Cover Key
1. Fresh Fruit Tarts, pg. 94
2. Blueberry Pie, pg. 79
3. Creamy Light Cheesecake, pg. 141
4. Strawberry Topping, pg. 115
5. Carob Chip Cookies, pg. 23
Foreword

This series was done to help families have more variety. It is dedicated to all those various needs in one family. One child can’t have wheat, while another can’t have corn. These problems make dinner a chore and recipe searching endless. I have tried to make these recipes as adaptable as possible with variation ideas in the recipe or in the Appendix. All the recipes in the books were cooked on a glass stove top or electric oven, unless otherwise stated, and were made at an altitude of 3500 feet.

Thank you to the Fink family for their testing of these recipes. Also the Krums, Adams, Coxes, and Susan Coon - thank you all, again.

I refuse to give up on taste! Pies and cookies are one the most challenging recipes to get low fat, but I tried with a valiant effort. In this book you will find a wide range of fat from no fat (under 1 gram) to higher fat items, with healthy fats of course. There are higher fat items for youth, active adults, and other needs such as the Omega Bars for Depression. This book has several variations available, so those improving their health can choose what is best for them. To accommodate all the needs out there, some recipes are very low fat or no fat, but they take some getting used to. Read the comments and tips for each recipe to decide which you will choose.

This is one of my favourite books, and we use many of these recipes for breakfast meals as they are so high in nutrients. Take the Omega Bars, pg. 109, for example; seemingly high in fat, but when combined with fruit they provide much needed omega 3 fatty acids, which are vital to good health, especially brain health.

Angela

The nutritional analysis may not be 100% accurate as it will vary with brands of products and other factors such as recipe used when there is more than one option. Used Living Cookbook for nutritional analysis. 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, except crusts.
* If more than one size is listed, the first size listed is used.
* Crust is NOT included in the analysis

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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*If you’re wondering why in the title on the cover the word cheesecake has a “z” instead of an “s”, it is because it has ZERO dairy. 😊*
Cobblers & Crisps

Crisp Topping - gluten free
Crisp Topping
Apple Crisp
Cobbler Topping (with gluten free suggestions)
Peach Cobbler
Fruit Filling for Cobblers, etc.
Crisp Topping – Gluten Free

A gluten free crisp topping.

- 3/4 cup brown rice flour
- 1/4 to 1/3 cup oil (or melted margarine)
- dash sea salt
- 1/2 cup date sugar (dates ground fine or 1/4 cup Sucanat)
- 1/2 cup ground almonds

Combine ingredients and sprinkle on top of filling of choice. Bake at 350°F for 20 to 30 minutes.

Serves 8
Preparation time: 10 minutes
Cooking time: 20 minutes
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 179.7 calories; 10.3g total fat; 0mg cholesterol; 1.5mg sodium; 159.0mg potassium; 20.8g carbs; 2.3g fiber; 7.5g sugar; 2.6g protein.

Your Favourite Recipes ‘n’ Tips
Crisp Topping

Good on berries too!

- 1/2 cup whole wheat flour (or spelt)
- 1/4 cup non-hydrogenated margarine (or vegetable oil)
- 1/3 cup Sucanat
- 2 cups quick oats
- 2 to 3 Tbsp apple juice (or vegetable oil - we prefer oil)

Blend whole wheat flour and margarine or oil till crumbly. Stir in Sucanat and oats. Add enough apple juice or oil to make a crumbly mixture, still quite dry, but will hold together a bit if squeezed. Crumble on top of filling of choice and bake at 350°F for 20 to 30 minutes or until topping is golden brown.

Serves 8

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

Nutrition Facts
Nutrition (per serving): 182.3 calories; 7.4g total fat; 0mg cholesterol; 153.6mg sodium; 126.6mg potassium; 25.4g carbs; 2.9g fiber; 6.5g sugar; 4.3g protein.

Tips ‘n’ Techniques
Blackberries and apples are a wonderful combination. 1 cup frozen blackberries stirred into 6 cups of sliced apples, sprinkle crisp on top. Serve with Frozen Fruit Cream, pg. 122, using blackberries in place of peaches in recipe.
Apple Crisp

A great supper! Serve with frozen fruit topping. Pictured on pg. 89.

- 1/4 cup non-hydrogenated margarine (or vegetable oil)
- 1/4 to 1/2 cup Sucanat
- 1/2 cup whole wheat flour (or spelt)
- 1 1/2 to 2 cups quick oats
- 2 to 3 Tbsp apple juice (or vegetable oil)
- 6 to 7 medium apples, sliced (or canned)
- Frozen Fruit Cream, pg. 122

Place sliced apples in a 9 x 13 pan. Blend whole wheat flour and margarine or oil till crumbly. Stir in Sucanat and oats. Add enough apple juice or oil to make a crumbly mixture, still quite dry, but will hold together a bit if squeezed. Crumble on top of apples and bake at 350°F for 30 to 40 minutes or until topping is golden brown. Top with Frozen Fruit Cream, delicious on warm apple crisp. My favourite variation below.

Serves 8
Preparation time: 15 minutes
Cooking time: 30 to 40 minutes
Reading in: 45 to 65 minutes

Nutrition Facts
Nutrition (per serving): 244.7 calories; 7.7g total fat; 0mg cholesterol; 155.5mg sodium; 287.7mg potassium; 41.3g carbs; 4.7g fiber; 18.0g sugar; 5.0g protein.

Tips ‘n’ Techniques
Raspberry Apple Crisp: Add 2 cups raspberries plus 2 to 3 Tbsp flour to apples.

* Can peel or leave the apples o’natural.
* Add chopped walnuts or almonds to apples
* Add ground flax to topping to get more omega-3s.
* More oil, more fat, better taste and texture, more omega 3’s if using canola oil. More water creates a “harder” crisp.
Cobbler Topping

A versatile recipe. Double if desired to completely cover fruit.*

- 3/4 cup whole wheat flour (or gluten free flour mix)
- 3/4 cup unbleached flour (or gluten free flour mix)
- 3 to 4 Tbsp raw sugar (or alternative, see Appendix)
- 1 Tbsp Ener-G Baking Powder
- 3/4 to 1 cup soy milk
- 1/4 cup vegetable oil (can use soy milk to reduce fat)
- 1 tsp vanilla extract
- 1/4 tsp almond extract, optional

Combine dry ingredients. Whisk oil, almond extract, vanilla extract, and soy milk and pour into dry ingredients. Stir quickly just until ingredients are mixed and spoon onto fruit filling of choice in a 9 x 13 pan (or 9 x 9 pan for a thicker topping). Bake at 375°F for 35 to 45 minutes or until top is golden brown.

Serves 8

Preparation time: 15 minutes
Cooking time: 35 to 45 minutes
Ready in: 50 to 60 minutes

Nutrition Facts

Nutrition (per serving): 167.7 calories; 7.5g total fat; 12mg sodium; 86.3mg potassium; 22.6g carbohydrates; 1.8g fiber; 5.4g sugar; 3.4g protein.

Tips ‘n’ Techniques

* If you double this recipe, it will cover a 9 x 13 pan quite well. We like this recipe a bit “sparse” so the fruit bubbles through.

Fresh Peach Cobbler: Place 8 to 10 cups fresh chopped peaches in pan and spoon on topping, baking as directed above.
Gluten Free Cobbler: use a GF white or yellow cake, see Vol. 1, for a topping. Or use a muffin or biscuit recipe – see Vol. 7.
Peach Cobbler

A wonderful, light supper. Double the serving for youth. Pictured on pg. 35.

- 1 quart peaches, canned (fresh peaches see Tips pg. 9)
- 1 cup peach juice from peaches, plus water if needed to equal 1 cup
- 3 Tbsp cornstarch
- 3/4 cup whole wheat flour
- 1/2 cup unbleached flour (or whole wheat flour)
- 2 Tbsp raw sugar (or dash of stevia)
- 1 Tbsp Ener-G Baking Powder
- 3/4 cup soy milk
- 1/4 cup vegetable oil
- 1/4 tsp almond extract, optional
- 1/2 to 1 tsp vanilla extract

Drain juice off peaches and add water if needed to equal 1 cup. Whisk in cornstarch and cook until thick over medium heat. Pour into 9 x 13 pan. Combine remaining dry ingredients. Whisk oil, almond extract, vanilla extract, and soy milk together. Pour into dry. Stir quickly just until ingredients are mixed and spoon onto peaches. Bake at 375°F for 35 to 45 minutes or until top is golden brown.

Serves 8

Preparation time: 15 minutes
Cooking time: 35 to 45 minutes
Ready in: 50 to 60 minutes

Nutrition Facts

Nutrition (per serving): 229.9 calories; 7.5g total fat; 0mg cholesterol; 18.0mg sodium; 282.9mg potassium; 39.2g carbs; 3.4g fiber; 19.7g sugar; 3.9g protein.

Tips ‘n’ Techniques

Blackberries make a wonderful cobbler too. Mix 2 to 4 cups blackberries, 2 cups sliced apples, and 1/4 cup flour; place into 9 x 13 pan and top with cobbler dough.
Fruit Filling for Cobblers, etc.

*A very versatile recipe.*

- 2 cups fruit: apples, peaches, pears, cherries, etc.
- 2 to 4 Tbsp whole wheat flour
- 1/4 cup honey, to taste

Wash, peel, slice and otherwise prepare fruit. Stir in flour and honey. Place into pan and top with dough of choice and follow directions from topping recipe.

Serves 6

Preparation time: 15 minutes

Cooking time: 35 to 45 minutes

Reading in: 50 to 60 minutes

*Nutrition Facts*

Nutrition (per serving): 73.1 calories; 0.1g total fat; 0mg cholesterol; 1.1mg sodium; 62.1mg potassium; 19.2g carbs; 1.3g fiber; 15.9g sugar; 0.5g protein.

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*Your Favourite Recipes ‘n’ Tips*

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Cookies

Flax Gel & Egg Substitutes
Macaroons
Digestive Cookies
Dee Dee’s Super Cookies
Cookies Photo
Carrot Spice Cookies
Carob Balls - no bake
Ginger Snaps
Peanut Butter Cookies
Orange Oat Cookies
Orange Dusts (Polvorones De Naranjo)
Carob Chip Cookies
Oatmeal Raisin Cookies
Carob Chip Oatmeal Cookies
Apricot ‘n’ Orange Cookies
Apricot ‘n’ Orange Cookies - gluten free
Maple Nut Cookies
Maple Nut Cookies - gluten free
Squirrels

Most of the above are wheat free, and may be made gluten free as well.
Flax Gel & Egg Substitutes

An excellent egg substitute!

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

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

**BEST Alternative:** 2 Tbsp ground flax + 1/3 cup water, chill 1 hour min equals 2 eggs. If recipe has plenty of liquid, leave out water and just add ground flax.

**Other substitutes** you can try for an egg – Choose one:
- 1 Tbsp soy flour, 1/2 tsp oil (optional), and 2 Tbsp water OR
- 1 banana, blend smooth OR
- 1/4 cup med tofu, blend smooth OR
- 2 Tbsp ground flax seeds

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Macaroons

Simple, easy, and delightful.

- 1 cup Flax Gel, above
- 3/4 cup raw sugar (or alternative, see Appendix)
- 2 cups coconut
- 1 cup dates, chopped
- 2 cups breadcrumbs (gluten or wheat free if needed)

Preheat oven to 350°F. Combine all ingredients together well. Drop onto oiled cookie sheet and bake for 12 to 15 minutes, or until light brown. Good with 1/2 cup raisins or nuts, too.

Serves 24

Ready in: 35 minutes

**Nutrition Facts**

Nutrition (per serving): 210.7 calories; 13.1g total fat; 0mg cholesterol; 73.8mg sodium; 176.4mg potassium; 23.2g carbs; 4.4g fiber; 12.9g sugar; 2.9g protein.
Digestive Biscuits

A crispy, simple cookie.

- 1/4 cup margarine
- 1 cup whole wheat flour
- 3 cups quick oats
- 1/4 cup Sucanat
- 1/4 cup maple syrup
- 1/4 cup soy milk
- 1 tsp sea salt

Mix all dry ingredients together. Blend in margarine with pastry cutter until crumbly. Add wet ingredients, adjust soy milk as needed. Combine until a firm dough is formed. Roll out to 1/8” thick and cut into 2” circles. Place on prepared cookie sheet, prick with fork and bake at 350°F for 8 to 10 minutes or golden brown.

Serves 24

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

Nutrition Facts

Nutrition (per serving): 127.4 calories; 3.5g total fat; 0mg cholesterol; 53.0mg sodium; 119.7mg potassium; 20.6g carbs; 2.7g fiber; 3.6g sugar; 4.1g protein.

Tips ‘n’ Techniques

Extra Special Digestives: After cookies come out of oven and cool a bit, dip one side into melted carob chips.
Dee Dee’s Super Cookies

Thanks, Mom!

- 1/4 cup vegetable oil
- 3/4 cup maple syrup (or agave nectar)
- 1 Tbsp vanilla extract
- 1 can crushed pineapple (398ml/14oz)
- 2 cups whole wheat flour (or spelt)
- 1/2 cup chopped walnuts (or almonds, etc.)
- 1/4 cup pumpkin seeds
- 1 cup raisins
- 2 cups quick oats
- 1 tsp sea salt

Mix all wet ingredients together. Add dry ingredients and combine until mixed well. Use ice cream scoop and place on prepared cookie sheet. Bake at 350°F for 20 to 25 minutes.

Serves 36

Preparation time: 10 minutes
Cooking time: 20 to 25 minutes
Ready in: 30 to 35 minutes

**Nutrition Facts**

Nutrition (per serving): 108.9 calories; 3.1g total fat; 0mg cholesterol; 56.3mg sodium; 107.1mg potassium; 19.7g carbs; 1.6g fiber; 10.4g sugar; 2.2g protein.

**Tips ‘n’ Techniques**

Caffeine acts like a booster, which causes the body’s fuel to be burned at an inefficient rate. This causes an increased consumption of ATP by the cells, (ATP is cellular fuel), and leads to burn out.
The cookie monster in our house is Jim, my husband, but “HIS” son is fast approaching him. Cookies out of the oven are reminiscent of school days and lazy days. But they are usually loaded with fat and sugar. I hope you will find we were able to reduce the fat and sugar without reducing the taste. And a thank you to Veronica Skelton for helping with this photo.

ENJOY!

Key for Page 17
1. Oatmeal Raisin Cookies, pg. 24
2. Orange Oat Cookies, pg. 22
3. Squirrels, pg. 29
4. Peanut Butter Cookies, pg. 21
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.
Carrot Spice Cookies

These spicy morsels are moist and good.

- 1/4 cup vegetable oil
- 1 cup Sucanat
- 1/2 cup Flax Gel, pg. 13
- 1 1/2 cups carrots, finely grated*
- 1 cup whole wheat flour & 1 cup unbleached flour
- 1/2 tsp cardamom (or cinnamon) & 1/4 tsp coriander

Mix oil, flax gel, Sucanat, and carrots. Add flour and spices and combine well. Spoon onto oiled cookie sheet and bake at 350°F for 10 to 15 minutes.*Can use the pulp after juicing carrots from the champion juicer for these cookies. Serves 24

Nutrition Facts
Nutrition (per serving): 87.1 calories; 2.6g total fat; 8.9mg sodium; 78.6mg potassium; 15.1g carbohydrates; 1.2g fiber; 6.8g sugar; 1.4g protein.

Carob Balls – No Bake

A quick gluten free cookie.

- 1/3 cup honey (or brown rice syrup)
- 2 Tbsp molasses
- 1/3 cup peanut butter (or almond butter)
- 1 cup chopped almonds (or walnuts)
- 1 cup coconut, shredded
- 1/2 cup carob powder
- 1/4 cup sesame seeds, to roll in

Combine all, except sesame seeds, and form into balls. Roll in sesame seeds and chill 1 hour. Serves 16

Nutrition Facts
Nutrition (per serving): 128.6 calories; 7.6g total fat; 32.2mg sodium; 164.0mg potassium; 15.1g carbohydrates; 2.3g fiber; 11.1g sugar; 3.3g protein
Ginger Snaps

Not as snappy as grandma’s (if you leave the baking soda out) but oh so yummy.

- 3/4 cup margarine (or shortening)
- 1 cup raw sugar
- 1/4 cup molasses
- 1 cup whole wheat flour (or Gluten Free Flour Mix
- 1 cup unbleached flour see Appendix)
- 1 Tbsp ginger
- 1 Tbsp cinnamon
- 1 tsp baking soda (optional but changes texture)
- 1/2 tsp sea salt
- 2 tsp Ener-G Egg Replacer, optional (but much better)
- 1/3 cup sugar (to roll in - also optional)

Cream margarine, sugar, and molasses. Mix in remaining ingredients until well combined. Place onto prepared non-stick cookie sheet 1” apart (I use a small ice-cream scoop and flatten, very slightly, with my hand) and bake at 350ºF for 10 to 12 minutes.

Serves 30
Preparation time: 15 minutes
Cooking time: 10 minutes
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 105.4 calories; 4.9g total fat; 155.1mg sodium; 86.3mg potassium; 14.5g carbohydrates; 0.8g fiber; 6.7g sugar; 1.1g protein.

Tips ‘n’ Techniques

This one is for Jake! A retired military friend who used to share recipes on the US Air Force base.
Peanut Butter Cookies

An old favorite, a bit crumbly with a grainy texture.

- 3/4 cup margarine
- 3/4 cup peanut butter
- 1/2 tsp sea salt
- 1 cup raw plus 1 tsp molasses (or brown sugar)
- 1 cup whole wheat flour (gluten free flour see Appendix)
- 2/3 cup unbleached flour
- 2 to 3 Tbsp water
- 2 tsp Ener-G Egg Replacer, optional

Mix peanut butter, margarine, and sugars until creamy. Stir in flour until well combined. Roll into balls and place on an un-greased cookie sheet. Criss-cross top with fork and bake at 350°F for 10 minutes. Holds together better with Ener-G Egg Replacer.

Serves 24

Preparation time: 15 to 20 minutes
Cooking time: 10 minutes
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 172.7 calories; 11.5g total fat; 0mg cholesterol; 228.1mg sodium; 113.7mg potassium; 14.8g carbs; 0.7g fiber; 6.4g sugar; 4.2g protein.

Your Favourite Recipes ‘n’ Tips
Orange Oat Cookies

A low-fat cookie. Pictured on pg. 17.

- 3/4 cup honey
- 1/2 cup orange juice concentrate
- 1/2 tsp sea salt
- 1 cup quick oats
- 3/4 cup whole wheat flour
- 1 Tbsp zest from organic orange

Preheat oven to 350°F and prepare two cookie sheets. Put honey and orange juice in small pan over med/low heat for 8 minutes. Combine oats, flour, and zest in a large bowl. Stir in the honey mixture until well combined. Spoon onto cookie sheet and bake 10 to 12 minutes, until golden brown. Remove from sheet and let cool. Serves 18

Nutrition Facts
Nutrition (per serving): 90 calories; 0.4g total fat; 0mg cholesterol; 53.5mg sodium; 97.2mg potassium; 21.4g carbs; 1.2g fiber; 14.6g sugar; 1.6g protein.

Orange Dusts (Polvorones De Naranjo)

A traditional Mexician cookie, with a healthier twist.

- 1 cup margarine
- 1/2 cup raw sugar
- 1/2 cup orange juice concentrate (can use 1/2 & 1/2 water)
- 1 1/4 cups whole wheat flour (or spelt or see Appendix)
- 2 cups unbleached flour (or spelt or Kamut flour)
- 1 tsp orange extract
- 1 tsp Ener-G Egg Replacer, optional (but much better)
- 1/2 to 3/4 cup icing sugar

Cream margarine and sugar. Mix in remaining ingredients, except icing sugar, until well combined. Using a small ice cream scoop place onto prepared non-stick cookie sheet and bake at 350°F for 10 to 12 minutes. Remove from pan and dust with icing sugar before they cool!
Best Chocolate Chip Cookies

My FAVORITE! Pictured on cover. Bet you can’t eat just one.

• 1 cup non-hydrogenated margarine*
• 1 cup brown sugar (or Sucanat, but not as good)
• 1 cup raw sugar (can be reduced to 1/2 cup)
• 1/4 cup water plus 1 tsp baking soda (soda is optional)
• 1 tsp vanilla extract
• 2 Tbsp flax meal
• 2 cups unbleached flour (or see Tips)
• 1 cup whole wheat flour
• 1 1/2 cups carob chips, grain sweetened
• 1 cup chopped macadamia nuts, optional

Cream margarine, brown sugar, and raw sugar. Add flax meal, vanilla, and water, cream more. Slowly add flours while mixing. Stir in chips and nuts. Bake at 350°F for 10 to 12 minutes on unprepared non-stick cookie sheet.

Yields: about 30 medium cookies
Preparation time: 10 minutes
Cooking time: 12 minutes
Ready in: 25 minutes

Tips ‘n’ Techniques
Gluten Free: Use the Gluten Free Flour Mix in Appendix. This flour works in many recipes.

* Use 1/2 cup canola or soy oil and 1/2 cup margarine to increase the omega 3’s.
Oatmeal Raisin Cookies

Scrumptious treat, full of soluble fiber. Loaded with omega 3!

- 3/4 cup vegetable oil, use canola for Omega 3’s
- 1 Tbsp vanilla extract
- 1/2 tsp sea salt
- 1 cup Sucanat
- 1/2 cup raw sugar (or alternative, see Appendix)
- 1/2 cup ground flax seed
- 1 1/2 cups whole wheat flour (or spelt)
- 4 cups quick oats
- 1 1/2 cups raisins

Stir together oil, vanilla, sea salt, Sucanat, raw sugar and flax seed. Add flour and oats while mixing. Stir in raisins. Bake at 350°F for 15 to 20 minutes on a prepared non-stick cookie sheet. I change pans from top to bottom, half way through.

Serves 48
Preparation time: 10 minutes
Cooking time: 15 to 25 minutes
Ready in: 25 to 35 minutes

Nutrition Facts
Nutrition (per serving): 114.2 calories; 4.6g total fat; 22.4mg sodium; 102.5mg potassium; 17.2g carbohydrates; 1.8g fiber; 8.5g sugar; 2.0g protein.

Carob Chip Oatmeal Cookies

Variations:
*Omit raisins and add carob chips to above recipe. Yum, yum!
*Add chopped walnuts for even more omega 3, makes a great hiking cookie!!!
Apricot ‘n’ Orange Cookies

*A soft, drop cookie.*

- 1 1/4 cups organic corn flour
- 1 1/2 cups whole wheat flour
- 1 1/2 Tbsp Ener-G Baking Powder
- 1 cup dried apricots, chopped
- 3/4 cup raw sugar (or alternative see Appendix)
- 1/4 cup applesauce
- 3/4 cup orange juice concentrate
- 1 1/4 cups water, may need less

Preheat oven to 350°F. Combine wet ingredients. Combine dry. Stir wet into dry and drop by spoonfuls onto prepared cookie sheet. Bake at 350°F for about 10 to 15 minutes.

Serves 36

Preparation time: 15 minutes
Cooking time: 15 minutes
Ready in: 30 minutes

*Nutrition Facts*

Nutrition (per serving): 65.5 calories; 0.3g total fat; 0mg cholesterol; 1.7mg sodium; 116.2mg potassium; 15.5g carbs; 1.3g fiber; 8.0g sugar; 1.2g protein.

*Your Favourite Recipes ‘n’ Tips*
Apricot ‘n’ Orange Cookies - GF

Gluten Free version

- 2 1/4 cup gluten free flour mix (see Appendix)
- 1 cup dried apricots, chopped
- 3/4 cup raw sugar (or alternative, see Appendix)
- 1 1/2 Tbsp Ener-G Baking Powder
- 1/3 cup orange juice concentrate
- 1/4 cup water* see Tips
- 1/2 cup applesauce
- 1/4 tsp almond extract

Preheat oven to 350°F. Combine wet ingredients. Combine dry. Stir wet into dry and drop by spoonfuls onto prepared cookie sheet. Bake at 350°F for 10 to 15 minutes.

Serves 36
Preparation time: 15 minutes
Cooking time: 15 minutes
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving) (varies based on flours): 63.8 calories; 0.2g total fat; 0mg cholesterol; 1.1mg sodium; 83.5mg potassium; 15.1g carbs; 0.8g fiber; 7.5g sugar; 0.7g protein.

Tips ‘n’ Techniques

*For more intense flavour, use more orange juice concentrate and less water.
Maple Nut Cookies

A soft, moist, drop cookie.

- 1 cup unbleached flour
- 1 3/4 cups whole wheat flour
- 1 Tbsp Ener-G Baking Powder
- 3/4 cup Sucanat
- 3/4 cup hazelnuts, chopped (or walnuts)
- 3 tsp maple flavor
- 1/2 cup pure maple syrup
- 1 cup water (or soy milk)
- 1/2 cup applesauce (or oil)

Preheat oven to 350°F. Combine wet ingredients. Combine dry. Stir wet into dry and drop by spoonfuls onto prepared cookie sheet. Bake at 350°F for 10 to 15 minutes.

Serves 36

Preparation time: 15 minutes
Cooking time: 15 minutes
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 73.5 calories; 1.6g total fat; 0mg cholesterol; 2.3mg sodium; 67.0mg potassium; 13.9g carbs; 1.1g fiber; 6.0g sugar; 1.5g protein.

Tips ‘n’ Techniques
Maple syrup is a wonderful sweetener. Full of iron, calcium, and some B Vitamins, it is the sweetener with the most nutrients besides molasses.
Maple Nut Cookies - Gluten Free

An enjoyable treat for those with allergies.

- 1/2 cup chopped hazelnuts
- 1/4 cup potato flour
- 3/4 cup organic corn flour
- 1/4 cup tapioca starch
- 1 Tbsp Ener-G Baking Powder
- 1 tsp maple flavor
- 1/2 cup pure maple syrup
- 1/4 cup applesauce
- 1/2 cup soy milk

Preheat oven to 350°F. Prepare 2 cookie sheets. Mix all dry ingredients in a large bowl. Mix all wet ingredients. Combine all well, but quickly. Spoon onto cookie sheet and bake for 10 to 15 minutes.

Serves 24
Preparation time: 10 minutes
Cooking time: 15 minutes
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 60.3 calories; 1.7g total fat; 0mg cholesterol; 4.3mg sodium; 66.5mg potassium; 11.0g carbs; 0.9g fiber; 4.6g sugar; 0.9g protein.

Your Favourite Recipes ‘n’ Tips
Squirrels

Thanks Sandee! A truly chewy cookie. Very SWEET!

- 1 cup chopped dates
- 1 cup honey (or brown rice syrup for Vegans)
- 1/2 cup water
- 1/4 cup carob powder
- 1/8 tsp sea salt
- 2 tsp vanilla extract
- 1/8 tsp almond extract, optional
- 1 cup oats* (use puffed millet/rice for gluten free)
- 1 cup coconut
- 3/4 cup chopped almonds*

Cook dates and water over medium heat until soft. Add honey and boil for 10 minutes, stirring occasionally. Remove from heat and add remaining ingredients. Drop onto an oiled cookie sheet (or parchment lined) and let cool. Place in airtight container and refrigerate. Very chewy. If too chewy, let warm to room temp before serving. We like them chewy!

Serves 24
Preparation time: 10 minutes
Cooking time: 10 minutes
Ready in: 25 minutes (5 minutes to cool)

Nutrition Facts
Nutrition (per serving): 107.5 calories; 2.7g total fat; 0mg cholesterol; 11.6mg sodium; 108.2mg potassium; 21.4g carbs; 2.0g fiber; 17.2g sugar; 1.6g protein.

Tips ‘n’ Techniques

*Oats are best dextrinized first. “Fry” in a dry-stick skillet - NO OIL until golden. About 10 minutes over medium heat.

*Lightly toasted almonds are extra special! Or use cranberries in place of almonds for a lower fat treat. You can use English walnuts for extra Omega-3s.
Crusts & Shells

Rich Nutty Crust (gluten free)
Rice ‘n’ Almond Crust (gluten free)
No Oil Pie Crust (wheat free variation)
Peachy Breakfast & Photo
Easy Pastry
Easy Pastry - gluten free
Easy Pastry 12 tarts
Flakey Oat Pastry
Low Fat Oat Crust (wheat free)
Just Like Graham Crust - gluten free
Just Like Graham Crust - low fat
Just Like Graham Crust - best
Just Like Graham Crust - quickest
Carob Crust
Nutty Crust

Very high calorie for those growing youth.
Can be used raw or cooked.

- 1 cup pecans*
- 1/2 cup almonds, ground (or almond meal)
- 1/2 cup dates
- 1/4 tsp sea salt

Process all ingredients in food processor till crumbly. Press firmly into pie pan. Works best for creamy pies. Can lightly bake this at 350°F for 10 to 15 minutes.

Serves 8
Preparation time: 4 minutes
Ready in: 4 minutes

Nutrition Facts
Nutrition (per serving): 159.8 calories; 12.9g total fat; 0mg cholesterol; 59.0mg sodium; 172.1mg potassium; 11.4g carbs; 2.9g fiber; 7.9g sugar; 2.8g protein.

Tips ‘n’ Techniques
* Use English walnuts for more Omega-3’s, or black walnuts for more tryptophan. You can also use more almonds, i.e. 3/4 pecans and 3/4 almonds.
Rice ‘n’ Almond Crust

A favourite for those who can’t have wheat.

- 1/4 cups almonds, ground
- 3/4 cups brown rice flour
- 3 Tbsp water
- 2 Tbsp vegetable oil

Combine dry ingredients, and whisk water & oil well. Stir wet into dry and let stand until liquid is absorbed. Scrape into 9” pie pan and press evenly. Bake at 350°F for 5 minutes.

Serves 8

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

Nutrition Facts

Nutrition (per serving): 101.9 calories; 5.4g total fat; 0mg cholesterol; 1.3mg sodium; 64.4mg potassium; 11.9g carbs; 1.0g fiber; 0.3g sugar; 1.7g protein.

Your Favourite Recipes ‘n’ Tips
No Oil Pie Crust

*A low-fat alternative to regular pie crust.*

- 1 1/4 cups Date Walnut Spread, *pg. 123*
- 1/2 tsp sea salt
- 2 cups whole wheat flour (or spelt)
- 1/2 cup water, as needed

Combine flour and salt. Cut in Date Walnut Spread until crumbly. Stir water into mixture with a fork. Mix just enough to form dough. Add more water if needed. Roll and place into a 9” pie pan. Handle as little as possible, and be careful not to stretch the dough.

*Serves 8*

**Nutrition Facts**

Nutrition (per serving): 200.9 calories; 5.4g total fat; 0mg cholesterol; 127.2mg sodium; 157.7mg potassium; 34.0g carbs; 2.4g fiber; 7.4g sugar; 5.3g protein.

Your Favourite Recipes ‘n’ Tips
Peachy Breakfast

Warm peach cobbler makes a delicious breakfast that is quick and easy. We also enjoy cheesecakes, cream pies, and bars for breakfast. The best time of day to eat your fat is in the morning, so pies are best eaten in the morning too. Works for me.

* Peach Cobbler, pg. 10

* Whipped Topping, pg. 113

* Fresh fruit and toast.

Key for Page 35

1. Carob Pie, pg. 62
2. Peach Cobbler, pg. 10
Rear of Photo
Easy Pastry

A bit soft to work with, but nice ‘n’ flaky. Can be made wheat free.

- 3/4 cup non-hydrogenated margarine (or shortening)
- 2/3 cup unbleached flour (or oat flour or Kamut)
- 2 cups whole wheat flour (or spelt flour)
- 1/2 cup very cold water, as needed
- dash sea salt, optional

Combine flours. Chop in margarine till crumbly. Whisk water and oil well and stir in to form soft ball, add water if needed. Roll out and place into 9” pie pan. For a pre-baked crust bake at 350ºF for 15 to 20 minutes.

Yields: two 9” pies or one 9” with a top
Serves 8 double crust, 16 for single crust pie
Preparation time: 10 minutes
Cooking time: 15 to 20 minutes
Ready in: 30 minutes

**Nutrition Facts**

Nutrition for double crust (8 servings): 309.5 calories; 19.5g total fat; 0mg cholesterol; 302.0mg sodium; 132.7mg potassium; 29.9g carbs; 3.9g fiber; 0.2g sugar; 5.2g protein.

Nutrition Facts for 2 pies (16 servings): 166.3 calories; 10.8g total fat; 0mg cholesterol; 151.0mg sodium; 67.0mg potassium; 15.4g carbs; 2.0g fiber; 2.7g protein.

**Tips ‘n’ Techniques**

* You can find non-hydrogenated shortening at health food stores, but don’t forget to ask at your local grocery store too.

* Divide into two equal parts for 2 pies, or divide one a bit larger for a bottom and top. Put the larger on bottom of pie pan.

* For alternatives see list on pg. 30
Pastry – Gluten free

Use for pot pie or quiche

- 1/2 cup non-hydrogenated margarine
- 1 1/4 cups GF Flour Mix (see Appendix)
- 1/2 tsp xanthan gum (this really holds it together)
- 1/2 tsp salt
- 3 to 4 Tbsp water

Chop margarine into flour until it is the size of small peas. Stir in enough water to form soft ball. Roll out on floured surface and use as directed. See also pg. 67. Yields 1 shell. Use two batches for 9 x 13 pan or 12 tarts.

Serves 8
Preparation time: 10 minutes
Cooking time: 15 minutes
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 303.1 calories; 19.9g total fat; 0mg cholesterol; 303.0mg sodium; 108.7mg potassium; 28.4g carbs; 2.1g fiber; 0.3g sugar; 2.6g protein.

Your Favourite Recipes ‘n’ Tips
Easy Pastry - Tarts (12 or 24)

Good for tarts. For gluten free see Tips.

- 3/4 cup non-hydrogenated margarine
- 1 cup unbleached flour
- 1 cup whole wheat flour
- 4 to 6 Tbsp cold water as needed

Combine flours. Chop in margarine till size of small peas. Stir in enough water to form soft ball. Roll out and place into pie pan or muffin tin. Bake at 325°F for 20 minutes.

Serves 12 thick tarts (24 thin, lower fat, tarts)

Preparation time: 15 minutes
Cooking time: 20 to 30 minutes
Ready in: 35 to 45 minutes

Tips ‘n’ Techniques

For gluten free use recipe on page 38.

Pastries are my downfall. The one dessert I love is pastry. Tarts, turnovers, and so on. I have done a lot of work to come up with a recipe that was low in fat and still flaky. I didn’t get it as low as some would like, but it is certainly better than traditional. For a truly low-fat pastry, use page 41.
Flaky Oat Pastry

*A flaky, tender pastry. Very nice texture.*

- 2 cups oat flour (oats ground in blender work fine)
- 2 cups whole wheat flour (or sorghum)
- 1 tsp sea salt
- 3/4 cup vegetable oil
- 1/2 cup cold water, as needed

Combine flours and salt. Whisk oil and water well and stir into flours with a fork. Mix just enough to form dough. Add more water if needed. Form two balls. Roll out* (see Tips) and place into an 8” pie pan. Handle as little as possible. Bake at 350°F for 10 to 15 minutes for pre-baked crust.

Serves 8 using double crust or 18 tarts
Preparation time: 15 minutes
Cooking time: 10 to 15 minutes
Ready in: 25 to 30 minutes

*Nutrition Facts
Nutrition (per serving): 240.1 calories; 14.8g total fat; 0mg cholesterol; 158.4mg sodium; 128.3mg potassium; 23.6g carbs; 3.8g fiber; 0.3g sugar; 4.9g protein.

HALF the calories and fat if used as a single crust!

*Tips ‘n’ Techniques
* Using wax paper to roll out this dough is helpful. Just lift and flip into pan. May crumble a bit, I press into pan.

* Soft, pliable, easily worked dough.
Low Fat Oat Crust

A low-fat alternative to Just Like Graham Crust.

- 1 1/2 cups quick oats, blend 1/2 until coarse flour
- 1/2 cup applesauce (or 2 Tbsp oil and 2 Tbsp water)
- 2 Tbsp raw sugar, optional
- 1/4 tsp sea salt

Combine all gently. Press into prepared pan. Bake for 10 to 15 minutes at 350ºF or according to recipe directions if using in another recipe.

Serves 8
Preparation time: 5 minutes
Cooking time: 10 to 15 minutes
Ready in: 15 to 20 minutes

Nutrition Facts
Nutrition (per serving): 64.9 calories; 1.0g total fat; 0mg cholesterol; 59.7mg sodium; 64.6mg potassium; 11.9g carbs; 1.7g fiber; 1.8g sugar; 2.5g protein.

Your Favourite Recipes ‘n’ Tips
Just Like Graham Crust – gluten free

This is not like traditional graham crust, but is still nice.

- 3/4 cup coconut
- 3/4 cup brown rice flour
- 1/4 tsp sea salt
- 1/3 cup Tahini* (or almond butter)
- 3 to 5 Tbsp apple juice (or water)

Blend rice flour and coconut in food processor until smooth. Combine all ingredients in food processor and mix well. Press firmly into 9” pie pan. Bake at 350°F for 10 to 15 minutes.

Serves 12

Preparation time: 10 minutes
Cooking time: 10 to 15 minutes
Ready in: 20 to 25 minutes

**Nutrition Facts**

*Nutrition (per serving): 87.4 calories; 4.6g total fat; 0mg cholesterol; 45.7mg sodium; 70.4mg potassium; 10.2g carbs; 1.4g fiber; 0.6g sugar; 2.0g protein.

**Tips ‘n’ Techniques**

*Tahini is ground sesame seeds. It can usually be found in the Indian section of the grocery store. Good source for calcium!
Just Like Graham Crust - low fat

Not quite as tasty, a bit “tougher” than page 44.

- 1 1/4 cups whole wheat flour (or 1 cup brown rice flour)
- 3 Tbsp Sucanat
- 1/4 tsp sea salt
- 3 Tbsp vegetable oil
- 3 Tbsp applesauce

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

Serves 8

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

Nutrition Facts

Nutrition (per serving): 86.2 calories; 3.7g total fat; 0mg cholesterol; 41.0mg sodium; 63.9mg potassium; 12.4g carbs; 1.6g fiber; 3.3g sugar; 1.7g protein.

Your Favourite Recipes ‘n’ Tips
Just Like Graham Crust - best

This is so good you won’t need regular graham crust again.

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

Combine all dry ingredients. Stir melted margarine into dry until crumbly. Press lightly into a 9” pie pan. Bake at 350°F for 12-15 minutes or golden brown. The oil works just fine, I use it all the time. The recipe testers said this was a family favourite.

Serves 8

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

Nutrition Facts
Nutrition (per serving): 154.6 calories; 8.3g total fat; 0mg cholesterol; 259.6mg sodium; 93.2mg potassium; 18.6g carbs; 2.3g fiber; 4.9g sugar; 2.6g protein.

Tips ‘n’ Techniques

Graham crackers are also always made with baking soda, see Appendix on the harmful effects of soda.

Whole wheat flour is loaded with B Vitamins. B’s aid in proper nervous system development and protection. Certain hyperactive children have become more calm and easier to control (including self-control) when foods poor in B-vitamins, food additives and rich or irritating foods have been eliminated from their diet. I am one of them. After my mom put me on a better diet, rich in B’s, my teachers noticed the change in my behaviour and I even stopped biting my nails in class.
Just Like Graham Crust - quickest

*Very simple! Very quick!*

- 1 1/2 cups granola (no raisins is best or GrapeNuts cereal)
- 2 to 4 Tbsp water

Process granola in food processor briefly to get a course meal texture. Mix in water and press firmly into a 9” pie pan. Ready – NO BAKE!

Serves 12

*Preparation time: 5 minutes*

*Ready in: 5 minutes*

**Nutrition Facts**

Nutrition (per serving): 74.7 calories; 3.7g total fat; 0mg cholesterol; 3.4mg sodium; 81.9mg potassium; 8.1g carbs; 1.3g fiber; 3.1g sugar; 2.3g protein.

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Your Favourite Recipes ‘n’ Tips
Carob Crust

*Not quite Oreo cookie, but still absolutely fabulous!*

- 1 1/4 cups whole wheat flour (gluten free flour see Appendix)
- 1/4 cup carob powder
- 1/4 cup Sucanat
- 1/3 cup vegetable oil* (or melted non-hydrogenated margarine)
- 1/4 tsp sea salt (omit if using margarine)

Combine all ingredients and press lightly into a 9” pie pan. Bake at 350°F for 10 to 12 minutes or until “browned” on edges (this is already quite dark).

Serves 12

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

**Nutrition Facts**

Nutrition (per serving): 112.7 calories; 6.2g total fat; 0mg cholesterol; 41.8mg sodium; 79.9mg potassium; 14.2g carbs; 2.4g fiber; 4.3g sugar; 1.8g protein.

**Tips ‘n’ Techniques**

* Use melted margarine for a firmer, less crumbly crust or add a tsp of water.
Cream Pies

Lemon Chiffon Pie - Low Carb
Lemon Chiffon Pie
Pineapple Chiffon Pie
Orange Chiffon Pie
Pies, People & Purpose. Photo
Blueberry Cream Pie
Cherry Cream Pie
Creamy Millet Delight
Raspberry Millet Delight
Raspberry Cream Pie
Instant Strawberry Cream Pie
Banana Cream Pie
Carob Pie
Creamy Carob Pie
Dreamy Carob Pie
Quick Carob Pie
Coconut Cream Pie
Hazelnut Cream Pie
Carob Peanut Butter Pie

All of the above are gluten and wheat free. Be sure to use the appropriate crust.
Lemon Chiffon Pie - Low Carb

Low in sugars, great for diabetics.

- 1/2 cup raw cashews
- 1/4 cup water
- 1/2 cup fresh lemon juice
- 4 to 6 Tbsp agave nectar (or honey or alternative)
- 1 pkg silken tofu, extra firm (12 oz pkg)
- 1/2 cup water
- 1 1/2 Tbsp Vegetarian Jel (see pg. 146 for alternatives)
- Just Like Graham Crust, pgs. 42 to 45

Blend cashews in first amount of water and lemon juice until creamy. Add tofu and honey and blend more. Dissolve Jel in second amount of water over medium high heat, will not need to boil. Blend all together until very smooth, pour into a deep 9” pre-baked crust (or two 7”).

Serves 8

Preparation time: 15 minutes
Chilling time: 2 to 4 hours
Ready in: about 4 hours

Nutrition Facts

Nutrition (per serving): 95.3 calories; 4.6g total fat; 0mg cholesterol; 28.5mg sodium; 138.0mg potassium; 10.4g carbs; 0.4g fiber; 7.3g sugar; 4.7g protein.

Tips ‘n’ Techniques

We have made this recipe for traveling several times because it holds together so well and lemons are good with anything.
Lemon Chiffon Pie

Our favorite traveling treat!

- 1/2 cup raw cashews
- 1/4 cup water
- 1/3 cup fresh lemon juice
- 1/2 tsp lemon zest (or 1/8 tsp lemon extract/oil)
- 1/2 cup raw sugar (or agave nectar or alternative)
- 1 pkg silken tofu, extra firm (12oz)
- 1/2 cup water
- 1 1/2 Tbsp Vegetarian Jel (see pg. 146 for alternatives)
- Just Like Graham Crust, pgs. 42 to 45

Blend cashews in first amount of water and lemon juice until creamy. Add tofu, honey, and stevia and blend more. Dissolve Jel in second amount of water over medium-high heat, will not need to boil. Blend all together until very smooth, pour into 9” pre-baked crust. Chill for 4 hours. Serves 8

Nutrition Facts
Nutrition (per serving): 120 calories, 4.6g total fat, 0mg cholesterol, 28.3mg sodium, 132.1mg potassium, 16.5g carbohydrates, <1g fiber, 13.6g sugar, 4.7g protein.

Your Favourite Recipes ‘n’ Tips
Pineapple Chiffon Pie

Light ‘n’ tasty pineapple treat.

- 1/2 cup raw cashews
- 1/4 cup pineapple juice (from crushed pineapple)
- 4 Tbsp agave nectar (or honey or 1/4 tsp stevia)
- 1 pkg silken tofu, extra firm (12oz pkg)
- 1/2 cup water
- 1 1/2 Tbsp Vegetarian Jel (see pg. 146 for alternatives)
- 1 can (19oz) crushed pineapple (drain juice for above)
- Just Like Graham Crust, pg. 42 to 45

Blend cashews and pineapple juice until creamy. Add tofu, agave nectar and blend more. Dissolve Jel in water over medium high heat, do not need to boil. Blend all together until very smooth, pour into deep 9” pre-baked crust (or two 7”). Chill in refrigerator for 4 to 6 hours.

Serves 8
Preparation time: 15 minutes
Chilling time: 2 to 4 hours
Ready in: about 4 hours

Nutrition Facts

Nutrition (per serving): 111.7 calories; 4.7g total fat; 0mg cholesterol; 28.8mg sodium; 201.6mg potassium; 14.2g carbs; 0.9g fiber; 11.2g sugar; 4.9g protein.

Tips ‘n’ Techniques

I myself am not a pineapple lover, but my husband and son are. My son loves to have a couple dried pineapple rings for supper.
Orange Chiffon Pie

A tasty dessert or have for breakfast.

- 1/2 cup orange juice, fresh best
- 1/2 cup raw cashews
- 1/3 cup honey (or agave nectar)
- 1/4 cup orange juice concentrate
- 1 pkg silken tofu, extra firm (12oz pkg)
- 1/2 cup orange juice, fresh best
- 2 Tbsp Vegetarian Jel (see pg. 146 for alternatives)
- Just Like Graham Crust, pgs. 42 to 45

Blend cashews in first amount of orange juice until creamy. Add tofu, honey, and orange juice concentrate, and blend more. Dissolve Jel in second amount of orange juice over medium high heat, will not need to boil. Blend all together until very smooth, pour into deep 9” pre-baked crust (or two 7”). Serves 8

Nutrition Facts

Nutrition (per serving): 137.3 calories; 4.7g total fat; 0mg cholesterol; 28.9mg sodium; 247.7mg potassium; 20.5g carbs; 0.5g fiber; 17.6g sugar; 5.1g protein.

Your Favourite Recipes ‘n’ Tips

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Our cookbook testers quickly found out one can have too much pie. So off to the neighbors. This is a wonderful way to share your love and healthy cooking. Many people who would never have tried whole wheat crust feel obligated to eat a gift. And surprise, surprise, they find it tastes good after all. Be sure to pick a family favourite and avoid the unusual at first.

Key for Page 53
Raisin Pecan Pie, pg. 81
Rear of Photo
Blueberry Cream Pie

A wonderful, cool treat!

- 1 cup vanilla soy milk (use soy creamer for extra rich)
- 1/4 cup honey
- 2 1/2 Tbsp Vegetarian Jel (see pg. 146 for alternatives)
- 1/2 cup grape juice concentrate
- 3 cups fresh or partly thawed blueberries
- Just Like Graham Crust, pgs. 42 to 45

Dissolve Jel in grape juice concentrate over medium heat. Blend all ingredients well in blender and pour into pre-baked crust. Chill 4 to 6 hours and serve. For an extra special treat, top with Blueberry Topping, pg. 118, or better yet, 2 cups fresh blueberries.

Serves 8

Preparation time: 15 to 20 minutes

Chilling time: 3 1/2 to 6 hours

Ready in: 5 to 6 hours

Nutrition Facts

Nutrition (per serving): 111.5 calories; 0.8g total fat; 0mg cholesterol; 19.1mg sodium; 98.7mg potassium; 26.1g carbs; 1.8g fiber; 22.2g sugar; 1.9g protein.

Your Favourite Recipes ‘n’ Tips

Vol. 4: Pies, Cobblers, Cookies & Cheesecakes
Cherry Cream Pie

A scrumptious dessert you’ll want to share.

- 1/2 cup millet
- 1/2 cup soy creamer
- 1 1/2 cups hot water
- 1/4 cup soy creamer, Silk French Vanilla best
- 1/4 cup honey (or 1/3 cup raw sugar)
- 1 Tbsp lemon juice, fresh best
- Carob Crust, pg. 46
- Cherry Pie Filling, pg. 119

Bring millet, 1/2 cup soy creamer, and water to a boil, reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients. Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into a pre-baked 9” crust and top with cherry pie filling. Chill until set, about 4 to 6 hours.

Serves 8
Preparation time: 15 to 20 minutes
Chilling time: 3 1/2 to 6 hours
Ready in: 5 to 6 hours

Nutrition Facts

Nutrition (per serving): 112.9 calories; 3.5g total fat; 0mg cholesterol; 13.2mg sodium; 60.4mg potassium; 19.5g carbs; 1.1g fiber; 9.5g sugar; 2.1g protein.

Tips ‘n’ Techniques

Can use cherry pie filling on many cheesecake recipes too!
Creamy Millet Delight

A delicious and nutritious taste bud treat.

- 1/2 cup millet
- 2 cups hot water
- 1/4 cup soy creamer, French Vanilla best, as needed
- 1/4 cup honey (or 1/3 cup raw sugar or other alternative)
- 2 Tbsp lemon juice, fresh best
- Just Like Graham Crust, pgs. 42 to 45
- Raspberry Topping, pg. 117 (or any fruit topping)

Bring millet and water to a boil, reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients, except soy creamer. Blend until smooth, stop, stir, blend, stop, stir, blend, etc. Adding soy creamer as needed, the less you use the firmer the pie will be. Pour into baked 9” crust and top with fruit topping. Refrigerate to set, about 2 to 4 hours. Can set in a hurry - use the freezer for 1 hour.

Serves 8
Preparation time: 15 to 20 minutes
Chilling time: 3 1/2 to 6 hours
Ready in: 5 to 6 hours

Nutrition Facts
Nutrition (per serving): 127.3 calories; 1.6g total fat; 7.1mg sodium; 86.0mg potassium; 27.6g carbohydrates; 1.8g fiber; 14.6g sugar; 1.8g protein.

Tips ‘n’ Techniques
Use fresh fruit sliced onto this recipe for a healthy meal; bananas are good as are berries.

Raspberry Millet Delight

My husband’s specialty while at AFCOE!

- 1/2 cup millet
- 2 cups hot water
- 1/2 cup raw cashews
- 1/4 to 1/3 cup honey
- 1/4 cup lemon juice, fresh best
- 1 tsp vanilla extract, optional
- Just Like Graham Crust, pgs. 42 to 45
- Raspberry Topping, pg. 117

Bring millet and water to a boil. Reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients. (Except crust and raspberry topping.) Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked 9” crust, let cool 15 minutes, and top with raspberry topping. Chill until set.

Serves 8

Preparation time: 15 to 20 minutes
Chilling time: 3 1/2 to 6 hours
Ready in: 5 to 6 hours

Nutrition Facts

Nutrition (per serving): 164.7 calories; 4.4g total fat; 0mg cholesterol; 4.4mg sodium; 135.7mg potassium; 29.7g carbs; 2.1g fiber; 15.0g sugar; 3.1g protein.

Tips ‘n’ Techniques

If topping slides off the millet base, you waited too long to add the raspberry topping. Try sooner next time.

Can use this with many topping variations as you would a cheesecake.
Raspberry Cream Pie

A variation from the Raspberry Millet Delight.

- 1/2 cup millet
- 1/2 cup soy creamer
- 1 1/2 cups raspberry juice plus water to equal amount
- 1/4 cup soy creamer, French Vanilla best
- 1/4 cup honey
- 1 1/2 cups thawed raspberries, use juice to cook millet
- 2 Tbsp lemon juice, fresh best
- 3 Tbsp Vegetarian Jel (see pg. 146 for alternatives)
- Just Like Graham Crust, pgs. 42 to 45
- Raspberry Topping, pg. 117

Drain raspberries. Bring millet, raspberry juice and water to equal 1 1/2 cups to a boil, reduce heat and let simmer on very low for 40 minutes. Dissolve Jel in soy creamer over medium heat. Place into blender with remaining ingredients. Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked 9” crust and top with raspberry topping. Chill until set, about 3 to 6 hours.

Serves 8
Preparation time: 15 to 20 minutes
Chilling time: 3 1/2 to 6 hours
Ready in: 5 to 6 hours

Nutrition Facts
Nutrition (per serving): 197.5 calories; 3.7g total fat; 0mg cholesterol; 14.8mg sodium; 158.1mg potassium; 40.9g carbs; 3.9g fiber; 25.3g sugar; 2.6g protein.

Tips ‘n’ Techniques
Use fresh fruit sliced onto this delicious cream pie for a healthy, well-rounded meal.
Instant Strawberry Cream Pie

Great if you have unexpected company!

- 1 pkg Mori Nu Silken Tofu, extra firm
- 1/4 cup raw sugar (3 Tbsp honey or dash of stevia)
- 1 Tbsp vanilla extract
- 1 cup fresh strawberries
- Strawberry Topping, pg. 115
- Just Like Graham Crust, pgs. 42 to 45

Process tofu, raw sugar, and vanilla in food processor on high until very smooth. Pour into baked crust, chop in fresh strawberries, and carefully put Strawberry Topping on. Be sure the strawberry topping is cool. Chill 4 hours and serve. If you don’t have fresh strawberries, you can leave them out. Serve with whip topping if desired.

Serves 8

Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 112.5 calories; 1.0g total fat; 0mg cholesterol; 28.9mg sodium; 194.9mg potassium; 22.4g carbs; 1.3g fiber; 17.2g sugar; 3.6g protein.

Tips ‘n’ Techniques
It is always nice to have a quick dessert you can whip up if company comes. If you don’t have time for the strawberry topping, use all fruit jam, or canned cherry pie filling. For a quick crust just use some granola in a pan.
Banana Cream Pie

This was declared “A Keeper” by the testing crew!

- 1/3 cup raw cashews
- 1/2 cup cooked rice
- 1/4 cup raw sugar (or honey or stevia to taste)
- 1 tsp vanilla extract
- 2 1/2 cups soy milk
- 3 med bananas, sliced
- 1/3 cup cornstarch
- 1/8 tsp sea salt, optional
- Whipped Topping, pg. 113
- Just Like Graham Crust, pgs. 42 to 45

Blend all, except bananas, whipped topping & crust, until smooth. Pour into saucepan and cook over medium heat until thick. Cool. Stir in 2 bananas and pour into pre-baked crust. Top with another sliced banana, then with Whipped Topping. Chill and serve.

Serves 8  
Ready in: 4 to 6 hours

Nutrition Facts
Nutrition (per serving): 156.0 calories; 4.0g total fat; 0mg cholesterol; 69.8mg sodium; 294.1mg potassium; 27.9g carbs; 1.9g fiber; 13.4g sugar; 3.8g protein.
Carob Pie

Very dark ‘n’ delectable. Another quick dessert, pictured on pg. 35.

- 1 cup dates, pitted and chopped
- 3/4 cup water
- 1/3 cup cornstarch
- 1/4 cup carob powder
- 2 cups soy milk, vanilla best!
- 1 to 3 Tbsp raw sugar (or honey or stevia to taste)
- 1/2 tsp vanilla extract
- Just Like Graham Crust, pgs. 42 to 45

In saucepan simmer dates and water over medium heat until soft (5 to 8 minutes). Combine all in blender and blend till smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping.

Serves 8

Preparation time: 15 to 20 minutes

Chilling time: 3 1/2 to 6 hours

Ready in: 5 to 6 hours

Nutrition Facts

Nutrition (per serving): 128.4 calories; 1.3g total fat; 0mg cholesterol; 36.4mg sodium; 249.1mg potassium; 29.0g carbs; 3.9g fiber; 17.4g sugar; 3.5g protein.

Tips ‘n’ Techniques

Some tips for healthier menus:

* Reduce and eliminate “empty calorie” foods - such as soda pop, high sugar desserts with white flour, etc.
* Increase the whole grains, breads, and cereals.
* Increase the fruit and veggies on your plate, this will crowd out the undesirables.
* Make sauces, gravies, and dressings rich in flavour with herbs, to make up for the low-fat.
Creamy Carob Pie

Rich ‘n’ creamy! Good for those hardworking folks.

- 1 cup dates, pitted and chopped
- 1 cup water
- 1/2 cup cornstarch
- 1/4 cup carob powder
- 1/8 tsp almond flavour
- 1 1/2 cups soy milk, vanilla best!
- 1 can coconut milk
- 1 tsp vanilla extract
- Just Like Graham Crust, pgs. 42 to 45
- Coconut Whip, pg. 113, or other, optional

In saucepan simmer dates and water until soft, 5 to 8 minutes, over medium heat. Combine all in blender until smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with Coconut Whip or other Whipped Topping as desired.

Serves 8

Preparation time: 15 to 20 minutes
Chilling time: 3 1/2 to 6 hours
Ready in: 5 to 6 hours

Nutrition Facts

Nutrition (per serving): 229.3 calories; 12.2g total fat; 0mg cholesterol; 35.0mg sodium; 346.1mg potassium; 30.7g carbs; 3.7g fiber; 16.0g sugar; 3.8g protein.

Tips ‘n’ Techniques

Raw carob powder is darker and tastier (in my opinion) than roasted. I believe it to be healthier, too.
Dreamy Carob Pie

A real crowd pleaser:

• 1 recipe Carob Pie, your choice, pgs. 62, 63 or 65
• 1 cup lightly roasted almonds
• 2 to 3 cups Whipped Topping, pg. 113

Prepare chosen carob pie and pour into pre-baked 9” crust (reserving 1/2 cup), let cool and make Whipped Topping. Sprinkle almonds over carob pie. Stir 1/2 cup of carob mixture into Whipped Topping and place onto pie; chill 4 hours.

Serves 8
Preparation time: 15 to 20 minutes
Chilling time: 3 1/2 to 6 hours
Ready in: 5 to 6 hours

Your Favourite Recipes ‘n’ Tips
Quick Carob Pie

Excellent flavor. Smooth, creamy texture.

- 3/4 cup dates (or use 4 to 6 Tbsp agave nectar)
- 1/2 cup water (omit if using agave nectar)
- 12 oz silken tofu, extra firm
- 1 cup carob chips, grain sweetened
- 1/4 tsp almond extract
- 2 cups Whipped Topping, pg. 113
- Just Like Graham Crust, pgs. 42 to 45

In saucepan simmer dates and water until soft, 5 to 8 minutes over medium heat. Combine all in blender and blend till smooth. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping.

Serves 8

Preparation time: 10 minutes
Cooking time: 15 minutes
Chilling time: about 4 hours
Ready in: 2 to 4 hours

Nutrition Facts
Nutrition (per serving): 199.4 calories; 5.5g total fat; 0mg cholesterol; 67.6mg sodium; 269.1mg potassium; 31.6g carbs; 1.4g fiber; 16.6g sugar; 7.8g protein.

Tips ‘n’ Techniques

Be sure your children are getting enough calories. If you are eating whole foods, rich in fiber and low in fat, sometimes children get the lean end of the deal because mom and dad need to reduce their fat. Many children in the traditional American diet get way too much fat, but one can err on the other side. Children can become overfull with all the fiber and roughage and not get enough nutrients unless they overeat for their size. Be careful in limiting children in nuts, beans, grains, and other rich foods. Better they eat that first and salad after than to overextend their delicate stomachs. This does happen.
Coconut Cream Pie

Many reviews over this one at fellowship meals. Pictured on pg. 71.

- 1 1/2 cups vanilla soy milk
- 1/4 cup agave nectar (or 1/2 cup raw sugar)
- 1/3 cup cornstarch
- 1 can coconut milk, 14 oz
- 1 Tbsp vanilla extract
- 1 1/2 cups coconut
- Just Like Graham Crust, pgs. 42 to 45

Combine all ingredients, except coconut (and crust of course). Whisk in a medium saucepan over medium heat until it thickens. Remove from heat and stir in coconut. Pour into pre-baked crust and chill about 4 hours. Top with whipped topping and serve. For a VERY special treat, see variation below.

Serves 8
Preparation time: 10 minutes
Cooking time: 20 minutes
Chilling time: about 4 hours
Ready in: 4 hours

Nutrition Facts

Nutrition (per serving): 232.9 calories; 16.5g total fat; 0mg cholesterol; 68.3mg sodium; 218.9mg potassium; 19.4g carbs; 1.2g fiber; 10.5g sugar; 3.6g protein.

Dreamy Coconut Cream Pie

Let filling cool in saucepan to room temperature and stir in 2 cups of whipped topping. Pour into crust and let chill in fridge 2 to 4 hours. Serve with a dollop of whipped topping on each serving.
Hazelnut Cream Pie

*A new flavour for many people, try it!*

- 4 cups vanilla soy milk (or other see Appendix)
- 1/2 cup hazelnuts
- 1/2 cup cornstarch
- 1/4 cup raw sugar (or honey or stevia to taste)
- 2 to 4 tsp vanilla extract
- 3/4 cup chopped hazelnuts
- Just Like Graham Crust, pgs. 42 to 45

Blend hazelnuts with just enough milk to cover until very smooth. Add remaining ingredients (except second batch of hazelnuts) and blend all until smooth. Stir in hazelnuts and pour into saucepan. Cook over medium heat until thick and comes to a boil; pour into pre-baked crust. Chill 4 to 5 hours and serve with Whipped Topping, pg. 113. For extra treat melt 1 cup of carob chips over the hot crust after it is baked, before adding the filling.

Serves 8

Preparation time: 10 minutes
Cooking time: 15 minutes
Chilling time: about 4 hours
Ready in: about 5 hours

*Nutrition Facts*

Nutrition (per serving): 231.1 calories; 13.3g total fat; 0mg cholesterol; 68.9mg sodium; 275.1mg potassium; 22.5g carbs; 3.4g fiber; 7.1g sugar; 8.2g protein.

*Your Favourite Recipes ‘n’ Tips*
Carob Peanut Butter Pie

Nice combination. Good for meal time. Rich!

- 2 to 4 Tbsp honey (or stevia to taste)
- 12 oz silken tofu, extra firm
- 3/4 cup carob chips, grain sweetened
- 3/4 cup peanut butter
- 1/4 tsp almond extract
- 1/4 cup carob chips, grain sweetened
- Just Like Graham Crust, pgs. 42 to 45

In saucepan melt first batch of carob chips over low heat. Combine all in blender and blend till smooth. Pour into pre-baked crust, melt second batch of chips and drizzle on as garnish*. Chill 4 hours.

Serves 8
Preparation time: 10 minutes
Cooking time: 15 minutes
Chilling time: about 4 hours
Ready in: 4 hours

Nutrition Facts
Nutrition (per serving): 251.8 calories; 16.5g total fat; 0mg cholesterol; 142.0mg sodium; 225.2mg potassium; 20.9g carbs; 1.5g fiber; 12.0g sugar; 9.2g protein.

Tips ‘n’ Techniques
* Some carob chips melt better than others. I use Sunspire Vegan Grain-Sweetened chips and they work very well on VERY low heat. If the stove is too hot, they will get thick and dry.
Fruit Pies & Miscellaneous Pies

Light Lemon Supper & Photo
No-Bake Blueberry Pie
Lemon Pie - low carb
Favourite Lemon Pie
Citrus Pie
Fresh Strawberry Pie
Apple Pie - No Sugar, No honey
Easy Apple Pie
Blueberry Pie
Huckleberry Pie
Raisin Pecan Pie
Nutty Apple Pie
Raisin Apple Pie
Caramel Apple Pie
Raisin Pie
Pumpkin Pie
Pumpkin Chiffon Pie
Apple Crisp Morning & Photo
Old-Fashioned Oatmeal Pie
Z Lemon Pie

All of the above are suitable for gluten free, unless you do not use oats, then Old-fashion Oatmeal Pie is off limits.
Light Lemon Supper

Suppers should be light or not at all. A low fat dessert with a piece of fresh fruit is a good choice.

* Lemon Pie, pgs. 74, 75

* Whipped Topping of choice, pg. 113

* Fresh fruit

Key for Page 71
1. Whipped Topping, pg. 113
2. Lemon Pie, pg. 75
3. Coconut Cream Pie, pg. 66
No-Bake Blueberry Pie

*A very scrumptious dessert that is great with fresh berries.*

- 1 pkg raspberry or strawberry Vegetarian Jel*
- 2 1/2 cups fresh or frozen blueberries
- Just Like Graham Crust, pgs. 42 to 45
- 1 cup Whipped Topping, pg. 113

Prepare Jel according to package directions, but reduce liquid by 1/2 cup or so. Refrigerate until gelatin mounds when dropped from spoon and is almost set, about 2 hours. Stir in blueberries gently. Spoon into pie crust; cover and refrigerate until set, 3 to 4 hours. This works well with some varieties, and ok with others see Appendix. Top pie with Whipped Topping.

Serves 8

Preparation time: 10 minutes
Chilling time: about 4 hours
Ready in: about 5 to 6 hours

**Nutrition Facts**

Nutrition (per serving): 55.2 calories; 0.7g total fat; 0mg cholesterol; 18.6mg sodium; 82.0mg potassium; 10.2g carbs; 1.1g fiber; 4.8g sugar; 2.4g protein.

**Tips ‘n’ Techniques**

*In place of Raspberry Jel you can use 1 heaping Tbsp plain Vegetarian Jel, plus 1/3 cup grape juice concentrate. Very nice!
Lemon Pie - low carb

A low sugar variation.

- 1 can frozen apple juice concentrate
- 1 cup water
- 3/4 cup fresh orange juice
- 2 med lemons, juice and zest (zest optional)
- 1/4 cup agave nectar (or honey or raw sugar)
- 2/3 cup cornstarch
- 1/4 tsp sea salt
- Just Like Graham Crust, pgs. 42 to 45

Blend all together in blender well. May need to adjust lemon juice. Larger lemons make this quite zingy, which our family likes. Pour into medium saucepan and cook over medium heat until thick. Pour into pre-baked crust, chill, and serve with whipped topping.

Serves 8
Preparation time: 15 minutes
Cooking time: 7 to 10 minutes
Chilling time: about 3 hours
Ready in: 2 to 4 hours

Nutrition Facts
Nutrition (per serving): 127.7 calories; 0.1g total fat; 0mg cholesterol; 67.5mg sodium; 183.3mg potassium; 32.2g carbs; 0.3g fiber; 20.6g sugar; 0.4g protein.

Your Favourite Recipes ‘n’ Tips
Favourite Lemon Pie

_A traditional favorite with a topping change._

*Our favorite, pictured on pg. 71.*

- 1 can frozen apple juice concentrate
- 3/4 cup water
- 1 med orange, juiced (3/4 cup of juice)
- 1 to 2 med lemons, juiced (about 1/3 to 1/2 cup)
- 1 Tbsp lemon zest
- 1/8 tsp lemon oil or extract, optional
- 1/2 cup raw sugar (or alternative, see Appendix)*
- 1/3 cup cornstarch
- 1/4 tsp sea salt
- **Just Like Graham Crust, pgs. 42 to 45**

Combine all and pour into medium saucepan and cook over medium heat until thick. Pour into pre-baked crust, chill, and serve with whipped topping.

Serves 8

*Preparation time: 10 minutes*

*Cooking time: 7 to 10 minutes*

*Chilling time: about 3 hours*

*Ready in: 3 to 5 hours*

_Nutrition Facts_

_Nutrition (per serving): 119 calories, <1g total fat, 0mg cholesterol, 66.4mg sodium, 149.2mg potassium, 29.9g carbohydrates, <1g fiber, 23.8g sugar, <1g protein._

_Tips ‘n’ Techniques_

*If you are new to healthy cooking or have a sweet tooth, add 1/4 cup more raw sugar.*
Citrus Pie

A zingy summer pie that’s a change from lemon.

- 1 can frozen apple juice concentrate
- 1 cup fresh orange juice
- 1 med lime, juice and zest, zest optional
- 1 lrg lemon, juice and zest, zest optional
- 1/2 cup cornstarch
- 1/4 tsp sea salt
- Just Like Graham Crust, pgs. 42 to 45

Blend all ingredients together well in a blender. Pour into medium saucepan and cook over medium heat until thick. Pour into pre-baked crust, chill and serve with whipped topping.

Serves 8
Ready in: 3 to 4 hours

Nutrition Facts
Nutrition (per serving): 135.0 calories; 0.3g total fat; 0mg cholesterol; 73.1mg sodium; 313.3mg potassium; 33.2g carbs; 0.2g fiber; 23.3g sugar; 0.6g protein.
Fresh Strawberry Pie

*Lovely on a hot summer day.*

- 3/4 cup strawberries, pureed
- 1/4 cup honey (or agave nectar)
- 1 cup boiling water
- 1/4 cup cornstarch
- 2 cups strawberries, sliced
- 1 Just Like Graham Crust, pgs. 42 to 45

Combine pureed strawberries, water, honey, & cornstarch in a saucepan. Cook over medium heat until thick. Stir in sliced strawberries and pour into pre-baked crust. Chill 2 to 4 hours and serve.

Serves 8

Preparation time: 15 minutes  
Cooking time: 7 to 10 minutes  
Chilling time: about 3 hours  
Ready in: 4 hours

**Nutrition Facts**

Nutrition (per serving): 67.7 calories; 0.2g total fat; 0mg cholesterol; 2.0mg sodium; 102.4mg potassium; 17.2g carbs; 1.3g fiber; 11.6g sugar; 0.5g protein.

**Tips ‘n’ Techniques**

Strawberries are antiviral and have anticancer properties, probably due to the antioxidants which destroy free radicals. People who eat strawberries frequently are less likely to develop cancer. It is always best to wash fruit and purchase organic when possible. An interesting note, strawberries are believed to be one of the highest pesticide carriers of fruit¹ and yet the studies still show less cancer. So what’s inside is more important than what is outside. I guess God is bigger than the Devil! Good to know.

¹Dr.Greene.com, foodnews.org, and others.
Apple Pie - No Sugar, No honey

**VERY appetizing and full of flavor:**

- 5 to 7 lrg apples, peeled and sliced
- 1/2 can frozen apple juice concentrate
- 1/2 tsp cardamom (or cinnamon)
- 1/8 tsp sea salt
- Pastry, pgs. 37 to 41

Simmer all until thick (except crust of course). Pour into crust and top with crust. Bake at 375°F for 30 to 40 minutes. Serves 8

**Nutrition Facts**

Nutrition (per serving): 82.6 calories; 0.2g total fat; 0mg cholesterol; 43.0mg sodium; 190.9mg potassium; 21.1g carbs; 1.1g fiber; 18.3g sugar; 0.4g protein.

Easy Apple Pie

**VERY delicious!**

- 6 to 7 cups fresh apples, peeled and sliced
- 1/4 cup Sucanat
- 1/2 tsp cardamom (or cinnamon)
- 2 Tbsp whole wheat flour (or 1 Tbsp cornstarch)
- 1/8 tsp sea salt
- Pastry, pgs. 37 to 41

Combine all and spoon into bottom crust. Top with top crust. Bake at 375°F for 45 to 60 minutes. Serve with Vanilla Ice Cream, vegan of course! Serves 8

**Nutrition Facts**

Nutrition (per serving): 65.1 calories; 0.1g total fat; 0mg cholesterol; 31.5mg sodium; 99.9mg potassium; 16.9g carbs; 1.4g fiber; 13.1g sugar; 0.5g protein.
Blueberry Pie

VERY scrumptious and healthy too. Pictured on cover.

• 4 cups blueberries, fresh or frozen*
• 2 to 3 Tbsp agave nectar (or honey or 1/8 tsp stevia or 1/3 cup grape juice concentrate or raw sugar)
• 3 Tbsp whole wheat flour (or tapioca starch)
• Pastry, pgs. 37 to 41

Stir all together (except crust of course). Use 4 Tbsp flour for frozen berries. Pour into bottom crust and top with a top crust. Bake at 375°F for 30 to 40 minutes (*add 20 minute longer for cooking time with frozen berries). Serve warm with Frozen Fruit Cream, pg. 122, or Whipped Topping, pg. 113.

Serves 8

Preparation time: 15 minutes
Cooking time: 40 minutes
Ready in: 55 minutes

Nutrition Facts

Nutrition (per serving): 65.6 calories; 0.3g total fat; 0mg cholesterol; 1.0mg sodium; 67.2mg potassium; 16.6g carbs; 2.1g fiber; 11.3g sugar; 0.9g protein.

Tips ‘n’ Techniques

Blueberries act as an unusual type of antibiotic by blocking attachment of bacteria that cause urinary tract infections, and thus is as effective as cranberry juice in that role. Blueberries also contain chemicals that curb diarrhea and antiviral activity. High in natural
Huckleberry Pie

My husband’s favorite pie.

- 4 cups Huckleberries fresh or frozen
- 2 to 3 Tbsp agave nectar (or honey or raw sugar)
- 3 to 4 Tbsp whole wheat flour (or tapioca starch)
- 1 tsp lemon juice, fresh best, optional
- Pastry, pgs. 37 to 41

Stir all together (except crust of course). Use 4 Tbsp flour for frozen berries. Pour into bottom crust and top with a top crust. Bake at 375°F for 45 to 50 minutes. Serve warm with Frozen Fruit Cream, pg. 122 or Whipped Topping, pg. 113.

Serves 8
Preparation time: 15 minutes
Cooking time: 50 minutes
Ready in: 65 minutes

Nutrition Facts

Nutrition (per serving): 65.8 calories; 0.3g total fat; 0mg cholesterol; 1.0mg sodium; 68.0mg potassium; 16.6g carbs; 2.1g fiber; 11.3g sugar; 0.9g protein.

Tips ‘n’ Techniques

I grew up on the west coast of BC, and there we have red huckleberries. When I met my husband, he introduced me to blue huckleberries. I was sure they were just wild blueberries, but no, they are different. I still like the red ones best, but you try to pick enough for a pie!
Raisin Pecan Pie

*The ultimate in sweet ‘n’ tasty. Pictured on pg. 53.*

- 2 cups raisins
- 2 cups water
- 3 Tbsp arrowroot (or 2 Tbsp cornstarch)
- 1 to 2 Tbsp cornstarch
- 1/2 cup pecans
- 1/4 cup Sucanat (or raw sugar plus 2 tsp molasses)
- 1/4 cup pure maple syrup
- Pastry, pgs. 37 to 41

Simmer raisins and water until thick. Add remaining ingredients and pour into bottom crust and top with a top crust. Bake at 375°F for 30 to 40 minutes.

Serves 8
Preparation time: 15 minutes
Cooking time: 40 minutes
Ready in: 55 minutes

*Nutrition Facts*

_Nutrition (per serving): 226.2 calories; 5.1g total fat; 0mg cholesterol; 8.6mg sodium; 375.1mg potassium; 47.9g carbs; 2.3g fiber; 35.5g sugar; 1.9g protein._

Your Favourite Recipes ‘n’ Tips
**Nutty Apple Pie**

*A bit crunchy & quite delicious. A great breakfast treat. Full of protein and other nutrients. Pictured on pg. 125.*

- 5 to 7 large apples, peeled and sliced
- 1/2 can frozen apple juice concentrate
- 1/2 tsp cardamom (or cinnamon)
- 1 cup chopped nuts (almonds in nutritional analysis)
- Pastry, pgs. 37 to 41
- Crisp Topping, pgs. 6 or 7

Simmer all until thick (except crust and topping of course). Pour into bottom crust and top with crisp topping. Bake at 375°F for 30 to 40 minutes.

Serves 8

**Preparation time:** 15 minutes

**Cooking time:** 40 minutes

**Ready in:** 55 minutes

**Nutrition Facts**

Nutrition (per serving): 342.9 calories; 14.5g total fat; 0mg cholesterol; 160.4mg sodium; 415.7mg potassium; 49.2g carbs; 5.6g fiber; 25.5g sugar; 7.5g protein.

**Tips ‘n’ Techniques**

Apples are one of the least expensive fruits to purchase organic and this makes for a good choice as apples are one of the highest fruits with pesticides in them even after washing. The 12 worse are: apples, bell peppers, celery, cherries, grapes (imported), nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries. These should be purchase organic whenever possible. The 12 least contaminated are: asparagus, avocados, bananas, broccoli, cauliflower, corn (sweet), kiwi, mangos, onions, papaya, pineapples, and peas (sweet). These are generally regarded as safe non-organic. While washing will not remove most of the pesticides, it does remove some and it removes E-coli and other contaminates. See [www.ewg.org](http://www.ewg.org) for more info.
Raisin Apple Pie

*Tasty good.*

- 5 to 7 lrg apples, peeled and sliced
- 1/4 cup Sucanat
- 3 Tbsp whole wheat flour (or 2 Tbsp cornstarch)
- 1/2 tsp cardamom (or cinnamon)
- 1/2 cup raisins
- 1/8 tsp sea salt
- Pastry, pgs. 37 to 41

Stir all together, except pastry, pour into bottom crust and top with a crust. Bake at 375°F for 30 to 40 minutes.

Serves 8

Preparation time: 15 minutes
Cooking time: 40 minutes
Ready in: 55 minutes

*Nutrition Facts*

Nutrition (per serving): 97.9 calories; 0.2g total fat; 0mg cholesterol; 39.6mg sodium; 178.7mg potassium; 25.4g carbs; 1.8g fiber; 19.0g sugar; 0.9g protein.

**Tips ‘n’ Techniques**

To make this pie sugar free use the Apple Pie recipe on page 78 and stir in 1 1/2 cups raisins just before putting into crust.
Caramel Apple Pie

VERY luscious for those who love sweet.

- 5 to 7 lrg apples, peeled and sliced
- 1/2 can frozen apple juice concentrate
- 1/8 tsp sea salt
- Pastry, pgs. 37 to 41
- Caramel sauce, pg. 120

Simmer all until thick (except crust & caramel sauce). Pour into crust and drizzle half the caramel sauce on top. Place top crust on and bake at 375°F for 30 to 40 minutes. Drizzle more caramel sauce on each piece as you serve it.

Serves 8
Preparation time: 15 minutes
Cooking time: 40 minutes
Ready in: 55 minutes

Nutrition Facts
Nutrition (per serving): 310.6 calories; 7.2g total fat; 0mg cholesterol; 202.4mg sodium; 275.6mg potassium; 63.6g carbs; 1.0g fiber; 58.9g sugar; 0.6g protein.

Your Favourite Recipes ‘n’ Tips
Raisin Pie

Sweet ‘n’ tasty.

- 2 cups raisins
- 2 cups water
- 2 to 3 Tbsp whole wheat flour (or spelt or corn starch)
- 1/4 cup Sucanat
- 1/4 cup pure maple syrup
- Pastry, pgs. 37 to 41

Simmer raisins and water until thick. Add remaining ingredients and pour into bottom crust and top with a crust. Bake at 375°F for 30 to 40 minutes.

Serves 8
Preparation time: 15 minutes
Cooking time: 40 minutes
Ready in: 55 minutes

Nutrition Facts

Nutrition (per serving): 174.8 calories; 0.2g total fat; 0mg cholesterol; 8.7mg sodium; 354.4mg potassium; 45.6g carbs; 1.8g fiber; 35.2g sugar; 1.5g protein.

Tips ‘n’ Techniques

Raisins have 3.3 mg of iron per 100 grams and are loaded with potassium. They are considered a good food for people who are weak, emaciated or anemic, thus they are great to have when backpacking. Full of calories and long lasting they make great rations.
Pumpkin Pie

Simply delicious. Like Grandma’s! Pictured on pg. 89.

- 2 to 3 cups pureed pumpkin, carrots, or yams
- 1/2 cup soymilk (or soy creamer or coconut milk)
- 1/2 cup Sucanat (or 1 cup dates softened in 1/4 cup boiling water or use 1/3 cup honey)
- 1/3 cup cornstarch
- 1 tsp cardamom (or cinnamon)
- Pastry, pgs. 37 to 41
- Whipped Topping, pg. 113

Blend all, except pastry and whipped topping, until very smooth and place into an unbaked crust. Bake at 350°F for 60 to 70 minutes. Chill for 2 to 4 hours. Serve with Whipped Topping.

Serves 8

Preparation time: 15 minutes
Cooking time: 60 to 75 minutes
Ready in: 90 minutes

Nutrition Facts

Nutrition (per serving): 116.8 calories; 1.0g total fat; 0mg cholesterol; 34.0mg sodium; 228.4mg potassium; 24.1g carbs; 2.2g fiber; 12.0g sugar; 3.5g 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.
Pumpkin Chiffon Pie

Delightful. Thank you, Dorothy!

- 12 oz pkg silken tofu, extra firm
- 2 cups pureed pumpkin, carrots, or yams*
- 1/2 cup Sucanat (or 1 cup dates softened in 1/4 cup boiling water or 1/3 cup honey)
- 1 tsp cardamom (or cinnamon)
- 1/4 tsp allspice, optional
- Pastry, pg. 37 to 41

Blend all, except pastry, until very smooth (food processor works well) and place into an unbaked crust. Bake at 350°F for 40 to 50 minutes. Cool and serve with Whipped Topping, pg. 113.

Serves 8
Preparation time: 10 minutes
Cooking time: 45 minutes
Ready in: 2 hours.

Nutrition Facts

Nutrition (per serving): 120.3 calories; 1.0g total fat; 0mg cholesterol; 37.8mg sodium; 262.9mg potassium; 25.5g carbs; 2.0g fiber; 21.6g sugar; 3.8g protein.

Tips ‘n’ Techniques

*Store bought canned pumpkin is about 2 cups and thicker than my home canned pumpkin, but both work fine.
Apple Crisp Morning

We like apple crisp warm with Frozen Fruit Cream. For those who cannot have oats, use the Cobbler Topping, pg. 9. (See Tips for gluten free.) This can be used for evening meals, too. For morning meals add 1/2 to 3/4 cup chopped nuts to the crisp before baking. This will add plenty of protein and if you use walnuts - omega 3’s. In fact when you serve it, add a tablespoon of ground flax and your brain will thank you.

* Apple Crisp, pg. 8

* Frozen Fruit Cream, pg. 122

Key for Page 89
1. Pumpkin Pie, pg. 86
2. Apple Crisp, pg. 8
Old-Fashioned Oatmeal Pie

An unusual pie. Remember oats are good for the arteries.

- 1/2 to 3/4 cup maple syrup
- 2 cups hot water
- 2 cups quick cooking rolled oats
- 3/4 cup coconut, optional
- 3/4 cup raisins
- 3/4 cup chopped walnuts
- 1 tsp vanilla extract
- 9-inch unbaked pie crust, pgs. 37 to 41
- Whipped Topping, pg. 113 if desired

Combine all ingredients except pie crust and whipped cream; mix well. Pour into pie crust. Bake at 350°F for 40 minutes. Chill, top with Whipped Topping, and serve.

Serves 8

Preparation time: 10 minutes
Cooking time: 45 to 60 minutes
Ready in: about 2 hours

Nutrition Facts
Nutrition (per serving): 249.8 calories; 8.5g total fat; 0mg cholesterol; 5.8mg sodium;
276.9mg potassium; 40.9g carbs; 3.3g fiber; 21.8g sugar; 5.4g protein.

Tips ‘n’ Techniques

“Oats help stabilize blood sugar, have an estrogenic effect and antioxidant activity. They contain psychoactive compounds that may combat nicotine cravings and have anti-depressive qualities as well.”
Jean Carper, Food Your Miracle Medicine

Vol. 4: Pies, Cobblers, Cookies & Cheesecakes
Z Lemon Pie

This is a wonderful way to use up zucchini and tastes GREAT!

- 6 cups grated zucchini (I use yellow - the whole thing!)
- 2/3 cup raw sugar (or alternative, see Appendix)
- 1/2 cup fresh lemon juice
- 1 Tbsp lemon zest, optional
- 1/3 cup cornstarch
- 1/4 cup water
- Pastry, pgs. 37 to 41

Place grated zucchini, lemon juice, and zest in large saucepan over medium heat. Cook 20 minutes (until bubbling), and stir in sugar. Stir cornstarch and water together and add to zucchini. Cook all stirring frequently for another 5 minutes. Let cool, while making the crust. Blend zucchini mixture in blender (in two batches) until smooth and pour into crust. Bake at 375°F for 35 to 45 minutes. Cool. Top with Whipped Topping, if desired.

Serves 8

Preparation time: 35 minutes
Cooking time: 45 minutes
Ready in: 2 to 4 hours

Nutrition Facts

Nutrition (per serving): 104.0 calories; 0.2g total fat; 0mg cholesterol; 10.1mg sodium; 264.3mg potassium; 26.1g carbs; 1.2g fiber; 18.7g sugar; 1.2g protein.

Tips ‘n’ Techniques

I got this recipe from Donna, my US business partner. Many of the recipes that are not mine are hers or came from favourites of hers from various sources. This recipe is very cool! Using up zucchini like this is great fun at fellowship meals. I tell them after, and boy, they are shocked!
Bars, Fudge & Tarts

Fresh Fruit Tarts
Raspberry Coconut Bars
Raspberry Date Squares
Raspberry Date Squares - gluten free
Un-Butter Tarts
Mincemeat Tarts
Raisin Pecan Tarts
Date Squares
Lemon Squares
Breakfast Bars
Candy Bars
Nona’s Carob Fudge or Crispies
D’s Nutcho’s
Caramel Crispies
Carob Crispies
Basic Breakfast & Photo
Omega Bars
Carob Omega Bars
Maple Omega Bars

Most of the above are gluten free.
Fresh Fruit Tarts

A delightful summer treat. Pictured on front cover.

- Rich Nutty Crust, pg 31* (or granola or pre-baked shells)
- fresh berries, oranges, grapes, etc.
- all fruit peach jelly, optional
- Whipped Topping, pg. 113 (or vanilla pudding)

Place a couple teaspoons of crust into each of 12 custard dishes. Place a couple tablespoons of Whipped Topping on. Arrange a few pieces of fruit and continue with all 12 tarts. Warm peach jelly in saucepan to liquefy, and drizzle over fruit. Chill 1 hour and serve.

Serves 12
Preparation time: 20 minutes
Chilling time: 1 hour
Ready in: 1 1/2 hours

Nutrition Facts
Nutrition (per serving): 75.7 calories; 0.5g total fat; 0mg cholesterol; 16.7mg sodium; 67.5mg potassium; 16.4g carbs; 1.0g fiber; 10g sugar; 1.7g protein.

Tips ‘n’ Techniques

* I like to use Easy Pastry 12 Tarts, pg. 39. Pre-bake until golden and let cool. Follow above directions.

Bananas must be dipped in lemon juice to prevent from going brown and do not keep well. Serve the same day. Apples also should also be dipped in lemon juice. Berries will last a bit longer; can make Friday for Sabbath.
Raspberry Coconut Bars

*Very special treat!*  Thanks Kathleen E.

- 1 1/4 cups unbleached flour (or Kamut)
- 1/4 cup raw icing sugar (see Appendix)
- 1/2 cup block margarine
- 1 cup all fruit raspberry jam (or see pg. 117)
- 1 cup coconut
- 3 tsp Ener-G Egg Replacer
- 1/4 cup water
- 2 Tbsp unbleached flour (or Kamut)

Combine first 3 ingredients till crumbly, and press into a 9 x 9 pan. Spread on the raspberry jam. Combine the remaining 4 ingredients and bake at 350°F for 12 to 15 minutes or golden brown.

Serves 20

Preparation time: 10 minutes
Cooking time: 15 minutes
Ready in: 25 minutes

*Nutrition Facts*

Nutrition (per serving): 194.5 calories; 12.2g total fat; 0mg cholesterol; 130.8mg sodium; 83.1mg potassium; 21.1g carbs; 2.3g fiber; 2.3g sugar; 1.8g protein.

*Your Favourite Recipes ‘n’ Tips*
Raspberry Date Squares

A delicious variation on an old favorite. (For gluten free see below.)

- 2 cups raspberries: fresh, frozen or thawed
- 2 cups dates, pitted
- 1/3 cup water, as needed
- 2 cups whole wheat flour
- 1/2 cup non-hydrogenated margarine
- 4 cups quick oats
- 1/2 cup Sucanat
- 3/4 cup vegetable oil + 2 Tbsp water

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

Serves 20       Ready in: 60 minutes

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

Raspberry Date Squares - gluten free

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

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

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

Like traditional “butter” tarts.

- 1/2 cup non-hydrogenated margarine
- 1/2 cup brown sugar (or Sucanat)
- 1/2 cup pure maple syrup
- 2 cups quick oats
- 1 cup raisins
- 1 tsp vanilla extract
- 12 tart shells, see pg. 39

In small saucepan bring margarine, brown sugar and maple syrup to a boil. Stir in remaining ingredients and place into unbaked tart shells. Bake at 350°F for 10 to 15 minutes.

Serves 12
Preparation time: 20 minutes
Cooking time: 10 to 15 minutes
Ready in: 30 to 35 minutes

Nutrition Facts
Nutrition (per serving): 236.0 calories; 8.9g total fat; 0mg cholesterol; 206.9mg sodium; 209.6mg potassium; 38.0g carbs; 1.8g fiber; 25.2g sugar; 2.6g protein.

Mincemeat Tarts

A family favourite on Jim’s side.

- 1 quart of Vegetarian Mincemeat (see Vol. 2, pg. 28)
- 12 tart shells, pg. 39

Spoon mincemeat into unbaked tart shells. Bake at 350°F for 15 to 25 minutes. Serves 12
Raisin Pecan Tarts

Sweet ‘n’ scrumptious.

- 1/3 cup non-hydrogenated block margarine
- 1/2 cup pure maple syrup (or golden corn syrup)
- 1/2 cup brown sugar
- 3 tsp Ener-G Egg Replacer (or 1 to 2 Tbsp ground flax)
- 1/4 cup water
- 1/2 cup raisins
- 1/2 cup pecans
- 12 tart shells, pg. 39

Whisk water and egg replacer till foamy. Combine remaining ingredients and place into unbaked tart shells. Bake at 350°F for 10 to 15 minutes.

Serves 12

Preparation time: 20 minutes
Cooking time: 10 to 15 minutes
Ready in: 30 to 35 minutes

**Nutrition Facts**

Nutrition (per serving): 169.7 calories; 8.6g total fat; 0mg cholesterol; 137.6mg sodium; 129.2mg potassium; 24.1g carbs; 0.7g fiber; 21.1g sugar; 0.6g protein.
Date Squares

A high-energy bar for camping, etc. Pictured on pg. 107.

- 1 cup water
- 2 1/2 cups dates, pitted
- 2 cups whole wheat flour (or brown rice flour or spelt)
- 3/4 cup non-hydrogenated margarine
- 3 cups quick oats
- 3/4 cup Sucanat
- 1/4 vegetable oil, canola for Omega 3’s*
- 1/2 cup water as needed*

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

Serves 24

Preparation time: 20 minutes
Cooking time: 30 minutes
Ready in: 50 minutes

Nutrition Facts

Nutrition (per serving): 199.9 calories; 7.0g total fat; 153.4mg sodium; 214.9mg potassium; 32.9g carbohydrates; 3.7g fiber; 16.7g sugar; 3.4g protein.

Tips ‘n’ Techniques

These are great for traveling, provided you eat lots of fresh fruit with them. If you cannot have oats, some Celiacs cannot, see pg. 96 and omit raspberries.

Can use more oil and less water for a more traditional, higher fat bar. If using canola oil, you’ll really increase those Omega 3’s.
Lemon Squares

Make pie go farther!

- 1 cup frozen apple juice concentrate
- 1 cup water
- 1 1/2 med orange, juiced
- 1 1/2 to 2 lrg lemons, juice and zest (zest optional)
- 3/4 cup raw sugar (or alternative, see Appendix)
- 1/2 cup cornstarch
- 1/4 tsp sea salt
- Any crust recipe (see pgs. 31 to 33, pgs. 37 to 45)
- Lemon Chiffon Pie, pg. 49

Place crust into 9 x 13 pan and bake as directed. Blend all remaining ingredients in blender. Pour into medium saucepan and cook over medium heat until thick. Pour into pre-baked crust, chill 1 hour. Make Lemon Chiffon Pie and pour over top. Chill 2 to 4 hours and serve.

Serves 24

Preparation time: 20 to 25 minutes
Cooking time: 30 minutes
Chilling time: about 3 hours
Ready in: 4 hours

Nutrition Facts
Nutrition (per serving): 80.1 calories; 1.6g total fat; 0mg cholesterol; 31.3mg sodium; 90.1mg potassium; 15.6g carbs; 0.2g fiber; 11.8g sugar; 1.7g protein.

Tips ‘n’ Techniques
Alcohol is a dehydrating agent, thus causing emotional stress and injury to the body. Alcohol consumption is linked to an increase in breast cancer as well as a host of other issues.
Breakfast Bars

*A wholesome, portable meal, with fresh fruit!*

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

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

Serves 24

Cooking time: 30 minutes

Ready in: 60 minutes (cooling time incl.)

**Nutrition Facts**

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

**Tips ‘n’ Techniques**

“The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three.” E. G. White, Counsels on Diet & Foods pg. 173
Candy Bars

The oats help control the fat in this very sweet treat.

- 1/2 cup margarine
- 1/2 cup brown rice syrup (or corn syrup)
- 1/2 cup pure maple syrup
- 2 1/2 to 3 cups quick oats
- 1 tsp vanilla extract
- 1/2 to 3/4 cup almonds
- 1 1/4 to 1 3/4 cups carob/chocolate chips

Preheat oven to 350°F and prepare a 9 x 13 pan with non-stick spray. Melt margarine, brown rice syrup, and maple syrup in a large saucepan over medium heat. Bring to a boil and let boil hard for 3 to 5 minutes. Remove from heat and stir in vanilla, oats and almonds. Combine thoroughly, place into pan, and press down. Bake for 15 minutes, reduce heat to 325°F for 10 to 15 minutes. Remove from oven and sprinkle carob chips on top. Let carob melt and spread evenly, then place in fridge to cool for 5 minutes, slice and cool completely. Yummy!!! These are very crunchy if cooked too long, albeit you may like it that way.

Serves 24
Preparation time: 10 minutes
Cooking time: 10 on stove plus 30 minutes in oven
Ready in: 90 minutes (cooling time incl.)

Nutrition Facts
Nutrition (per serving): 244.0 calories; 7.1g total fat; 0mg cholesterol; 132.7mg sodium; 63.8mg potassium; 47.3g carbs; 1.2g fiber; 31.3g sugar; 3.0g protein.

Tips ‘n’ Techniques
A great candy treat that is still good enough to fit into a healthy lifestyle. Unless you eat the whole thing! I use chocolate chips as that adds some much needed antioxidants.
Nona’s Carob Fudge or Crispies

A good lunch box treat. Pictured on pg. 107.

- 1 cup carob chips
- 1 cup peanut butter
- 1/2 cup pure maple syrup
- 1/8 tsp almond flavour and 1 tsp vanilla
- 1/2 cup chopped nuts, optional
- 2 cups brown rice crispies, omit for fudge

Prepare with non-stick spray an 8 x 8 pan. Place carob chips and maple syrup in a saucepan and melt on low heat. Remove from heat and stir in peanut butter, nuts, and rice crispies. Mix well and pat into 8 x 8 pan, chill and cut. See pg. 105 for variations.

Serves 20    Preparation time: 5 minutes

Nutrition Facts

Nutrition (per serving): 156.3 calories; 10g total fat; 0mg cholesterol; 45.9mg sodium; 115.2mg potassium; 15.3g carbs; 0.5g fiber; 7.2g sugar; 4.2g protein.

D’s Nutcho’s

M-m-m good!

- 2 1/2 cups carob chips
- 2 Tbsp non-hydrogenated margarine (or nut butter)
- 1 cup Grape Nuts (or granola lightly ground or rice crispies)
- 1 cup chopped toasted pecans (or we prefer mixed nuts)
- 1/3 cup coconut, optional

Melt chips and margarine in saucepan, remove from heat, and add remaining ingredients. Spoon onto wax paper and chill.

Serves 20    Preparation time: 5 minutes

Nutrition Facts

Nutrition (per serving): 139.5 calories; 8.7g total fat; 0mg cholesterol; 69.4mg sodium; 40.2mg potassium; 16.5g carbs; 1.0g fiber; 5.9g sugar; 1.1g protein
Caramel Crispies

Very portable food.

- 1/2 cup peanut butter
- 1/2 cup Sucanat (or alternative see Appendix)
- 1/2 cup pure maple syrup (or golden corn syrup)
- 3 cups brown rice crispies

Prepare with non-stick spray an 8 x 8 pan. Place Sucanat, peanut butter and maple syrup in a saucepan and dissolve sugar on medium-low heat. Remove from heat and stir in rice crispies. Mix well and pat into 8 x 8 pan, chill and cut.

Serves 20
Preparation time: 5 minutes
Cooking time: 10 minutes
Chilling time: 45 minutes
Ready in: 60 minutes

Nutrition Facts
Nutrition (per serving): 89.3 calories; 3.3g total fat; 0mg cholesterol; 55.9mg sodium; 74.9mg potassium; 14.1g carbs; 0g fiber; 9.0g sugar; 2.2g protein.

Your Favourite Recipes ‘n’ Tips
Carob Crispies

*A spin off Carob Crispies, pg. 103.*

- 1/4 cup carob powder
- 3/4 cup date butter (3/4 c dates softened in 1/2 c water)
- 3/4 cup nut butter (almond or peanut)
- 1/2 tsp sea salt (if nut butter is unsalted)
- 3 to 5 Tbsp raw sugar (or alternative, see Appendix)
- 1/4 tsp almond extract
- 2 to 3 cups brown rice crispies

Prepare with non-stick spray a 9 x 13 pan. Combine all and pat into pan, chill and cut. Crispies go soggy next day.

Serves 16
Preparation time: 5 minutes
Ready in: 60 minutes

*Nutrition Facts*

Nutrition (per serving): 126.0 calories; 7.1g total fat; 0mg cholesterol; 61.2mg sodium; 166.4mg potassium; 16.0g carbs; 2.0g fiber; 8.8g sugar; 2.3g protein.

*Tips ‘n’ Techniques*

**Health HELPERS:**

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

**E:** Exercise – vigorous daily walking in fresh air, when possible, 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.
Basic Breakfast

So many people forfeit breakfast because they don’t have time. This is a precursor to failing health. Studies show how important breakfast is for health. So what do you do? Quick breakfasts. Cold cereals are always handy, albeit costly. What about those break-fast drinks? Not usually a good option. Full of sugar and no fiber they are sure to leave you hungry in a few hours; now you’re in real danger of snacking. So how about power bars? If you make them yourself, they can be one solution. Be sure to grab a few pieces of fruit on your way out the door.

* Omega Bars, pgs. 109 to 111

* Fresh fruit

Key for Page 107

1. Omega Bars, pg. 109
2. Nona’s Carob Crispies, pg. 103
3. Date Squares, pg. 99
Omega Bars

Full of omega 3’s – 1.8grams per serving. Pictured on pg. 107.

- 1/2 cup brown rice syrup (or honey, will be sweeter)
- 1/4 cup canola oil (or soy creamer to reduce fat – but this
  will reduce the omega 3’s as well)
- 1/2 cup almond butter (or chopped almonds)
- 1/2 cup peanut butter
- 1 cup chopped walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup ground flax
- 1/4 cup sesame seeds, optional
- 3 cups brown rice crispies

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

Serves 16

Preparation time: 10 to 15 minutes (includes heating)

Chilling time: 20 to 30 minutes

Ready in: about 45 minutes

Nutrition Facts

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

Tips ‘n’ Techniques

Can use 1 cup peanut butter and 3/4 cup chopped almonds if you cannot find almond butter.
Carob Omega Bars

*More omega 3’s and carob, too.*

- 1 1/2 cups carob chips, grain sweetened
- 1/4 cup canola oil (or soy creamer see pg. 109)
- 1/2 cup brown rice syrup (or honey, will be sweeter)
- 1/2 cup almond butter (or chopped almonds)
- 1/2 cup peanut butter
- 1 cup chopped walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup ground flax
- 1/4 cup sesame seeds, optional
- 3 cups brown rice crispies

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

Serves 16

**Preparation time: 10 to 15 minutes (includes heating)**

**Chilling time: 20 to 30 minutes**

**Ready in: about 45 minutes**

**Nutrition Facts**

*Nutrition (per serving): 463.4 calories; 23.2g total fat; 0mg cholesterol; 89.9mg sodium; 224.0mg potassium; 67.1g carbs; 2.8g fiber; 42.1g sugar; 8.2g protein.*

**Tips ‘n’ Techniques**

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.” E.G. White, Counsels on Diet and Foods pg. 313

See also Gen 1 & 2.
Maple Omega Bars

A flavourful treat, full of nutrients for the mind.

- 1/4 cup Sucanat
- 1 tsp maple flavor
- 3/4 cup pure maple syrup
- 1/2 cup almond butter
- 1/2 cup peanut butter
- 1 cup chopped walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup ground flax
- 1/4 cup sesame seeds, optional
- 3 cups brown rice crispies

Heat syrup and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 16 and chill. Can use 1/4 cup canola oil in place of 1/4 cup of maple syrup for more omega 3’s.

Serves 16

Preparation time: 10 to 15 minutes (includes heating)
Chilling time: 20 to 30 minutes
Ready in: about 45 minutes

Nutrition Facts

Nutrition (per serving): 264.5 calories; 17.2g total fat; 0mg cholesterol; 44.3mg sodium; 263.5mg potassium; 24.9g carbs; 2.8g fiber; 12.2g sugar; 6.7g protein.

Your Favourite Recipes ‘n’ Tips
Toppings ‘n’ Sauces

Whipped Topping
Coconut Whip
Very Berry Topping
Strawberry Topping – Jelled
Strawberry Topping – Jelled no sweetener
Lemony Topping
Pineapple Topping
Raspberry Topping
Blackberry Topping
Blueberry Topping
Blueberry Topping - Deluxe
Cherry Pie Filling or Topping
Caramel Pecan Topping
Caramel Sauce
Creamy Maple Topping
Frozen Fruit Cream
Carob Fudge Topping
Date Walnut Spread
Succulent Berry Breakfast & Photo

All of the above are gluten free.
Whipped Cream

*Easy and quite tasty! Pictured on pg. 71.*

- 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 instant 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

Preparation time: 10 minutes

*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.

Coconut Whip

*Quite fluffy and rich.*

- 1 cup chilled coconut milk (full fat - premium)
- 1 tsp vanilla extract
- 1 to 2 Tbsp raw sugar (or alternative, see Appendix)

Whip all ingredients and chill. Yields 1 1/2 cups or so.

Serves 8

Ready in: 30 minutes

*Nutrition Facts*

Nutrition (per serving): 63.3 calories; 6.0g total fat; 0mg cholesterol; 3.7mg sodium; 63.0mg potassium; 2.4g carbs; 0g fiber; 1.6g sugar; 0.6g protein.
**Very Berry Topping**

*Good with any berry!*

- 3/4 cup apple juice concentrate (or white grape)
- 1/2 cup water
- 1/4 cup cornstarch
- 2 Tbsp honey, to taste
- 2 cups fresh or semi-thawed berries (blueberries, etc.)

Drain juice off berries and combine with apple juice. Whisk in cornstarch and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping.

**Serves 12**

**Cooking time: 5 to 10 minutes**

**Ready in: 15 minutes**

**Nutrition Facts**

Nutrition (per serving): 78.3 calories; 0.2g total fat; 0mg cholesterol; 7.4mg sodium; 138.6mg potassium; 19.6g carbs; 0.6g fiber; 15.5g sugar; 0.3g protein.

**Your Favourite Recipes ‘n’ Tips**
Strawberry Topping - Jelled

One of my favourites for on top of cheesecakes.

- 2 to 4 Tbsp raw sugar (or alternative, see Appendix)
- water or apple juice if needed (1/2 cup for fresh berries)
- 1 pkg of strawberry Vegetarian Jel (see Appendix)
- 2 cups fresh* or partially thawed strawberries

Drain juice off strawberries. Follow directions on Jel box. Pour over partially thawed strawberries and stir well. Pour over cheesecake; then chill until set.

Serves 8
Ready in: 2 to 4 hours

Nutrition Facts
Nutrition (per serving): 24.4 calories; 0.1g total fat; 0mg cholesterol; 0.6mg sodium; 58.2mg potassium; 6.1g carbs; 0.8g fiber; 4.9g sugar; 0.3g protein.

Strawberry Topping - Jelled no sweetener

- 1/3 cup unsweetened apple juice (1/2 cup for fresh berries)
- 1 Tbsp Vegetarian Jel (see Appendix)
- 2 cups fresh or partially thawed strawberries

Drain juice off strawberries and add apple juice until amount of liquid matches directions on the Jel box. Follow directions on box and pour over partially thawed strawberries and stir well. Pour over cheesecake; then chill until set.

Serves 8
Ready in: 2 to 4 hours

Nutrition Facts
Nutrition (per serving): 17.0 calories; 0.1g total fat; 0mg cholesterol; 0.7mg sodium; 70.3mg potassium; 4.1g carbs; 0.8g fiber; 2.9g sugar; 0.3g protein.
Lemony Topping

*Good on lemon pie. Like a pudding.*

- 1 pkg silken tofu, extra firm (12 oz)
- 1/2 cup raw cashews
- 1/2 cup honey
- 1/2 cup lemon juice, fresh best

Blend cashews and lemon juice until smooth. Add remaining ingredients. Will need to stop, scrape the blender, and start again several times. Chill.

Serves 8
Ready in: 30 minutes (chilled for 20 minutes)

**Nutrition Facts**

Nutrition (per serving): 137.6 calories; 4.6g total fat; 0mg cholesterol; 28.8mg sodium; 149.0mg potassium; 21.8g carbs; 0.4g fiber; 18.7g sugar; 4.7g protein.

Pineapple Topping

*For those who like pineapple.*

- 1 1/3 cups pineapple, crushed
- 2 Tbsp cornstarch
- 1 Tbsp honey
- 1/2 cup orange juice

Drain juice off pineapple and combine with orange juice and honey. Whisk in cornstarch and stir in pineapple. Cook over medium heat, stirring constantly, until thick. Cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping. Serves 8

**Nutrition Facts**

Nutrition (per serving): 47.5 calories; 0.1g total fat; 0mg cholesterol; 0.9mg sodium; 83.1mg potassium; 12.1g carbs; 0.4g fiber; 9.5g sugar; 0.3g protein.
Raspberry Topping

*Another personal favourite!*

- 1 cup apple juice
- 1 to 2 cups raspberries, thawed with juice
- 3 to 4 Tbsp cornstarch
- 2 to 4 Tbsp raw sugar (or alternative, see Appendix)

Drain juice off berries and combine with apple juice. Whisk in cornstarch and raw sugar. Cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping. Serves 8

_Nutrition Facts_

_Nutrition (per serving): 46.2 calories; 0.1g total fat; 0mg cholesterol; 1.4mg sodium; 60.3mg potassium; 11.3g carbs; 1.1g fiber; 7.2g sugar; 0.2g protein._

Blackberry Topping

*Love those blackberries.*

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

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

_Nutrition Facts_

_Nutrition (per serving): 58.4 calories; 0.2g total fat; 0mg cholesterol; 1.3mg sodium; 76.5mg potassium; 14.4g carbs; 2.6g fiber; 10g sugar; 0.7g protein._
Blueberry Topping

Blueberries are great any time of the year.

- 1 cup apple juice
- 1/4 cup cornstarch
- 2 Tbsp agave nectar, to taste (or honey)
- 2 cups fresh or thawed blueberries

Drain juice off berries and combine with apple juice and agave nectar. Whisk in cornstarch and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping. Serves 12

Nutrition Facts

Nutrition (per serving): 44.3 calories; 0.1g total fat; 0mg cholesterol; 1.2mg sodium; 45.1mg potassium; 11.2g carbs; 0.6g fiber; 7.5g sugar; 0.2g protein.

Blueberry Topping - Deluxe

A mouth-watering, sweet treat.

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

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

Nutrition Facts

Nutrition (per serving): 54.2 calories; 0.2g total fat; 0mg cholesterol; 1.6mg sodium; 46.2mg potassium; 13.6g carbs; 1.2g fiber; 10.1g sugar; 0.4g protein.
Cherry Pie Filling or Topping

*I can this up in the summer ready for using all year.*

- 3 cups canned pitted sweet cherries
- 3 Tbsp cornstarch
- 1/3 cup white grape juice*

Drain the cherries, save juice. Combine cherry juice with grape juice. Whisk in cornstarch and cook over medium heat, stirring constantly until thick. Stir in cherries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping.

Serves 6

**Preparation time:** 5 minutes  
**Cooking time:** 5 to 10 minutes  
**Ready in:** 15 to 25 minutes

_Nutrition Facts_

Nutrition (per serving): 108.1 calories; 0.2g total fat; 0mg cholesterol; 4.6mg sodium; 205.0mg potassium; 27.5g carbs; 1.9g fiber; 22.0g sugar; 0.9g protein.

_Tips ‘n’ Techniques_

*May substitute purple grape juice for the white. Sweet cherries add lots of flavour, and you don’t need to add as much sugar as pie cherries.*
Caramel Pecan Topping

Sooooo delicious, very rich! Good for active people.

- 1/2 cup non-hydrogenated margarine
- 1/2 cup dried cane juice
- 1/2 cup Sucanat
- 1/4 cup Silk Soy Creamer
- 1/2 cup pecans

Combine all except pecans in a small saucepan and bring to a boil over medium-high heat. Using a candy thermometer, boil until 240°F. Stir in pecans and let cool 5 to 10 minutes before pouring onto cake. This will cool to a fudge-like consistency, but can be re-heated. Recipe below can also be used and add pecans. Serves 16

Nutrition Facts
Nutrition (per serving): 126.8 calories; 9.0g total fat; 0mg cholesterol; 153.8mg sodium; 36.1mg potassium; 11.9g carbs; 0.3g fiber; 11.3g sugar; 0.4g protein.

Caramel Sauce

A very sweet, gooey topping. Great for ice-cream sundaes!

- 1/4 cup non-hydrogenated margarine
- 1/2 cup maple syrup
- 3/4 cup raw sugar
- 1/2 cup Sucanat
- 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

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.
Creamy Maple Topping

This is very healthy and tasty, too.

- 1 cup dates, pitted
- 3/4 cup soy milk
- 1 cup walnuts (or pecans)
- 1/4 cup pure maple syrup
- 1 tsp maple flavor

Soften dates in soy milk over medium heat until soft. Remove from heat and place into food processor. Add remaining ingredients and process on high until smooth. Whips up creamy.

Serves 16
Preparation time: 5 minutes
Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 96.5 calories; 5.0g total fat; 0mg cholesterol; 6.4mg sodium; 129.6mg potassium; 13.1g carbs; 1.4g fiber; 10.5g sugar; 1.7g protein.

Your Favourite Recipes ‘n’ Tips
Frozen Fruit Cream

Quick, easy, and enjoyable.

- 2 to 3 medium bananas, peeled and frozen
- 1 cup peaches, frozen
- 1 tsp vanilla extract, optional
- 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. Mouth-watering on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. Bananas make it sweet and creamy. Serve immediately or place in freezer until ready to serve. If left in freezer more than 1 to 2 hours, it will go very hard.

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

Nutrition Facts
Nutrition (per serving): 122.2 calories; 0.6g total fat; 0mg cholesterol; 12.9mg sodium; 313.0mg potassium; 29.4g carbs; 2.9g fiber; 21.3g sugar; 1.7g protein.

Tips ‘n’ Techniques
Always use on warm food or warm in mouth before swallowing. Cold food disrupts digestion.

Any frozen fruit will work in place of peaches.

Some of our testers liked this on their oatmeal or cream of wheat. Sounds yummy!
Carob Fudge Topping

Delectable!

- 1/2 cup dates, pitted
- 3/4 cup water
- 1/4 cup carob powder
- 1 tsp vanilla extract
- 2 Tbsp almond butter, optional

Heat dates in water until softened, stir in carob powder, and cook until glossy. Scrape into blender and combine remaining ingredients. (This freezes well.) Serves 12

Nutrition Facts
Nutrition (per serving): 26.7 calories; 0g total fat; 0mg cholesterol; 1.2mg sodium; 66.9mg potassium; 7.5g carbs; 1.4g fiber; 5.8g sugar; 0.3g protein.

Date Walnut Spread

Thanks, Mom. A VERY healthy topping! This whips up “fluffy”.

- 1 cup soy milk (or other)
- 1 cup dates, chopped or whole pitted
- 1 cup walnuts

Soften dates in soy milk over medium-low heat. Remove from heat and place in food processor. Add walnuts and process on high until smooth. Variation: Use ½ almonds and ½ walnuts.

Serves 16

Ready in: 30 minutes

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

Oh, how I love blackberries! Some people find them seedy, but once blended up inside this cheesecake, they are smooth and yummy. Use a jelly for the topping, but myself, I love the seeds! (Oh, and don’t forget this recipe works with any berry.)

* Deluxe Blackberry Cheesecake, pg. 140
* Fresh fruit and toast

Key for Page 125
1. Deluxe Blackberry Cheesecake, pg. 140
2. Nutty Apple Pie, pg. 82
Rear of Photo
Cheesecakes

Simple Cheesecake & Caramel Cheesecake
Rich, Creamy Millet Cheesecake
Creamy Light Cheesecake (see bottom of page 129)
Simple Millet Cheesecake (see bottom of page 129)
Peppermint Chip Cheesecake
Deluxe Berry Cheesecake
Citrus Cheesecake
Baked Cheesecake
Baked Blueberry Cheesecake
Baked Strawberry Cheesecake
Baked Maple Pecan Cheesecake
Baked Carob Caramel Cheesecake
Pineapple Cheesecake
Pina Colada Cheesecake (see bottom of page 138)
Mincemeat Cheesecake
Deluxe Blackberry Cheesecake
Deluxe Strawberry Cheesecake
Deluxe Raspberry Cheesecake
Deluxe Blueberry Cheesecake
Creamy, Light ‘n’ Rich Cheesecake

All of the above are gluten free when using the suggested variations.
Simple Cheesecake

An easy, tasty treat.

- 1/4 cup pineapple juice concentrate
- 1/4 cup honey (or 1/3 cup raw sugar)
- 3 Tbsp lemon juice, fresh best
- 2 Tbsp orange juice concentrate
- 12 oz silken tofu, extra firm
- 2 tsp of Instant Clear Jel*
- fruit topping of your choice
- Just Like Graham Crust, pgs. 42 to 45

Combine all in food processor and blend until smooth (not crust or fruit topping of course). Pour into pre-baked crust. Chill and serve. A bit soft, but nice. *Variation: omit clear jel and add 1/4 cup cornstarch after blending and cook over med heat until thick. Top with fruit topping of your choice and chill.

Serves 8
Preparation time: 15 minutes
Chilling time: 2 to 4 hours
Ready in: 4 hours

Nutrition Facts

Nutrition (per serving): 70.2 calories; 0.8g total fat; 0mg cholesterol; 27.5mg sodium; 127.5mg potassium; 13.3g carbs; 0.1g fiber; 12.4g sugar; 3.4g protein.

Tips ‘n’ Techniques

Toppings: Pineapple, Strawberry, Cherry, or Raspberry are excellent.

Tasty Variation: add 1/4 cup soy creamer, when blending ingredients, process until smooth. Cook over medium heat until smooth, stirring constantly.

Caramel Cheesecake: top with Caramel Sauce, pg. 120
Rich, Creamy Millet Cheesecake

A lovely meal for hard workers.

- 1/2 cup millet
- 2 cups hot water
- 3/4 cup raw cashews
- 3/4 cup coconut milk
- 1/3 to 1/2 cup raw sugar (or 1/4 to 1/3 cup honey)
- 1 Tbsp orange juice concentrate
- 2 Tbsp pineapple juice concentrate
- 3 Tbsp lemon juice, fresh best
- 2 to 3 Tbsp Vegetarian Jel (or one box of Gefen Clear Jell*, also see Appendix)
- Just Like Graham Crust, pgs. 42 to 45
- Raspberry Topping, pg. 117 (or any fruit topping)

Bring millet and water to a boil, reduce heat and let simmer on very low for 40 minutes. Dissolve Jel in juice concentrates (as directed on package if using purchased). Blend raw cashews in coconut milk. Add remaining ingredients. Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked crust and top with raspberry topping. *use the lesser amount of sugar if using the Gefen Jel as it has sugar in it.)

Serves 8

Nutrition Facts

Nutrition (per serving): 234.0 calories; 10.9g total fat; 0mg cholesterol; 7.7mg sodium; 230.6mg potassium; 32.8g carbs; 2.3g fiber; 16.7g sugar; 4.3g protein.

Tips ‘n’ Techniques

Light Creamy Millet Cheesecake: Omit cashews and coconut milk. Add ¼ cup Soy Creamer and 12oz extra firm silken tofu. For even lower fat, leave out the tofu too!

Simple Millet Cheesecake: lower in fat and simple ingredients, try Creamy Millet Delight on pg. 57 and add 1 Tbsp pineapple juice concentrate.
Peppermint Chip Cheesecake

A lovely dish, reminiscent of my favorite ice cream!

- 2 to 3 Tbsp Vegetarian Jel (see Appendix)
- 3/4 cup soy creamer, French Vanilla
- 12 oz pkg silken tofu, extra firm
- 1/4 cup honey (or 1/3 cup raw sugar)
- 2 Tbsp lemon juice
- 1 tsp peppermint extract, to taste
- 1 tsp vanilla extract
- 1/2 cup carob chips, grain sweetened best*
- Carob Crust, pg. 46
- 3 Tbsp carob chips, grain sweetened best
- 2 Tbsp soy creamer, French Vanilla

Dissolve Jel in soy creamer over medium heat. Place all, except carob chips, into blender and blend on high until smooth. Stir in first amount of carob chips and pour into pre-baked crust and chill 4 hours. Melt 3 Tbsp carob chips with the 2 Tbsp soy creamer, and drizzle on to garnish.

Serves 8
Preparation time: 15 minutes (not incl. crust)
Ready in: 4 hours

Nutrition Facts

Nutrition (per serving): 341.8 calories; 16.6g total fat; 0mg cholesterol; 54.6mg sodium; 110.5mg potassium; 50.3g carbs; 0.1g fiber; 27.7g sugar; 4.0g protein.

Tips ‘n’ Techniques

*Larger chips may fall to the bottom or you may simply like a smaller chip. You can briefly process larger chips to break them up in a food processor.
Deluxe Berry Cheesecake

This is yummy partly frozen.

- 1 pkg silken tofu, extra firm (12 oz)
- 1 1/2 cups grape juice
- 2 to 4 Tbsp raw sugar, optional
- 3 to 4 Tbsp Vegetarian Jel (see Appendix)
- 4 cups frozen or fresh blueberries
- 2 to 4 cups Whipped Topping, pg. 113
- Just Like Graham Crust, pgs. 42 to 45

Dissolve Jel in grape juice over medium heat. In food processor combine remaining ingredients, except whipped topping, and process until smooth. Add in Jel. Fold in Whipped Topping. Can chill and serve or freeze and serve. Will go quite hard in freezer, so I only freeze 2 to 3 hours before serving.

Serves 8

**Nutrition Facts**

Nutrition (per serving): 164.5 calories; 2.2g total fat; 0mg cholesterol; 65.1mg sodium; 278.2mg potassium; 28.8g carbs; 1.9g fiber; 18.4g sugar; 8.2g protein.

**Your Favourite Recipes ‘n’ Tips**
Citrus Cheesecake

A refreshing dish.

- 2 to 3 Tbsp Vegetarian Jel (see Appendix)
- 1/4 cup orange juice concentrate
- 1/4 cup honey
- 12 oz silken tofu, extra firm
- 1/4 cup pineapple juice concentrate
- 3 Tbsp lemon juice, fresh is best
- 2 Tbsp lime juice, fresh is best
- 1 Tbsp lemon, lime and orange zest from organic fruit
- orange slices
- Just Like Graham Crust, pgs. 42 to 45

Dissolve Jel in orange juice over medium heat. Blend all, except crust and orange slices, until smooth, and pour into pre-baked crust. Chill and serve. Top with fresh orange slices.

Serves 8
Preparation time: 25 minutes
Ready in: 4 to 6 hours

Nutrition Facts
Nutrition (per serving): 84.2 calories; 0.9g total fat; 0mg cholesterol; 27.7mg sodium; 183.9mg potassium; 16.8g carbs; 0.7g fiber; 15.2g sugar; 3.6g protein.

Your Favourite Recipes ‘n’ Tips
Baked Cheesecake

Like the “real thing.” Great texture and taste.

- 1/3 cup soy creamer, French Vanilla (or coconut milk)
- 8 oz Tofutti Better Than Creamcheese, plain (or double the tofu and lemon juice, will not be as flavorful)
- 12 oz silken tofu, extra firm (or 2 more Tofutti 8oz tubs)
- 4 Tbsp unbleached flour (or 3 Tbsp cornstarch)
- 1/2 cup raw sugar (or 1/3 cup honey or 1/2 tsp stevia)
- 1 Tbsp vanilla extract
- 2 Tbsp lemon juice, fresh best
- Just Like Graham Crust, pgs. 42 to 45, unbaked
- Blueberry Topping, pg. 118 (or see Tips)

Preheat oven to 325°F. Place all in blender, except topping and crust. Blend on high until smooth. May need to stop the blender, stir, etc. Pour into crust and bake from 35 to 45 minutes. Edge should be set, but center may move slightly. Cool. Store in fridge. Serve with fruit topping or caramel sauce, etc.

Serves 8
Preparation time: 10 minutes
Cooking time: 40 minutes
Ready in: 2 hours (incl. cooling time)

Nutrition Facts

Nutrition (per serving NOT including TOFUTTI): 106.1 calories; 2.2g total fat; 0mg cholesterol; 32.0mg sodium; 89.4mg potassium; 17.5g carbs; 0.2g fiber; 13.5g sugar; 3.9g protein.

Tips ‘n’ Techniques

Any fruit topping can be used on this cake. Raspberry, pg. 117 or Strawberry, pg. 115. Even Caramel Pecan, pg. 120 -- delectable!
Baked Blueberry Cheesecake

One of my favourite baked cheesecakes.

- 1/3 cup soy creamer, French Vanilla (or coconut milk)
- 2 tubs - 8 oz Tofutti Better Than Creamcheese, plain (or double the tofu and lemon juice, will not be as flavorful)
- 12 oz silken tofu, extra firm
- 4 Tbsp unbleached flour (or 3 Tbsp cornstarch)
- 1/2 cup raw sugar (or 1/3 cup honey or 1/2 tsp stevia)
- 1 Tbsp vanilla extract, optional
- 2 Tbsp lemon juice, fresh best
- 2 to 3 cups fresh blueberries (or partially thawed)
- Just Like Graham Crust, pgs. 42 to 45, unbaked in a 9” spring-form pan
- Blueberry Topping, pg. 118, optional

Preheat oven to 325°F. Stir 1 Tbsp of flour into blueberries and arrange in crust. Place all remaining ingredients in blender. Blend on high until smooth. May need to stop the blender, stir, etc. Pour into crust and bake from 35 to 45 minutes. Edge should be set, but center may move slightly. Cool. Store in fridge. Extra lip smacking good with Blueberry Topping.

Serves 8
Preparation time: 10 minutes
Cooking time: 35 to 45 minutes
Ready in: 2 hours (incl. cooling time)

Nutrition Facts

Nutrition (per serving NOT including TOFUTTI): 126.8 calories; 2.3g total fat; 0mg cholesterol; 32.4mg sodium; 117.3mg potassium; 22.8g carbs; 1.0g fiber; 17.2g sugar; 4.1g protein.

Tips ‘n’ Techniques

I often make this without Tofutti as we have a limited budget. Also simple is better. As you get more accustomed to healthful cooking, use tofu in place of Tofutti.
Baked Strawberry Cheesecake

*Exquisite texture and flavor in this dessert.*

- 1/3 cup soy creamer, French Vanilla (or coconut milk)
- 2 pkg 12 oz silken tofu, extra firm
- 4 Tbsp unbleached flour (or 3 Tbsp cornstarch)
- 1/2 cup raw sugar (or 1/3 cup honey or 1/2 tsp stevia)
- 1 Tbsp vanilla extract
- 2 Tbsp lemon juice, fresh best
- 1 cup fresh or thawed strawberries
- 2 cups fresh sliced strawberries (or topping, pg. 115)
- **Just Like Graham Crust, pgs. 42 to 45, unbaked**

Preheat oven to 325°F. Place all in blender, except second measure of strawberries and crust. Blend on high until smooth. May need to stop the blender, stir, etc. Pour into crust and bake from 35 to 45 minutes. Edge should be set, but center may move slightly. Cool. Arrange strawberries on top and serve.

**Serves 8**

**Preparation time:** 10 minutes

**Cooking time:** 35 to 45 minutes

**Ready in:** 120 minutes

**Nutrition Facts**

Nutrition (per serving): 148.9 calories; 3.2g total fat; 0mg cholesterol; 59.4mg sodium; 247.5mg potassium; 23.0g carbs; 1.4g fiber; 16.8g sugar; 7.4g protein.

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**Your Favourite Recipes ‘n’ Tips**

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Baked Maple Pecan Cheesecake

This is a lovely dessert for friends and family!

- 2 pkg 12 oz silken tofu, extra firm
- 3/4 cup pure maple syrup
- 1/2 tsp maple flavor, optional
- dash sea salt
- 1/2 cup pecans, coarsely chopped
- Creamy Maple Topping, pg. 121
- Just Like Graham Crust, pgs. 42 to 45

Blend tofu, maple syrup, and salt until smooth. Fold in pecan pieces and pour into crust. Bake at 350°F for 45 to 50 minutes, until cracks start to appear around edge of filling. Chill and serve with Creamy Maple Topping.

Serves 8

Preparation time: 10 minutes
Cooking time: 45 to 50 minutes
Ready in: 2 hours or so (incl. cooling time)

Nutrition Facts
Nutrition (per serving): 149.4 calories; 5.8g total fat; 0mg cholesterol; 64.9mg sodium; 155.0mg potassium; 22.1g carbs; 0.7g fiber; 18.7g sugar; 3.8g protein.

Tips ‘n’ Techniques

For an extra special treat, use Caramel Pecan Topping, pg. 120, in place of Creamy Maple Topping.
Baked Carob Caramel Cheesecake

What a yummy dessert for the whole family.

- 2 pkgs of 12 oz silken tofu, extra firm
- 3/4 to 1 cup pure maple syrup
- 1/4 cup carob powder
- 2 to 3 Tbsp lemon juice, fresh is best
- dash sea salt
- Caramel sauce, pg. 120
- Carob Crust, pg. 46 (or Just Like Graham, pgs. 42 to 45)

Blend tofu, maple syrup, carob powder, and salt until smooth. Pour into crust. Bake at 350°F for 45 to 50 minutes, until cracks start to appear around edge of filling. Chill and serve with Caramel Sauce.

Serves 8

Preparation time: 10 minutes
Cooking time: 45 to 50 minutes
Ready in: 2 hours (incl. cooling time)

Nutrition Facts
Nutrition (per serving): 362.1 calories; 8.7g total fat; 252.2mg sodium; 309.3mg potassium; 67.7g carbohydrates; 1.4g fiber; 61.0g sugar; 6.7g protein.

Your Favourite Recipes ‘n’ Tips
Pineapple Cheesecake

Savor this pineapple treat. Our friends liked the coconut, see Tips.

- 1/4 cup pineapple juice concentrate
- 1/4 cup honey (or agave nectar)
- 2 Tbsp lemon juice, fresh is best
- 3 Tbsp orange juice concentrate
- 12 oz silken tofu, extra firm
- 1 can (19oz) crushed pineapple
- 1/4 cup cornstarch (or 2 Tbsp Jel dissolved in juice)
- Just Like Graham Crust, pgs. 42 to 45

Blend all, except pineapple & crust, until smooth, and pour into saucepan. Cook on medium heat, stirring constantly, until thick. Stir in crushed pineapple and pour into pre-baked crust. Chill and serve.

Serves 8
Preparation time: 10 minutes
Ready in: 3 to 4 hours

Nutrition Facts
Nutrition (per serving): 133.9 calories; 0.9g total fat; 0mg cholesterol; 28.7mg sodium; 234.8mg potassium; 29.5g carbs; 0.8g fiber; 24.1g sugar; 3.8g protein.

Tips ‘n’ Techniques
For Pina Colada Cheesecake: Stir in 1 cup coconut just before pouring into crust. Garnish with coconut shreds.
Mincemeat Cheesecake

One of my husband's personal favourites.

- 1/4 cup pineapple juice concentrate
- 1/4 cup honey (or 1/3 cup raw sugar)
- 2 Tbsp lemon juice, fresh best
- 3 Tbsp orange juice concentrate
- 12 oz silken tofu, extra firm
- 2 to 3 Tbsp Vegetarian Jel (see Appendix)
- 3/4 cup soy creamer (or coconut milk)
- 3/4 cup vegan marshmallow cream, optional (omit honey)
- Vegetarian Mincemeat, see Vol. 2, pg. 28
- Just Like Graham Crust, pgs. 42 to 45

Spread mincemeat onto pre-baked crust. Combine pineapple juice concentrate, honey, lemon juice, orange juice concentrate, and Jel in small saucepan. Dissolve Jel over medium heat. Blend remaining ingredients, adding Jel and juice concentrates, until smooth, and pour on top of mincemeat. Chill and serve.

Serves 8

Your Favourite Recipes ‘n’ Tips
Deluxe Blackberry Cheesecake

This is a great transition cheesecake.

- 1/4 cup grape juice concentrate
- 3 pkg Tofutti Better Than Creamcheese, plain (or 12oz pkg Silken Tofu + 2 Tbsp fresh lemon juice)
- 1/4 cup lemon juice, fresh is best
- 1/3 cup raw sugar (or alternative, see Appendix)
- 2 pkg raspberry Vegetarian Jel (see Appendix)
- 1 cup blackberries, fresh or thawed
- 2 cups Whipped Topping, pg. 113 (optional not as deluxe)
- Blackberry Topping, pg. 117
- Just Like Graham Crust, pgs. 42 to 45

Dissolve Jel in grape juice concentrate over medium heat. Blend all ingredients (except crust, Whipped Topping and Blackberry Topping) until smooth. Stir in Whipped Topping, if using, and spoon onto crust. Spread on Blackberry topping, chill and serve.

Serves 8

Ready in: 3 to 4 hours

Nutrition Facts

Nutrition (per serving USING silken tofu NOT TOFUTTI): 113.6 calories; 2.4g total fat; 0mg cholesterol; 77.9mg sodium; 219.6mg potassium; 13.6g carbs; 0.8g fiber; 7.4g sugar; 9.3g protein.

Tips ‘n’ Techniques

**Deluxe Strawberry Cheesecake:** Use strawberries in place of blackberries & Strawberry Topping, pg. 115.

**Deluxe Raspberry Cheesecake:** Use raspberries in place of blackberries & Raspberry Topping, pg. 117.

**Deluxe Blueberry Cheesecake:** Use blueberries in place of blackberries and Deluxe Blueberry Topping, pg. 118.
Creamy Light ‘n’ Rich Cheesecake

This is light in flavour and texture, but not in fat. Pictured on cover.

- 3 Tbsp Vegetarian Jel (or 2 pkg Gefen Clear or Strawberry Jel, see Appendix)
- 1/4 cup pineapple juice concentrate
- 2 Tbsp orange juice concentrate
- 2 Tbsp lemon juice
- 1/4 to 1/2 cup raw sugar (or agave nectar or honey)
- 1 tsp vanilla extract
- 1/2 cup coconut milk (or cashew cream, see Appendix)
- 12 oz pkg Silken Tofu, extra firm
- Just Like Graham Crust, pgs. 42 to 45
- Fruit topping of choice

Dissolve Jel in pineapple juice concentrate, lemon juice, and orange juice concentrate over medium heat. Meanwhile combine remaining ingredients in a blender, except crust and topping of course. Blend until smooth, add Jel, and pour into pre-baked crust. Chill and serve.

Serves 8
Preparation time: 10 minutes
Ready in: 3 to 4 hours

Nutrition Facts
Nutrition (per serving): 90.3 calories; 3.8g total fat; 0mg cholesterol; 29.7mg sodium; 151.9mg potassium; 11.0g carbs; 0.1g fiber; 9.4g sugar; 3.6g protein.

Tips ‘n’ Techniques
For an extra rich dish add 1/2 to 3/4 cup raw cashews to blend and blend with coconut milk. Add remaining ingredients and follow above recipe.
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) 1/3 cup water
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.butlerfoods.com](http://www.butlerfoods.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”.

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**Vegetarian Jel:**

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 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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Rear of Photo
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