7g protein.

Tips ‘n’ Techniques
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.
Traveling Foods n Camping

Thanksgiving Day Menu & Photo
Traveling Foods List
Carob Omega Bars
Instant Oatmeal
Pancake Mix
Seasoned Mashed Potatoes
Burger Mix
Stuffed Zucchini
Campfire Potatoes
Easy Sloppy Joes
Easy Buns
Easy Buns, Gluten Free
Golden Seasoning
Golden Burgers
Golden Gravy
Potato Cakes
Christmas Goodies Tips & Photo
Roasted Carrots & More
Roasted Corn
Baked Potatoes
Pizza Sandwiches
Soup Mix
Quick Corn ‘n’ Potato Soup
Ketchup & B-B-Q Sauce
Quick ‘n’ Easy Mushroom Burgers
Personal Pies
Camping Pie Crust
Trail Mix
Pastry (Bannock)
Baked Apples
Quick Fruit Leather
Camping Apple Crisp
Marshmallows
Sweet Tea Buns
Play Dough
Thanksgiving Day Menu

This menu is great for Christmas and other holidays too. Invite those whom would be very thankful to have a meal in your home, those who are usually not invited elsewhere.

* Seasoned Mashed potatoes & Golden Gravy, pg. 113, 122
* Golden Tofu Loaf, pg. 95
* Cranberry Sauce, pg. 96
* Thanksgiving Stuffing, pg. 93 or Thanksgiving Rice, pg. 94
* Salad with the fixin’s
* Plum Pudding with lemon sauce, pg. 97

Key for Page 107

1. Golden Tofu Loaf, pg. 95
2. Thanksgiving Stuffing, pg. 93
3. Plum Pudding or Christmas Pudding, pg. 97 with Lemon sauce, pg. 98
Rear of Photo
Traveling Food List

A handy list to decide what to take on the road.

- Popped popcorn in bag
- Lemon Chiffon Pie (or other “solid” pie) - Vol. 4
- Fresh fruit
- Veggies and dip
- Mixed nuts
- Cooked pancakes or waffles - Vol. 5, pgs. 37 & 27 to 32
- Bread, buns, etc. - Vol. 7
- Sandwiches and sack lunch ideas - Vol. 5, pg. 124
- Potato salad - Vol. 5, pgs. 99 & 101
- Pasta salad - Vol. 5, pg. 100
- Individual salads - make in 4 cup containers
- Hummus and tacos - Vol. 5, pg. 111
- Bars and cookies - Vol. 4, several choices
- Cake - no frosting - Vol. 1, several choices
- Muffins - Vol. 7, pgs. 104 to 129
- Puddings in Rubbermaid or Tupperware bowls - Vol. 1
- Burger Patties & Buns - Vol. 6, several choices
- Sliced Loaf - Vol. 6, several choices
- Casserole or Roast mashed with mayo - Vol. 6

Don’t forget to take: Napkins, forks, knives, plates or bowls with you. In fact we leave some in the vehicle most of the time just in case. Makes it real easy to run into the grocery store if you have a few supplies all ready on hand.
Carob Omega Bars

A great traveling breakfast food. Good on the “run.”

- 1 1/2 cups carob chips, grain sweetened
- 1/4 cup soy creamer
- 1/2 cups brown rice syrup (or honey, will be sweeter)
- 1/2 cups almond butter
- 1/2 cups peanut butter
- 3/4 cups chopped walnuts
- 1/2 cups pumpkin seeds
- 1/2 cups ground flax
- 1/4 cup sesame seeds
- 3 cups brown rice crispies

Heat syrup and nut butter 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 12
Preparation time: 10 minutes
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 565 calories; 25.3g total fat; 0mg cholesterol; 187.9mg sodium; 282.9mg potassium; 88.5g carbs; 3.0g fiber; 56.1g sugar; 10.6g protein.

Tips ‘n’ Techniques

Low-fat vegetarian diets and the seemingly high fat Mediterranean diets are both very healthy. How is that possible? Because of the similarities: whole grains, lots of fruits and vegetables, plant protein is staple (the Mediterranean diet is low in cheese, eggs, milk, and meat), and the lifestyle of these two groups is similar - exercise, fresh air, sunlight, and so on. It is interesting to note the fat in the Mediterranean diet is usually olives, olive oil and nuts - all of which have life-giving properties. In fact, too low of fat in the diet can lead to heart disease and other health problems. Omega 3’s are essential!
Instant Oatmeal

For those hikers who are saving fuel.

- 8 cups quick oats
- 2 to 3 cups raisins
- 1 tsp sea salt
- 1 cup soy milk powder, optional
- 1/2 cup chopped nuts, optional
- 1/2 tsp cinnamon, optional
- 1/4 cup Sucanat, optional

Lightly toast oats on a cookie sheet in a low oven, about 325°F for 20 minutes. Let cool. Squeeze by hand to break up a bit or blend briefly in a food processor, just pulse it. Combine all remaining ingredients and store in airtight container. To cook: Mix 3/4 cup boiling water with 1/2 cup Instant Oats. Stir well, cover, and let stand 5 to 10 minutes.

Serves 12
Yields 6 cups
Preparation time: 5 minutes
Cooking time: 15 minutes
Ready in: 20 minutes

Nutrition Facts
Nutrition (per serving): 289.8 calories; 3.5g total fat; 0mg cholesterol; 161.9mg sodium; 395.5mg potassium; 58.0g carbs; 6.4g fiber; 17.1g sugar; 9.5g protein.

Your Favourite Recipes ‘n’ Tips
Pancake Mix

Nice and quick breakfast treat.

- 6 cups unbleached flour (or gluten free flour mix)
- 6 cups whole wheat flour (or gluten free flour mix)
- 1 cup raw sugar
- 3/4 cup aluminium free baking powder
- 1 1/2 cup ground flax

Combine all and store in air-tight container.

To make: Combine 1 1/2 cup mix, 1 1/2 cups water, 1 egg equivalent plus 2 Tbsp oil. Mix well add more water if needed for proper consistency. Bake on a hot griddle.

Serves 12
Preparation time: 10 minutes
Cooking time: 10 minutes
Ready in: 30 minutes

Tips ‘n’ Techniques

This is great to have done up in large batches even at home. Makes for a quick and easy breakfast.

This also works in the waffle iron.
Seasoned Mashed Potatoes

Delicious as dried can get. Herbs and seasonings make it like homemade.

- 6 cups instant mashed potatoes (dry)
- 1 Tbsp Italian herbs
- 1 Tbsp onion powder
- 1/2 to 1 tsp garlic powder

Combine all and store in Ziploc bag. Don’t forget to put in the directions from package. Prepare mashed potatoes according to package directions.

Serves 8
Preparation time: 5 minutes
Cooking time: 10 minutes
Ready in: 15 minutes

Nutrition Facts
Nutrition (per serving): 132.1 calories; 0.2g total fat; 0mg cholesterol; 39.2mg sodium; 400.3mg potassium; 30.3g carbs; 2.6g fiber; 1.6g sugar; 3.2g protein.

Scalloped Potatoes

Make purchased instant scalloped potatoes vegan with this sauce.

- 2 pkg of 156g scalloped potatoes (throw out the mix, keep just the potatoes)
- 6 cups boiling water
- 2 cups soymilk (or equivalent in milk powder and water)
- 2 to 3 Tbsp margarine
- 2 Tbsp Golden Seasoning (chicken flavour)
- 2 to 3 Tbsp corn starch
- 1/2 cup soy cheese, optional

Combine all dry ingredients, except potatoe, and store in Ziploc bag. Cook the potatoes in boiling water until tender 10 to 15 minutes. Drain excess water and add remaining ingredients.
Burger Mix

Make up a batch and store in cupboard for quick meals.

- 1/2 cup garbanzos, dry (or red lentils)
- 3/4 cup brown or green lentils
- 2 cups breadcrumbs (gluten free if needed)
- 3/4 cup quick oats (omit for gluten free)
- 1/4 cup cornmeal
- 1/2 cup nutritional yeast flakes
- 2 Tbsp onion powder

Put garbanzos and lentils in a blender and blend until a coarse flour. Combine remaining ingredients in a bowl and stir in beans. Store in an airtight container. To Make Patties: Place 1 1/2 cups of mix in a bowl. Dissolve 2 cubes McCormick’s Beef Flavoured Bouillon in 1 cup boiling water and let stand 5 minutes; form into patties and fry.

Serves 10

Preparation time: 15 minutes
Cooking time: 10 minutes
Ready in: 15 minutes - for the mix; 20 minutes to make & cook the patties.

Nutrition Facts

Nutrition (per serving): 222.2 calories; 2.6g total fat; 0mg cholesterol; 164.0mg sodium; 372.0mg potassium; 38.6g carbs; 7.9g fiber; 3.0g sugar; 11.6g protein.

Tips ‘n’ Techniques

Great for Camping. These are quick to prepare and easy to make. Stores several months in a cool, dark place. We take these when we travel as they are so fast to prepare. I even have a batch in the house for quick and easy meals.

Variation: add 1 Tbsp onion powder, 2 Tbsp garlic, 2 tsp Seasoning Salt, to the “mix and omit bouillon - just use water.
Stuffed Zucchini

*A summer’s way to use zucchini. Anything over a fire tastes good.*

- 2 cups Dry Dinner Crumbles, see Tips on pg. 121
- 1 cup boiling water, as needed just to hydrate crumbles
- 1 cube veggie bouillon
- 4 small to med zucchini
- 1 med onion, diced
- 1 red pepper, chopped
- 1/2 cup B-B-Q Sauce, pg. 132
- 1 tsp Italian Herbs
- 1 tsp Seasoning Salt (or sea salt)

Re-hydrate Dinner Crumbles with boiling water or use prepared (omit water and bouillon) see pg. 121. Combine Dinner Crumbles with onion, tomato paste, salt, herbs, and red pepper. Slice zucchini in half lengthwise, scoop out seeds, and stuff with filling. Put back together, fold up foil, and pinch to seal. Place in coals. Cook each side 15 to 20 minutes. May get charred and needs to be turned frequently if coals are red hot. You can use a Dutch oven as well - see Tips.

Serves 4

**Preparation time:** 15 minutes  
**Cooking time:** 25 to 35 minutes  
**Ready in:** about 45 minutes

*Nutrition Facts*

Nutrition (per serving): 455.9 calories; 2.3g total fat; 0mg cholesterol; 1081mg sodium; 1447.2mg potassium; 101g carbs; 17.3g fiber; 20.5g sugar; 18g protein.

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**Tips ‘n’ Techniques**

Try this with eggplant too.

A Dutch oven is a cast iron pot with a flat lid. You can bury it in the coals, put coals on top the lid and let food cook like an oven.
Campfire Potatoes

*Can be done in a B-B-Q or in a fire.*

- 6 med potatoes, washed
- 1 large onion
- 1 tsp Italian Herbs, see Vol. 3
- 1 red pepper, optional
- 2 to 4 Tbsp olive oil

Cut potatoes into 1” cubes. Chop onions and peppers. Mix all ingredients together. Lay out 2 sheets of heavy duty aluminum foil about 12 x 12. Divide potato mixture in half and place in center of foil. Bring up two edges to form a “package.” Fold in the side edges and pinch to seal. Place on grill over coals, about 6” away. Cook each side 15 to 20 minutes. This can be done direct on coals but may get charred and need to be turned every few minutes.

Serves 4

**Preparation time:** 15 minutes

**Cooking time:** 30 minutes

**Ready in:** 45 minutes

**Nutrition Facts**

Nutrition (per serving): 322.2 calories; 6.8g total fat; 0mg cholesterol; 17.4mg sodium; 1740.1mg potassium; 62.0g carbs; 4.6g fiber; 1.6g sugar; 6.4g protein.

**Tips ‘n’ Techniques**

Add B-B-Q sauce, pg. 132, for an extra special treat. I love this!
Easy Sloppy Joes

Quick and tasty!

- 1 1/4 cup Dry Dinner Crumbles, see Tips on pg. 121
- 1 cup boiling water
- 1 med onion, chopped
- 1/2 cup tomato sauce, to taste
- 1 Tbsp “Taco” seasoning
- 1/2 tsp chili powder & sea salt to taste

In a large frying pan sauté onion in a bit of water. Add remaining ingredients and stir well. Cook on medium heat covered for 20 minutes, stirring occasionally. Serve over toast, buns, or rice.

Serves 4
Preparation time: 10 minutes
Cooking time: 20 minutes
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 225.7 calories; 1.1g total fat; 0mg cholesterol; 532.0mg sodium; 387.7mg potassium; 49.2g carbs; 8.4g fiber; 2.9g sugar; 8.7g protein.

Your Favourite Recipes ‘n’ Tips
Easy Buns

Quick and easy. For gluten free see page 119.

- 4 cups whole wheat flour
- 1 to 3 cups unbleached flour (or whole wheat pastry flour)
- 2 Tbsp active dry yeast
- 1 tsp sea salt
- 2 1/4 cups warm water
- 1/4 cup olive oil, optional
- 2 Tbsp lemon juice

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

Serves 16

Preparation time: 20 minutes
Cooking time: 20 minutes
Ready in: 24 hours (always let bread stand a day for best health)

Nutrition Facts
Nutrition (per serving): 164.9 calories; 4.1g total fat; 0mg cholesterol; 120.7mg sodium; 162.3mg potassium; 28.5g carbs; 4.2g fiber; 0.2g sugar; 5.5g protein.

Your Favourite Recipes ‘n’ Tips
Easy Buns - Gluten Free

*Does not roll out like traditional dough.*

- 3 cups warm water
- 2 Tbsp active dry yeast
- 1/4 cup olive oil
- 1 Tbsp lemon juice
- 3/4 cup flax gel (or 1/2 cup water + 1/4 cup ground flax)
- 1 tsp sea salt
- 2 cups brown rice flour
- 2 cups tapioca starch
- 1/4 cup sweet rice flour (or 3 Tbsp potato flour)
- 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.

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 - Place mound of 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.)

Serves 12
Preparation time: 20 minutes
Cooking time: 20 minutes

*Nutrition Facts*

Nutrition (per serving): 252.1 calories; 6.0g total fat; 0mg cholesterol; 162.8mg sodium; 141.0mg potassium; 46.6g carbs; 2.5g fiber; 1.1g sugar; 3.3g protein.

*Tips & Techniques*

For Cornmeal buns: use 1 cup organic corn flour in place of 1 cup brown rice flour and dust with cornmeal before baking.
Golden Seasoning

A great “chicken flavour” substitute.

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

Combine all ingredients, except parsley, in a food processor and blend until powdery smooth. Stir in parsley. This is worth doing up. Keeps in the refrigerator 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, when you used a cube.

Yields: 2 – 2 1/2 cups
Serving Size: 1 tsp
Preparation time: 5 minutes
Ready in: 5 minutes

Tips ‘n’ Techniques

Can purchase pre-made seasonings such as: Emes Chicken Flavour and/or Bill’s Best Chick’nish, which are healthy but expensive and hard to find. Or McKay’s Chicken Seasoning (watch out for different kinds, some have animal products). Some health food stores and grocery stores carry others. Be careful and watch out for MSG hidden under “natural flavours” etc. I personally use McCormick’s Veggie 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 the recipe calls for a Tbsp, I use homemade Golden Seasoning. If it calls for 1 cube, I use McCormick’s.
Golden Burgers

Very quick and easy. Lovely flavour; pictured on cover.

- 1 cup Dry Dinner Crumbles, see below
- 1/2 cup barley flour
- 1 cup boiling water
- 2 Tbsp Golden Seasoning, pg. 120
- Breading Meal (or breadcrumbs with herbs)
- 2 Tbsp olive oil

Stir TVP in boiling water and let soak for 5 min (off heat). Mix in remaining ingredients, adding as much barley flour as needed to form patties. Dip patties into Breading Meal and fry in olive oil until crispy, turn only once or twice. These are delicate. Serve with Golden Gravy, pg. 122, and mashed potatoes. YUM!

Serves 4 to 6
Preparation time: 5 minutes
Cooking time: 10 minutes
Ready in: 15 minutes

Nutrition Facts
Nutrition (per serving): 623.4 calories; 1.2g total fat; 0mg cholesterol; 732.2mg sodium; 858.6mg potassium; 110.9g carbs; 21.8g fiber; 1.0g sugar; 7.1g protein.

Tips ‘n’ Techniques
Dry dinner crumbles:
- TVP (Textured Vegetable Protein) - A dried product.
- Soycurls (see Appendix) - A dried product.
- Bulgur (not cracked wheat) - Dried.
- Yves Just Like Ground (omit boiling water) - ready to use.
- Boca Ground (omit boiling water) - ready to use.
- Vegeburger - canned (omit boiling water) - ready to use.
- And many more, check your local stores.
**Golden Gravy**

*Very rich gravy, good for your first try at veggie cookin’.*

- 3 Tbsp non-hydrogenated margarine
- 1/4 cup unbleached flour
- 1/8 tsp salt
- 1/8 tsp paprika
- 2 cubes Golden Seasoning, pg. 120
- 2 cups water

Melt margarine in a small saucepan over medium heat. Add flour and seasonings, let brown 1 min and pour in water, whisking constantly. Cook over medium heat until thick and bubbling.

Serves 4

Preparation time: 5 minutes
Cooking time: 10 minutes
Ready in: 15 minutes

**Nutrition Facts**

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.

**Tips ‘n’ Techniques**

During hydrogenation the oil is combined with hydrogen to harden or solidify the oil. During this process trans fats or trans fatty acids are created. These fats are not ‘natural’ so to speak and do not digest easily. In fact, research is showing these fats can cause our cells to change shape and structure thus reeking havoc on our cellular system. In essence, this can contribute to insulin resistance and diabetes itself. (Source: Brenda Davis, R.D., and Tom Barnaard, M.D., Defeating Diabetes)
Potato Cakes

A yummy alternative to mashed potatoes, pictured on cover.

- 4 cups dried potato flakes
- 1 tsp onion powder
- 1/2 to 3/4 tsp basil (or Italian herbs)
- 1/2 tsp garlic powder
- 2 Tbsp yeast flakes, optional
- hot water (or soy milk), as needed

Mix all dry ingredients and place into container. When time to eat, add enough soy milk to form patties. Fry in oil or non-hydrogenated margarine. (I use both at the same time to prevent margarine from scorching.)

Serves 4

Preparation time: 5 minutes
Cooking time: 15 minutes
Ready in: 20 minutes

Nutrition Facts

Nutrition (per serving): 173.6 calories; 0.2g total fat; 0mg cholesterol; 51.8mg sodium; 535.8mg potassium; 39.8g carbs; 3.5g fiber; 2.0g sugar; 4.2g protein.

Your Favourite Recipes ‘n’ Tips
Christmas Goodies

There is nothing like cookies and popcorn for a special occasion. We have tried to adapt traditional favourites to be healthier for the holidays. Building a Gingerbread house is a tradition in our home. I and a dear friend get together every year for the past ten years (only missed once or twice).

Some tips for the sweet tooth. Be sure to eat your treats with the meal. Goodies are a major tradition in my husband’s home, but we still hold fast to our health principles, at least in part, during the holidays. This will help to avoid the cold and flu bug too. When you eat a sugary food with a meal, your blood sugar is less likely to crash as when eaten alone.

Bring your own treats too. This is a lifesaver for children. To know they will have something special at the meal will help them not be wanting the candy on the counter.

Key for Page 125
1. Caramel Popcorn, pg. 103
2. Gingerbread Cookies, pg. 99
3. Shortbread Cookies, pg. 101
Roasted Carrots & More

A new way to eat carrots. Sweet ‘n’ delicious, pictured on cover.

- 4 large carrots
- 1/4 to 1/2 cup corn
- 1/4 to 1/2 cup peas or onions, optional

Peel and slice carrots. Wrap all ingredients in aluminum foil and place in hot coals for 10 minutes. Turn and cook 10 to 15 min more.

Serves 4
Preparation time: 5 minutes
Cooking time: 20 minutes
Ready in: 25 minutes

Nutrition Facts
Nutrition (per serving): 37.8 calories; 0.3g total fat; 0mg cholesterol; 71.6mg sodium; 250.4mg potassium; 8.8g carbs; 2.2g fiber; 3.6g sugar; 0.9g protein.

Roasted Corn

Yum, yum, moist and delicious!

- 4 ears of corn

Cut the “hairs” off the tip of the corn cob. Wash and let water run into cob for about 2 minutes. Place in red hot coals for 5 minutes. Turn and cook 5 to 10 minutes more. Remove charred husk with tongs and serve.

Serves 4
Preparation time: 5 minutes
Cooking time: 10 to 15 minutes
Ready in: about 20 minutes

Nutrition Facts
Nutrition (per serving): 123.0 calories; 1.7g total fat; 0mg cholesterol; 21.5mg sodium; 386.1mg potassium; 27.2g carbs; 3.9g fiber; 4.6g sugar; 4.6g protein.
Baked Potatoes

Yum, yum.

- 4 to 8 large baking potatoes
- Aluminum foil, optional

Clean potatoes, slice in half, fold back together*, and wrap in foil. Place into hot coals for about 1 hour. These will go black on the outsides, but the center is delicious. If you don’t use foil, rotate potatoes often and keep closer to edge of coals. These are a bit more dry as the foil keeps in the moisture. Can use a Dutch oven to prevent scorching. See Tips on pg. 115.

Serves 4 to 8

Preparation time: 5 minutes
Cooking time: 60 minutes
Ready in: 65 minutes

Nutrition Facts

Nutrition (per serving): 141.7 calories; 0.2g total fat; 0mg cholesterol; 11.0mg sodium; 774.6mg potassium; 32.1g carbs; 4.0g fiber; 1.4g sugar; 3.7g protein.

Tips & Techniques

* Slicing the potatoes in half first will speed up the cooking time and allow the heat into the middle of the potato easier thus avoiding the charred black outside and raw inside.
Pizza Sandwiches

Fun and delicious.

- tomato sauce
- whole wheat bread
- non-dairy cheese of your choice
- toppings: mushrooms, pineapples, peppers, onions, etc.

Place bread into camping sandwich maker (available at many stores). Add a tablespoon of sauce, toppings, and 2 Tbsp of cheese. Cook over campfire coals until golden. BE CAREFUL these are dangerously hot and delicious.

Serves as many as you need
Preparation time: 5 minutes
Cooking time: 5 minutes
Ready in: 10 minutes

Your Favourite Recipes ‘n’ Tips
Soup Mix

Make it up just the way you like it!

- 2 cups dried veggies, see Tips
- 1 cup Golden Seasoning, pg. 120
- 1/2 cup nutritional yeast flakes
- 3 cups “tiny” soup noodles
- 1/2 to 1 cup potato flakes, for a cream soup, optional

Mix and store in airtight container. To use: mix 1/4 to 1/3 cup soup mix with 1 1/4 cups boiling water, adjust to taste, and simmer (or put in thermos) for 10 minutes.

Serves: 20
Yields: 5 cups of mix
Preparation time: 10 minutes
Cooking time: 10 minutes
Ready in: 10 minutes for mix; 10 minutes to make soup

Nutrition Facts
Nutrition (per serving – will vary on veggie flakes): 88.8 calories; 0.4g total fat; 0mg cholesterol; 416.5mg sodium; 150.8mg potassium; 16.5g carbs; 1.2g fiber; 0.4g sugar; 5.0g protein.

Tips ‘n’ Techniques
Dried vegetables can be purchased at many grocery stores or health food stores. You can make your own too.

Variation: add 1/2 cup coarsely ground lentils
Quick Corn ‘n’ Potato Soup

A great tasting potato soup that’s hearty enough for dinner with a tossed salad and rolls!

- 2 Tbsp olive oil
- 2 Tbsp finely chopped onion
- 1 cup soy milk
- 2 1/2 cups boiling water
- 1 to 1 1/3 cups instant mashed potato flakes
- 1 can cream corn
- 2 to 3 Tbsp Golden Seasoning, pg. 120
- 1/4 tsp dill weed, optional

Sauté onion in olive oil. Stir in remaining ingredients and heat until comes to a boil. Serve.

Serves 4
Preparation time: 10 minutes
Cooking time: 15 to 20 minutes

Nutrition Facts

Nutrition (per serving): 246.0 calories; 8.6g total fat; 0mg cholesterol; 250.8mg sodium; 464.2mg potassium; 39.6g carbs; 3.6g fiber; 5.0g sugar; 7.1g protein.

Your Favourite Recipes ‘n’ Tips
Ketchup

A healthy version of an old favourite.

- 1 can tomato paste (156ml/6oz)
- 1/2 cup water (use the tomato paste can), add more if needed.
- 1/4 cup fresh lemon juice, to taste
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1 tsp onion powder
- 3 Tbsp Sucanat (or brown sugar)

Blend all well by hand or hand blender. Use as desired. This will thicken in the fridge. Serves 8

**Nutrition Facts**

Nutrition (per serving): 37.9 calories; 0.1g total fat; 0mg cholesterol; 140.7mg sodium; 245.3mg potassium; 9.4g carbs; 1.0g fiber; 6.9g sugar; 1.0g protein.

B-B-Q Sauce

Delicious on patties or potatoes.

- 1 can tomato paste (156ml/6oz)
- 3/4 cup water (or more, will thicken in fridge)
- 1/4 cup fresh lemon juice, to taste
- 1/2 tsp sea salt
- 1 tsp garlic powder
- 2 tsp onion powder
- 1/4 cup Sucanat (or brown sugar)
- 1 Tbsp Tasty Brown Bouillon (or beef flavour)

Same directions as above. Serves 8

**Nutrition Facts**

Nutrition (per serving): 43.6 calories; 0.2g total fat; 0mg cholesterol; 168.8mg sodium; 251.7mg potassium; 10.5g carbs; 1.1g fiber; 7.5g sugar; 1.1g protein.
Quick ‘n’ Easy Mushroom Burgers

A quick ‘n’ easy entree.

• 3/4 cup bread crumbs
• 1/4 cup yeast flakes
• 1/4 cup almonds
• 1 can mushrooms, drained - save juice
• 1/4 cup whole wheat flour
• 1 Tbsp Tasty Brown Bouillon (see Appendix)
• 2 Tbsp Bragg’s Aminos

Chop mushrooms, combine all ingredients, adding only enough mushroom juice to make moist. Form into patties and fry in olive or vegetable oil until browned.

Serves 8
Preparation time: 10 minutes
Cooking time: 10 minutes
Ready in: 20 minutes
Personal Pies

*Fun and delicious. Also called Hobo or Camping Pies*

- 8 slices whole wheat bread
- 1 to 2 Tbsp non-hydrogenated margarine
- 4 to 8 Tbsp Pie filling of your choice
- unrefined icing sugar, optional

Spread bread thinly with margarine (one tsp each slice is plenty!). Place bread into camping sandwich maker (available at many stores). Add a tablespoon or two of topping, and put bread on top and close maker. Cook over campfire coals until golden. BE CAREFUL, these are dangerously hot and delicious.

**Serves 4**

**Preparation time: 5 minutes**

**Ready in: 15 minutes**

**Nutrition Facts**

_Nutrition (per serving): 315.6 calories; 8.0g total fat; 0mg cholesterol; 398.4mg sodium; 318.6mg potassium; 55.2g carbs; 5.7g fiber; 3.5g sugar; 7.8g protein._

**Tips ‘n’ Techniques**

Grains are one of the most single important items in the diet. For many nations grains represent the main dish in their meals. Rice in the Orient, wheat in India, corn in the South Americas, and so on. With the B-vitamins, iron, protein, and other nutrients in varying amounts in various grains we can expect better health by eating these nutrient-rich foods.
Camping Pie Crust

Quick ‘n’ easy.

- 1 1/2 cups Grape-nut cereal (or granola)
- 1/3 cup apple juice
- 1 Tbsp honey, optional

Mix all well and press into pie shell dish. Fill with favourite filling and serve.

Serves 8
Preparation time: 5 minutes
Ready in: 5 minutes

Nutrition Facts
Nutrition (per serving): 82.9 calories; 0.4g total fat; 0mg cholesterol; 133.0mg sodium; 78.9mg potassium; 18.9g carbs; 1.9g fiber; 3.7g sugar; 2.4g protein.

Trail Mix

Two ways, sweet or savoury.

- 2 cups wheat, rice or corn squares cereal
- 1 1/2 cups small pretzels
- 1 cup toasted oat cereal
- 2 cups mixed nuts

Now choose one of the following - Savoury Seasoning or Sweet

Savoury:
- 2 tsp garlic powder
- 2 Tbsp Bragg’s Aminos

Sweet:
- 1 cup raisins
- 1 cup carob chips

Mix all well and store in Ziploc bags. Yields 6 to 7 cups. Nutrition based on savoury option, 1/2 cup per serving.

Nutrition Facts
Nutrition (per serving): 245 calories, 9.4g total fat, 0mg cholesterol, 684.8mg sodium, 190.9mg potassium, 34.6g carbohydrates, 3.6g fiber, 1.3g sugar, 7.7g protein.
Pastry (Bannock)

Can be used for Bannock, see Tips.

- 1 cup oat flour (oats ground in blender)
- 1 cup whole wheat flour (or spelt or Kamut)
- 1/2 tsp sea salt
- 1/2 cup oil (or cashews blended into water)
- 1/3 cup ice water

Combine dry ingredients. Beat oil and water together and stir into dry. Form into a ball and use as desired. Handle as little as possible.

Bannock: wrap thin, about 1/4”, pieces of pastry around a wooden stick (metal won’t work - avoid poison oak!) and cook over coals until golden brown. Roll in raw sugar and cinnamon for a dessert or serve with soup. Eat on stick or remove it to serve.

Serves 12
Preparation time: 5 minutes
Cooking time: 10 minutes
Ready in: 15 minutes

Nutrition Facts

Nutrition (per serving): 164.0 calories; 10.1g total fat; 0mg cholesterol; 79.4mg sodium; 96.4mg potassium; 15.9g carbs; 2.6g fiber; 0g sugar; 3.6g protein.

Tips ‘n’ Techniques

Oats can be used as a whole grain (groats), rolled grain for cereal, grits (cracked oats), or as flour like the above recipe. It can be used in breads, casseroles, patties, and more.
Baked Apples

A traditional favourite among campers. Many different options.

- 4 large apples
- 1/4 cup Sucanat (or raw sugar)
- 1/2 cup dates, optional
- 1/2 cup raisins, optional
- 1/4 cup chopped walnuts, optional
- pastry, optional

Wash and core apples. Stuff with sugar, nuts, raisins, etc. Cover apples with pastry if desired, wrap in aluminum foil and place near coals for 10 minutes. Turn and cook 10 minutes more. Be careful not to burn. Do not put directly on coals unless coals are black not red!

Serves 4

Preparation time: 5 minutes
Cooking time: 20 minutes
Ready in: 25 minutes

Nutrition Facts
Nutrition (per serving – NO pastry): 157.4 calories; 0.4g total fat; 0mg cholesterol; 6.2mg sodium; 281.1mg potassium; 41.5g carbs; 5.5g fiber; 33.5g sugar; 0.6g protein.

Tips ‘n’ Techniques

“If you can get apples, you are in a good condition as far as fruit is concerned, if you have nothing else. . . . I do not think such large varieties of fruit are essential, yet they should be carefully gathered and preserved in their season for use when there are no apples to be had. Apples are superior to any fruit for a standby that grows.”
E.G. White, Counsels on Diet and Foods, pg. 312
Quick Fruit Leather

- fresh peaches, nectarines, or other fruit
- plastic wrap, for microwave

In blender or food processor, blend fruit and sugar until smooth. Pour fruit puree into plastic lined food dehydrator sheets. Follow your dehydrator’s directions. Roll up leathers in plastic wrap.

Sunshine Method: On plastic wrapped trays or cookie sheets, spread fruit into a 6-1/2 inch circle or rectangle 1/4-inch thick. Cover pans with cheesecloth. Place pans in direct sunlight for 12 to 24 hours until dry. Fruit leather is done when edges pull back from plastic and center is not sticky.

Nuts & Bolts

Traditionally a holiday food this makes a great savory trail mix.

- 1/2 large box Cheerios
- 1 1/2 lbs roasted cashews
- 2 pkg pretzels (omit or get GF for gluten free)
- 1 box Rice & Corn Chex (or 1/2 box of Corn Chex and 1/2 box of Rice Chex)
- 1 1/2 cup non-hydrogenated margarine (I use a brand with high Omega 3) Fat is important when making a ‘survival food’, especially for late fall, mountain hikes.
- 1/2 cup Bragg’s Aminos, optional
- 1/4 cup Worcestershire sauce (vegan brand)
- 4 Tbsp onion powder
- 2 Tbsp garlic powder
- 2 tsp celery salt

Combine all and mix well. Bake at 300°F for 45 to 60 minutes, stirring occasionally. As you can tell the amounts, and even the ingredients, can be varied quite a bit.
Camping Apple Crisp

_A quick ‘n’ easy dessert._

- 3/4 cup whole wheat flour
- 1 1/2 cups oats
- 1/4 cup Sucanat (or brown sugar)
- 1/4 to 1/3 cup oil, as needed
- 1 quart apple pie filling

Combine all ingredients (except apple pie filling), adding only enough oil to make moist and crumbly. Bake on a cookie sheet for 10 to 15 minutes until golden brown. Cool and store in airtight container. To make apple crisp, simply scoop apple pie filling into bowl and top with 1/4 cup of crumbs.

Serves 8

**Preparation time:** 5 minutes  
**Cooking time:** 15 minutes  
**Ready in:** 20 minutes

_Nutrition Facts_  
_Nutrition (per serving):_ 287.6 calories; 8.0g total fat; 0mg cholesterol; 52.3mg sodium; 166.3mg potassium; 52.4g carbs; 4.0g fiber; 20.5g sugar; 4.1g protein.

_Tips ‘n’ Techniques_

“Is this not the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily;…”  
Isaiah 59:6-8
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 or see Appendix)
- 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. Roll dough into a rectangle 9 x 12. Spread the filling on top. Cut dough into six 1 1/2 inch strips, twelve inches long, and stack the strips on top of each other. Cut into 1” pieces, making sure there is a good seal where you cut, and place cut side down into a prepared muffin tin, sprinkle with raw sugar if desired. Let double and bake at 350°F for 20 to 30 minutes.

Serves 12
Preparation time: 15 minutes
Cooking time: 30 minutes
Ready in: 24 hours

Nutrition Facts

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 bread recipe on pg. 119 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.
Play Dough

Do NOT eat! This play dough lasts for months in air-tight container.

- 1 cup water
- 1 Tbsp vegetable oil
- 1/4 cup salt
- 1 Tbsp cream of tarter
- 2 to 3 tsp food coloring
- 1 cup unbleached flour

Combine all, except unbleached flour in a saucepan. Heat until very hot and salt is mostly dissolved. Remove from heat and stir in flour. Knead until smooth - careful this is very hot!

Preparation time: 5 minutes
Cooking time: 5 minutes
Ready in: 15 minutes (needs to cool some)
Appendix

7 Cooking PROGRESSION Steps to a healthier diet:

1. Omit harmful products such as chemicals, drugs, etc.
2. Eat more whole foods, fresh leafy greens, etc.
3. Reduce and eliminate cheese.
4. Reduce and eliminate meat.
5. Reduce and eliminate dairy products.
6. Use whole grains in place of refined grains (flour, pasta, etc)
7. Reduce oils, margarine, spices, and sugar in your cooking.

Azure Standard: They will ship anywhere, but they also use “Drop Points” where shipping is free www.azurestandard.com or call 541-467-2230. Country Life also ships 1-800-456-7694 or www.clnf.org

Bragg’s Aminos: A non-fermented soy sauce substitute available in many stores nationwide. This is still relatively high in sodium.

Baking Powder: Ener-G Baking Powder reacts with liquid so get it in 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, be sure to get an aluminum free brand. Use 2 tsp of aluminum free baking powder to 1 Tbsp Ener-G. 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). The Poison Control Center lists baking soda under poisons with directions what to do if swallowed. Some dietitians recommend avoiding baking soda because it interferes with nutrition absorption and can lead to inflammation of joints.

Blaney’s: low sodium, vegan seasonings chicken, beef, mushroom and more. (403) 746-5388 or www.TotalHealthforToday.com

Gluten Free Flour Mix (whole grain style):

- 2 cups potato starch (or sweet rice flour)
- 2 cups tapioca starch
- 4 cups chickpea (garbanzo) flour (or garbanzo/fava bean flour)
- 4 cups brown rice flour
- 2 cups corn starch (or tapioca starch or arrowroot)

Store in a baggie and use in place of whole 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 guar gum or xanthan gum per 1 cup of flour for moisture retention and better binding. For more info on gluten free flours (such as an unbleached flour substitute), cooking DVDs & recipes: www.LetsCookGlutenfree.com

**Golden Seasoning:** A recipe we have developed to replace “Chicken Flavour.” The recipe is in several of our cookbooks including Vol. 3, 5, & 6. You can substitute your favourite “Chicken Flavour” see Blaney’s.

**Flours:** Whisk flours well before adding wet ingredients to make a lighter cakes and muffins.

**For wheat free:** spelt flour can often be used in place of wheat.

**For gluten free:** see Gluten Free Flour recipe.

**For optimum health:** Use whole wheat pastry flour (or Kamut or oat flour) in place of unbleached flour. Soft wheat ground fine works well.

**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 gooey, 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 and hard wheat replaces regular baking flour. We find combining these two flours works well.

**Milks:** 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. 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. Here are some other milk alternatives.

**Almond Milk**
Blend until very smooth: 1/3 cup almonds (can use blanched)

Then add: 2 to 2 ½ cups of water
Blend, blend, until smooth. Strain if desired, add 2 tsp honey.

**Cashew Cream** (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.

**Raw Cashews:** Do NOT use roasted unless called for. Roasted have a much different flavour and will not work in these recipes. Don’t forget to rinse cashews well before using. Blanched almonds work but have a different flavour and are not as creamy. Store them in the freezer to keep fresh.

**Silk Soy Creamer:** Comes flavoured or plain and is very creamy and sweet. Can be used to replace cream in recipes (will not whip). Use cashew cream or your favourite soy milk plus a little sweetener if unavailable.

**Soy Curls:** A whole food made from just soy beans, no additives or seasonings. [www.bulterfoods.com](http://www.bulterfoods.com) - For a dealer near you contact: Butler Foods (503) 879-5005 or email dan@butlerfoods.com

**Sweeteners:** Different people have different needs. 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. Here is 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 has a very low glycemic index – beneficial for diabetics. 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. * 3/4 cup fructose replaces 1 cup sugar

**Honey & Maple Syrup:** While not vegan, it is Biblical, however so
it milk. Word of caution, bees are given antibiotics and so on. 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. You can get raw sugar in most grocery stores. 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 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 and is very sweet. It is excellent for diabetics and can be used in place of sugar in many recipes. I use the white, but the green is good and less refined. Will you need to 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’ or foods that need caramelizing.

**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

**Tasty Brown Bouillon:** This is a replacement for “Beef Flavour.” Use your favourite, see Blaney’s, or try our recipe in Vol. 3, 5, and 6.

**Tofu:** Tofu is rich in tryptophan and protein. Water packed tofu is made by cooking whole soybeans, adding a coagulant, and then pressed into a mold. Cook this tofu to kill any bacteria that may be in the liquid. Silken tofu is made by adding a coagulant to soymilk, then poured into the box and sealed. Silken is very smooth with no ‘beany’ flavour and good in desserts. Can be used “raw”.

**Vegetarian Jel:**

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1/2 cup agar agar powder (not flakes)
1/2 cup organic cornstarch

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 Veg. Jel’s. For flavoured jel - Vegan Sweets: [www.vegansweets.com](http://www.vegansweets.com) or search online.

**Water:** Very essential to health. Drink 6 to 10 glasses per day. Half your weight in pounds = how many oz of water to drink, i.e.: If you’re 150 pounds, drink 75 oz of water. Filtered water, if you live where it is chlorinated is best. (Chlorine should evaporate if left on the counter in an open container overnight.)

**Zesty Sprinkles:** Our version of a Parmesan cheese substitute. In cookbooks Vol. 3, 5, and 6.

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- Vol. 2 - Seasonal Treats: Canning, Camping & Holidays
- Vol. 3 - Pasta, Potatoes, Millet & Rice
- Vol. 4 - Pies, Cobblers, Cookies & Cheesecakes
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“I have a really busy schedule, so I love the convenience of the DVDs and lessons assignments that are accessible and that I can do at my own pace. I also appreciate your beginning with cooking basics—like tools, equipment, ingredients, etc.” Tara S., a Student
Rear of Photo
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Healthy Home Cookin’ Series