Healthy Home Cookin’
Vol. 5 - Breakfast, Brunch, Soup & Salad

Cover Key
1. Simple Caesar Salad, pg. 102
2. French Onion Soup, pg. 69
3. Tofu Slices, pg. 121
Foreword

This series was done to help families have more variety in their menus. It is dedicated to all those with various needs in one family. I have tried to make these recipes as adaptable as possible with many variation ideas in the recipe itself or at the back in the Appendix. I have also included tips from various authors on health on the pages throughout the books in this series. All the recipes in the books were cooked on a glass stove top or electric oven, unless otherwise stated, at a higher altitude (approx 3500 feet).

Thank you to Donna Stafford for recipe testing and sharing.

Breakfast is the most beneficial meal of the day and should be packed with the most calories of any meal. This is the time to eat rich foods, not at night. We often eat pies, cobblers, cheesecakes (which is Vol. 4) because these are rich foods full of nutrients, calories, and often fat. But since that does take some getting used to I have incorporated more traditional breakfast foods in here.

Brunch is the lunch on the run, so to speak. I am taking some liberties with this word, but I have used it to mean quick or sack lunches. Our family usually eats an entrée (Vol. 6) and pasta or potato (Vol. 3) meals at lunch and we call it “dinner.” We may or may not eat a light (popcorn) supper, but usually none. However, for those working and in school, a sack lunch is often unavoidable. So I hope the ideas in this book will help your family plan better.

So enjoy your GREENS! 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 are more than one option. 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 nutritional analysis.
* If more than one size is listed, the first size listed is used.
* If mayo is used, it is the Creamy Mayo, no oil page 109 unless specified!
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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Cereals - hot and cold

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Note: If oats are used in your diet -- most of the above recipes are gluten free. For more information on oats and celiac’s see www.celiac.com. Even if you do not use oats there are still plenty of choices.
Oatmeal

Our family’s favorite quick breakfast.

- 3 1/2 cups water
- 2 cups quick cooking oats
- 1 cup raisins
- 1/2 tsp sea salt, optional

Bring water to a boil and stir in oatmeal. Reduce heat, add raisins, and simmer for 5 minutes. Remove from heat and let stand 10 minutes. Serve with soy milk, molasses or Sucanat, fresh fruit, and ground flax seeds for your omega 3.

Serves 4
Ready in: 15 minutes

Nutrition Facts
Nutrition (per serving): 278.9 calories; 2.7g total fat; 0mg cholesterol; 9.7mg sodium; 450.7mg potassium; 59.8g carbs; 5.5g fiber; 25.0g sugar; 7.7g protein.

Bulgur Breakfast

Simple, back to nature food.

- 2 cups bulgur
- 4 cups apple juice (or other fruit juice)
- 2 cups fresh berries, strawberries or other

Bring fruit juice and bulgur to a boil. Let boil 5 minutes and remove from heat. Let stand until juice is absorbed, about 15 minutes. Serve with fresh fruit and soy milk or fruit juice.

Serves 4
Ready in: 30 minutes

Nutrition Facts
Nutrition (per serving): 380 calories; 1.4g total fat; 0mg cholesterol; 20mg sodium; 698.4mg potassium; 87.9g carbs; 14.6g fiber; 31g sugar; 9.3g protein.
Cooked Millet

*Use fresh fruit sliced onto millet for a healthy meal.*

- 1/2 cup millet
- 2 cups hot water (or fruit juice)
- 1 cup fresh or thawed raspberries or strawberries

Bring millet and water to a boil, reduce heat and let simmer on very low for 40 minutes, until millet “bursts.” Stir in fresh fruit and serve with soy or almond milk. For variations, add favourite dried fruits or nuts while hot.

Serves 4

**Nutrition Facts**

Nutrition (per serving): 110.5 calories; 1.3g total fat; 0mg cholesterol; 3.9mg sodium; 95.2mg potassium; 21.9g carbs; 4.1g fiber; 1.4g sugar; 3.1g protein.

Maple Millet Delight

*An easy breakfast to prepare.*

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

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

Serves 12

**Nutrition Facts**

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

*This has the fresh taste of summer!*

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

In a 2 quart saucepan heat water and milk until boiling, slowly add cornmeal stirring constantly. Reduce heat and simmer until thick, about 35 to 40 minutes. Stir occasionally. Stir in maple syrup and blueberries and serve. Can be cooked in crock pot too.

Serves 6 
Preparation time: 5 minutes 
Cooking time: 40 minutes 
Ready in: 50 minutes

**Nutrition Facts**

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

**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.
Cream of Wheat

A creamy, light meal. Good for a light supper.

- 1/2 cup wheatlets (or semolina or Cream of Wheat cereal)
- 2 cups water
- pinch salt, optional

Combine all and bring to a boil. Let simmer for 5 minutes on low. Serve with soy milk and Sucanat.

Serves 2 Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 158.8 calories; 0.6g total fat; 0mg cholesterol; 176.8mg sodium; 57.2mg potassium; 33.0g carbs; 1.2g fiber; 0.2g sugar; 4.5g protein.

Crock-pot Breakfast

Choose a grain breakfast.

- Choose 3 of the following grains:
  - 1 cup wheat berries (soft or hard)
  - 1 cup oat groats
  - 1 cup millet
  - 1 cup pearl barley
  - 1 cup brown rice (or any other whole grain - NOT flour)
- Add:
  - 10 to 12 cups water
  - 1/2 cup Sucanat, to taste (or other, see Appendix)
  - 1 cup dates, pitted & chopped (or raisins)
  - 1 tsp sea salt & 1 Tbsp vanilla, opt

Prepare the night before. Thoroughly wash all the grains and drain. Add all ingredients into crock-pot and stir to mix. Cook on low all night, about 10 to 12 hours. In the morning, stir in vanilla if desired. Serve with milk, chopped banana or apple sauce. Serves 6
Cracked Wheat or Buckwheat Cereal

*I really enjoy this with buckwheat.*

- 1 cup cracked wheat (or 1 1/2 cup buckwheat*)
- 4 cups water
- 1/4 cup coconut
- 2/3 cup chopped dates
- 1/2 tsp sea salt
- 1 tsp vanilla, opt

Dextrinize wheat in dry pan over medium heat for 2 minutes, see Tips on pg. 19. (*Omit this step for buckwheat.*) Add remaining ingredients and bring to a boil. Simmer for 20 minutes covered (Buckwheat is done at this point, cracked wheat needs the remaining step), remove lid and simmer 10 minutes longer.

Serves 4

**Preparation time:** 5 minutes  
**Cooking time:** 35 minutes  
**Ready in:** 45 minutes

**Nutrition Facts**

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

Your Favourite Recipes ‘n’ Tips
Oat Cakes

Created by Grandma Helen Stafford in the 1940’s.

- 3 cups rolled oats (not quick)
- 2 2/3 cups soy milk
- 3 Tbsp vegetable oil
- 3 Tbsp honey (or alternative)
- 1/2 tsp sea salt
- 1/4 cup cashews, optional
- 1/4 cup sesame seeds, optional

Combine all and place in oiled 9 x 9 pan. Sprinkle with cashews and sesame seeds. Bake at 350°F for 40 minutes or until light brown. Serve with any favourite fruit sauce, maple syrup, apple sauce, or even a savory gravy, pg. 50, and scrambled tofu, pg. 59.

Serves 8
Preparation time: 5 minutes
Cooking time: 40 minutes
Ready in: 45 minutes

Nutrition Facts
Nutrition (per serving): 340.4 calories; 10.9g total fat; 0mg cholesterol; 164mg sodium; 356.3mg potassium; 49.3g carbs; 7.3g fiber; 6.9g sugar; 13.6g protein.

Tips ‘n’ Techniques
Use more whole grains, like oats or oatmeal, in your menus. Cooked cereals are much better for you than boxed cereals, but these Oat Cakes or toast is even better. Why? Because you have to chew it! The more time in the mouth, the better for digesting grains, all grains.
Granola

This is high-energy food and great fuel for the body.

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

Combine all dry ingredients, except raisins, in a large bowl. Add applesauce and stir well. Divide into four portions. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 300°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

Serves 16 (1 1/4 cup per serving)

Preparation time: 10 minutes
Cooking time: 40 minutes
Ready in: 60 minutes

Nutrition Facts

Nutrition (per serving): 452 calories; 12.7 g total fat; 0mg cholesterol; 101.2mg sodium; 521.4mg potassium; 75g carbs; 10.1g fiber; 21.8g sugar; 14.3g protein.

Tips ‘n’ Techniques

Granola (lower in fat) -- To reduce fat reduce serving size to 1 cup and reduce walnuts & sunflower seeds to 1/3 cup each.
Raspberry Almond Granola

A delightful change from the ordinary. Pictured on pg. 17.

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

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

Serves 20 – 1 cup servings
Preparation time: 10 minutes
Cooking time: 40 minutes
Ready in: 60 minutes

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

Tips ‘n’ Techniques
Blackberry Almond Granola: Use blackberries in place of raspberries, you may reduce honey or sugar whichever you are using as blackberries are not as tart.
**Pina Colada Granola**

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

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

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

Serves 16 (1/2 cup)
**Preparation time:** 10 minutes
**Cooking time:** 40 minutes
**Ready in:** 60 minutes

**Nutrition Facts**

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

**Tips ‘n’ Techniques**

My husband likes this one. The lower fat recipe on page 15 is better for those trying to lose weight. This one is great for teens and youth.
Pina Colada Granola (lower fat)

A lower fat and calorie version.

• 10 cups rolled oats (not quick)
• 3/4 cup coconut
• 1/2 cup sunflower seeds
• 1/2 tsp sea salt, optional
• 1 can crushed pineapple

• (add applesauce or oil as needed to moist. Remember oil will add fat, but make it easier to chew.)
• 3/4 cup raisins

Combine all dry ingredients, except raisins, in a large bowl. Add wet ingredients and stir well. Divide into four. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 275°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

Serves 16 (1/3 cup per serving)
Preparation time: 10 minutes
Cooking time: 40 minutes
Ready in: 60 minutes

Nutrition Facts
Nutrition (per serving): 272 calories; 6.3g total fat; 0mg cholesterol; 62.6mg sodium; 314.4mg potassium; 46.5g carbs; 6.2g fiber; 10.4g sugar; 9.6g protein.

Your Favourite Recipes ‘n’ Tips
Crepes are a delightful breakfast that are delicate and delicious. Served with fresh fruit and whipped topping, they are wonderful for a special occasion or a special person.

* Crepes, pg. 33

* Strawberry Topping, pg. 44

* Fresh fruit

* Whipped Topping, pg. 45

Key for Page 17
1. Raspberry Almond Granola, pg. 13
2. Crepes, pg. 33 with Strawberry Topping, pg. 44
3. Whipped Topping, pg. 45
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.
Muesli

The grains are cooked by browning in a dry pan. Thanks, Donna.

- 2 1/2 cups rolled oats (not quick)
- 2 1/2 cup quick oats
- 3 to 5 bananas
- 1 liter/quart pineapple juice
- 1 can coconut milk (454g/14oz)
- 1 tsp sea salt

Dextrinize* both oats in dry pan. Blend bananas, juice, coconut milk, and salt until smooth in blender. Add to oats and let sit overnight in refrigerator. In morning add as desired: 1 cup raisins, slivered almonds, sliced banana, coconut, or any other combination of fresh/frozen fruit like grapes, blueberries, apples, etc.

Serves 8
Preparation time: 10 minutes
Cooking time: 60 minutes
Ready in: 90 minutes

Nutrition Facts

Nutrition (per serving): 402.2 calories; 14.6g total fat; 245.5mg sodium; 621.1mg potassium; 61.5g carbs; 6.4g fiber; 21.9g sugar; 10.1g protein.

Tips ‘n’ Techniques

*Dextrinizing is browning or toasting a grain in a dry skillet over medium heat for 15 to 25 minutes or golden brown. This “cooks” the grains and helps them absorb moisture better. Rice is dextrinized to make light and fluffy. Since the oats will not be cooked further, it is VERY important to pre-cook them with dextrinizing.
Gratenutz

Very CRUNCHY even in milk! Pictured on pg. 35.

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

Preheat oven to 350°F. Mix all of the ingredients. Spread onto 2 prepared non-stick cookie sheets and bake 25 to 30 minutes. Should be golden brown. Lift and let cool. Grind in food processor and bake until completely dry about 20 to 25 minutes at 300°F or use a dehydrator. Cool completely and store in airtight container.

Serves 4

Nutrition Facts

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

Your Favourite Recipes ‘n’ Tips
Gratenutz - wheat free

A low fat, crunch cereal. Pictured on pg. 35.

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

Combine dry ingredients in a large bowl. Whisk liquid ingredients and add to dry. Combine all and thoroughly mix. Pour onto 2 prepared non-stick baking sheets (about 11 x 17). Bake at 350°F for 25 to 30 minutes. Cool. Break into pieces and grind coarsely in food processor. Place on two cookie sheets and bake at 300°F until completely dry, about 20 to 25 minutes. Store in airtight container in the cupboard.

Serves 8
Preparation time: 5 minutes
Cooking time: about 45 minutes
Ready in: about 60 minutes

Nutrition Facts

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

Tips ‘n’ Techniques

This will be crunchier if left in coarse pieces, we prefer 1/2 to 3/4”. If you grind too fine, it will go soggy!
Brown Rice

Yes, for breakfast!

- 2 1/2 cups long-grain brown rice, Lundberg is the best
- 4 cups water (or fruit juice is better yet!)

Wash rice and add water. Place in medium pot over high heat and bring to a boil. Reduce heat and let simmer 20 minutes. Turn off heat and let stand 10 minutes. Serve with soy milk and fresh fruit. Cook with fruit juice for a special treat!

Serves 4

Preparation time: 5 minutes
Cooking time: 35 minutes
Ready in: 45 minutes (incl. standing time)

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

Tips ‘n’ Techniques

Brown rice is a very easy to digest grain and is a staple for those with wheat or gluten intolerance. While it is not a common allergen, it can be. It is good for Irritable Bowel Syndrome as it is low in fat but still has protein and complex carbs.

Rice Puddings, Bread Puddings, and Tapioca Puddings all make GREAT breakfasts as well. See Vol. 1 – Cakes, Puddings, Parfaits & More for these great recipes.
Multigrain Cereal

Another easy dish to prepare.

- 3 1/2 cups water
- 1 cup multigrain cereal (Sunny Boy, Red River, or other)

Combine all and bring to a boil. Simmer on low, covered, for 60 minutes. Remove from heat and let stand 30 minutes.

Serves 4

Preparation time: 5 minutes
Cooking time: 60 minutes
Ready in: 90 minutes

Nutrition Facts

Nutrition (per serving): 85.0 calories; 1.0g total fat; 0mg cholesterol; 9.1mg sodium; 128.3mg potassium; 17.1g carbs; 0g fiber; 0g sugar; 3.6g protein.

Tips ‘n’ Techniques

Grains should be cooked for long periods of time. Even though some packages, like Sunny Box, only recommend a few minutes, I recommend much longer, although not hours as they are not whole grain.

The finer the grain is ground the less cooking it needs. That is why bread is healthful at only 30 to 45 minutes of cooking, while Groats or wheat berries should be cooked for hours. Some grains are not of the same family as the grasses, like rice, which only needs minimal cooking, i.e.: 45 minutes or so.
Peach Barley Casserole

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

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

Combine all in a 2 qrt casserole dish and bake at 350°F for one hour.

Serves 4
Preparation time: 5 minutes
Cooking time: 60 minutes
Ready in: 75 minutes

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

Your Favourite Recipes ‘n’ Tips
Waffles, French Toast, and Pancakes

Easy Waffles - wheat free
Easy Waffles Too
Energy Waffles
Multigrain Waffles
Corn Waffles
Soy Waffles
Rice Waffles
Simple Rice Waffles
Crepes
Waffles for All & Photo
Pancakes
Pancakes - gluten free
Blueberry Pancakes
French Toast
High Fiber French Toast
Blueberry Topping
Blueberry Topping - Deluxe
Blackberry Topping
Easy Berry Topping or Jam
Fruit Filling - For Frozen Fruit
Fruit Filling - For Canned
Whipped Topping
Pineapple Topping
Creamy Orange Nut Topping
Fresh Berry Topping
Date Walnut Spread

Most of the above are gluten free.
Easy Waffles - wheat free

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

- 3 cups oats, quick
- 3 1/2 cups very HOT water
- 1 Tbsp honey (or 2 Tbsp raw sugar)

Place all ingredients in a blender and blend on high for 2 to 4 minutes. Let stand 5 minutes, and bake in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.)

Serves 4
Yields: 4 double waffles
Ready in: 30 minutes (with two waffle irons)

Nutrition Facts

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

Tips ‘n’ Techniques

Egg Replacer makes these extra light and is good for those new to healthy cooking or gluten free cooking (for those who use oats), add 1 tsp of Ener-G Egg Replacer.

If too dark and/or comes apart, reduce the water. If too heavy, add more water.

See celiac.com for information on oats and celiacs.
Easy Waffles Too

Variation with a bit more flavour.

- 2 1/2 cups oats, quick
- 3 cups very HOT water
- 1 to 2 Tbsp honey
- 2 Tbsp sesame seeds
- 1/4 cup water (for rinsing blender)
- 1 cup whole wheat flour
- 1 tsp vanilla extract

Place all ingredients (except flour if you don’t have the room) in a blender and blend on high for 2 to 4 minutes, place into bowl, rinse out blender with water and add to bowl. Add flour and stir well. Let stand 5 minutes, and bake in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.)

Serves 4

Nutrition Facts

Nutrition (per serving): 356.8 calories; 6.0g total fat; 0mg cholesterol; 8.4mg sodium; 326.8mg potassium; 65.5g carbs; 9.2g fiber; 9.6g sugar; 13.0g protein.

Tips ‘n’ Techniques

Don’t let the fat scare you. These waffles are full of oats, which is a great food to lower cholesterol.
Energy Waffles

Great for growing families and active adults.

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

Place all ingredients in a blender and blend on high for 2 to 4 minutes. Let stand 5 minutes, and bake using non-stick spray in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.) If these are sticking the batter is not thick enough, add more flour.

Serves 4

*Nutrition Facts*

Nutrition (per serving): 299 calories, 7g total fat, 0mg cholesterol, 27.9mg sodium, 357mg potassium, 46.8g carbohydrates, 6.9g fiber, 4.4g sugar, 14.2g protein.

*Tips ‘n’ Techniques*

Sesame seeds add some much-needed calcium in the diet, to this dish. You can increase the sesame seeds to ¼ cup.
Multigrain Waffles

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

- 1 cups oats, quick or rolled
- 3 cups multigrain cereal (like Sunny Boy or Red River)
- 4 cups water
- 2 to 3 tsp honey
- about 1/3 cup water

Place first 3 ingredients in a large bowl & soak overnight in fridge. In the morning, put into a blender add 1/3 cup water and honey and blend on high for 2 to 4 minutes, adding more water if necessary. Bake in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.)

Serves 4

Nutrition Facts

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

You might think “this won’t work” but it does!

- 2 to 2 1/2 cups soy milk (or water) as needed
- 2 1/2 cups cornmeal
- 3 Tbsp vegetable oil
- 1 Tbsp honey
- dash of sea salt, optional

Whisk liquid ingredients well. Beat in cornmeal. Let stand in fridge overnight (optional, but works very well) or at least 30 minutes to 1 hour. Add water and beat well until it will drip off spoon but is not runny. Bake in hot waffle irons until quite dark. If you are having trouble getting them out of the waffle iron, let stand longer, use slightly less water or spray the pan with non-stick spray. I find waffle irons start to lose their non-stick value after a few years. Can be made lighter if use 1 cup of oats in place of 1 cup cornmeal. Serves 4

Nutrition Facts
Nutrition (per serving): 445.2 calories; 15.2g total fat; 0mg cholesterol; 94.5mg sodium; 373.6mg potassium; 69.0g carbs; 7.2g fiber; 5.4g sugar; 11.7g protein.

Soy Waffles

From my mom’s recipe collection.

- 1 1/2 cups soaked soybeans
- 1 3/4 cups rolled oats
- 3 3/4 cups hot water
- 1/4 tsp sea salt, optional

Blend all in blender well. Let stand 10 minutes and bake in hot waffle irons. Serves 4

Nutrition Facts
Nutrition (per serving): 426.5 calories; 11.7g total fat; 0mg cholesterol; 124mg sodium; 922mg potassium; 60g carbs; 10.5g fiber; 4.3g sugar; 24.3g protein.
Rice Waffles

Light and tasty.

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

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

Serves 4

Nutrition Facts

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

Your Favourite Recipes ‘n’ Tips
Simple Rice Waffles

*Very easy, light and tasty.*

- 2 3/4 to 3 cups brown rice, cooked
- 2 cups water
- 1/2 cup brown rice flour (or organic corn flour or mix)
- dash of salt, optional
- 1 Tbsp honey

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

Serves 4

Preparation time: 15 minutes
Cooking time: 15 minutes
Ready in: 30 minutes (if rice is pre-cooked)

**Nutrition Facts**

Nutrition (per serving): 236.5 calories; 1.8g total fat; 0mg cholesterol; 10.9mg sodium; 117.5mg potassium; 50.2g carbs; 3.3g fiber; 4.9g sugar; 4.9g protein.

**Tips ‘n’ Techniques**

“Sunlight seems to have a relaxing and soothing effect on the stomach and intestines. A research report form Russia shows that duodenal ulcers are greatly improved after a course of sunlight treatments and can also be prevented from reoccurring.”

Zane Kime, M.D., M.S., Sunlight
Crepes

These are unbelievably good! Rolled with fruit, you won’t believe they are have no eggs. Pictured on pg. 17.

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

Blend all until very smooth. Let stand 10 to 15 minutes. Heat non-stick pan over medium-low heat (may stick in old or worn pan); spray with non-stick spray and pour 1/4 cup to 1/3 cup into hot pan. Turn and twist pan around (or shake) to make a 6” crepe. If bubbles too much creating large holes, turn down the heat. Cook until golden, the tops will look a bit dryish, and turn over. Cook a bit longer, 2 to 4 minutes, and serve filled and rolled with fruit topping or filling of choice. These are very tender. Be careful not to break them. Very delicious!

Serves 4 - yields about 10 to 12 crepes

Preparation time: 30 minutes
Cooking time: 10 minutes
Ready in: 60 to 90 minutes

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

Tips ‘n’ Techniques
Batter can be made the night before, but you will need to add more water or you’ll have heavy pancakes instead of light crepes!
Waffles for All

A staple for my husband while he was away at school was waffles. Simple to make, low fat, high fiber and delicious. Serve with your favourite fruit topping. We love blueberries. The Date Walnut Spread is another great option, especially for breakfast.

* Waffles, pgs. 26 to 32 - lots of choices

* Fruit or other topping, pgs. 42 to 47

Key for Page 35
1. Gratenutz, pgs. 20, 21 (mixed)
2. Blueberry Topping, pg. 42
3. Easy Waffles, pg. 26
Pancakes

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

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

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

Yields: 12 medium pancakes
Preparation time: 10 minutes
Cooking time: 10 minutes (each pancake)
Ready in: 60 minutes

Nutrition Facts

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

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

Tips ‘n’ Techniques

These can be baked in a waffle iron as well.
Pancakes - Gluten Free

Quick gluten free alternative.

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

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

Serves 12
Preparation time: 10 minutes
Cooking time: 30 minutes
Ready in: 40 minutes

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

Your Favourite Recipes ‘n’ Tips
Blueberry Pancakes

A great meal for a celebration kind of morning.

- 1 cup whole wheat flour
- 3/4 cup unbleached flour
- 1/4 cup raw sugar (or alternative, see Appendix)
- 1 cup fresh or frozen blueberries
- 1 1/2 Tbsp Ener-G Baking Powder
- 2 tsp Egg Replacer, optional (but better)
- 1/2 tsp sea salt
- 1 3/4 cups soy milk
- 1/4 cup vegetable oil (Use soy milk instead of oil if you need to reduce the fat. See nutrition on pg. 37)
- 1 tsp vanilla
- 1/8 tsp almond flavour

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

Yields: 12 medium pancakes
Preparation time: 10 minutes
Cooking time: 10 minutes (each pancake)
Ready in: 60 minutes

Nutrition Facts

Nutrition (per serving): 145.2 calories; 5.5g total fat; 0mg cholesterol; 98.8mg sodium; 103.1mg potassium; 20.9g carbs; 2.2g fiber; 5.7g sugar; 3.9g protein.

Tips ‘n’ Techniques

This will work with chopped fresh cherries as well. Experiment with your favourite fruits. For gluten free add 1 cup blueberries to recipe on pg. 38.
French Toast

My husband’s specialty. GF if using gluten free bread.

- 1 loaf stale brown bread (Silver Hills sprouted works great!)
- 1 1/2 cup water
- 1/4 cup brown rice flour
- 1/2 cup raw cashews
- 1 tsp maple syrup (or agave nectar)
- 1/4 tsp vanilla extract
- 1 Tbsp cornstarch (or arrowroot), optional*

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

Yields 12

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

Tips ‘n’ Techniques

*Use the cornstarch for ‘fresh’ or soft bread. We keep the bread pre-sliced and frozen. The sprouted bread is drier and not easily made soggy so it works great for this recipe. We find homemade or other brands of bread need to be dried out a bit or toasted before.
High Fiber French Toast

*A healthy, quick meal.*

- 1 loaf stale brown bread (see pg. 40)
- 1 1/4 cup water
- 1/4 cup oats, quick or rolled
- 1/4 cup raw cashews
- 1/4 cup ground flax seed, optional
- 1 tsp maple syrup (or agave nectar)
- 1/4 tsp vanilla extract

Blend all until very smooth; pour into large, flat bowl. Dip bread quickly into mixture and fry on non-stick pan or griddle. Flip when golden brown. See Tips pg. 40.

Yields 12

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

*Nutrition Facts*

Nutrition (per serving): 194.3 calories; 4.7g total fat; 0mg cholesterol; 213.1mg sodium; 216.8mg potassium; 33.9g carbs; 3.9g fiber; 3.0g sugar; 5.9g protein.

Your Favourite Recipes ‘n’ Tips
Blueberry Topping

Simple and Easy.

- 1 cup apple juice or grape juice
- 2 Tbsp raw sugar (or alternative see Appendix)
- 3 Tbsp cornstarch
- 2 to 3 cups fresh* or thawed blueberries

In saucepan mix juice, honey, and cornstarch. Cook over medium heat until thick; stir in blueberries. Variation: Add 1 Tbsp more cornstarch if you would like a “solid” topping. *Use 1 Tbsp less cornstarch for pancakes and waffles -- or for fresh blueberries.

Serves 8      Ready in: 15 minutes

Nutrition Facts
Nutrition (per serving): 58.9 calories; 0.2g total fat; 0mg cholesterol; 1.6mg sodium; 65.0mg potassium; 14.8g carbs; 0.9g fiber; 10.1g sugar; 0.3g protein.

Blueberry Topping - Deluxe

Yum, yum, yum! Pictured on pg. 35.

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

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

Serves 8      Ready in: 15 minutes

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

*Use for raspberries too!*

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

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

Serves 12

**Nutrition Facts**

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

Easy Berry Topping or Jam

*Simple and easy. Raw food. Try it!*

- 3 to 5 cups thawed berries (Rasp, Black, or Strawberries)
- 4 to 8 dried pineapple rings (The more pineapple the sweeter and thicker it gets.)

In a bowl break up pineapple into small pieces and mix with berries. Be sure to cover the pineapple with the juice of the berries. Let soak 6 to 8 hours or overnight and blend with a hand blender or food processor. Very good even for those who do not like pineapple.

Serves 8

**Nutrition Facts**

Nutrition (per serving): 50.3 calories; 0.3g total fat; 0mg cholesterol; 0.8mg sodium; 107.9mg potassium; 12.6g carbs; 3.0g fiber; 9.4g sugar; 0.8g protein.

**Tips ‘n’ Techniques**

This is a great topping for pancakes or waffles on the go!
Fruit Filling - For Frozen Fruit

A multipurpose recipe for frozen fruit.

- 4 cups thawed blueberries, strawberries, raspberries, or blackberries, etc. (for fresh berries see pg. 47)
- 1 to 2 Tbsp raw sugar (or alternative), optional
- 3 to 4 Tbsp cornstarch
- apple juice, as needed

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

Serves 4

Nutrition Facts

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

Your Favourite Recipes ‘n’ Tips
Fruit Filling - For Canned

A versatile recipe for many kinds of canned fruit.

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

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

Whipped Cream

Easy and quite tasty! Pictured on pg. 17.

• 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

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.
Pineapple Topping

Good over toast, pancakes, or waffles.

- 1 1/3 cups pineapple with juice (1 can)
- 2 Tbsp cornstarch
- 1 Tbsp honey, adjust to taste
- 1/2 cup orange juice

Combine all and cook over medium heat until thick and bubbling.

Serves 6

Nutrition Facts
Nutrition (per serving): 63.3 calories; 0.1g total fat; 0mg cholesterol; 1.1mg sodium; 110.7mg potassium; 16.2g carbs; 0.5g fiber; 12.6g sugar; 0.4g protein.

Creamy Orange Nut Topping

Simple, easy, creamy, and raw. Try it!

- 1 organic orange*
- 1/3 to 1/2 cup pineapple juice concentrate
- 1 cup almonds

Zest the orange peel and place into blender. Peel and seed orange and add to blender. Add remaining ingredients, adding as much pineapple juice as needed to make into a creamy spread.

Serves 8

Nutrition Facts
Nutrition (per serving): 135.6 calories; 9.1g total fat; 0mg cholesterol; 0.5mg sodium; 228.5mg potassium; 11.6g carbs; 2.7g fiber; 8.2g sugar; 4.2g protein.

Tips ‘n’ Techniques

*Be sure and wash fruit well if you are eating the peel or using the zest. Organic, is optional, but either way it should be washed well with a fruit soap or food safe dish soap.
Fresh Berry Topping

Good with any berry! For frozen fruit see pg. 44.

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

Whisk cornstarch and raw sugar in water and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheesecake or use as waffle topping. *Use 4 Tbsp for thick toppings for cheesecakes, etc.

Serves 12

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

Date Walnut Spread

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

- 1 cup soy milk (or other or water)
- 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: For an extra treat, use soy creamer in place of soy milk. Another option - 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.
Healthy Veggie Breakfasts

Breakfast Ideas
Savory Grains & Gravey
Lentil Sausage (or patties)
Easy Sausage
Savory Soups & Photo
Mixed Bean Hot-Pot
Veggie Omelet
Early Morning Potatoes
Potato Pancakes
Hashbrowns
Scrambled Tofu
Vegetarian Italian Sausage

Planning your morning:

Remember to add the preparation times from each recipe you will be using together, to determine how long breakfast will take. Add in the longest cooking time and you will know when to get started. To determine what to start first, look at the “ready in” time (or add preparation time + cooking time) and start the longest one first.
Savory Breakfast Ideas

We often eat veggie meals for breakfast. It is my personal preference, because I love savory foods.

**Lasagna: Vol. 3 pg. 58 to 61:** Pre-make day or two before and store in fridge. Put in the oven 1st thing in the morning when you rise and bake as needed, about 45 to 60 minutes. Prepare salad and set table.

Morning prep time: 5 to 10 minutes
Ready in: 60 minutes

**Spaghetti & G-Good Dinner Loaf:** Vol. 6 pg. 47 (or Golden Nuggets pg. 27) Pre-make Dinner Loaf or Golden Nuggets the day before (we actually keep Nuggets in the freezer for quick meals and thaw as needed). In the morning cook pasta according to pkg directions and reheat slices of loaf or nuggets in a skillet. Serve with salad or veggies and dip.

Morning prep time: 20 minutes (to make pasta)
Ready in: 30 minutes

**Baked Potatoes & Gravy:** Put washed med or small potatoes in the oven the night before (do not turn on). In the morning turn oven on 1 hour before breakfast. Prepare gravy, salad and favourite patties if desired. See Vol 3 for Baked potato and Patty ideas.

Morning prep time: 20 minutes (to make gravy & salad)
Ready in: 60 minutes

**Rice Dish & Baked Tofu:** Rice Casserole choose one from Vol 3. Pg. 102 to 114, Baked Tofu Vol. 6 pg. 63 -- Prepare rice casserole the night before and store in fridge. Bake as directed the next morning and do the tofu. Serve with coleslaw or other veggies.

Morning prep time: 20 minutes (to make tofu & coleslaw)
Ready in: 45 to 60 minutes (depending on dish chosen)
Savory Grains

*Good with gravy, see below.*

- 1 cup rye (or buckwheat)
- 1 cup Kamut (or brown rice)
- 1 cup barley (or quinoa)
- 1/2 cup Bragg’s Aminos (see Appendix)
- 1/4 cup nutritional yeast flakes
- 4 Tbsp Tasty Brown Bouillon, pg. 140
- 1 med onion, diced
- 7 to 8 cups water
- 2 tsp Seasoning Salt, pg. 137

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

Serves 8
Preparation time: 10 minutes or less
Cooking time: 8 hours

**Nutrition Facts**

Nutrition (per serving): 271.5 calories; 2.0g total fat; 0mg cholesterol; 1505.3mg sodium; 286.1mg potassium; 55.9g carbs; 10.2g fiber; 1.3g sugar; 11.7g protein.

Cashew Gravy

*Our family’s favourite, quick ‘n’ tasty.*

- 2 cups water
- 1/2 cup raw or roasted cashews
- 1 tsp onion powder
- 1 cube Tasty Brown Bouillon, pg. 140

Put cashews and bouillon in blender, pour in enough water to cover and blend until smooth. Add remaining ingredients and pour into saucepan. Cook over medium heat until thick.
Lentil Sausage (or patties)

Use for breakfast with Savory Grains, pg. 50, or Oat Cakes, pg. 11. Or use for lunch in sandwiches.

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

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

Yields 8 to 10 medium patties

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

Nutrition Facts

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

Tips ‘n’ Techniques

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

A quick n simple dish.

- 3 cups bread crumbs
- 1/2 cup whole wheat flour
- 2 cubes Tasty Brown Bouillon
- 1/2 cup yeast flakes
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 cup Braggs Aminos
- 1/2 cup soy milk or water
- oil to fry or non-stick spray, optional

Combine all well, roll into logs and pan fry in oil until browned.

Savory Soups

Warm soup on a cool day is comforting. Soup is one of those recipes that if you get the flavour and salt right, you can’t get much else wrong. So many vegetables, so little room.

* Basic Barley Soup, pg. 63

* Lentil Sandwiches - Lentil Slice, pg. 122, bread, lettuce and tomato.

Key for Page 53
1. Basic Barley Soup, pg. 63
2. Lentil Slice, pg. 122
Rear of Photo
Mixed Bean Hot-Pot

Easy to do.

• 1/2 cup B-B-Q Sauce (or Ketchup*)
• 2 cans beans, your choice (398ml/14oz) (or 2 cups Dinner Crumbles, see Vol. 6 pg. 24)
• 1 med onion, diced
• 1 tsp Italian Herbs, pg. 141
• 1 tsp Seasoning Salt, pg 137
• 1 cup sliced mushrooms, optional
• 4 med potatoes
• 1 Tbsp vegetable oil

Preheat oven to 425ºF. Combine all ingredients except potatoes & oil. Place into casserole dish. Wash and slice potatoes thinly, toss in oil, and layer on top of beans. Cover and bake for 30 minutes. Remove cover and bake 15 to 20 minutes longer, until potatoes have browned and are done.

Serves 4
Preparation time: 15 minutes
Cooking time: 45 to 50 minutes
Ready in: about 1 hour

Nutrition Facts
Nutrition (per serving): 608.3 calories; 4g total fat; 0mg cholesterol; 513mg sodium; 3762mg potassium; 137g carbs; 11g fiber; 18.4g sugar; 14.6g protein.

Tips ‘n’ Techniques
*B-B-Q Sauce or Ketchup - made with lemon juice and low in sugar is best, see Vol. 6 - Better For You Entrees, pg. 131.
Veggie Omelet

Vary the veggies to suit your taste.

- 1 cup water (or 1/2 cup water if use medium tofu)
- 2 cubes Golden Seasoning, pg 139
- 1 pkg water packed tofu, extra firm (350ml/12oz)
- 1/2 cup brown rice flour
- 3 to 5 Tbsp nutritional yeast flakes
- 1 tsp onion powder
- 1/8 tsp turmeric

Filling Ideas - choose none or all:
- 1/4 cup sliced olives
- 1 med red bell pepper*
- 1 small red or yellow onion*
- 3/4 cup sliced mushrooms*
- 1/2 cup chopped fresh tomatoes

Blend the first 7 ingredients until smooth. Stir in filling choices. Pour about 1/2 cup of batter onto a hot nonstick skillet prepared with non-stick spray. Cover and cook on medium-low heat for 7 to 10 minutes. It should start to look “dryish” and yellow. Flip and cook another 7 to 10 minutes. Serve with Cheese, pg. 116 or plain.

Serves 4
Ready in: about 30 minutes

Nutrition Facts
Nutrition each – NO FILLING: 187 calories, 6.5g total fat, 0mg cholesterol, 269.6mg sodium, 329.2mg potassium, 20.9g carbohydrates, 1.6g fiber, <1g sugar, 13.8g protein.

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

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

- 4 to 6 med potatoes, baked
- 2 Tbsp olive oil
- 1 tsp Italian Herbs, pg. 141
- 1 tsp Seasoning Salt, pg. 137

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

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

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

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

*Mouth-watering and crispy.*

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

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

Serves 4  
Preparation time: 10 minutes  
Cooking time: 10 to 15 minutes  
Ready in: 25 minutes

_Nutrition Facts_

Nutrition (per serving): 156.0 calories; 3.4g total fat; 0mg cholesterol; 8.3mg sodium; 854.1mg potassium; 29.8g carbs; 2.1g fiber; 0.3g sugar; 3.1g protein.

Hashbrowns

*Mouth-watering and crispy.*

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

Stir potatoes, onions, salt, and oil together. Spread into a prepared pan (large lasagna pan works well). Cook at 400ºF for about 15 minutes stir and bake another 10 to 15 minutes or until golden brown and crispy.  
*We use a fry maker or V-slicer.

Serves 4  
Preparation time: 10 to 15 min  
Cooking time: 20 minutes  
Ready in: 35 minutes

_Nutrition Facts_

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

My personal FAVOURITE with potatoes.

- 1 pkg water-packed tofu, medium (454g/16oz)
- 1 tsp onion powder
- 2 to 4 Tbsp nutritional yeast flakes
- 1 cube Golden Seasoning, pg. 139
- dash of turmeric
- 1/2 cup green onions, optional
- Any of the filling ideas on pg. 56, optional

Squeeze tofu to drain most of the water and place in non-stick skillet (not needed if using firm). Mash with a fork, crumble bouillon cube in and sprinkle on remaining ingredients. Bouillon will dissolve as tofu cooks. Stir occasionally. Cook for 15 minutes over medium heat until starts to brown. We like it quite crispy.

Serves 4

Preparation time: 5 minutes
Cooking time: 15 to 20 minutes
Ready in: 20 to 25 minutes

Nutrition Facts

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

Your Favourite Recipes ‘n’ Tips
Vegetarian Italian Sausage

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

SAUSAGE

• 1/4 cup bulgur
• 1/4 cup boiling water
• 1 cup gluten flour
• 1/3 cup soy flour (or ground dry garbanzos)
• 1/4 cup whole wheat flour
• 1 Tbsp Golden Seasoning, pg. 139 (or other bouillon)
• 1 tsp Italian Herbs, pg. 141
• 1/2 to 1 tsp Seasoning Salt, pg. 137
• dash cayenne pepper, optional
• 1/4 cup grape juice
• 1 to 2 cloves garlic
• 3/4 cup water

BROTH

• 1 cup water
• 1 Tbsp Golden Seasoning, pg. 139
• 2 Tbsp Bragg’s Aminos
• 1 tsp olive oil
• 2 cloves garlic

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

Serves 4

Preparation time: 20 to 25 minutes
Cooking time: 40 to 60 minutes

Nutrition Facts

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

Lentil, Tomato & Onion Soup
Basic Barley Soup
Basil and Bean Soup
Borscht
Corn Chowder
Corn Chowder 2
Cream of Celery Soup
Cream of Mushroom Soup
Golden Soup
French Onion Soup
Light Evening Meal & Photo
Cream of Potato Soup
Minestrone
Moroccan Lentil and Chickpea Soup
Potato Stew
Southwestern Soup
Split Pea Soup
Tomato Soup
Creamy Risotto Soup
Vegetable Lentil Soup
Vegetable Soup

All of the above are gluten free or have variations for gluten free.
Lentil, Tomato & Onion Soup

Thick and rich, full of nutrients.

- 2 large sautéed onions
- 2 stalks chopped celery
- 1 cup red lentils
- 1/2 cup brown lentils
- 4 to 5 large chopped tomatoes (or a 28oz can of diced)
- 4 cups water
- 2 tsp Italian Herbs, pg. 141
- 1 tsp Seasoning Salt, pg. 137

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils are tender. Adjust water and salt to taste. Puree half in a food processor until smooth. Puree remaining half until chunky. Serve warm.

Serves 4
Preparation time: 15 minutes
Cooking time: 75 minutes
Ready in: 90 minutes

Nutrition Facts

Nutrition (per serving): 325.3 calories; 1.9g total fat; 0mg cholesterol; 649.5mg sodium; 1178.8mg potassium; 59.9g carbs; 16.9g fiber; 9.6g sugar; 21.1g protein.

Tips ‘n’ Techniques

“When we rely on a ‘whole-foods’ diet in which much of the protein comes from beans, peas, lentils, and whole grains, and little from soy foods, the recommended protein intake for children is at the higher end of the range: about 0.6 to 0.7 grams per pound. The higher requirements are due to the differences in digestibility.”

Joanne Stepaniak, M.S. Ed., and Vesanto Melina, M.S., R.D.,
Raising Vegetarian Children
Basic Barley Soup

One of our favourite soups, pictured on pg. 53.

- 12 cups water
- 1 cup pearl barley (brown rice for gluten free)
- 1 cup lentils
- 2 to 3 med onions, sautéed in water if desired
- 5 med bay leaves
- 2 cubes Tasty Brown Bouillon, pg. 140
- 2 medium carrots diced
- 2 stalks of celery, chopped
- 1 cup tomato juice (or sauce)

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

Serves 8
Preparation time: 15 minutes
Cooking time: 75 minutes
Ready in: 90 minutes

**Nutrition Facts**

Nutrition (per serving): 203.2 calories; 1.0g total fat; 0mg cholesterol; 100.3mg sodium; 462.0mg potassium; 40.4g carbs; 12.2g fiber; 3.8g sugar; 9.3g protein.

**Tips ‘n’ Techniques**

I double or triple this and freeze in quart jars (leave 1” headspace).
Basil and Bean Soup

A change from the usual.

- 2 cans beans, mix of your choice (398ml/14oz)
- 2 cups water (or tomato juice)
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 2 cup chopped zucchini, optional
- 2 med onions, chopped
- 2 Tbsp fresh basil (or 2 tsp dried)
- 1 tsp parsley
- 4 cloves garlic, crushed
- 2 cubes veggie bouillon of choice

Combine all ingredients and place into crock-pot. Cook on high for 1 to 2 hours, adding water if necessary and stir once in awhile.

Serves 8
Preparation time: 10 minutes
Cooking time: 1 to 2 hours

**Nutrition Facts**

Nutrition (per serving): 130 calories; 0.9g total fat; 0mg cholesterol; 510.7mg sodium; 376.2mg potassium; 24.2g carbs; 5.4g fiber; 2.4g sugar; 7.2g protein.

**Your Favourite Recipes ‘n’ Tips**

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Borscht

Delicious Russian favourite. Thank you Pauline for the ideas.

- 4 cups water
- 4 cups tomato juice (or V8)
- 3 cups grated beets
- 3 cups cabbage, grated
- 3 to 4 med potatoes, diced, optional
- 1 lrg onion, diced
- 1 Tbsp lemon juice
- 1 cup carrots, diced
- 1/2 cup celery, diced
- 1 cup peas, optional
- 1 tsp sea salt
- 1/2 tsp basil
- 1 tsp Italian Herbs, pg. 141
- 2 to 3 Tbsp Golden Seasoning, pg. 139
- 1 Tbsp dill weed
- 3 to 4 cloves garlic

Combine all ingredients and bring to a boil. Reduce heat and simmer about 45 minutes, until all vegetables are tender. Traditionally served with sour cream, try Tofutti Sour Supreme or Tofu Cottage Cheese, pg. 117.

Serves 8       Ready in: 60 minutes

Nutrition Facts
Nutrition (per serving): 79.2 calories; 0.4g total fat; 0mg cholesterol; 725.8mg sodium; 700.6mg potassium; 18.1g carbs; 4.0g fiber; 11.1g sugar; 3.5g protein.

Tips ‘n’ Techniques

Your health is your responsibility. You must make the decisions. And I highly recommend you educate yourself. There is so much new information out there the doctors have trouble keeping up, so how can you? Simple. Learn basic physiology, then learn God’s plan from the book Ministry of Healing by E.G. White. Simple and unchanging, science has backed up this book now more than ever.
Corn Chowder

Lovely for a light supper. Pictured on pg. 125.

- 1 cup grated potatoes
- 1/2 cup finely chopped onions
- 1 cup boiling water
- 1/4 cup finely chopped celery
- 1 to 2 Tbsp Golden Seasoning, pg. 139
- 1 can creamed corn
- 1 1/2 cups soy milk
- sea salt to taste

Combine all, bring to a boil, reduce heat and simmer until potatoes are tender. Serve.

Serves 4
Preparation time: 10 minutes
Cooking time: 15 to 25 minutes
Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 150.2 calories; 2.2g total fat; 0mg cholesterol; 372.1mg sodium; 558.3mg potassium; 28.9g carbs; 3.2g fiber; 2.9g sugar; 7.1g protein.

Corn Chowder 2

- Recipe above
- Use 1 1/2 cups sliced potatoes in place of 1 cup of grated potatoes.
- Omit celery

See above directions.
Cream of Celery Soup

This is a versatile recipe. You can use this in all your recipes that call for mushroom soup if you don’t use mushrooms.

- 2 med onions (or 2 Tbsp onion powder)
- 4 to 6 stalks celery, finely diced
- 8 cups water
- 1/2 cup raw cashews
- 4 cups soy milk
- 2 to 4 Tbsp cornstarch
- 2 to 3 Tbsp Golden Seasoning, pg. 139
- 1 tsp sea salt

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

Serves 4                  Preparation time: 10 minutes
Cooking time: 30 minutes  Ready in: 40 minutes

Nutrition Facts
Nutrition (per serving): 278.2 calories; 12.6g total fat; 0mg cholesterol; 912mg sodium; 674.8mg potassium; 29.3g carbs; 5.6g fiber; 5.6g sugar; 16.0g protein.

Your Favourite Recipes ‘n’ Tips
Cream of Mushroom Soup

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

- 2 med onions (or 3 Tbsp onion powder)
- 1 stalk celery, optional
- 10 to 12 cups water (or soy milk omit cashews)
- 1 cup raw cashews
- 1/4 cup cornstarch
- 4 to 5 cubes Tasty Brown Bouillon, pg. 140
- 1 tsp sea salt, to taste
- 6 to 7 cups mushrooms (Yes, it is a lot of mushrooms.)
- 2 cups coarsely chopped mushrooms (to desired texture)

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

Serves 12 (about 1 1/4 cups per serving)
Preparation time: 15 minutes
Cooking time: about 30 minutes

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

Tips ‘n’ Techniques
Beware of “alternative medicine.” The New Age movement has pagan and thus Satanic origin. Much of the alternative medicine is directly linked to the New Age movement. See the book “Holistic Health, Holistic Hoax?” by Richard Willis, M.A., M.Sc.
Golden Soup

*Very reminiscent of “chicken noodle.”*

- 4 cups water
- 3 to 4 Tbsp Golden Seasoning, pg. 139
- 1/2 cup soup noodles
- 1/2 cup dried soup veggies, optional
- 1 cup Golden Nuggets, diced (Vol. 6 pg. 27) or Soy Curls

Bring all to a boil in a large pot. Reduce heat and simmer 1 hour.

Serves 4

Preparation time: 5 minutes

Cooking time: 60 minutes

**Nutrition Facts**

Nutrition (per serving): 96.4 calories; 0.7g total fat; 0mg cholesterol; 534.9mg sodium; 132.6mg potassium; 13.0g carbs; 0.7g fiber; 0.1g sugar; 10g protein.

French Onion Soup

*Delicious with homemade buns. Pictured on the front cover.*

- 4 large onions
- 3 Tbsp olive oil, optional
- 5 cups boiling water
- 3 cubes Tasty Brown Bouillon, pg. 140
- 1 tsp dried basil, crushed fine
- 1 dash cayenne pepper

Sauté onions in water or olive oil till brown on the edges. Combine all in large saucepan and bring to a boil. Simmer on med-low heat for 30 minutes.

Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes

**Nutrition Facts**

Nutrition (per serving): 82.0 calories; 1.2g total fat; 0mg cholesterol; 235.6mg sodium; 228.9mg potassium; 17.4g carbs; 2.3g fiber; 6.4g sugar; 1.4g protein.
Cream of Chicken Soup

Very delicious, rich and creamy!

- 4 cups water
- 2 to 3 cups soy milk (or nut milk)
- 1/4 cup Vegenaise
- 2 Tbsp non-hydrogenated margarine
- 3 Tbsp/cubes Golden Seasoning, pg. 139
- 1 cup Soy Curls, Golden Nuggets, or other “chicken” substitute

Combine all ingredients in a large saucepan over medium heat and cook until soy curls are tender.

Light Evening Meal

Fresh fruit and toast make one of the most healthful evening meals. Light, easy to digest before bed, this meal is nice and light.

* Fruit Soup, pgs. 129 to 134 - Your choice.
* French Toast, pgs. 40 or 41

Key for Page 71
1. French Toast, pg. 40
2. Simple Fruit Salad, pg. 132
Cream of Potato Soup

Thank you to Donna for this one.

- 2 to 3 cups rich soy milk, like Vita soy (or cashew milk*)
- 2 to 3 cups water (can use more water and less soy milk to lower the fat and make less expensive)
- 2 to 4 Tbsp nutritional yeast flakes
- 3 cloves of garlic, or more to taste
- 1 large onion, sautéed in water if desired
- 3 Tbsp Golden Seasoning, pg. 139 (or 2 tsp sea salt)
- 5 cups thinly sliced potatoes
- 2 to 3 Tbsp non-hydrogenated margarine, optional
- 1 cup Tofu Cottage Cheese, pg. 117 (or 1/2 block of silken tofu)

Combine all ingredients (except Tofu Cottage Cheese) in a medium saucepan. Bring to a boil. Reduce heat, cover, and simmer 10 to 15 minutes, or until potatoes are tender. Stir in Tofu Cottage Cheese and serve.

Serves 6
Preparation time: 15 to 20 minutes
Cooking time: 25 minutes
Ready in: about 45 minutes

Nutrition Facts
Nutrition (per serving): 266.6 calories; 5.1g total fat; 384.6mg sodium; 1277mg potassium; 44.5g carbs; 4.8g fiber; 2.2g sugar; 14.5g protein.

Tips ‘n’ Techniques
Cashew milk – 1 cup water blended on high with ¾ cup cashews for 1 to 2 minutes until creamy. Rinse blender with ½ cup water and add to soup.
Minestrone

Rich tomatoes, succulent vegetables, and herbs.

- 6 cups water
- 2 cups tomato juice (or V8)
- 1 to 2 cups penne (or other pasta noodle)
- 1 can peas (or green beans - 398ml/14oz)
- 1 can diced tomatoes (796ml/28oz)
- 1 cup chopped zucchini, if available
- 1 can corn (398ml/14oz)
- 2 med carrots, diced
- 1 med red bell pepper, diced
- 2 lrg onions, sautéed if desired
- 1 tsp parsley, basil, and Seasoning Salt, pg. 137
- 4 to 5 med bay leaves
- 3 to 4 cubes Tasty Brown Bouillon, pg. 140

Combine all in large pot and bring to a boil. Reduce heat and let simmer 30 minutes, until carrots are tender. Adjust water, salt, and bouillon to taste.

Serves 10 to 12
Preparation time: 10 minutes
Cooking time: 30 to 40 minutes
Ready in: 45 minutes

Nutrition Facts
Nutrition (per serving): 118.2 calories; 0.9g total fat; 0mg cholesterol; 458.5mg sodium; 412.3mg potassium; 25.2g carbs; 3.4g fiber; 6.9g sugar; 4.1g protein.

Tips ‘n’ Techniques
You can do just about anything with this recipe. More tomatoes, less zucchini, add some bell peppers, you know, clean out the fridge.
Moroccan Lentil and Chickpea Soup

Why have the same old thing. Have a change of pace.

- 2 quarts water
- 1 can chickpeas, drained (540ml/19oz)
- 3/4 cup lentils, rinsed
- 1 stalk chopped celery
- 1 large onion, diced
- 1/2 cup chopped fresh parsley (or cilantro)
- 1 can Italian plum tomatoes, chopped (796ml/28oz)
- 1 tsp sea salt, to taste (Seasoning Salt, pg. 137)
- 1/2 tsp turmeric
- 3 to 4 Tbsp Golden Seasoning, pg. 139
- 2 to 3 tsp lemon juice, to taste

Combine all ingredients and bring to a boil. Simmer, partially covered, for about 45 to 60 minutes (or until the lentils are cooked).

Serves 4
Preparation time: 10 minutes
Cooking time: 45 to 60 minutes
Ready in: about 60 minutes

Nutrition Facts
Nutrition (per serving): 290.6 calories; 1.8g total fat; 0mg cholesterol; 1437.0mg sodium; 1146.8mg potassium; 55.6g carbs; 17.5g fiber; 9.6g sugar; 16.7g protein.

Tips ‘n’ Techniques
Both lentils and chickpeas (or garbanzos) are high in folate. “Folic acid (or folate) deficiency can be a direct cause of depression.”
Neil Nedley, M.D., Proof Positive, pg. 75.
Potato Stew

Thank you Mihaela for the inspiration
www.MihaelaWilliamsMusic.com

- 6 cups water
- 2 cups tomato juice
- 1/2 cup lentils, optional
- 4 medium potatoes, diced
- 1 cup diced carrots
- 2 lrg onions, sautéed if desired
- 1 Tbsp lemon juice
- 2 med bay leaves
- 1 tsp sea salt, to taste
- 1 cube Tasty Brown Bouillon, pg. 140

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

Serves 8
Preparation time: 15 minutes
Cooking time: 60 minutes
Ready in: 75 minutes

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

Tips ‘n’ Techniques
Eating slowly and chewing your food thoroughly will increase the nutritional benefits of your food. Meals should be pleasant and unhurried. SMILE more!
Southwestern Soup

Adjust the heat with the salsa. Very nice without tomatoes, too.

- 6 cups water
- 3 to 4 Tbsp Golden Seasoning, pg. 139
- 1 can diced tomatoes, optional (796ml/28oz)
- 1/2 med red bell pepper, diced
- 1 can corn
- 1 small onion, diced
- 2 med carrots, diced
- 1 cup Golden Nuggets, Vol. 6 pg. 139
- 3/4 cup soup noodles
- 1/2 tsp garlic powder, optional
- 1 tsp cilantro, optional (or parsley)
- 1/2 cup salsa, mild or medium


Serves 4

Preparation time: 10 to 15 minutes
Cooking time: 30 to 35 minutes
Ready in: 45 minutes

Nutrition Facts

Nutrition (per serving): 218.7 calories; 1.7g total fat; 0mg cholesterol; 1171mg sodium; 803.8mg potassium; 38.1g carbs; 5.1g fiber; 10g sugar; 17.5g protein.

Tips ‘n’ Techniques

The vegetarian diet is not only safe, it is the healthiest diet available. However, diet alone is not enough. An active lifestyle with regular exercise and proper attitude (stress management, forgiveness, and trust in God) are vital to good health. The mind and body are one. As you study the Bible you will see this truth. The first lie of the serpent “You shall not surely die” is echoed in the New Age movement and Spiritualism. This leads one to believe the body is separate from the mind and opens the door to a host of evils. When we understand the truth that we are a complete soul with body and mind together, we put more value on health.
Split Pea Soup

Can add Baco Bits to this for a more traditional flavour.

- 1 lb green split peas
- 1 large onion, chopped
- 10 cups water
- 2 1/2 cups potatoes, diced (3/4 pound)
- 1 1/2 cups carrots, diced (2 large)
- 3/4 cup celery, chopped
- 2 Tbsp Golden Seasoning, pg. 139
- 1/2 tsp sea salt
- 1/4 to 1/2 cup Baco Bits, optional

Combine peas, water, Golden Seasoning, celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add potatoes and carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, thin it with water. Season with sea salt to taste.

Serves 12

Nutrition Facts
Nutrition (per serving): 178.9 calories; 0.6g total fat; 0mg cholesterol; 211.9mg sodium; 709.9mg potassium; 34.2g carbs; 11g fiber; 4.3g sugar; 10.8g protein.

Your Favourite Recipes ‘n’ Tips
Tomato Soup

*Simple.*

- 1 can crushed tomatoes  
  4 cups water
- 1/2 cup raw cashews  
  1/2 to 1 tsp sea salt to taste

Blend cashews with enough water to cover until smooth, add remaining ingredients and blend till creamy smooth. Pour into saucepan over medium heat and cook until hot and steamy.

Serves 4  
Ready in: 30 minutes

_Nutrition Facts_

Nutrition (per serving): 155.4 calories; 8.2g total fat; 0mg cholesterol; 503.6mg sodium; 688.6mg potassium; 18.9g carbs; 4.3g fiber; 1.0g sugar; 6.2g protein.

Creamy Risotto Soup

*Very delicious, rich and creamy!*

- 2 cups orzo pasta noodles (or 1 1/2 cups cooked brown rice)
- 4 cups water
- 4 cups soy milk (or nut milk)
- 1/2 cup White Cheese, pg. 119 (or Vegenaise)
- 2 Tbsp non-hydrogenated margarine
- 6 cubes Golden Seasoning, pg. 139
- 4 Tbsp Zesty Sprinkles, optional

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

_Tips ‘n’ Techniques_

The Hunza of the Himalayas were known for their disease-free society and longevity of life. And now Seventh-day Adventists are also being recognized. National Geographic ran an article on the SDA’s in their October 2005 issue. What is in common? Active lifestyle and plant-based diet.
Vegetable Lentil Soup

More lentils because they are easy to digest and full of vitamins.

- 5 cups tomato juice (one large can)
- 4 cups water
- 1 cup lentils, washed
- 1 cup diced carrots
- 1 cup chopped celery (or spinach)
- 1/2 cup chopped onion
- 1 tsp sea salt (or 1 Tbsp Tasty Brown Bouillon, pg.140)
- 1/2 lrg red bell pepper - optional
- 2 med bay leaves

Bring tomato juice and water to a boil. Add the rest of the ingredients. Bring back to a boil, reduce heat, and let simmer for 1 1/2 hours. Freezes well.

Serves 6

Nutrition Facts
Nutrition (per serving): 166.6 calories; 0.6g total fat; 0mg cholesterol; 444.3mg sodium; 926.4mg potassium; 32.3g carbs; 11.9g fiber; 10g sugar; 10.3g protein.

Your Favourite Recipes ‘n’ Tips
Vegetable Soup

Add as many veggies as you want!

- 3 cups water
- 3 cups tomato juice
- 1 cup grated beets, optional
- 1/2 cup celery, diced
- 1 can kidney beans (or navy beans)
- 1 can peas
- 1 can corn
- 1 cup carrots, diced
- 2 cups potatoes, diced
- 2 lrg onions, sautéed if desired
- 1 dash cayenne pepper, optional
- 1 tsp basil
- 2 med bay leaves
- 2 to 4 cubes Tasty Brown Bouillon, pg. 140

Combine all in large pot and bring to a boil. Reduce heat and let simmer 45 to 60 minutes or carrots are tender. Adjust water and salt to taste.

Serves 6

Preparation time: 10 minutes
Cooking time: 60 minutes
Ready in: about 90 minutes

Nutrition Facts

Nutrition (per serving): 287.3 calories; 1.7g total fat; 0mg cholesterol; 636.8mg sodium; 1280mg potassium; 60.5g carbs; 12g fiber; 10.6g sugar; 11.5g protein.

Tips ‘n’ Techniques

Be careful with soup. Because there is so much liquid it can cause digestion disruption. Eat slowly and chew thoroughly. Good to have toast or crackers with your soup, too.
Salads, Dressings ‘n’ Dips

Italian Dressing
Simple Italian Dressing - no oil
Raspberry Vinaigrette
Creamy Italian Dressing
Creamy Cucumber Dressing
French Dressing
Splendid Spinach & Photo
Thousand Island Dressing
Sunflower Ranch Dressing
Dilly Dip
Salad Fixin’s
Spinach and Pine Nut Salad
Savory Sunflower Seeds
Cherry Tomato Salad
Coleslaw
Bean Salad
Cheezy Bean Salad
Golden Baked Tofu Salad
Italian Potato Salad
German Potato Salad
Macaroni Salad
Potato Salad
Simple Caesar Salad
Marinated Veggie Salad
Veggie ‘n’ Dip Salad

All of the above are, or have variations for, gluten and wheat free.
Italian Dressing

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

- 1/3 cup lemon juice, fresh best
- 1/4 cup water
- 2 Tbsp grape juice concentrate (or water)
- 1/2 cup olive oil
- 1 tsp Italian Herbs, pg. 141
- 1/2 tsp Seasoning Salt, pg. 137 (or sea salt)
- 1 tsp onion powder
- 1 clove garlic (or 1/2 tsp garlic powder)

Combine all ingredients and shake well before using.

Serves 16

**Nutrition Facts**

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

Simple Italian Dressing - no oil

- 1/4 to 1/3 cup lemon juice, fresh best
- 1/2 cup water
- 2 Tbsp ground flax seed
- 2 tsp Italian Herbs, pg. 141
- 1/2 tsp Seasoning Salt, pg. 137 (or sea salt)
- 1 tsp onion powder
- 2 tsp nutritional yeast flakes
- 1 clove garlic (or 1/2 tsp garlic powder)

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

Serves 16

**Nutrition Facts**

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

*A lovely change from the norm.*

- 1/4 cup lemon juice, fresh best
- 1/2 cup pureed raspberries
- 1/2 cup vegetable oil
- 1 tsp Italian Herbs, pg. 141
- 1/2 tsp sea salt
- 1/2 tsp onion powder

Combine all ingredients in blender and blend until smooth. Shake well before using. Lasts 7 to 10 days in fridge.

Serves 16
Serving Size: 1 to 3 tsp
Ready in: 5 minutes

*Nutrition Facts*

Nutrition (per serving): 64.8 calories; 6.8g total fat; 0mg cholesterol; 83.1mg sodium; 23.7mg potassium; 1.3g carbs; 0.4g fiber; 0.5g sugar; 0.2g protein.

*Tips ‘n’ Techniques*

My mom and I used to go to a restaurant that served a salad with raspberry vinaigrette. The problem was the vinegar is hard on digestion. So it prompted this recipe.
Creamy Italian Dressing

Nice, creamy, tangy dressing.

- 1 pkg tofu, medium (water packed or silken) (454g/16oz)
- 1 clove garlic
- 1/2 tsp sea salt
- 1/4 cup lemon juice, fresh
- 1 tsp onion powder
- 1 Tbsp raw sugar, optional
- 1 to 2 tsp Italian Herbs, pg. 141
- 1 to 2 cloves garlic (or 1/2 tsp garlic powder)
- 1/4 cup vegetable oil, optional

Combine all ingredients, except oil, in blender and blend on high until smooth and creamy. If using oil, slowly add it while blender is on high. Store in fridge 3 to 5 days.

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

Nutrition Facts
Nutrition (per serving): 12.2 calories; 0.4g total fat; 0mg cholesterol; 88.3mg sodium; 44.1mg potassium; 1.1g carbs; 0.2g fiber; 0.5g sugar; 1.1g protein.

Tips ‘n’ Techniques
A low-fat dressing that is quite tasty. It is best to steam the tofu or boil it briefly if you are using water-packed tofu. Silken is fine out of the package and has a milder flavour as well.
Creamy Cucumber Dressing

*Tasty, cool dressing for summer:*

- 3/4 cup Mayo of your choice
- 1/2 med cucumber, with peel (any kind)
- 1 to 3 tsp lemon juice, to taste
- 1/2 tsp sea salt
- 2 to 3 tsp raw sugar (or alternative, see *Appendix*)
- 1/2 tsp onion powder
- 1 tsp dill seed or weed
- 1 tsp Italian Herbs, *pg. 141*

Combine all in blender and blend until smooth. Store in fridge 3 to 5 days.

Serves 16

Preparation time: 5 minutes

Ready in: 5 minutes

*Nutrition Facts*

*Nutrition (per serving): 11.7 calories; 0.1g total fat; 0mg cholesterol; 125.5mg sodium; 16.1mg potassium; 2.6g carbs; 0.1g fiber; 0.7g sugar; 1.1g protein.*

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*Your Favourite Recipes ‘n’ Tips*
French Dressing

One of my favourites.

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

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

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

Nutrition Facts

Nutrition (per serving): 72.5 calories; 6.8g total fat; 0mg cholesterol; 32.6mg sodium; 41.0mg potassium; 3.2g carbs; 0.1g fiber; 2.5g sugar; 0.3g protein.

Tips ‘n’ Techniques

I like a change from the usual Italian Dressing used in our home as a staple and this dressing does it. Love it on iceberg lettuce with Savory Sunflower Seeds, pg. 94.
Splendid Spinach

Spinach and other greens are rich in calcium and iron. Citrus, such as the lemon juice, helps the iron to be utilized more readily. Calcium can be locked into some greens due to the oxalates, phytates, etc., but you will still get some benefit. The best greens for calcium are broccoli, kale, bok choy, and Chinese mustard greens. While spinach is high in calcium, some studies are inferring a low absorption rate due to the oxalates, but the research is not conclusive at this point and spinach still has many other benefits.

Key for Page 89
1. Bean Salad, pg. 97
2. Spinach & Pine Nut Salad, pg. 94 with Baked Tofu, pg. 98
3. Macaroni Salad, pg. 100
Rear of Photo
Thousand Island Dressing

The original dressing is from the owner of Bolt Castle on the Thousand Islands in the St. Lawrence River.

- 1 cup Creamy Cashew Mayo, pg. 105 (or other Mayo)
- 1/4 cup tomato sauce
- 2 Tbsp lemon juice
- 1 Tbsp raw sugar (or alternative, see Appendix)
- 2 Tbsp Sweet Relish, pg. 113
- 1 Tbsp finely minced onion (or 1 tsp onion powder)
- dash of sea salt to taste

Combine all in a small bowl and whisk well. Refrigerate for several hours to enhance flavour and sugar dissolves. Store in fridge 3 to 5 days.

Serves 12

Preparation time: 5 minutes

**Nutrition Facts**

Nutrition (per serving): 33.4 calories; 2.0g total fat; 0mg cholesterol; 125.8mg sodium; 78.7mg potassium; 3.4g carbs; 0.4g fiber; 1.5g sugar; 1.2g protein.

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**Your Favourite Recipes ‘n’ Tips**

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Sunflower Ranch Dressing

*All the taste, no cholesterol, low in fat.*

- 1/4 cup sunflower seeds
- 1/4 cup raw cashews
- 1/2 cup water
- 3 Tbsp lemon juice, fresh best
- 1 tsp raw sugar, optional
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp parsley
- 1 tsp Italian herbs
- 1/2 tsp Seasoning Salt, pg. 137

Combine all in blender and blend until smooth and creamy. Store in fridge up to 5 days.

Serves 16

Preparation time: 5 minutes

Ready in: 5 minutes

**Nutrition Facts**

Nutrition (per serving): 33.5 calories; 2.1g total fat; 0mg cholesterol; 47.1mg sodium; 115.5mg potassium; 3.0g carbs; 0.9g fiber; 1.3g sugar; 1.2g protein.

**Tips ‘n’ Techniques**

When looking at college students or adults how they respond to sports, they found athletes had over 5 TIMES the risk of engaging in violent behavior.

Source: Neil Nedly, M.D., Proof Positive
Dilly Dip

Delicious with potatoes.

- 1 recipe Creamy Cashew Mayo, pg. 105 (or other Mayo)
- 1/2 cup Dilly Relish, pg. 112 (or chopped dill pickles)

Stir well and serve. If you don’t have the Dilly Relish made you can use: 1 tsp dill seed, 1 tsp dill weed, and 2 Tbsp lemon juice. Adjust seasonings to taste.

Serves 8

Nutrition Facts

Nutrition (per serving): 44.1 calories; 3.0g total fat; 0mg cholesterol; 167.0mg sodium; 74.2mg potassium; 3.7g carbs; 0.3g fiber; 1.4g sugar; 1.4g protein.

Salad Fixin’s:

Radishes  Beet greens
Tomatoes  Spinach
Avocado  Lambsquarters
Zucchini  Red or Green bell pepper
Green Onions  Broccoli
Carrots  Kale
Pumpkin Seeds  Cauliflower
Pine Nuts  Baked Tofu, pg. 98
Sliced Almonds  Jicama
Chopped Walnuts  Swiss Chard
Cucumber
Savory Sunflower Seeds, pg. 94

... and much more
Spinach and Pine Nut Salad

*Shown on page 89 with Baked Tofu, pg. 98*

- 8 cups washed baby spinach
- 1 cup grated carrots
- 2 to 4 Tbsp olive oil (or use a low fat dressing, omit lemon)
- 2 Tbsp fresh lemon juice
- 1/2 cup pine nuts (lightly toasted if desired)
- 1/2 cup olives
- 1 cup Salad Fixin’s on pg. 93, optional
- sea salt to taste

Toss and serve.

**Serves 4**

**Ready in: 10 minutes**

**Nutrition Facts**

Nutrition (per serving): 286.1 calories; 26g total fat; 0mg cholesterol; 236.4mg sodium;
626.1mg potassium; 12.4g carbs; 5.8g fiber; 1.9g sugar; 5.4g protein.

Savory Sunflower Seeds

*Give your salad an extra crunch!*

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

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

**Serves 16**

**Nutrition Facts**

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

*When you’re tired of green.*

- 4 cups cherry tomatoes
- 2 to 4 Tbsp olive oil (or use a low fat dressing, omit lemon)
- 3 Tbsp fresh lemon juice
- 1/4 cup fresh parsley (or 2 Tbsp dried)
- 1 tsp fresh basil (or 1/2 tsp dried)
- 1/2 tsp sea salt
- 7 to 8 lettuce leaves (green leafy)

Slice tomatoes in half and toss remaining ingredients, except lettuce. Let marinate in fridge overnight. Serve on top bed of lettuce leaves.

Serves 4

**Preparation time:** 10 minutes

**Ready in:** next day

*Nutrition Facts*

Nutrition (per serving): 99.2 calories; 7.3g total fat; 0mg cholesterol; 256.2mg sodium; 415.0mg potassium; 8.9g carbs; 2.1g fiber; 0.4g sugar; 1.7g protein.

*Tips ‘n’ Techniques*

Tomatoes are nutritional powerhouses, high in vitamins and cancer fighting antioxidants, including Lycopene. Recent studies show Lycopene can reduce the risk of prostate and other cancers. Add cherry tomatoes to salads, pastas, and stir-frys.
Coleslaw

Colorful and flavorful.

- 2 cups green cabbage
- 2 cups red cabbage
- 1 to 2 cups grated carrots
- 2 cups Savoy cabbage (or more green cabbage)
- 1/2 to 1 cup Mayo, pg. 109 (or other)

Shred and chop cabbage. Be sure to chop the red cabbage finely as it is not as tender. Grate carrots and top with Mayo. Stir well and serve. Will keep in fridge 2 to 3 days.

Serves 4

Preparation time: 10 minutes
Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 69.4 calories; 0.3g total fat; 0mg cholesterol; 229.4mg sodium; 421.8mg potassium; 15.7g carbs; 4.1g fiber; 5.8g sugar; 5.0g protein.

Your Favourite Recipes ‘n’ Tips
Bean Salad

Use any bean combination you can think of. Pictured on pg. 89.

- 1 can garbanzo beans (15 oz)
- 1 can kidney beans (8 oz)
- 1 can green beans (8 oz) (or Romano)
- 1/2 cup Italian Dressing, pg. 83

Combine all and store in fridge. Best served after a couple hours of marinating. Can use any beans - or legumes - black eyed peas, etc.

Serves 4
Preparation time: 5 minutes

Nutrition Facts
Nutrition (per serving): 285.2 calories; 12g total fat; 0mg cholesterol; 763.4mg sodium; 387.5mg potassium; 36.1g carbs; 9.1g fiber; 2.8g sugar; 8.7g protein.

Cheezy Bean Salad

A creamy change from the norm.

- 1 can garbanzo beans (15 oz)
- 1 can pinto (or Romano) beans (8 oz)
- 1 can navy beans (8 oz)
- 1 cup Cashew Cheese, pg. 116
- 1/2 cup Creamy Cashew Mayo, pg. 105

Combine all and store in fridge.

Serves 4
Preparation time: 5 to 10 minutes (If mayo and cheese are made ahead.)

Nutrition Facts
Nutrition (per serving): 323 calories; 5.9g total fat; 0mg cholesterol; 1192mg sodium; 610.3mg potassium; 53.8g carbs; 11g fiber; 1.1g sugar; 17.7g protein.
Golden Baked Tofu Salad

An EASY and TASTY dish! Pictured on pg. 107.

BAKED TOFU

- 1 pkg water packed tofu, firm (454g/16oz)
- 3 Tbsp Bragg’s Aminos
- 1/2 Tbsp Golden Seasoning, pg. 139
- 1 Tbsp nutritional yeast flakes

SALAD

- 2 cups baby spinach, torn
- 2 cups iceberg lettuce
- 2 cup mixed spring greens (or leaf lettuce)
- 1 cup Salad Fixin’s, pg. 94
- 1/2 to 3/4 cup Italian Dressing, pg. 83 (or Raspberry Vinaigrette, pg. 84)

Cube tofu in 1/2” or 3/4” cubes. Mix baked tofu ingredients gently and place evenly on a non-stick baking sheet. Bake at 300°F for 25 to 35 minutes or until golden brown. Stir once at halfway. These are even better if mixed ahead of time and put in fridge for 30 minutes to 2 hours before baking. Prepare salad and toss with tofu. Serve immediately. If not serving immediately, let the tofu cool before adding to salad.

Serves 6

Preparation time: 15 minutes
Cooking time: 30 minutes
Ready in: 60 minutes

Nutrition Facts

Nutrition (per serving): 142.8 calories; 10.9g total fat; 0mg cholesterol; 630.4mg sodium; 243.9mg potassium; 4.7g carbs; 1.1g fiber; 1.9g sugar; 8.4g protein.

Tips ‘n’ Techniques

To lower the fat in this recipe use the low fat dressing on pg. 83.
Italian Potato Salad

*Easy and a bit different from the high fat version.*

- 6 large potatoes, cooked and chilled
- 1/2 cup Italian Dressing, pg. 83
- 1/2 cup green onions
- 1 tsp dill weed
- 1/4 cup fresh parsley

Chop cold potatoes into large bowl. Pour on dressing and toss in remaining ingredients. Store in fridge or serve immediately.

Serves 6

Preparation time: 10 minutes (If potatoes are cooked.)

**Nutrition Facts**

Nutrition (per serving): 331.2 calories; 7.4g total fat; 0mg cholesterol; 127.3mg sodium; 1041.1mg potassium; 62.0g carbs; 5.8g fiber; 4.3g sugar; 5.4g protein.

German Potato Salad

*Just an added twist to regular potato salad.*

- 6 large potatoes, cooked and chilled
- 1/2 cup Creamy Italian Dressing, pg. 85 (or Mayo, pg. 105)
- 1/4 cup Baco Bits
- 1/2 cup green onions
- 1 tsp dill weed

Chop cold potatoes into large bowl. Pour on dressing and toss in remaining ingredients. Store in fridge or serve immediately.

Serves 6

Preparation time: 10 minutes (If potatoes are cooked.)

**Nutrition Facts**

Nutrition (per serving): 309.2 calories; 3.5g total fat; 0mg cholesterol; 130.8mg sodium; 1056.3mg potassium; 63.6g carbs; 6.3g fiber; 3.1g sugar; 7.7g protein.
Macaroni Salad

This is good combined with the Golden Baked Tofu Salad for a complete meal. Pictured on pg. 89.

- 4 cups cooked and cool whole wheat macaroni
- 1/2 cup chopped celery
- 1/4 cup green onions
- 1/2 cup Creamy Cashew Mayo, pg. 105 (or other Mayo)
- 1/2 cup fresh peas (or frozen), optional
- 1 cup “Tuno” or Mariner Spread, pg. 123, optional

Combine all ingredients and serve.

Serves 4

Preparation time: 10 minutes (not including cooking macaroni)

Nutrition Facts

Nutrition (per serving): 197.4 calories; 1.2g total fat; 0mg cholesterol; 26.1mg sodium; 169.1mg potassium; 41.0g carbs; 5.3g fiber; 2.6g sugar; 8.8g protein.
Potato Salad

Full ‘n’ rich of flavour and fun.

- 3/4 cup finely diced silken tofu, extra firm
- 3 to 6 Tbsp nutritional yeast flakes
- 6 large potatoes, cooked and chilled
- 1/2 cup Creamy Cashew Mayo, pg. 105 (or other Mayo)
- 1/2 cup diced celery
- 1/2 cup green onions
- 1 tsp dill weed
- 2 to 4 Tbsp Healthy Mustard (Vol 6. Entrees or other)
- dash of paprika to garnish
- options, see Tips

Toss tofu and yeast flakes and set aside. Chop cold potatoes into large bowl. Pour on dressing and sprinkle dill over. Fold in tofu and store in fridge or serve immediately.

Serves 6

Preparation time: 10 minutes (not incl. mustard, mayo, and potatoes)

Nutrition Facts
Nutrition (per serving): 318.2 calories; 3.1g total fat; 0mg cholesterol; 75.1mg sodium; 1197.1mg potassium; 65g carbs; 6.2g fiber; 3.9g sugar; 10.1g protein.

Tips ‘n’ Techniques

Add one or more of the following:
  1/2 cup sliced radishes
  1/4 cup Baco Bits
  1/2 cup sliced olives
  1/2 cup grated carrots
  3/4 cup sliced cherry tomatoes
Doing this will add variety, flavour, and nutrients.
Simple Caesar Salad

Adjust garlic to taste. Pictured on front cover.

DRESSING (for two salads)
- 1/2 cup water
- 1/2 cup raw cashews
- 1/2 tsp sea salt
- 3/4 tsp onion powder
- 1/2 tsp Italian Herbs, pg. 141
- 3 to 4 Tbsp lemon juice, fresh best
- 2 to 4 cloves garlic
- 2 to 4 Tbsp Zesty Sprinkles, pg. 120

SALAD
- 1 head Romaine lettuce
- 2 cups croutons, see tips

Blend cashews and water until smooth. Combine all dressing ingredients and whisk until well mixed. Break lettuce into large bowl, pour over 1/2 of the dressing and add croutons. Serve. Store remaining half of dressing in fridge for up to 5 days.

Serves 8
Preparation time: 15 minutes (not incl. Zesty Sprinkles)

Nutrition Facts
Nutrition (per serving): 102.3 calories; 5.0g total fat; 0mg cholesterol; 214.0mg sodium; 294.5mg potassium; 12.2g carbs; 2.6g fiber; 1.9g sugar; 3.9g protein.

Tips ‘n’ Techniques
Croutons are simple to make. Take bread and sprinkle with olive oil and herbs, cube and dry in oven at about 250°F for 15 to 30 minutes.
Marinated Veggie Salad

A great way to eat your veggies. Pictured on pg. 107.

- 4 cups broccoli, chopped
- 4 cups cauliflower, chopped
- 2 cups grated carrots
- 1/4 to 1/2 cup Italian Dressing, pg. 83

Combine all in large bowl. Place in refrigerator overnight, stir once in a while if possible. Serve the next day.

Serves 4

Nutrition Facts

Nutrition (per serving): 129.4 calories; 5.9g total fat; 0mg cholesterol; 178.9mg sodium; 768.2mg potassium; 17.3g carbs; 6.4g fiber; 7.6g sugar; 5.0g protein.

Veggie ‘n’ Dip Salad

Another great way to eat your veggies up.

- 4 cups broccoli, chopped
- 4 cups cauliflower, chopped
- 2 cup grated carrots
- 1/4 to 1/2 cup Creamy Cashew Dip (see Tips on pg. 105)

Combine all in large bowl. Place in refrigerator overnight. Serve the next day. Chopping the veggies small and covering them in dressing helps to eat more veggies and less dip, thus reducing the fat and calories.

Serves 4

Nutrition Facts

Nutrition (per serving): 96.9 calories; 2.1g total fat; 0mg cholesterol; 120.6mg sodium; 784.8mg potassium; 17.6g carbs; 6.5g fiber; 6.7g sugar; 5.6g protein.
Sandwiches, Cheese ‘n’ Spreads

Creamy Cashew Mayo or Dip
Salads for Summer & Photo
Creamy Low-Fat Mayo
Tofu Mayo
“Hot Dog” Relish
Dilly Relish
Sweet Relish
“Egg” Salad Sandwiches
Walnut Spread
Cashew Cheese
Tofu Cottage Cheese
Garbanzo Cheese
White Cheese
Zesty Sprinkles
Harvest Pitas
Tofu Slices
Lentil Slice
Mariner Spread
Hummus
Sack Lunch Ideas
Stafford Nut Meat
Green Bean & Basil Pate

All of the above are, or have variations for, gluten or wheat free.
Creamy Cashew Mayo


- 3/4 cup raw cashews, rinsed (for nut allergies see pg. 109)
- 1/4 cup lemon juice, to taste (up to 1/3 cup)
- 1/2 to 1 tsp onion powder
- 1/2 tsp sea salt
- 1/2 to 3/4 cup soy milk (or Soy Creamer* or water) as need
- 1/4 to 1/2 cup canola oil (VERY optional)**
- 1/2 cube Golden Seasoning, optional***
- dash turmeric, optional***
- 1 to 2 Tbsp nutritional yeast flakes, optional***

Put cashews, lemon juice, and enough soy milk to completely cover cashews. Blend on high until smooth, add remaining ingredients. Will thicken in fridge – becomes spreadable. To use as dip or to thin add more soy milk as needed.

Serves 16 Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 39.9 calories; 3.0g total fat; 0mg cholesterol; 63.8mg sodium; 55.8mg potassium; 2.5g carbs; 0.3g fiber; 0.5g sugar; 1.5g protein.

Tips ‘n’ Techniques

* Soy Creamer makes this extra special.
** Canola oil add omega 3 and makes it extra rich and creamy, but adds A LOT of fat (not shown in nutritional info). We like it just fine without oil, especially if we add 1 to 2 tsp Italian herbs.
*** We add these optional ingredients for variety once in a while.

Can use 1/2 sunflower seeds or almonds in place of 1/2 of the cashews for nutritional variety. Cashews are very creamy and add the texture desired for this recipe.

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

When it’s too hot to cook, salads are the answer. With unlimited variations and vegetables galore, you’ll not be bored. Marinated vegetables make for a nice change to green salad, and are a bit easier to chew than raw veggies ‘n’ dip. It is nice to be able to whip up a salad instead of cooking and heating up the house on a hot day, not to mention the refreshing morsels as you eat. Add some Baked Tofu, pg. 98, or nuts and seeds to make it a complete meal.

Key for Page 107
1. Marinated Veggie Salad, pg. 103
2. Coleslaw, pg. 96
3. Golden Baked Tofu Salad, pg. 98
Rear of Photo
Creamy Mayo

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

- 1 1/2 cups water
- 1/3 cup unbleached flour (or 4 Tbsp arrowroot and 3 Tbsp cornstarch)
- 2 Tbsp lemon juice, fresh best
- 3/4 tsp Seasoning Salt, pg. 137
- 1/2 to 1 tsp onion powder
- 1/4 tsp garlic powder
- 1 to 2 Tbsp nutritional yeast flakes, optional
- dash of turmeric, optional
- 1/3 to 1/2 cup vegetable oil (omit for low-fat)
- 1/2 cube Golden Seasoning, optional

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

Serves 16
Preparation time: 5 minutes
Cooking time: 10 minutes
Ready in: 45 minutes (incl. chilling time)

**Nutrition Facts**

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

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

**Tips ‘n’ Techniques**

Organize and locate your equipment, tools, and ingredients for best use. The work triangle is important. Sink, fridge, stove. Locate your small appliances so you are not in any awkward postures or uncomfortable positions for extended periods.
Tofu Mayo

Wonderful texture and creamy too.

- 1 pkg silken tofu, extra firm (350ml/12oz)
- 1 clove garlic (or 1/2 tsp garlic powder)
- 1/2 tsp sea salt
- 1/3 to 1/2 cup lemon juice, fresh to taste
- 1 tsp onion powder
- 1 Tbsp raw sugar (or alternative, see Appendix)
- 1 Tbsp nutritional yeast flakes
- 1/4 cup soy milk (or soy creamer)
- 1/4 cup vegetable oil, optional

Combine all ingredients, except oil, in blender and blend on high until smooth and creamy. Slowly add oil (or omit) while blender is on high. Store in fridge 3 to 5 days. Other Mayo’s on pgs. 105 and 109.

Serves 16

Preparation time: 5 minutes

Ready in: 5 minutes

Nutrition Facts

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

Your Favourite Recipes ‘n’ Tips
“Hot Dog” Relish

Very good on burgers or patties.

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

Combine cucumbers and pickling salt in a large stainless steel bowl. Let stand overnight (in fridge if have room). In morning rinse and drain. Place in large stockpot and add remaining ingredients. Bring to a boil and reduce heat to simmer 30 minutes. Blend with hand blender to desired consistency and simmer another 30 minutes. Process in sterile, half-pint jars (250ml) for 15 minutes in water bath canner.

Serves approx. 300
Serving size: 1 Tbsp
Yields: about 14 pints

Nutrition Facts
Nutrition (per serving): 4.6 calories; 0.1g total fat; 0mg cholesterol; 119.4mg sodium; 18.0mg potassium; 1.0g carbs; 0.1g fiber; 0.7g sugar; 0.2g protein.

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

Mix some with Mayo for a delicious dip!

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

Combine cucumbers and pickling salt in a large stainless steel bowl. Let stand overnight (in fridge if have room). In morning rinse and drain. Place in large stockpot and add remaining ingredients. Bring to a boil and reduce heat to simmer 30 minutes. Blend with hand blender if desired (I like this a bit chunky) and simmer another 30 minutes. Process in sterile, half-pint jars (250ml) for 15 minutes in water bath canner.

Serves approx. 300
Serving size: 1 Tbsp
Yields: about 14 pints

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

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

*My favourite relish, sweet and savory.*

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

Combine cucumber, carrots, salt, onions and pickling salt in a large stainless steel bowl. Let stand overnight (in fridge if have room). In morning rinse and drain. Place in large stockpot and add remaining ingredients. Bring to a boil and reduce heat to simmer 30 minutes. Blend with hand blender to desired consistency and simmer another 30 minutes. Process in sterile, half-pint jars (250ml) for 15 minutes in water bath canner.

Serves approx. 300
Serving size: 1 Tbsp
Yields: about 14 pints

**Nutrition Facts**

Nutrition (per serving): 8.5 calories; 0g total fat; 0mg cholesterol; 107.7mg sodium; 24.9mg potassium; 2.2g carbs; 0.2g fiber; 1.7g sugar; 0.1g protein.

**Tips ‘n’ Techniques**

The sodium in the nutritional analysis is an estimate due to the rinsing process.
“Egg” Salad Sandwiches

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

- 1 recipe Scrambled Tofu, pg. 59 *or see below
- 1/2 to 3/4 cup Creamy Mayo, pg. 105 (or other Mayo)
- 1/4 cup finely diced sweet onions (or green onions)
- 1/4 cup finely chopped celery, optional
- 1 tsp parsley, optional
- 1/4 cup chopped green onions, optional

Make the scrambled tofu and cool to room temp (I use the fridge for freezer to make it cool quicker). Combine all ingredients and place on whole wheat bread slices. Veggies can be modified or omitted to suit your taste.

Serves 4
Preparation time: 10 minutes
Cooking time: 25 minutes
Ready in: 40 minutes (incl. cooling time)

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

Tips ‘n’ Techniques
*For a quick alternative: Mash 1 pkg of Mori-Nu tofu with 1 to 2 Tbsp “Chicken Style Seasoning” and 3 Tbsp nutritional yeast flakes. Stir in Mayo and remaining ingredients as above.
Walnut Spread

Another savory spread from the Stafford clan. Thanks Donna.

- 1 cup walnuts, finely chopped
- 1 cup water
- 6 oz can tomato paste
- 2 Tbsp onion powder
- 1 tsp garlic powder
- 1 tsp sea salt
- 1/2 tsp cumin
- 2 cups breadcrumbs
- 1/4 cup chopped green onion
- 1/4 cup chopped olives
- 1/4 cup chopped celery
- 1/2 to 1 cup Creamy Mayo, pg. 105 (or other pg. 109, 110)

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

Serves 4

Ready in: 10 to 15 minutes (if mayo is made ahead)

Nutrition Facts

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

Tips ‘n’ Techniques

To avoid food poisoning from micro-organisms wash fruits and vegetables carefully, protect food from insects and rodents, prevent bacterial growth: cool, freeze, or cook.
Cashew Cheese

A very versatile cheese.

- 1 1/2 cups water
- 1/2 cup boiling water
- 1 cup raw cashews
- 2 tsp sea salt
- 1/4 cup nutritional yeast flakes
- 2 Tbsp lemon juice, fresh is best
- 1/4 tsp garlic powder (or 1 small clove)
- 1 tsp onion powder
- 3 Tbsp Vegetarian Jel
- pimento, as desired (1 med for “Orange Cheese”)

Dissolve Jel in boiling water (unless using oats or corn starch, see Variation). Rinse cashews well, place in blender and cover with water (out of the 1 1/2 cups). Blend on high until smooth. Add remaining ingredients, including remaining water, and blend until very smooth. Pour into a mold and let set several hours.

Variation: Omit Jel and use 1/4 cup oats or cornstarch. Rinse cashews well, place in blender and cover with water. Blend on high until smooth. Add remaining ingredients and blend until very smooth. Cook in a saucepan until thick and bubbly. Use over pasta, etc. Good for dipping (may need to add water) or spreading. For lasagna skip the cooking step and pour on before baking.

Serves 8
Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 102.7 calories; 7.7g total fat; 0mg cholesterol; 474.0mg sodium; 159.5mg potassium; 6.0g carbs; 0.6g fiber; 1.2g sugar; 4.2g protein.

Tips ‘n’ Techniques
Can use all or half almonds in place of cashews for a different flavor. Good to have variety, and almonds are especially good for you.
Tofu Cottage Cheese

Creamy, with a touch of texture.

- 4 cups extra firm silken tofu (2 pkg of 454g/16oz each)
- 1 1/2 tsp sea salt
- 2 tsp onion powder
- 1/2 tsp garlic powder
- 3/4 cup Mayo, pg. 105 or 109 (or other)

Mash tofu coarsely and stir in remaining ingredients.

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

Nutrition Facts
Nutrition (per serving): 152.3 calories; 6.9g total fat; 0mg cholesterol; 991.4mg sodium; 286.9mg potassium; 11.0g carbs; 1.8g fiber; 1.8g sugar; 17.5g protein.

Your Favourite Recipes ‘n’ Tips
Garbanzo Cheese

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

- 1/2 cup boiling water
- 1/2 cup water
- 2 Tbsp Vegetarian Jel
- 1/4 cup sunflower seeds
- 1 cup cooked & rinsed garbanzos (1/2 - 19 oz can)
- 2 Tbsp nutritional yeast flakes
- 1 tsp salt to taste
- 3 Tbsp lemon juice, fresh best
- 1/2 tsp dill weed or more to taste
- 1/2 tsp celery seed
- 1/4 tsp paprika, optional

Dissolve Jel in boiling water. Prepare a jelly mold with non-stick spray. Blend all ingredients together until very smooth. Pour into mold and chill until firm.

Serves 8

Preparation time: 10 to 15 minutes

Ready in: about 4 hours

Nutrition Facts

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

Tips ‘n’ Techniques

Eat all you need to maintain health, but don’t overeat. It is better to restrict your calories to the minimum daily requirement of your body for longevity and energy.
White Cheese

A good pizza cheese.

- 3/4 cup boiling water
- 1/2 cup raw cashews (or blanched almonds)
- 1/4 cup sesame seeds
- 1 pkg silken tofu, extra firm
- 1 tsp sea salt
- 1/4 cup nutritional yeast flakes
- 2 Tbsp lemon juice, fresh is best
- 1 tsp onion powder
- 2 to 3 Tbsp Vegetarian Jel, optional see variations

Dissolve Jel in boiling water (unless using oats or corn starch, see Variation). Rinse cashews well, place in blender with sesame seeds, and cover with water and Jel. Blend on high until smooth. Add remaining ingredients and blend until very smooth. Pour into a mold and let set several hours or overnight. Can be grated if frozen for a few hours.

Variation: Omit Jel and use over pasta, lasagna, or pizza. Good for dipping (may need to add water) or spreading.

Serves 8
Yields 3 to 3 1/2 cups
Preparation time: 5 minutes
Cooking time: 5 minutes
Ready in: 10 minutes

Nutrition Facts
Nutrition (per serving): 105.6 calories; 7.0g total fat; 0mg cholesterol; 264.6mg sodium; 191.5mg potassium; 5.7g carbs; 0.9g fiber; 1.1g sugar; 6.6g protein.

Tips ‘n’ Techniques
This is our favourite pizza and lasagna cheese. I rarely use the Jel.
Zesty Sprinkles

We use this as a parmesan substitute.

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

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

Serves 40
Serving size: 1 to 2 Tbsp
Yields: 2 cups
Ready in: 25 to 30 minutes

Nutrition Facts
Nutrition (per serving): 36 calories; 2.5g total fat; 0mg cholesterol; 49mg sodium; 63mg potassium; 2.2g carbs; 0.7g fiber; 0.1g sugar; 1.9g protein.

Tips ‘n’ Techniques
For an extra treat mix in 1 or 2 containers of Vegan Parmesan Alternative (if you can find it) by Galaxy Foods or other.
Harvest Pitas

Just about anything goes in this one. Pictured on pg. 125.

- 1/4 cup Italian Dressing, pg. 83
- 6 to 8 cups fresh Spring Mix Salad (or spinach)
- 1 large carrot, coarsely grated (about 1/2 cup)
- 1/4 cup pumpkin seeds (or sunflower seeds)
- 1 to 2 cups of Salad Fixin’s, pg. 93
- 4 large (7 inch) whole-wheat pita pockets, warmed

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

Tofu Slices

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

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

Slice tofu thinly and place into a non-stick skillet. Drizzle Aminos liberally over each slice and cook 3 to 5 minutes. Turn over and repeat. Serve warm or store in fridge for sandwiches. Variation: put Bragg’s and yeast flakes in a bowl with sliced tofu. Mix well and cook as above.

Serves 8

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

Nutrition Facts

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

Can be used as a pâté too. Pictured on pg. 53.

- 1 1/4 cups brown lentils, raw
- 4 cups boiling water
- 1 1/2 Tbsp onion powder
- 1 tsp garlic powder
- 2 to 3 cubes Tasty Brown Bouillon, pg. 140

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

Serves 8

Nutrition Facts

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

Your Favourite Recipes ‘n’ Tips
Mariner Spread

Like a “mock tuna salad.”

- 2 cups garbanzos or chickpeas (19 oz can)
- 1/2 cup Mayo, pg. 105 or 109 (more or less to taste)
- 2 to 3 Tbsp Sweet Relish, pg. 113
- 1/4 cup green onions, chopped (or chives)
- 1/2 tsp dulse (or kelp)
- 1 tsp kelp, to taste (if unavailable add a dash of salt)
- 1 tsp fresh lemon thyme (or 1/2 tsp dried), optional
- 1/4 tsp sea salt

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

Serves 4  Ready in: 15 minutes

Nutrition Facts

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

Hummus

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

- 2 cups garbanzos or chickpeas (19oz can)
- 1/2 cup Mayo, pg. 105 or 109 (more or less to taste)
- 1/4 cup green onions, chopped (or chives)
- 3 to 4 cloves roasted or raw garlic
- 1/4 to 1/2 tsp sea salt

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

Serves 4  Ready in: 15 minutes

Nutrition Facts

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

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

Sandwiches - Veggie:
Base - tortilla, bread, buns, or pita pockets.
Spread – mayo, dip, cashew cheese, corn butter, relish, etc.
Topping (one or more) – lettuce, spinach, sprouts, tomato, cucumber, celery, shredded squash or zucchini, green onions, bean sprouts, olives, sugar peas, broccoli, grated carrots, etc.
Filling – mashed beans with mayo, cheese (see pg. 116), “Egg” salad pg. 114, Mariner Spread, pg. 123, sliced leftover roasts or casseroles, Tofu Slices pg. 121, burgers or patties (see Vol.2) etc.

Sandwiches – Fruit: (some go better together than others)
Base - bread, buns, pita pockets, or waffles
Spread #1 – peanut or almond butter, tahini, etc.
Spread #2 – honey, jam, jelly, etc.
Filling – bananas, raisins, etc.

Alternatives & Fillers:
Soup or chili in a thermos with muffins, crackers & corn bread (see Vol. 7); bars & cookies (see Vol. 4); mixed nuts, or popcorn; healthful cake, rice, or other, puddings (see Vol. 1) and so on.

Key for Page 125
1. Corn Chowder, pg. 66
2. Harvest Pitas, pg. 121
Stafford Nut Meat

Thank you, Mrs. Ruth Stafford!

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

Place all ingredients, except peanuts, into a blender and whiz until smooth. Stir in peanuts and place in tin cans 3/4 full (14oz or so). Cover with foil and steam in water 2 to 3 hours until firm. Let cool and remove from tins. Slice and serve in sandwiches. Serves 6

Green Bean ‘n’ Basil Pate

Another recipe from Donna’s home.

- 1/2 lb fresh green beans, trimmed
- 1 Tbsp vegetable oil
- 1 med onion, chopped
- 3 Tbsp fresh basil
- 1 tsp seasoning salt
- 1 tsp lemon zest, optional
- Mayo, pg. 105 or 109 as needed

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

Yields 2 cups
Fruit Salads ‘n’ Light Suppers

Blueberry-Melon Toss
Light Supper Ideas
Dee’s Fruit Soup
Simple Fruit Salad
Texas Fruit Soup
Tropical Fruit Salad

Of course all of the above are gluten free.
Blueberry-Melon Toss

Fruit salads are ideal for a light supper.

- 1/2 Tbsp honey
- 1 Tbsp fresh lime juice, optional
- 2 cups fresh or frozen blueberries
- 1 cup diced cantaloupe

In a large bowl combine honey and lime juice until well blended. Add blueberries and cantaloupe. Toss to coat. Serve at room temperature or chilled.

Serves 3

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 85.2 calories; 0.4g total fat; 0mg cholesterol; 9.7mg sodium; 224.6mg potassium; 21.7g carbs; 2.8g fiber; 16.8g sugar; 1.2g protein.
Light Supper Ideas

*Soups, cereals, fruit, and so on.*

- Healthy Cakes make for great suppers. See our cookbook Vol. 1 - Cakes, Puddings, Parfaits & More
- Puddings, especially rice pudding
- Toast and Fruit
- Salads such as:
  - Green salad and Italian Dressing, pg. 83
  - Spinach and Pine Nut Salad, pg. 94
  - Cherry Tomato Salad, pg. 95
  - Italian Potato Salad, pg. 99
  - Simple Caesar Salad, pg. 102
- Light soups such as:
  - Borsht, pg. 65
  - Corn Chowder, pg. 66
  - French Onion Soup, pg. 69
  - Golden Soup, pg. 69
  - Tomato Soup, pg. 79
  - Minestrone, pg. 79

- Meals in the evening should be low in fat and easy to digest so the stomach doesn’t have to work all night. The body can repair and rejuvenate much better if the stomach isn’t turning through the nighttime.
Dee’s Fruit Soup

My mom’s specialty

- 2 1/2 cups pineapple juice (or peach or apple)
- 3 Tbsp minute tapioca
- 1/2 cup raisins (or 1 cup fresh grapes)
- 1 medium apple, diced
- 1 cup peaches, chopped
- 1 -- 10oz package strawberries, semi thawed (or cherries)

Cook pineapple juice and tapioca until thick over medium low heat, about 15 minutes. Cool 10 minutes and add remaining ingredients. Chill until ready to serve. Good with toast or popcorn.

Serves 6

Preparation time: 10 minutes
Cooking time: 15 minutes
Ready in: 75 minutes

Nutrition Facts

Nutrition (per serving): 152.9 calories; 0.4g total fat; 0mg cholesterol; 4.8mg sodium; 387.3mg potassium; 38.7g carbs; 2.7g fiber; 25.6g sugar; 1.3g protein.

Tips ‘n’ Techniques

“It would be well for us to do less cooking and to eat more fruit in its natural state. Let us teach the people to eat freely of the fresh grapes, apples, peaches, pears, berries, and all other kinds of fruit that can be obtained. Let these be prepared for winter use by canning, using glass, as far as possible, instead of tin.”

E.G. White, Counsels on Diet and Foods, pg. 309.3
Simple Fruit Salad

Our family favorite, pictured on pg. 71.

- 1 quart canned peaches, with juice
- 1 med bananas, sliced
- 2 med apples, cored & chopped
- 1 to 2 cup blueberries, fresh or frozen (or grapes)
- 1 cup strawberries, fresh or semi-thawed

Combine all and serve.

Serves 4
Preparation time: 10 to 20 minutes
Ready in: 10 to 20 minutes

Nutrition Facts

Nutrition (per serving): 205.0 calories; 0.5g total fat; 0mg cholesterol; 11.7mg sodium; 585.5mg potassium; 53.4g carbs; 7.3g fiber; 41.8g sugar; 2.6g protein.

Tips ‘n’ Techniques

Any fruit can be removed, substituted, or added. Ideas include: cherries, oranges, pineapple, pears, grapes, mangoes, melon balls, etc.
Texas Fruit Soup

Southern ‘n’ succulent.

• 2 grapefruit
• 1 cup cantaloupe balls
• 2 medium kiwifruit
• 1 cup sliced strawberries
• 1/3 cup water
• 3 Tbsp honey
• mint sprigs

Peel and section 1 grapefruit and place in a medium bowl. Squeeze juice from remaining grapefruit; measure 1/2 cup juice and pour into a medium saucepan. Add water & honey to the juice in the saucepan. Bring mixture to a boil and cook over medium heat about 15 minutes until slightly thickened; remove from heat. Combine melon balls with grapefruit. Pour honey mixture over the fruit; toss gently to coat. Cover and chill for at least 1 hour. At serving time, peel and slice kiwis. Stir sliced kiwi and strawberries into fruit mixture. Garnish with thin slices of grapefruit and a sprig of mint.

Serves 4
Preparation time: 15 to 20 minutes
Ready in: 75 to 90 minutes

Nutrition Facts
Nutrition (per serving): 154.2 calories; 0.6g total fat; 0mg cholesterol; 10.1mg sodium; 495.7mg potassium; 39.3g carbs; 4.7g fiber; 26.5g sugar; 2.1g protein.

Tips ‘n’ Techniques
Any fruit can be removed, substituted, or added. Ideas include: persimmons, mango, papaya, grapes, etc.
Tropical Fruit Salad

*A taste of the tropics for a hot summer night.*

- 1/2 cup dates, sliced
- 1/2 cup grapefruit, peeled, seeded & chopped
- 1 cup tangerines, peeled, seeded & chopped
- 1 med banana, sliced
- 2 large oranges, peeled, seeded & chopped
- 1 medium pineapple (or one 10 oz can of chunks)
- 2 medium kiwi fruit, sliced

Quarter and peel pineapple. Slice into 1/2” thick slices. Combine all.

Serves 4

Preparation time: 10 minutes
Ready in: 10 minutes

*Nutrition Facts*

Nutrition (per serving): 262.6 calories; 0.7g total fat; 0mg cholesterol; 6.8mg sodium; 760.3mg potassium; 68.0g carbs; 8.4g fiber; 52.4g sugar; 3.3g protein.

Your Favourite Recipes ‘n’ Tips
“Milk”, “Eggs” & Other Substitutes

Almond Milk
Cashew Cream
Seasoning Salt
Flax Gel & Other Egg Substitutes
Golden Seasoning
Tasty Brown Bouillon
Italian Herbs

All of the above are gluten free.
Almond Milk

We’ve used this in place of milk for years. Good soy milk substitute.

- 1/3 cup almonds, raw
- 2 1/2 to 3 cups water
- 2 tsp honey

Rinse almonds well and place into blender. Cover with water and blend until very smooth. Add remaining water and honey, blending until very smooth. Can be strained (use the pulp in an entrée or bread). If new to healthy cooking, use blanched almonds to avoid the “brown specks.”

Serves 6

Nutrition Facts

Nutrition (per serving): 52.6 calories; 4.0g total fat; 0mg cholesterol; 2.1mg sodium; 58.5mg potassium; 3.5g carbs; 0.9g fiber; 2.3g sugar; 1.7g protein.

Cashew Cream

Great in baking, will not whip of course, but rich and creamy.

- 1/2 cup raw cashews
- 1 1/2 cups water

Rinse cashews well and place into blender. Add enough water to just cover, blend on high until smooth. Add remaining water and blend till smooth.

Serves 8

Nutrition Facts

Nutrition (per serving): 46.0 calories; 3.8g total fat; 0mg cholesterol; 1.9mg sodium; 53.6mg potassium; 2.2g carbs; 0.3g fiber; 0.5g sugar; 1.5g protein.
Seasoning Salt

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

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

Process briefly in food processor and store in airtight container in cupboard for about 4 weeks.

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

Your Favourite Recipes ‘n’ Tips
Flax Gel & Other Egg substitutes

An egg substitute

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

Bring flax 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 or whip, but a good binder.

NOTE: Ground flax replaces the omega 3 found in free range organic eggs (regular eggs are not generally safe due to animal management and disease). BUT this gel does NOT have omega 3 like eggs do! Vitamin D and B12 are also not found in flax, so be sure to get alternative sources when giving up the use of eggs. If you live where you can get free range eggs from healthy chickens, and you can NOT supplement for vitamin D, B12, and omega 3, I suggest you consider using eggs until you can find a suitable alternative.

Ready in: 10 to 15 minutes
Yields: 1 to 1 1/2 cup of “gel”

Tips ‘n’ Techniques

Other substitutes for baking - 1 egg:

- 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 (you get omega 3 this way)
  OR
- Commercial egg replacer like Organ or Ener-G.
  OR
- 2 Tbsp flax meal in 1/3 cup water, chill 1 hour = 2 eggs
Golden Seasoning

_A great “chicken flavour” substitute._

- 1/2 cup soy flour
- 1 1/2 cups nutritional yeast flakes
- 1/4 cup each onion powder
- 1/4 cup sea salt
- 2 Tbsp Italian Herbs (purchased mix or see Vol. 5 pg. 141)
- 1 Tbsp each paprika and garlic powder
- 2 tsp turmeric
- 1 tsp each celery seed, sage, and thyme
- 1/2 tsp rosemary
- 3 to 4 Tbsp parsley

Combine all ingredients, except parsley, in a food processor and blend until powdery smooth. Stir in parsley.

This is worth doing up. Keeps in the refrigerator for weeks, (even months if it lasts that long). If recipe says to dissolve Bouillon, just add this seasoning to the dry. No need to “dissolve” like you would need to if you used a cube. I doubt this recipe and freeze it.

Yields: 2 – 2 1/2 cups
Serving Size: 1 tsp

**Tips ‘n’ Techniques**

You can purchase pre-made seasonings such as: Blaney’s Chicken Flavour (a low sodium, CHIP aproved seasoning) and/or Bill’s Best Chick’nish, are healthy but expensive and hard to find, see Appendix. There is also McKay’s Chicken Seasoning (watch out for different kinds, some have animal products). Some health food stores and grocery stores carry others. Be careful and watch out for MSG hidden under “natural flavours” etc. I personally use McCormick’s Chicken Bouillon if I am not using Golden Seasoning (for scrambled tofu and some other dishes). This means crumbling it really well and adding it to the liquid of the recipe you’ve chosen. If the recipe calls for a Tbsp, I use homemade Golden Seasoning. If it calls for 1 cube, I use McCormick’s.
Tasty Brown Bouillon

Nutritional Analysis on all recipes is with McCormick’s, see tips.

- 1/2 cup sea salt
- 1/2 cup Seasoning Salt (see Vol. 5, pg. 137 or 1/3 cup salt)
- 1 cup onion powder
- 1/2 cup garlic powder
- 2 Tbsp ground basil
- 1/4 cup carob powder
- 1/4 cup Italian Herbs (see Vol. 5 pg. 141)
- 1 cup nutritional yeast flakes

Recipe is not real beefy, but is an acceptable option. Combine all in food processor and store in airtight container. (To get that beefy or caramel flavor, sauté onions until very brown and blend well. Add to wet ingredients in recipe.) -- Use 1 to 2 Tbsp when recipe calls for 1 cube or 1 Tbsp.

McCormick’s is my first choice. This is in cube form. Gluten free, in most Canadian grocery stores, and tasty. -- Use 1 cube when recipe calls for 1 cube or 1 Tbsp.

Better-Than-Bouillon is very tasty, quite healthy, and available in most grocery stores in USA and Canada. This paste is in a jar. This company makes beef and chicken flavour, both original and vegetarian, but be sure you get the vegetarian version!!. -- Use 1 tsp when recipe calls for 1 cube or 1 Tbsp.

Blaney’s Beef-like Seasoning is quite healthy, a powder, but not real ‘salty.’ It is designed for a low sodium diet. See Appendix for ordering info. -- Use 3 tsp + 1/2 tsp salt when recipe calls for 1 cube or 1 Tbsp.

Tips ‘n’ Techniques

Hint: If the recipe calls for 1 Tbsp then I use the homemade and if the recipe calls for 1 cube, I normally use McCormick’s.
Italian Herbs

Makes it quick to add herbs in seasoning foods.

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

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

Serves 36
Preparation time: 10 to 15 minutes
Ready in: 15 minutes

Tips ‘n’ Techniques
For a quick alternative: Use a pre-packaged Italian Herb mix. Watch out for MSG and other “hidden” ingredients.
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 - 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 an airtight container. Use 1 Tbsp per 1 1/2 cups of liquid for med-firm. **Directions:** Wisk Jel into 1/2 cup of liquid from the recipe, bring to a boil, boiling 1 min, and add to recipe. Blend just until mixed and chill. You can also use commercial Kosher or Veg. Jel’s. For flavoured jel - Vegan Sweets: [www.vegansweets.com](http://www.vegansweets.com) or search online.

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

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

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