

DR. COLAFRANCESCHI'S FAVORITE RECIPES

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MINDFUL CONSUMING.

Aware of the suffering caused by unmindful consumption. I vow to cultivate good health, both physical and mental, for myself, my family and my society by practicing mindful eating, drinking and consuming. I vow to ingest items that preserve peace, well being, and joy in my body, in my consciousness of my family and society. I am determined to not abuse alcohol or any other intoxicant or to ingest foods or other items that contain toxins, such as certain TV programs, magazines, books, films, and conversations. I am aware that to damage my body or my consciousness with these poisons is to betray my ancestors, my parents, my society and future generations. I will work to transform violence, fear, anger, and confusion in myself and in society by practicing a diet for myself and for society. I understand that a proper diet is crucial for self-transformation and for the transformation of society.

The Five Wonderful Precepts of Buddhism rephrased for modern contemplation by Thich Nhat Hanh.

BEFORE EVERY MEAL

This food is the gift of the whole universe – the earth, the sky, and much hard work. May we live in a way that is worthy of this food. May we transform our unskilled states of mind, especially that of greed. May we eat only foods that nourish us and prevent illness. May we accept this food for the realization of the way of understanding and love.

DR. COLAFRANCESCHI FAVORITE RECIPES

The following recipes taken from Dr Cola's Cooking classes:
Winter Class, Spring Class, Fall Class, Raw Class

Great food starts with great ingredients

BREAKFAST

BLUEBERRY OAT PANCAKES

1 ¼ Cup Oat flour

¾ Cup oatmeal

2-3 tbsp Flax meal or ground flax seed

2 tsp Baking Powder (aluminum-free)

1 tsp Celtic Sea Salt

½ tsp Baking Soda

1- 1 ½ Cup Milk (Buttermilk or Milk Substitute, No Soy)

1 Tbsp honey

2 Eggs

¼ Cup Unsalted Butter, melted

Blueberries/Huckleberries (fresh or frozen)

Stir together dry ingredients. Blend eggs and other liquids.

Beat well. Add to dry mix. Drop onto hot buttered griddle.

Serve hot with butter and maple syrup or honey.

CORN CRISPS

These cornmeal flatbreads can be used in lunches with a variety of spreads or dips, as a mid-morning or afternoon snack or as a breakfast food with a bit of honey butter. They are quick and easy and may easily become a staple in your food offerings.

Popular with kids!

Ingredients:

2 cups ground sweet corn (cornmeal) None GMO

1 tsp Celtic sea salt

1 ½ cups Boiling distilled water

2 tbsp olive oil

2 tbsp unsalted butter

Preparation:

Preheat oven to 400 F. Combine freshly ground cornmeal and salt in a bowl. Stir in the boiling water and let stand for several minutes. If dry add more water. Stir in oil and butter. Drop by the tablespoon onto a well oiled baking sheet and spread into thin 2 ½ to 3 inch rounds. Bake for about 15 minutes until edges are golden brown.

COCONUT MILLET PUDDING

Prepare basic millet: (or use leftovers)

1 cup whole millet

2 cups water

Bring water to a boil and add millet. Reduce heat, cover and simmer gently for 25-30 minutes.

Combine prepared millet with:

2 ½ cups milk (use goat's milk whenever available)

½ cup honey

1 cup unsweetened coconut flakes

1 tsp. Celtic sea salt

1 tsp. Vanilla extract

Mix and pour into a buttered casserole dish. Bake at 350* for one hour. We all enjoy this recipe as is, but also like to indulge by topping with fresh or frozen blueberries and whipped cream (sweetened with a bit of maple syrup and vanilla). Millet is a great breakfast food for kids!

CROCKPOT BREAKFAST RECIPE

½ cup short grain brown rice

½ cup millet, washed

½ cup barley, washed

8 cups water

½ cup or more, date pieces

1 tsp Vanilla

1 tsp lemon juice

At night, rinse the inside of your crockpot with water. Add all ingredients and combine. Cook on low all night. In the morning, stir and serve hot with milk substitute of your choice. This serves several, so for smaller servings, reduce each grain to 1/8 cup or ¼ cup, and water to 2 cups water or 4 cups water accordingly. For a gluten free hot cereal omit barley. Other non-gluten grains that may be added include quinoa, amaranth, wild rice and coarse cornmeal.

CRUNCHY GRANOLA

This crunchy granola is great to have on hand for summer snacks and light meals. Kids love it and it's easy to pack along in a beach bag or car.

Ingredients:

3 cups rolled oats (750 mL)

1 cup pumpkin seeds (250 mL)

1 cup whole unblanched almonds (250 mL)

6 tbsp sunflower seeds (90 mL)

6 tbsp sesame seeds (90 mL)
3 tbsp raw wheat germ (45 mL)
¼ tsp ground cinnamon (1 mL)
3 tbsp flax oil (45 mL)
3 tbsp honey (45 mL)

Preheat the oven to 100 F. Toss all granola ingredients in a mixing bowl to coat evenly.

*Spread thinly on a baking sheet and bake for 20 to 25 minutes, stirring once or twice for even browning.

*When the granola is golden and the texture starts to become crunchy, remove and let cool.

*If you make larger quantities of this recipe, store it in the refrigerator or freezer for maximum freshness.

Makes about 6 cups of granola.

KAMUT WAFFLES

2 cups freshly ground kamut flour
1/8 cup ground flax seed
½ teaspoon Celtic sea salt
1 teaspoon aluminum free baking powder
2 eggs slightly beaten
¼ c. softened butter (1/2 stick)
1 + cup goat's milk

Heat waffle iron. Combine dry ingredients. Combine wet ingredients then add to dry ingredients. Stir and add more liquid (distilled water or goat milk) as desired. A thinner batter makes a lighter crisper waffle. A thicker batter makes a denser, heavier waffle. Serve with syrup and blueberry compote. Heat 2 cups frozen blueberries until bubbling. Add 1/8 c. maple syrup. Can also add 1tsp arrowroot powder to a little berry liquid in a separate bowl then add to hot blueberries to thicken.

STARTERS/SOUPS

BRUESHETTA

This fresh appetizer is most flavorful when the tomatoes are vine-ripened or garden fresh. It's great to include for picnics, in lunches and as appetizers, enjoyed by all.

Ingredients:

- 4 vine ripe tomatoes
- 1 small or ½ large clove garlic, minced
- ½ tsp. Celtic sea salt
- 2 tbsp fresh basil finely chopped
- 2 tbsp fresh parsley finely chopped
- 1 tbsp oregano
- ½ cup high quality olive oil
- ¼ cup apple cider vinegar
- Parmesan cheese for garnish as desired

Preparation:

Finely chop tomatoes and gently mix with salt, minced garlic and herbs. Whisk together olive oil and apple cider vinegar and stir into tomatoes. Serve on toasted baguette rounds topped with a fresh shaving of parmesan cheese as desired.

CANNELLI BEAN PATE

This irresistible pate makes an elegant hors d'oeuvre for any party or gathering. It is packed with protein and very simple to prepare.

Ingredients:

- 1 cup cannelloni beans (2 cups cooked)
- 1 tbsp Dijon style mustard
- 1 clove garlic, crushed
- 2 tbsp fresh lemon juice
- ¼ cup extra-virgin olive oil
- Celtic sea salt (optional)

2 tbsp finely chopped parsley
paprika

Preparation:

Soak the beans for 24-48 hours in pure water. Drain the soaking liquid when ready to cook.

Bring the fresh water to a boil, and add the beans. Allow the water to boil once again, then simmer the beans for 25-30 minutes or until tender.

Place the beans in a blender with the mustard, garlic, lemon juice, oil and salt.

Pour the bean mixture into a small bowl and combine with parsley.

Pour into a serving dish, garnish with paprika and serve with raw vegetables.

Makes approximately 2 cups (500 mL).

HUMMUS

This is a great spread for pitas, wraps, toast, over grains, for raw vegetables and salads, a very versatile and flavorful dip of substance.

Ingredients:

1 ½ cups chickpeas (375 mL)

¾ cup liquid from chickpeas or distilled water (185 mL)

¼ cup tahini (60 mL)

¼ cup fresh lemon juice (60 mL)

¼ cup flax seed oil

½ tsp celtic sea salt (2 mL)

2 tsp cumin (10 mL)

1 tsp coriander (5 mL)

4 fresh garlic cloves, minced

Preparation:

Sort and rinse the chickpeas and bring them to a boil in a pot of pure water.

Reduce heat and simmer for 2 hours, stirring occasionally and adding more water as required.

When peas are tender, then drain and place in the blender with $\frac{3}{4}$ cup (185 mL) liquid.

Process with garlic, salt and spices until smooth, scraping down the sides a few times

Add juice, oil, and tahini, and process until thoroughly blended.

Refrigerate and serve when required.

Hummus can be thin or thick depending on what you may be using it for. It will thicken when it is chilled.

Makes 4 cups (1000 mL).

GUACAMOLE

2 cups avocado

$\frac{1}{2}$ cup olive oil

$\frac{1}{4}$ cup green onions, chopped

$\frac{1}{2}$ cup fresh cilantro, chopped

1 teaspoon minced jalapeno

1 teaspoon minced ginger

1 tablespoon minced garlic

$\frac{1}{2}$ cup red cherry tomatoes, diced

1 $\frac{1}{2}$ teaspoons Celtic sea salt

$\frac{1}{4}$ cup fresh squeezed lime juice

$\frac{2}{3}$ cup sprouted beans of your choice

In a mixing bowl combine the avocado and olive oil and with a masher, mash with a rapid circular stroke until fluffy. Fold in remaining ingredients and start dipping.

RYE CRACKERS

1 C sprouted wheat

1 C sprouted rye

Braggs Aminos (to taste)

honey or dates (to taste)

1 T caraway seeds

onions chopped fine (as desired)

Sprout wheat and rye for 1 day. Process wheat, rye and dates through a champion juicer (can also use a food processor). Mix in Braggs, onions, caraway seeds and honey (if dates were not used) to taste and mix well. Spread mixture as thin as possible on your dehydrator trays with a teflex sheet on top. Dehydrate at 105 degrees for 5-6 hours and then flip the mixture and remove the teflex sheet. Continue dehydrating until desired consistency.

Optional:

You could add garlic, onions, carrot juice, taco seasoning, Italian seasoning, chili powder, cumin in any combination. Be creative and make up your own recipe.

MANGO DRENCHED GREENS

1 tablespoon ginger, unpeeled and minced

1 ripe mango

½ cup coconut water or Rejuvelac

¼ cup flax oil

Combine the ingredients in a blender and blend well. This dressing keeps for 3 days refrigerated. Pour over a large bowl of your favorite mixed greens. Toss and enjoy.

GRECIAN TZATZIKI

Serve this zesty Greek mixture as a dip with toasted pita bread, rice or any flatbread, or as a sauce for steamed or grilled fish, or over fresh greens. Any way it is served, Tzatziki is a delicious, fresh and cool tasting accompaniment.

Ingredients:

4 cups skimmed milk live-culture yogurt (1000 mL)

2 large cucumbers
Celtic sea salt
4 large cloves garlic, minced (or to taste)
1 ½ tsp lemon juice (7 mL)

Preparation:

Place the yogurt in a bowl.

Peel the cucumbers and cut them in half lengthwise. Use a teaspoon to scrape out the seeds and discard them. Grate the cucumbers into a strainer, salt them and allow to drain for ½ hour. This draws out any bitterness.

Place the minced garlic and lemon juice in a small bowl and allow to marinate while the cucumbers are draining.

Rinse the drained cucumbers, remove as much liquid as possible.

Combine the marinated garlic, cucumbers and yogurt. Stir gently.

Serve at once or store in the refrigerator. It will keep for several days and improve in flavor each day.

Makes 4 ½ cups (1125mL)

BUTTERNUT SQUASH SOUP

with Pine Nuts and Pomegranate Seeds

2 medium butternut squash, halved and seeded

2 Tbsp olive oil

6 cups of vegetable stock or distilled water

2 tsp ground cinnamon

¼ tsp freshly grated nutmeg

Pinch of cloves

3 Tbsp Honey

1 cup goat milk or ½ cup heavy cream

½ CUP LIGHTLY TOASTED PINE NUTS

Fresh pomegranate seeds

Preheat oven to 350. Brush cut side of squash with olive oil and season with Celtic sea salt. Place squash on baking sheet, cut side down, and roast until soft, about 1 hour 15 min.

Remove flesh from squash and place in a large saucepan with 5 cups distilled water, cinnamon, nutmeg and cloves. Cook over medium heat for 30 minutes. Puree soup in batches in a blender or food processor until smooth, then return to saucepan. Add honey, goat milk or cream and more stock/water to thin as desired. Season with Celtic sea salt to taste.

Toast pine nuts in a dry skillet over medium heat, stirring constantly for 3-5 minutes. Ladle soup into shallow bowls and garnish with pine nuts and pomegranate seeds.

FALL VEGETABLE STEW

with Fresh Tomatoes, Corn and Pesto

2 ½ to 3 pounds ripe red tomatoes

2 tablespoons olive oil

2 medium leeks (white and tender green parts) coarsely chopped

3 cloves garlic, chopped

1 dried chipotle chile

2 tsp salt

3 cups Rich Chicken Stock or Vegetable Stock

3 medium carrots, scrubbed and cut crosswise on the angle in 1 inch pieces

3 to 4 medium red or Yukon potatoes cut into 1 inch chunks

½ medium cabbage, very coarsely chopped

4 ears of sweet corn

2 medium zucchini, cut into 1-inch chunks

Simple pesto

Grated Parmesan Cheese

Coarsely chop the tomatoes, reserve all the juice and seeds as well as the pulp, In a large soup pot, heat the oil over moderate heat. Add the leeks, cover and cook 2-3 minutes, until they begin to wilt. Uncover and continue to cook, stirring occasionally until they are soft and just beginning to take on some color, 3-5 minutes longer. Add the garlic and cook for 2 minutes.

Stir in the tomatoes with all their juices. Add the chipotle chile, salt coriander, chicken stock, carrots, potatoes and cabbage. If necessary, add a little more water just to cover the vegetables, but remember the cabbage will give off a fair amount of liquid. Bring to a boil, cover, and cook over moderately low heat, stirring occasionally, 25 minutes. Taste the broth and remove chile if it is getting to spicy for your taste. Meanwhile, cut the corn kernels off the cob and run the dull edge of the knife down the cobs to get all the 'cream'. Add all the corn and the zucchini to the soup and cook 10 minutes. Serve with separate bowls of the pesto and grated Parmesan cheese passed on the side.

TOMATO BASIL SOUP

2 quarts canned tomatoes (I use home canned and process in a blender for a smoother texture)

1 cup chopped onion

½ cup Unsalted Butter (1 cube)

2 Tbsp. Fresh Basil chopped

2 Tsp Celtic sea salt

3 Tbsp. Maple Syrup (less to taste)

3 cups goat milk

pinch of baking soda

Sauté onions lightly in butter until tender. Don't brown. Add blended tomatoes, basil and salt. I also like to add a couple tsp of Herbs de Provence if you have it. Simmer lightly for about one hour to an hour and a half, depending on time available. Turn off burner and allow soup to cool slightly from a simmer. Add milk, maple syrup, pinch of baking soda and a couple more Tbsp. of chopped fresh basils. Stir gently and serve with salad and cornbread on a snowy Valley County `spring' day.

DRESSINGS

AVOCADO DRESSING

Try this over baked squash, as a dip or spread, over steamed vegetables or fish.

Ingredients:

1 ripe avocado

¼ cup flax seed oil (60 ml)

¼ tsp fresh ginger finely chopped (1 ml)

1/8 tsp paprika (1 ml)

1 tsp. Raw cider vinegar or lemon juice (5 ml)

1 tsp marjoram (5 ml)

1 clove garlic, minced

Preparation: Toss all ingredients into a blender and process until well blended. This dressing does not store well so only make what you can use for your meal.

Makes about ½ cup (125 mL)

BASIL-RED PEPPER DRESSING

Use this recipe as a salad dressing or over lightly steamed vegetables. Works great for a unique change in the lunchbox routine.

Ingredients:

1 bunch fresh basil leaves, finely chopped
1 large red pepper peeled, seeded and cut into fine julienne strips
¼ cup raw apple cider vinegar (125 ml)
½ cup flax oil (125 ml)
½ cup olive oil (125 ml)
juice of 2 lemons
1 garlic clove, minced

Preparation:

Combine all ingredients, except julienned red peppers, in a blender. Blend then add peppers. Or simply combine with a whisk in a bowl. If using for vegetables, heat gently in a saucepan.

Makes about 2 cups (500 ml)

GINGER DRESSING

Use this light dressing over cooked grains, salads, vegetables, cole-slaw, etc. Simple and interesting.

Ingredients:

3 Tbsp Flax seed oil (45 mL)
1 to 2 Tbsp fresh lemon juice (15 to 30 mL)
1 tsp freshly grated ginger (5 mL)
1 garlic clove, minced

Preparation: Place ingredients in a bowl and whisk together with a fork, or blend a larger quantity of all ingredients in a blender and retain for future use.

Store in dark bottles in the refrigerator.

Makes about ¼ cup (60 mL).

LEMON~ORANGE DRESSING

Another dressing that's easy to make to dress up salads, lightly steamed vegetables, pasta, rice or any grain dish. With the lemon and orange, it is a dressing filled with sunshine!

Ingredients:

¼ cup fresh lemon juice (60 ml)

3 Tbsp fresh orange juice (45 ml)

½ cup olive oil (125 ml)

½ cup flax oil (125 ml)

1 Tbsp fresh dill (may substitute dried dill when necessary) (15 ml)

1 Tbsp marjoram (15 ml)

½ tsp fresh ginger (2 ml)

Preparation: Just toss all ingredients into a blender and mix.

Store unused portion in a dark bottle in the refrigerator. Makes about 2 cups (500 ml)

POPPY SEED DRESSING

Use this dressing for any salad, pita pocket, potato or pasta salad. Store extra dressing in a dark bottle in refrigerator for future use. Exceptional on the Spinach Salad with Strawberries.

Ingredients:

2 Tbsp honey (30 mL)

2 Tbsp sesame seeds (30 mL)

1Tbsp poppy seeds (15 mL)

1 ½ tsp chopped white onion (7 mL)

¼ tsp Tamari (1 mL)

¼ tsp paprika (1 mL)

¼ cup flax seed oil (60 mL)

¼ cup olive oil (60 mL)

¼ cup raw apple cider vinegar (60 mL)

Preparation: Simply combine all ingredients, EXCEPT

POPPYSEEDS, in a blender or food processor and process until smooth. Stir in poppy seeds after blending.

`THE DRESSING'

Now, while the poppy seed dressing is nice, Here's a three ingredient combo that serves nicely as a quick and simple everyday, on anything, get-you-out-the-door dressing. Just vary your proportions depending on your mood for the day and your need for something different!

½ cup flax oil or (olive oil)

2 Tbsp maple syrup (to taste)

½ cup raw unfiltered apple cider vinegar (or lemon juice if you have some left from making your daily lemon water. Throw in whatever is left over)

Whisk and Go...good on cabbage salad, cucumbers and parsley, or whatever other combo the Doctor may have ordered up for you and your family! Most likely each person will require a different salad...but `THE DRESSING' stands.

BREAD

FLATBREAD

If you must avoid gluten, wheat or yeast try making flatbreads. They work great in lunches and as snacks. Flatbreads can be topped with any spread and thinly sliced fresh vegetables for healthful snacks and beautiful appetizers.

Ingredients:

1 ¼ cup Millet or quinoa flour

¼ tsp Celtic sea salt

½ cup Warm water

½ tsp olive oil

Preparation: Whisk 1 cup flour and salt together in a bowl. Make a well in the center and pour in the oil and water. Stir until the dough clumps together in a ball. Preheat griddle or skillet. Scatter remaining flour or rolling surface. Break off

dough the size of golf balls and roll them in flour. Flatten with your hand, turning to keep them floured. Roll each ball thinner with a rolling pin. When rolled to 6-7 inches across, check both sides to see that they are well floured. Place on hot skillet or griddle (use no oil) for about 3 minutes each side

MAIN

RISOTTO

A quick and easy dish, elegant enough for company.

Ingredients:

1 ½ lbs. Mushrooms thinly sliced

1 Tbsp Miso

¼ cup butter

4-6 cloves garlic minced

1Tbsp Basil

1Tbsp Oregano

1Tbsp parsley

2 cups uncooked long grain brown rice, Jasmine or Basmati

½ cup Parmesan cheese and additional for garnish

Preparation: Prepare rice separately in 4 cups distilled water and 2 tsp. Celtic sea salt. Remember the rice requires 50 minutes so start this first. In a large saucepan, dissolve 1 tbsp. Miso in one cup distilled water. Add sliced mushrooms and garlic to broth and simmer on medium to low heat until reduced. Add ½ the butter to the broth and about 1/4 cup freshly grated Parmesan. Add rice to saucepan. Add herbs, additional Parmesan and salt to taste. Transfer to warmed serving plate and sprinkle with herbs and Parmesan for garnish.
Serves 4-6

ROASTED ASPARAGUS

1 or 2 bunches of asparagus, woody ends broken off

½ to 1 lb. Mushrooms, thickly sliced

1 Red onion, sliced

Heat oven to 425*. Line a baking sheet with unbleached parchment. Place vegetables in a bowl and toss gently with olive oil until coated. Spread evenly on baking sheet. Roast 20 to 25 minutes, turning once, until veggies are slightly charred and tender. The mushrooms and onions will create liquid as they roast, but it will evaporate leaving a lightly caramelized crust on the vegetables.

Roasted Beets

Roasted Eggplant

Everything's roasting except a roast...

FRESH TOMATO SAUCE WITH BASIL

This recipe requires the best garden ripened, organically grown, fresh tomatoes you can find. Make plenty of this sauce when the tomatoes are in season and freeze for later use. The sauce is chunky, aromatic and irresistible. Over grilled fish, whole grain pasta, grains and rice. The sauce with pasta or rice works great in lunches as it flavorful at room temperature. This is also a great base for homemade pizza.

Ingredients:

8-12 fresh tomatoes cored and seeded, but not peeled (500-750 mL)

¼ cup high quality extra virgin olive oil (this enhances the flavor greatly) (60 mL)

6-8 cloves fresh garlic, minced

¼ cup distilled water (optional) (60 mL)

4 oz fresh basil coarsely chopped (reserve some of the smaller leaves whole for serving)

Preparation: If you prefer less texture you can skin the fresh tomatoes by placing in boiling water for 10 seconds then immediately plunging into cold water. The skins will slip off easily. Core and quarter the tomatoes removing some of seeds. Gently heat the olive oil and add the minced garlic. It is very important to not get your oil too hot as it will make the garlic bitter. Saute over low heat for 2 minutes. Add the fresh tomatoes and water if needed to prevent sticking. Add ½ the coarsely chopped basil and simmer for 1 hour to reduce liquid. Just before serving add the remaining fresh basil. Enjoy!

MEDITERRANEAN BEEF STEW

With Olives, Sun-Dried Tomatoes and Fresh Basil

2 pounds lean stew meat cut into 1 ½ -inch cubes

2 Tbsp olive oil

2 medium onions, sliced

3 garlic cloves, thinly sliced

¾ cup dry vermouth (optional)

6 tomatoes peeled and coarsely chopped, juices reserved

2 tsp raw apple cider vinegar

1/3 cup quartered and pitted Kalamata olives

1/3 cup sun-dried tomato strips packed in oil, drained

½ cup lightly packed fresh basil leaves, shredded

Pat the meat dry. Heat the olive oil over moderately high heat.

Add meat in 2 batches and cook, turning until nicely browned, about 5 minutes per batch. As the meat is cooked, remove to a plate.

Add the onions and cook, stirring occasionally until they are golden and beginning to brown around the edges, about 5 minutes. Add the garlic and cook until softened and fragrant, about 1 minute. Pour in the vermouth and boil until reduced by

half 1 to 2 minutes. Then add the chopped tomatoes with their juices, the vinegar and 1 ½ cups water.

Add the meat to the sauce along with any juices that have collected the plate. Bring to a boil, reduce heat to low, cover and simmer 1 ¼ hours. Add the olives and simmer 20 to 30 minutes longer, or until meat is tender.

Add the sun-dried tomatoes and simmer 5 minutes. (The stew can be made to this point a day in advance). Just before serving, stir in the fresh basil.

Serve with salad and/or a lightly steamed high-water content vegetable.

SIMPLE PESTO

¼ cup fresh basil leaves

2 or 3 garlic cloves

1/3 cup extra-virgin olive oil

Salt

Place all ingredients in a food processor except oil. While processing add olive oil through the feed tube. Process until finely chopped. Season lightly with salt.

SPINACH SALAD

with Red Pears and Pecans

The colors and textures in this salad make it enjoyable just to look at....but don't. The red pears and nuts make a nice autumn combination that's perfect for spinach

Large bowl of washed/dried spinach leaves

2 red pears thinly sliced

½ cup pecans lightly toasted

The lemon-orange dressing or red pepper dressing is especially nice with this salad.

TOMATO CUCUMBER SALAD WITH FETA

2 Cucumbers peeled and uniformly diced

4 tomatoes uniformly diced

1 green pepper diced

1 cup feta cubed or crumbled

Combine and toss with $\frac{1}{4}$ cup vinegar and $\frac{1}{4}$ cup olive oil and 2 tsp Herbs de Provence and Salt to taste.

FENNEL SALAD

2 cups chopped fennel bulbs

2 tablespoons fresh lemon thyme chopped

2 tablespoons fresh creeping thyme chopped

2 tablespoons fresh silver thyme chopped

2 tablespoons fresh sage chopped

2 tablespoons fresh rosemary de-stemmed and chopped

2 tablespoons fresh Greek oregano

2 tablespoons chocolate mint

$\frac{1}{2}$ cup red bell pepper, chopped

For Dressing

$\frac{1}{4}$ cup white wine

1 cup coconut water (from 1 coconut), seaweed water, orange juice, or filtered water

$\frac{1}{2}$ cup Raw Ricotta Cheese

3 Tablespoons apple cider vinegar

$\frac{1}{4}$ cup fresh lemon juice

$\frac{1}{4}$ cup olive oil

In a salad bowl combine fennel bulbs, herbs and bell pepper. In a blender combine white wine, selected water/juice, Raw Ricotta Cheese, vinegar, lemon juice, and olive oil. Blend well and pour over salad mix. Toss and serve.

PASTA MARINARA

2 cups zucchini and/or squash

½ cup red or yellow bell pepper sliced into long, thin strips

½ cup marinated onion ringlets

½ cup diced tomato

¼ cup fresh basil, chopped

2 tablespoons fresh oregano, chopped

1 tablespoon fresh rosemary, de-stemmed and chopped

¼ cup sun-dried tomatoes

1/3 cup Marinated Portobello

1 teaspoon minced jalapeno

1 teaspoon minced garlic

1 teaspoon minced ginger

1 tablespoon lemon juice

¼ cup minced shallots

With a vegetable peeler, shave zucchini and/or squash lengthwise into long, thin strips; when you've shaved all sides down to the soft and seedy center, slice the remaining portion into long strips. In a serving bowl combine zucchini and /or squash, bell pepper, Marinated onion ringlets, tomato, basil, and remaining ingredients. Toss gently and serve on a bed of Raw Marinara Sauce.

MEAT LOAF (VEGAN)

1 1/3 cups walnuts (raw)

1 1/3 cups sunflower seeds (raw)

1 1/3 cups almonds

filtered water for soaking sunflower seeds and almonds.

1 tablespoon minced garlic

½ tablespoon Celtic sea salt

½ cup fresh parsley

2 cups Marinated Portobello, chopped (see recipe)
1 tablespoon chopped onion
½ tablespoon minced ginger
2 tablespoons fresh rosemary, de-stemmed and minced
1 tablespoon fresh tarragon minced
1 cup red bell pepper, chopped
1 tablespoon minced jalapeno
1 ½ teaspoons cumin seeds (not powder)
½ cup olive oil
1 recipe Barbecue sauce (see recipe)

Soak sunflower seeds and almonds in enough water to cover for 2 to 6 hours. Soak walnuts for ½ hour. Drain and throw nuts and seeds into food processor with the minced garlic. If you have a Champion or Green Power Juicer push them through—they're best when homogenized. Process until the contents develop a dough-like consistency. Add a dash of olive oil if the dough is too thick. Stir in the Celtic sea salt, parsley, celery, Marinated Portobello, onion, ginger, rosemary, tarragon, red bell pepper, jalapeno, cumin seeds, and olive oil. Mix well. On a solid dehydrating sheet shape the mixture into a loaf about 1 ½ inches high. Dehydrate for 1 hour at 90° F. Remove the loaf from the dehydrator and baste it with Barbecue Sauce. Dehydrate for 2 to 3 more hours at 90° F. Serve immediately.

GRAVY

¼ cup miso
1 tablespoons red wine
½ cup chopped onion
1 minced shallot
1 tablespoons minced garlic
¼ cup fresh-squeezed orange juice or carrot juice
½ cup olive oil
1 tablespoons dates

1 tablespoons jalapeño
1 tablespoons Nama Shoyu
1 tablespoons minced ginger
1 teaspoon apple cider vinegar
½ teaspoon sesame seed oil
Combine all ingredients in a blender and blend until creamy.

MARINATED PORTOBELLO

2 cups diced Portobello mushrooms
1 cup Nama Shoyu
¼ cup olive oil
In a glass bowl soak mushrooms in Nama Shoyu and olive oil for at least 10 minutes up to 6 hours.

MARINATED ONION RINGLETS

1 large onion, thinly sliced into ringlets
2/3 cups Nama Shoyu
¼ cup olive oil
In a glass bowl, combine onion ringlets, olive oil, and Nama Shoyu. Marinate for at least 10 minutes up to 8 hours.

DESERT

HOMEMADE ICE CREAM

4 Fresh Free Range Eggs
2 cups Maple Syrup
10 cups Goat milk
(you can add some cream, any combination up to 4 cups for a creamier ice cream. I use only the goat milk.)
½ t. salt
1 T. vanilla (more as desired)

Beat eggs until light. Add Maple Syrup in a fine stream until thick. Add milk, salt and vanilla and mix well. Freeze in a 5 qt. Ice Cream Freezer. Makes 1 gallon.

MANGO ICE CREAM

1 cup frozen mango (dice and freeze in advance)
2 cups fresh-squeezed orange juice
1 cup raw cashew
1 cup banana frozen (freeze in advance)

2 cups soaked dates

Blend and eat...or if you can wait, chill in the freezer for around 20 minutes.

CASHEW GELATO

2 cups raw cashew butter
1 ½ cups maple sryup
2/3 cup almonds, coarsely chopped
In a bowl mix the cashew butter and maple syrup. Fold in chopped almonds. Spoon the mixture into individual serving bowls and freeze. Serve frozen.

BAKLAVA

3 Cups oats
2 cups pitted dates
filtered water for soaking oats and dates
¼ cup maple syrup or honey
1 cup raw pecans
1 teaspoon mace
2 cups raw walnuts and almonds, coarsely chopped.
Soak the oats and dates separately with enough water to cover for 2 hours. In a blender combine oats and maple syrup or honey and blend until creamy. Spoon blender contents, about

1/8 inch thick, onto a solid dehydrator sheet and dehydrate until crispy, about 6 hours. Transfer oat crust onto a pie plate. Set aside.

In a food processor (or Champion juicer), homogenize dates and pecans and spread a 1-inch layer of the mixture over the oat crust. Evenly sprinkle one third of the walnuts, almonds and a pinch of mace over date-nut paste. Repeat the layering process until you've used all the date-nut paste, nuts and mace; it makes up to three layers.

FRESH BERRY MOUSSE

There are so many wonderful fresh berries available at the markets these days that this Mousse can be made almost all year round. However, it will be at its best during the summer months. If you get the chance, there is nothing more enjoyable than picking your own berries fresh from the river's edge or woods.

Ingredients:

1 pound mixed hulled summer berries, including strawberries, raspberries

boysenberries loganberries, and blackberries

1/3 cup honey

¼ cup ruby port

1 cup heavy cream

3 egg whites

Reserve a few of each kind of berry for decoration. Place the rest in a blender or food processor and puree until smooth. Press through a fine sieve to remove all the seeds.

You should have 1 – 1 ¼ cups of puree. Stir in the honey and port. Beat the egg whites until stiff and carefully fold into the mixture. Divide the mousse among 6 serving dishes or wine glasses and chill for at least 2 hours. Decorate each portion with a few of the reserved berries and serve while still chilled with a selection of sweet biscuits or shortbread.

CHIPMUNK COOKIES

1 stick of softened unsalted butter
½ cup honey
1 egg
1 tsp vanilla
1 tsp baking powder
½ tsp baking soda
½ tsp Celtic sea salt
1 ½ cups oat flour
1-2 cups rolled oats
½ tsp cinnamon
1-2 tbsp finely ground flax seeds
raisins, dates, currants, or any dried fruit that has been soaked overnight. NO carob or chocolate for kids!
Beat together wet ingredients. Combine dry ingredients in separate bowl then add to the wet ingredients. Bake at 350* for 8-10 minutes and watch the chipmunks come!

NUT MILKS

Any of the above nuts can be used, if desired, to make nut milks - especially almonds. To make nut milks - take approximately 1 cup of the desired nut and place in a blender adding 1 quart of distilled water (Start with a cup or so of water at first until well

blended, then add the remainder of the distilled water). Blend and then strain out the pulp. What is left is the nut milk to which may be added a pinch of salt, a little molasses and honey or brown sugar to taste, and sometimes a little vanilla. Or it plain, as a base, for adding such things as fresh or frozen fruit, bananas, protein can be used powder, etc., and blending into smoothies.

Nuts seeds and grains may be combined in ways that are very nutritious

FRUIT SMOOTHIES

4 cups frozen fruit

1 to 1 1/2 cup goat's milk or a combination of milk and distilled water depending on desired richness

¼ cup flax seed oil

1/8 cup maple syrup (to taste)

In a blender place approximately 4 cups frozen fruit.

Blueberries, Peaches, Strawberries, Bananas or any combination that appeals to YOU! Blend and serve. If too thick for your taste add a little more milk or distilled water.

Add mineral supplements as desired.

PECAN SPICE COOKIES

¼ cup butter

½ cup maple syrup

¼ cup rapadura, succanat or date sugar

¾ cup kamut flour

1 cup pecans chopped

½ cup raisins

1 tsp cinnamon

1/8 tsp sea salt

dash of nutmeg, ginger & cloves (optional)

¼ cup shredded coconut (optional)

Preheat oven to 400*. Cream butter and sweeteners. Combine dry ingredients and mix slowly into butter mixture. Drop on greased baking sheet. Bake 9-12 minutes until browned but soft. Cool . These will get crispy when cool.

MAPLE BUTTERCREAM FROSTING

6 egg yolks
2 cups Maple Syrup
1 pound cold butter
1 t. vanilla

Beat the egg yolks until light and airy. Heat the Maple Syrup in a heavy saucepan to 240* or Soft Ball stage on a candy thermometer. If you don't have a thermometer drop a small amount into a bowl of cold water. When the syrup forms a soft ball in the water, it is hot enough. While beating the egg yolks, add the maple syrup in a small stream. Then add the cold butter a tablespoon at a time and finally beat in the vanilla.

NOT FOOD RECIPE

PLAYDOUGH

4 c. white flour
1 c. salt
2 t. alum
4 c. boiling water
6 T. oil
color

Combine dry ingredients. Combine water, oil and color and add to flour mixture. Mix thoroughly and enjoy while warm!

Children enjoy using real tools from your kitchen with play dough...garlic press, potato masher, rolling pins, butter knives, pastry cutters, small tart pans, cookie cutters and whatever else

you can come up with. I also will add vanilla, lemon, peppermint oil or cinnamon for a sensory surprise, but nothing compares with getting to play with **warm** play dough with your kids on a cold morning...wishing you sweetness...