

The Golden Elixirs of Coconut, Flax & Pumpkin

à la oils

Luscious
'beyond healthy'
meals
for today's
'convenient'
gourmet!



A Culinary Adventure From Seed To Soul

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Preface

My Love Affair With Food

I began my ‘real’ adventure with food in the early 90’s. I had always been what I called a “healthy dieter”; I kept up with the latest trends to keep myself slim and in shape. But I was continually experiencing the dynamic of constraint and deprivation. Food held a great deal of my focus. It seems I was either doing “good” or being “bad”. And, even though I stayed within a decent weight range for the most part, the whole food thing was quite a struggle. Like thousands of Americans around me, I was obsessed and in diet prison.

Then I discovered the deeper story of food. First, in the best-selling book “Diet for a New America,” John Robbins showed me that my food choices impact the environment and society, and that choosing consciously can make that impact positive. I was instantly awakened. In that same year, I met Dr. David and Annie Jubb whose book, “LifeFood



Recipe Book: Living on Life Force,” taught me about ‘living’ food cuisine – why, when, and how to make delicious, down-to-earth ‘raw’ foods. I had not only discovered “the power of my fork”, but was liberated from diet prison.

The more I prepared living foods, the more my body changed; and with it my world around food changed radically and profoundly, too. For the first time in life, I felt connected – to food, to my body, and to the Earth. For the first time in my life, I was satisfied after meals! Cravings were gone. The

excess weight fell off my body with no effort. People told me I looked years younger.

My dieting days were over. Denial gave way to pleasure. Control gave way to freedom. Confusion and deprivation around “fattening” foods gave way to a sense of abundance with the vital and rich foods from the Earth. Eating became a nourishing pleasure at every meal.

It was a turning point in my life. I had found my life’s mission, and I changed careers. I left the film industry to become a food activist, joining John Robbins’ team at EarthSave International. Suddenly I was surrounded by well-known scientists, health professionals, nutritionists, and culinary experts. With these food experts as my mentors, I began authoring documents on food and agriculture, the environment and societal issues related to food. I co-authored *The Healthy School Lunch Action Guide* and created a program to get healthier foods in schools. I learned about growing and manufacturing processes. I was present at the birth of a new concept of “highly functional foods,” and I became a major voice in the infancy of the good food movement.

During those early years of seemingly endless travel, I had to keep myself fueled, and I had to keep it simple. So I got creative. I prepared the foods I loved, and my culinary skills blossomed.

For the most part I was a vegetarian. “But you look so healthy for a vegetarian,” people often remarked. You see, at the time many vegetarians looked either washed out and malnourished, or washed out and heavy. Like other American’s, many vegetarians sought to practice a “low-fat” diet and dined on lots of starchy foods. I would answer them by saying, “It’s because of the oils.” I knew that carefully milled, cold-pressed organic oils rich in the Essential Fatty Acids (EFAs such as Omega 3 and Omega 6) nourish radiant skin and hair, strong nails, a sharp mind and emotional stability. I relished in meals of avocados, nuts and seeds, garnished with high quality flax oil, coconut and coconut oil, pumpkin seed butter and pumpkin seed oil. I was nourished and fulfilled because I was enjoying a diet rich in the bounty of the right kind of fats, and my carbohydrates came from the Earth and not the factory.

Of course, their next question was, “How do you do that?!” What was a simple dish for me – steamed Swiss Chard topped with ground sesame

seeds, a little tamari and a flax seed oil – was an inspiration to others. Gradually, what had began as a survival skill for me became a gourmet gift that people came to crave. Friends begged me to write a cookbook; corporations and resorts asked me to cater their events.

People raved about my food: “I’ve never eaten such fresh, rich and satisfying food.” They told me it was the first time they enjoyed eating vegetables, and it was all because of the tasty sauces and great dressings. They filled their plates high and never felt stuffed. Their digestion improved. No one gained weight; and those who needed to lose weight dropped the pounds just as I had. “What’s in that dressing?” they demanded. “I could just drink it!” What was in the dressing, as by now you’ve guessed, were the very special oils that star in this book.

It was while teaching at Laguna Culinary Arts in Laguna Beach, California that the idea for *à la Oils* was born, along with the gourmet cooking methods I’ve come to call “Essential Cuisine.” Essential Cuisine is gourmet cuisine created with “highly functional foods”: high-quality fats, natural sugars, salt, sea veggies, the freshest possible vegetables, nuts, seeds, sprouted legumes, organic, grass-fed meat and dairy, cultured foods, organic wine, and the like.

Essential Cuisine is sheer food ecstasy, not just for your taste buds, but for your body too! The goal is to keep it simple and go for the ecstasy. Over the years, I’ve discovered that when people replace the bad fats, sugar and chemicals in their diets with the Earth’s rich good fats and naturally sweet sugars, they experience a radical change in their health. A “Wow” with every succulent bite! An “Ahhhh” at the end of every satisfying meal!

So gather your taste buds and get ready for the adventure of your life – a journey into new levels of culinary pleasure, nourishment and health... *à la Oils*! Bon Appétit!

Susan Teton Campbell

Introduction

For many Americans, fats and oils have become the bad guys of the culinary world. And with good reason! Unhealthy, unnatural fats from the food factory, and imbalances in the fat ratios (Omega 6 / Omega 3), have interfered with the body's absorption of essential fats, creating a cascade of inflammation in the body. Hydrogenated oils have been linked to a host of health problems, such as asthma, heart disease, cancer, prostate issues, neurological disease, and decreased immune system function.



But that's not the whole fat story! The Earth's precious fats and oils are good for you – not just on your body, but in it too. When cells have the fats they need, they function properly. When cells function properly, all the systems of the body, like the digestive system and the nervous system, work properly. When the body's systems work properly, the metabolism comes into proper balance. Skin is radiant, energy abounds, thinking is clear, and emotions are balanced.

Welcome to à la Oils!

In certain regions of the world, oils are valued not only as culinary pleasures, but as medicinal treasures as well. In *à la Oils* you will meet three rising stars of international gourmet cuisine: Coconut Oil, Flax Seed Oil, and Pumpkin Seed Oil. Originating from three different regions of the world, these “golden elixirs” pack so much nutritional power that they deserve to have a book all their own. Each adds its unique, rich flavor and substance to

meals; and they have all been associated throughout history with wonderful health benefits as well.

You can indulge in the Earth's most nourishing pleasures guilt-free. In fact, a diet *à la Oils* is a diet rich in the very foods health care professionals prescribe. You can use these exotic, medicinal oils in place of traditional American oils – corn, soy, safflower and vegetable – to dress salads and vegetables. When food is that rich and tasty, it is sheer pleasure to eat whole foods from the Earth. And eating the right fats even helps you reach and maintain the perfect weight.

Essential Cuisine

Today more than ever before, healthy cuisine – whether for everyday meals, traveling, or entertaining – must be convenient, fitting into packed schedules and mobile lifestyles. But health and convenience alone are not enough for today's discriminating palate. We want stimulating and tantalizing dishes that create continually renewable experiences in culinary adventure!

Transforming healthy cuisine into gourmet cuisine is what I call, "Essential Cuisine." Essential Cuisine is a way of life, with nourishment, flavor, respect for the Earth, health and vitality as the essential ingredients. Along with excellent fats and oils, Essential Cuisine includes the use of salt and cultured foods. In the *à la Oils* fashion, Celtic Sea Salt is used "on top" of dishes begging for a salty finish. And cultured foods are added to every meal to enhance flavor and aide in digestion.

The Earth brings many treasures guaranteed to awaken your palate with luscious tastes, Essential Cuisine is designed to simplify your life with easy recipes, and nourish your body, mind and soul with pleasure.

So, if you want to enjoy a diet rich in foods from the Earth instead of the factory, then *à la Oils* is for you. Here you will find easy, mouthwatering recipes and innovative techniques to change the way you prepare and enjoy foods for life. Bon Appétit!

Susan Teton Campbell

The Principles of Essential Cuisine

And Why a la Oils?

When you hear pie a la mode, you may immediately think of creamy vanilla ice cream, melting slowly on top of hot apple pie. Your mouth starts watering just from the memory of it. The ice cream provides a tasty, contrasting temperature and texture to the hot apple pie. It's a delightful burst of passion for the taste buds. The term a la mode refers to a food used on top of another.

Then what does “à la Oils” mean? Just like that creamy vanilla ice cream, different earthy-tasting cold-pressed oils can make your taste buds burst with flavor when they're used over vegetables.



Since some oils are meant to be added to dishes and should not be used for cooking purposes, I've coined a new term, “à la Oils.” It's a new way of thinking about them, and you'll step right into the “à la Oil” mode by using the recipes in this book. Expect nothing less than tastes equivalent to gourmet delicacies, at every meal. It's a true culinary adventure, filled with nourishment for your body, mind and soul. I call this cuisine “Essential Cuisine – A Culinary Adventure from Seed to Soul” and you'll soon see why. Health-conscious or not, you'll benefit from these nutrient-dense oils.

The oils from seeds such as flax and pumpkin have a unique chemical composition that makes them very delicate and susceptible to heat. Since we want to maximize our nutrition in every bite of food we take, we have no other choice but to use them “à la Oil”!

There are three main oils and they're the rising stars in my recipes: flax seed oil, pumpkin seed oil and coconut. Coconut is a little more versatile since it can be used for cooking. These three culinary treasures are truly "the golden elixirs." Each, in their own way, provides incredible flavor and substance to meals, and they are highly medicinal as well. And the good news is, thanks to the growing awareness of their importance, these oils are now more available and affordable to all.

To enjoy a diet rich in more foods from the Earth, instead of the factory, then *à la Oils* is for you. You will find the techniques for making these new recipes easy, innovative and delicious. It will change the way you prepare and enjoy foods at home and even while traveling. Bon Appetite!

Introduction to Oils

Not only are we surrounded by a global economy, but now, most of us have global taste buds. Americans demand international cuisine foods and flavors, and for good reason. Every geographical area of the world has within its flora and fauna, a compendium of foods and culinary treasures that are not only nourishing, but also medicinal. Mixing and matching them can provide our diet with key nutrients that fill in the gaps of any missing ingredients.

One of the areas where we can shift our tastes slightly and make a significant impact on our health is by steering away from the traditional ground crops providing us with corn, soy, safflower and vegetable oils. We can include different oils, ones that have been proven over the years to be associated with wonderful health benefits. Here, you'll learn about three "Golden Elixirs" from three parts of the world that burst with flavor and simultaneously, make us healthy.

It's common knowledge that the hydrogenated oils in our American diet have not done us much good, health-wise. They have interfered with essential fat absorption, creating a cascade of inflammation in the body, and have been linked to asthma, heart disease, cancer, prostate issues, neurological disease, and decreased immune system function. The high level of omega-6 fats to omega-3 fats in our oils has allowed our omega-6/omega-3 ratio to skyrocket 10 to 20:1 instead of the rejuvenating ratio of up to 5:1. It's time to tip the balance towards health, and experimenting with new recipes and incorporating them into our diet is exactly what we need.

And why not? We love new stimulating and tantalizing dishes that can create a brand new experience in the culinary realm!

Let's Get Tropical!

When asked to think of a tropical setting, many people think about palm trees, sandy beaches, pina coladas, fresh coconut milk sipped straight from the coconut, and of course, happy islanders.

The tree of life in tropical settings has always been the coconut tree, which provided food, drink and fuel to islanders for thousands of years. It was a necessary staple to their survival.

Study after study found that the happy islanders had more going for their health than we did as Americans. Their rates of cancer, diabetes, and degenerative diseases are nowhere near ours in the United States. Many health practitioners and researchers believe that the oils the tropical islanders consume are very protective.



History Set Our American Preferences

In the last few decades in America, edible oil (corn, sunflower, safflower, soy, and vegetable) manufacturers have marketed their oils heavily, emphasizing health benefits of unsaturated oils, and the lone coconut ended up with a bad rap about its saturated fat content along with a fear that it could cause plaque accumulation in the arteries. However, coconut oil liquefies once inside the body, and scientists have determined that arterial plaques are mostly a result of a combination of rancid unsaturated fats (lipid oxidation) with the effects of adrenaline produced from stress.

Coconut oil research has now cracked open benefits of this life-giving tropical delight: better thyroid function, a stronger immune system, smoother skin, and better blood sugar regulation, even for diabetics. These are exactly some of the major issues we want solved in the 21st century.

It's the coconut's short and medium chain fatty acids with carbon chain lengths of 2 to 6 and 8 to 12, respectively, that still are a requirement for our biochemistry; one that hasn't been met in recent years because of our consumption of trans fats and domestic animals fed grain. All medium-chain fats can enter cells easily, and one of them, lauric acid, according to Dr. Mary Enig, is strong in anti-viral, anti-bacterial, anti-protozoan, and anti-fungal properties. Capric acid, another of coconut's healing fats, has strong anti-microbial actions. Adding coconut oil regularly to our foods can strengthen our immune system.

A Little Piece of the Tropics for Your Thyroid

With so many chemicals and pesticides in our environment with known negative effects on the thyroid gland, coconut oil is a perfect natural solution. G.W. Crile and his wife found that in the Yucatan, the metabolic rate of the people was 25% higher than people in the U.S. By 1950, it was established that unsaturated fats without a high level of antioxidants suppress the metabolic rate and create hypothyroidism. The more unsaturated an oil is, the more it suppresses tissue response to thyroid hormone and the transport of thyroid hormone to the rest of the body, according to Dr. Raymond Peat, Ph.D. Coconut oil supports thyroid function and thyroid governs metabolic rate, and weight control. Many health practitioners are prescribing a little piece of the tropics: three tablespoons coconut oil per day added to the diet for those with thyroid abnormalities, and they're finding that over time, the thyroid gland is normalizing itself and the pounds seem to melt off.

Recently published research also shows lipid-normalizing activities, helpful for those with elevated cholesterol and protection against alcohol damage to the liver. Women have discovered a fountain of youth in coconut oil, raving about benefits to the skin's external appearance when applied topically. One woman stated her cosmetologist said she had never seen such rapid improvement in human skin before.

Coconut oil's unique taste adds a burst of tropical flavor to traditional wok dishes (simply substitute coconut oil for other oils), sautéed vegetable dishes, in smoothies, in muffin and pancake recipes (substitute the oil),

So delight in the tropics and give coconut oil a fighting chance; find ways to incorporate this restorative food into your current recipes.

Eat Like the Romans... and Exhibit Strength, Stamina, Mental Clarity and Robust Health

To many, the aroma of freshly-baked bread is so pleasant that it's almost intoxicating!

According to historical record, soldiers of the Roman Empire marched with rations of bread baked with flaxseed meal and flax seed oil 9000 years ago. They most likely felt the "grounded" feeling, a feeling of mental stability after eating their bread, just like we do today when we add it to our foods.

Additional records prove that flax was also used in India, China, Syria and Turkey for its seed and fiber to make fabric, dye, paper, fishing nets, cattle feed, medicines and soap. It's extremely useful to us, just like coconut.

Flax may be responsible for why the Romans were so successful in their conquests.

One major reason why is that the type of fat consumed is linked with your state of mind.



In the early 1980's, Dr. Donald O. Rudin, Director of the Department of Molecular Biology at Eastern Pennsylvania Psychiatric Institute found that within two hours, patients who had various mental disorders experienced improved mood and their depression lifted with flax seed oil.

Certainly, we wouldn't want those with mood disorders in our own military, but when you consider that omega-3s are involved in IQ and behavior, how one reacts to allergens, the status of the myelin sheath surrounding the nerves, inflammation, the ability to mentally focus, cardiovascular health and hormone modulation, flax seed meal and oil becomes more and more important.

One of Dr. Rudin's patients experienced dramatically improved moods after only three days. Her marked sense of increased physical energy and unique exuberance was also exhibited in other patients in varying degrees. After six to eight weeks, most of them were sleeping better and were more energetic. They also were less anxious and depressed. Switching them back to a high omega-6 fat diet, such as one found in the American diet, resulted in a return of their symptoms.

Not Just Mental Attitude, But Other Illnesses Helped

The brain is composed of 60% fat, and nerve cells are extremely rich in omega-3 fatty acids, containing five times more omega-3 fatty acids than red blood cells.

Flax seed contains 18 carbon omega-3 fats which can be converted to other omega-3 fats, EPA and DHA (20 and 22-carbon chain fats), although the conversion rate is low (2-15%). Still, for some who don't eat fish, which may be a much better source of EPA and DHA because it needs no conversion in the body, adding flax seed oil may kickstart health benefits. Taking 1-2 tablespoons of flax oil daily fulfills the requirement for linolenic acid, EPA and DHA, three essential fats important for preventing cancer, heart disease, stroke, diabetes, arthritis and auto-immunity, as well as boosting our brain's ability to think clearly without the need for mood elevators. Flax seed oil is the plant world's most abundant source of omega-3 fats, about 55% by weight.

Researchers studied different sub-groups of the population to find possible correlations of low omega-3 fats and different health issues, and see if the addition of flax seed oil and omega-3 fats might help. Their results showed a definite correlation to those with high blood pressure, those on statin drugs that deplete the omega-3 brain fats, violent criminals, children with ADHD, women with PMS, those with calcium deposits and low bone density, and even moms who just gave birth.

Many Practical Food Uses

In recent years, many nutritionists recommend grinding flax seeds or using flax seed meal in simple ways, for example, just sprinkle it on top of cottage cheese and add it to breakfast cereal. The ability of the seeds to swell up and draw water to itself makes it an excellent binding agent for burgers, cakes

and muffins. One tablespoon flax seeds together with three tablespoons water added to a recipe can substitute for one egg.

Many people use flax seed oil as a regular component of salad dressings or take it in capsules for its healthful benefits.

Each of us is marching on a daily basis to fight our own individual battles, and using one of the secrets of the Romans, we stand a better chance to succeed.

More Than A Breath of Fresh Mountain Air

Let's travel in our minds now to the foothills of the Alps, to the Austrian province of Steiermark. Imagine the breathtaking view of the Alps, the fresh mountain air with rich pine scents. Let's head out to the farmer's market where the aroma of fresh fruits and vegetables fills the air.

This is an area of the world known for the highest number of organic farmers per capita and it's an area where the soil loam is rich in minerals.

Here you'll find a (Is it Styrian or Syrian?) Syrian pumpkin, an heirloom variety that is grown for its seeds that are then pressed into oil. One pumpkin yields only one ounce of oil, but those who have tasted its goodness agree that the rich, nutty taste of this pumpkin seed oil not only reflects the nutrients in the soil but it's also a perfect complement to a wide variety of dishes.



The pumpkin tap root grows six feet underground, collecting as many minerals as it can, especially zinc and selenium, two minerals most Americans are deficient in. The Styrian pumpkin seed oil is rich in vitamins E and A, and like flax seed oil, it's high in omega-3 and omega-6 oils and

alpha-linolenic acid (ALA) which has been found to delay and/or prevent the development of cancer metastases, especially in breast cancer.

One study found a protective effect on prostate cells from pumpkin seed oil when hormones were given. The oil is known to prevent and alleviate bladder problems in both sexes, and it's common knowledge that eating pumpkin seeds relieves enlarged prostate gland symptoms.

Pumpkin seeds have both anti-inflammatory and antioxidant properties and contain most B vitamins, vitamin D, E, K, and C, and the minerals calcium, phosphorus and potassium. Some researchers find them helpful against depression (due to a high tryptophan content) and learning disabilities.

In the 1700's, when the Austrian government discovered that the farmers and peasants were healthier than government officials, a thorough investigation resulted. The mystery was solved with evidence that the only thing different in the two diets was the inclusion of pumpkin seed oil in poor peasants' diet. Rumor has it that the government then allowed pumpkin seed oil only for medicinal uses, not as a food. Now, though, times have changed and we can partake in this Austrian delicacy.

Old herbal remedy books list pumpkin seeds as an effective parasite eliminator; one tapeworm recipe suggests eating a mixture of the seeds with milk and honey, then followed with castor oil two hours later. The tapeworms are eliminated. The Chinese report the use of pumpkin seeds for the treatment of another parasitic disease, schistosomiasis.

Pumpkin seed oil is a delicious alternative to butter and can be combined with other oils to make salad dressings. You can also add the oil to salads, top baked potatoes with it, sprinkle on top of vegetable and grain dishes or to protein drinks, smoothies and shakes.

Since the beginning of time, man has partaken of a wide variety of perfect foods from his own environment in season. Now, we are able to use foods from all areas of the world with very little inconvenience and the result is the health we all desire and deserve.

Consider adding a little of each of these culinary treasures from the tropics, the old Roman empire, and the Alps to your diet and see how easily your ailments improve while your taste buds soar to a global level.

Article Resources

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Pumpkin Seed Oil. <http://livesuperfoods.com>

The Benefits of Pumpkin Seeds by Jason Earls. <http://health.learninginfo.org>

Toasted Pumpkin Seeds

2 cups Pumpkin seeds
1 tsp Coconut oil (Barlean's is best)
 Celtic Sea Salt (fine ground)

Pumpkin seeds can be toasted or roasted in a pan, the oven and/or a toaster oven.

Skillet Pan:

Put a small amount (1/2 tsp) of coconut oil in the pan after the pan is hot. Pour seeds in pan and stir often. This is not a food that you can leave on the stove. You must stay over it and turn. It is sort of like cooking popcorn, but not as hot. Just keep an eye on it, turn it often as they cook quickly. They will start to pop. As soon as they are getting golden brown, place on a plate and salt with fine ground Celtic Sea Salt. Let cool before eating.

Oven:

Preheat oven to 450 F. Place cookie sheet in oven and let it get warm before you place 1/2 tsp coconut oil on the sheet. This way it will melt nicely over the entire sheet.

Spread pumpkin seeds evenly on the cookie sheet and bake at high heat until seeds start to pop. Watch the seeds closely. After seeds start popping, remove from the oven and stir seeds around turning them for even exposure.

Place back in oven until light golden brown. Watch closely! Turn often. Remove popped seed immediately from tray onto a serving dish. Salt and toss.

**** Let seeds cool before nibbling on them as they stay hot for a while and may burn your mouth!!**

Sesame & Pumpkin Seed Powder

Grind "hulled" Sesame Seeds in coffee grinder. Do the same with Pumpkin Seeds/Pepita Seeds. Use immediately on veggies, fruit and in sauces. Powder will keep fresh for several weeks if stored in an airtight jar in the refrigerator.

Mineral Mixture

Suggested Sea Veggies:

Dulce
Alaria
Kelp
Nori
Laver

Take a few pieces each of a variety of sea vegetables. Grind in a high-powered blender. A Vita Mix is the best. Keep mixing and grinding on high speed until you get a nice powdery substance that you can use to sprinkle on "Everything"!!! Store in glass jars in your pantry.



Lemon Kale a la Flax

2-3 Kale leaves
1 Lemon
1 tbsp Flax oil and/or lecithin
2-3 cups Filtered water

Blend all ingredients until smooth. I like to drink half and store the other half for later in the day.

* Barlean's Organic Oils are recommended for delicious flavor, highest quality and most fresh!
Their High Lignans are my favorite, delivering outstanding flavor.

Berries a la

Kefir

1 cup Mixed berries or berries of your choice
1/2 cup Kefir (or cream)
1/4 cup Chopped (soaked) walnuts
Flax seeds ground

Pour kefir on top of berries and top with walnuts and flax seeds!!



Toast a la Avocado

- 1 Piece of your favorite bread (I like French Meadow 100% Rye)
- 1/4 Avocado
- 1/2 Tomato
- Fresh Herbs (basil)
- Mineral Mixture (sea vegetables ground up)
- Celtic Sea Salt
- Coconut oil
- Extra Virgin Olive Oil

Toast bread and add a little coconut oil. Pile herbs, avocado, tomato. Sprinkle Mineral Mixture and salt. Add a little olive oil on top if you like!



Toast
a la
Cultured Veggies

Bread:
Coconut Oil
Cultured Vegetables and/or Kim Chi

Toast your favorite whole grain bread. I love French Meadow bread; their Hemp Nut Bread, Woman's Bread, Men's Bread, 100% Rye Health Seed Bread to name a few.

Spread with coconut butter and top with Cultured Veggies. Rejuvenative Foods makes excellent live cultured veggies and Kim Chi. It is excellent on toast with the coconut butter.

Add:

1. Raw Cheese
2. Tofu
3. Greens
4. Grated Carrots

These can qualify for a whole meal or an afternoon snack.

Toast a la

Coconut Cream & Maple Cream

Bread of choice
Coconut Cream Concentrate
Maple Cream (Maple Valley)

You have lived until you try this exceptional treat! Toast your favorite whole grain bread, spread Coconut Cream Concentrate on the toast and top with Maple Cream from Maple Valley.



Apple Beet

w/ Sesame Powder

- 1-2 large apples
- 1-2 small to med size beets
- 1/3 cup walnuts (soaked overnight)
- 1/2 cup hulled sesame seeds

Rinse and drain walnuts, chop and set aside.

Grind sesame seeds in a coffee grinder and/or Cuisinart into a soft powder.

Grate apples on the tiny grating segment of a hand grater. It will come out mushy like applesauce, so it is good to grate in a bowl or on a surface that will preserve the juice. Peeling apples is optional. Any apples can be used however; Red Delicious apples work well with this recipe with their rich sweet flavor.

Grate beet(s) on the same small grating segment of a hand grater. The beet pieces will come out like tiny little strings. Like the apples, capture and use the juice of the beet.

Mix grated apple and beet in a bowl and top lavishly with sesame powder and chopped walnuts. Knead mixture gently and serve.

Will keep up to a day or two in the refrigerator, but best when served fresh.

** Hulled Sesame Seeds have the hull removed. UnHulled Sesame Seeds have the hull on the seed

Buckwheat a la Coconut Cream

- 1/2 cup Raw buckwheat groats (soak for at least _ hour or longer before using)
- 1 tbsp Coconut cream concentrate
- 1 tbsp Barlean's High Lignan Flax Oil
- 1/2 Apple chopped (substitute: banana, pineapple, berries, or any fruit except citrus)
- 1/4 cup Water
- 1 tbsp Honey or maple syrup (optional)
- 1/2 Scoop Protein Powder (optional)

Be careful when using protein powder in this recipe as it will really change the flavor and consistency. JRobbs Vanilla flavored protein powder is excellent. I usually eat it without protein powder. Test for flavor first.

Rinse soaked buckwheat groats thoroughly and drain.

Place coconut cream concentrate and water in a bowl and mix well. Add groats to mixture along with all the other ingredients. Enjoy!!

**** You can soak extra groats and rinse them. Keep them in colander or sprouting jar and they will start to sprout. Rinse them, like you would sprouts, twice a day. They will grow a little tail. You can also refrigerate them for future use after they have sprouted.**

Since they do not need to soak for very long, I find it is easy to do the day I am going to eat them.



Eggs a la Pumpkin Benedict

Serves 1

1-2 Large eggs
1 Piece of rye or multi grain toast
1/4 cup Pumpkin seeds (ground)
1 tbsp Barlean's Omega man, Syrian Toasted Pumpkin Seed Oil
or a little of both!
1 tsp Coconut oil
1 Bunch of fresh spinach – 1/2 cup cooked
Celtic Sea Salt!

Have all ingredients ready before starting, including serving dishes.

Grind pumpkin seeds in a coffee or nut grinder. Grind until they become a soft powdery consistence. If you over grind the seeds they will start to get thick and become seed butter.

Steam spinach, set aside while keeping warm.

Toast bread lightly and keep warm. Butter lightly with coconut butter.

Warm a large skillet for eggs (med to high heat).

**** Put in coconut oil until bubbling slightly.**

Crack eggs into skillet. Once they start to congeal, add a little water to the edges, reduce heat slightly and cover. A glass lid is excellent so you can view the eggs while cooking. The idea is to cook the eggs sunny side up so that the yolks are still runny, but the white is

cooked. This makes a nice presentation. Check eggs and heat. Do not let them overcook or burn.

While eggs are cooking place approximately 1/4 to 1/2 cup of steamed spinach on each piece of toast already on serving plate. Carefully remove eggs and place one (or two if large pieces of toast) on each piece of toast.

Sprinkle ground pumpkin seeds lavishly on top of egg and toast (at least 1-2 tbsp or more).

Drizzle pumpkin oil on top of seeds. Carefully pour at least 1 tbsp back and forth across the seeds.

Top with Flower of the Ocean Celtic Salt. Serve immediately.

**** Eggs can be poached if preferred.**

This recipe may sound very different. It is fabulous – always a surprising hit. Serve with avocado, and tomato slices for a complimentary tastes.



French Toast

a la Maple Flax

** Remember to get all your ingredients out at once, and have serving dishes ready. This recipe cooks fast and you will want to serve it HOT!

- 1 Piece of bread (Summer Bread by French Meadow is delicious)
- 1 Egg
- 1/2 Banana (chopped)
- 1/2 cup Chopped berries (or fruit of choice)
- 1 1/2 tsp Coconut oil
- 1 tbsp Barlean's Organic Flax Oil
- 1 tbsp Maple syrup

** **Toppings: ground flax seeds, chopped walnuts, or yogurt.**

Scramble egg in a shallow dish big enough to soak bread in. Place bread in egg mixture and poke with fork. Soak while turning often until the entire egg is soaked in the bread. If you prefer, you can soak the bread for a lesser amount of time and use the egg mixture for another piece of bread. I like my bread soaked with the entire egg!

Heat skillet to med-hi heat. When warm add 1/2 tsp of coconut oil. Put in the soaked bread when the oil is nice and warm. Cook on one side until golden brown and turn. Add more coconut oil if needed.

If your skillet is big enough you can go ahead and warm the fruit mixture at the same time. Place a little coconut oil (about 1/2 tsp) in the area where you are going to place the fruit. Lightly fold in fruit and let cook for just a couple of minutes. If the fruit needs sweetening add just a little honey or maple syrup. If the pan is not big enough, use the same pan after the bread has cooked. The fruit should not be

fully cooked. The idea is to slightly cook it, and it happens fast, just a couple of minutes.

Remove bread and place on serving plate. Top with fruit. Pour flax oil and maple syrup over the warm fruit. Garnish with ground flax seeds, walnuts or a dollop of plain yogurt.



Scrambled Eggs a la Veggies!

This recipe can be served with several different combinations of veggies and cheeses. If you have some leftover veggies, it works great to use them in a recipe like this for the following morning. Here is one of my favorites – for lunch or dinner too!

2 Eggs
1 tbsp Coconut oil or Olive oil
Small amounts of:
Spinach
Winter squash or sweet potato
Chopped green olives
Mild Cheddar or a hard Goat Cheese
Whole Grain Toast (optional - with a small amount of coconut oil)
Celtic Sea Salt

Heat skillet and add coconut oil. Scramble eggs in bowl. Set aside.

Place spinach, potatoes and olives in the pan long enough to get warm. Add the eggs, knead in the cheese. Mix gently while cooking. Do not over cook. Serve on top of toast or along side. The flavors of these ingredients are so yummy.

If you are food combining, then add extra steamed veggies instead of the toast.

A la Celtic Sea Salt!



Pineapple Upside Down Pancakes

This is a short order recipe, which means it cooks fast! So start by chopping and mixing all individual components of the recipes. Then warm the grill and get all serving dishes ready. The cakes are yummy when served hot!!

Pineapple Syrup:

1/2 Whole Pineapple (3 to 4 cups in chunks)
2 tbsp Orange Marmalade
1 tbsp Crystallized Ginger
1/4 cup Honey
1 tsp Orange Extract (optional)

Cut half of the pineapple into rings (for the pancakes), and the other half into chunks (to be blended for sauce).

Put all the ingredients in the blender and mix until it is almost creamy. Set aside to use for the pancake syrup.

Batter:

1/2 Pineapple cut into rings
1/4 cup Natural Sugar (to coat pineapple rings)
2 cups Red Mill Pancake Batter (or whole grain pancake batter)
1/2 cup JRobbs Vanilla Protein Powder
1/2 cup Natural Sugar
1 Egg
2 cups Rice Milk/Soy Milk
1 tsp Vanilla
Pecans (one for each pancake)

Mix dry ingredients, and then wet ingredients. Mix until creamy, and add a little water or more milk if too thick.

Topping:

Macadamia Nuts & Coconut Oil

Grind macadamia nuts in coffee grinder or food processor to make fluffy macadamia powder. Set aside for final topping on cakes.

Cooking: Macadamia Nut Oil or Coconut Oil

Start Cooking!! Warm pan to a med-high heat. Pour a small amount of Mac oil on the grill. Wait until it is warm and add a pineapple ring coated with a little sugar to make it brown. It should sizzle when placed on the pan surface. Place a pecan in the middle of the ring. Let the pineapple cook for about 1 to 2 minutes, then pour pancake batter over the top of the pineapple ring. Pour it until it covers the ring and spreads out about 2 inches wider than the ring. Let cook for a couple more minutes until you start to see the batter bubble. Let it bubble for a minute or so, and then flip over to cook on the other side. Do the flipping very carefully.

After you have flipped the pancake let it cook a couple more minutes. Both sides should be golden brown. Serve pineapple side up!!

Serve immediately and top with coconut butter, pineapple syrup and macadamia powder. Yum Yum Yum!!!



Sesame Tamari Sauce

1/2 cup Ground hulled sesame seeds – sesame powder
1/2 cup Barlean's Organic Flax Oil
1/4 cup Tamari soy sauce (low sodium best)

Put white hulled sesame seeds in coffee grinder and/or another blender. Mix until ground into fluffy powdery texture (similar to parmesan cheese).

I usually make this sauce as I add the ingredients one by one on top of the vegetables (cooked or raw). First sprinkle sesame seeds lavishly on vegetables. Then pour oil as evenly as possible followed by the tamari. Knead the mixture into the vegetables slightly to form a sauce full of calcium, Essential Fatty Acids and much more!

Be cautious with the tamari because it can rule.

Depending on the amount of veggies, I eyeball the amounts of the ingredients. I like to use about 1 tbsp of oil per healthy serving.

This sauce is excellent on Swiss Chard, beets and carrots, and all other veggies and salads.

Sauce can be prepared prior to cooking vegetables, but I like to make it fresh on the vegetable as they are prepared. If you do make a batch ahead of time keep refrigerated. If vegetables are hot, let them cool slightly before adding sauce to retain Essential Fatty Acids.

The Golden Elixir:

Tahini Tamari Lemon Dressing

- 1/2 cup Barlean's High Lignan Flax (substitute with Olive Oil)
- 1 Whole lemon juiced
- 2 tbsp Raw Sesame Tahini
- 1/4 cup Tamari soy sauce (low-sodium, wheat free if possible)
** Tamari is strong and can take over taste so use according to taste)
- 1/4 cup Spring water
- 2 tsp Dried kelp seasoning
- 1 Small clove garlic (or garlic to taste)
- 1/2 - 1 tsp Fresh ginger juice

**** You can use powdered garlic and ginger, but fresh is better!**

Juice the lemon, and remember that all lemons are not created equal. If the lemon is huge then the dressing will be very lemon-y. If it is small and rather dry, then there may not be enough lemon. So make sure you taste and compensate with other ingredients if needed. I have found that the dressing is always a little different but always outstanding!!

To obtain ginger juice, take a small piece of fresh ginger and grate on the smallest part of the grater. No need to remove skin. Grate until you have a pile that would fill a tablespoon to the fullest. Gather and grab in your hand and squeeze out juice over the blender into the mixture. Toss the squeezed out ginger pulp and skin.



Add all ingredients except oil and blend. Add oil slowly as you blend it in. Serve with mixed greens, quinoa, or rice. Excellent on salad greens with Coconut Roasted™ Pumpkin Seeds.

Keeps up to several days in the refrigerator, however, for Essential Fatty Acids to remain in integrity, the dressing should be consumed within 6 weeks.

Carrot Tahini Dressing

- 1 cup fresh carrot juice
- 1/4 cup raw apple cider vinegar (Braggs)
- 1/3 cup Omega Man (Barlean's Flax Oil)
- 1/4 cup Tamari - San-J Organic Wheat Free Low-Sodium
- 2 tbsp raw salt-free sesame tahini
- dash of garlic/onion powder
- dash of ginger powder

Juice carrots and put aside 1/2 the pulp. Add carrot juice and all other ingredients to blender and blend well. Remove and stir in the pulp to desired thickness.

Chill before serving or serve immediately.
Delicious over cabbage salad or mixed greens!

Keeps up to 3 days in refrigerator.



Savory Sauce a la Flax, Chili Garlic

3/4 cup	Barlean's Organic Flax Oil
3/4 cup	Water
1/4 cup	Bragg Liquid Aminos
1/4 cup	Brew's Yeast Flakes
1 tsp	Kelp powder
1/2 tsp	Oregano
1/2 tsp	Basil
1/4 tsp	Granulated garlic
1 1/2 tsp	Lemon juice
1 1/2 tsp	Tamari sauce
1 pkg.	Firm tofu, rinsed well (8 to 12 oz)

**** Optional: Add 1-2 tsp of Chile powder for an excellent flavor!**

Blend all ingredients until smooth and creamy. Serve immediately. Store in glass jar in refrigerator. When you use it again, it may have separated a little, just give it a whisk. To warm, place the amount you want to use and warm carefully – do not over warm or cook. Last for about 4 days.



Thai Bliss

1/3 cup Raw Almond Butter
1/3 cup Water
1 tbsp Cultured Veggies, salsa or Kim Chi
1/4 cup Rice Vinegar (or balsamic)
1 Clove garlic
1/2 cup Tamari
1 tbsp Honey or Maple Syrup
Juice of 1 or 2 limes (can use lemon as well)

Mix all ingredients together. Store in glass jar. Lasts for over a week.
Great served on top of a shredded cabbage salad!

Swiss Chard a la Sesame Tamari Sauce

- 1 Bushel of green Swiss Chard (or Red Chard)
- 1/2 cup Barlean's Organic Flax Oil
- 1/4 cup Tamari soy sauce
- 1/2 cup Ground hulled sesame seeds

Wash chard and trim stems for cooking. Tear chard into smaller pieces. Steam chard in large pan with small amount of water and/or steamer unit.

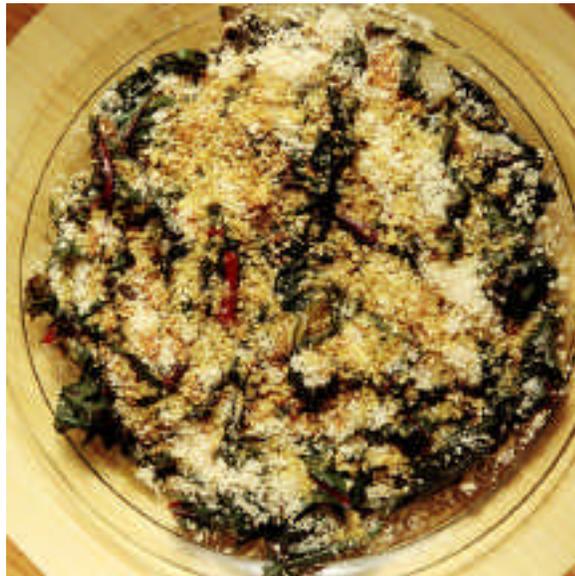
Sesame Tamari Sauce:

Put hulled sesame seeds in coffee grinder and/or other type blender, and mix until seeds are ground into a fluffy powdery texture (similar to parmesan cheese).

Remove chard from pan and place into serving dish (if there is juice from the chard, add just a little).

Sprinkle sesame seeds lavishly on top of chard. Pour the oil as evenly as possible over the top of the chard followed by the tamari.

Knead mixture into chard, slightly stirring sesame seeds, oil and tamari to form a sensual sauce.



**** If you are in the mood for a variation, this recipe is also delicious with Celtic Sea Salt instead of the Tamari.**

Beets & Carrots

a la Sesame Tamari Sauce

- 1 Large Carrot and Beet
- 1/2 cup Barlean's Organic Flax Oil
- 1/4 cup Tamari soy sauce
- 1/2 cup Ground hulled sesame seeds

Wash beets and carrots. Cut into bite sized chunks, and place in steamer and/or pan with small amount of water. Steam or cook until tender. Remove from heat and place in bowl.

Sesame Tamari Sauce:

Put hulled sesame seeds in coffee grinder and/or other type blender, and mix until seeds are ground into a fluffy powdery texture (similar to parmesan cheese).

Sprinkle sesame seeds lavishly on top of beets and carrots. Pour the oil as evenly as possible over the top of the cooked vegetables followed by the tamari.



Knead mixture gently into vegetables, slightly stirring sesame seeds, oil and tamari to form a sensual sauce.

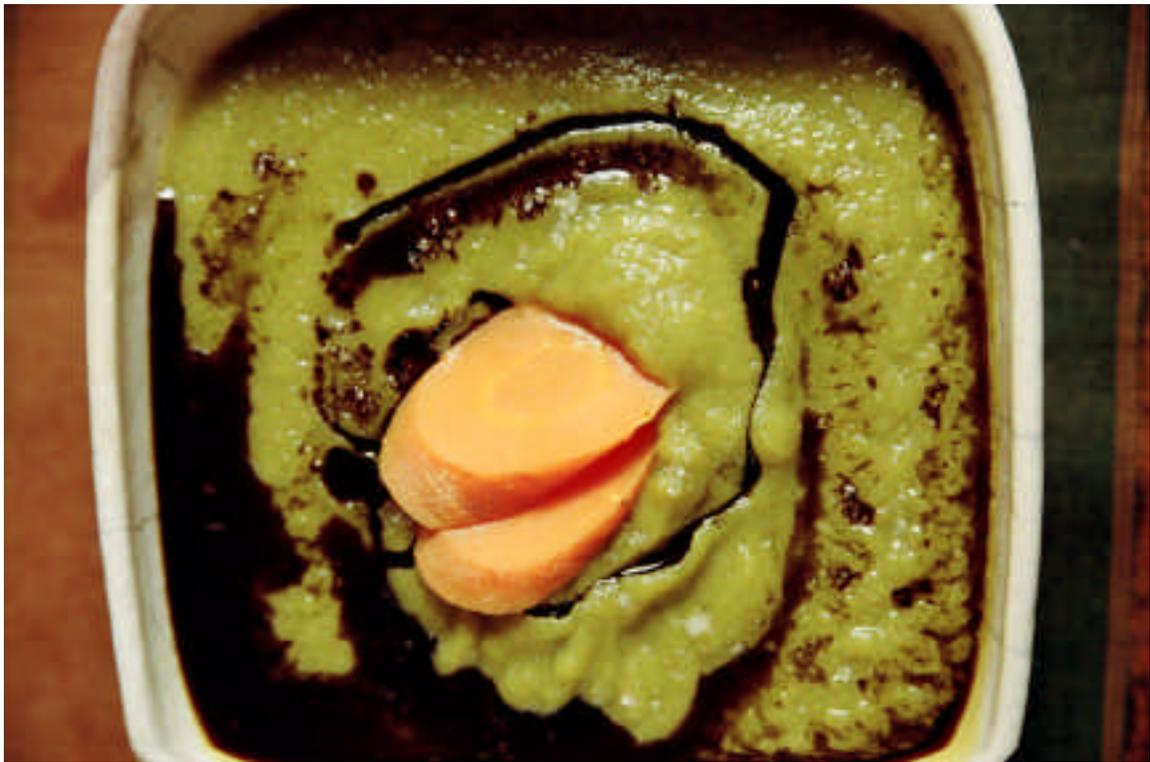
**** If you are in the mood for a variation, this recipe is also delicious with Celtic Sea Salt instead of the Tamari.**

Veggie Soup a la Pumpkin Seed Oil

Blend steamed veggies of choice in steamer or pan with 1-2 inches of water. Excellent when winter squash is included with various greens, carrots and beets.

Add water from steaming as needed to blend, and for texture. When complete, pour into serving bowls and top with 1 tsp (per serving) of Syrian Pumpkin Seed Oil.

Celtic Sea Salt is next, of course!



Winter Squash a la Coconut Oil

You choose the squash. They are all wonderful, hard to cut, but worth the effort. There are several ways to cook them. I say, It's all about Simple! TM

1. Cut in halves, remove seeds, and place face down on cookie sheet or shallow baking dish. Add a little water and bake for about 20 min at 350 degrees. Optional: coat skins small amount of coconut oil.
2. Cut in smaller pieces and steam in steamer until tender.
3. Cut in smaller pieces and steam in about 1 inch of water until tender.

Place cooked squash on plate and add about 1 tsp of coconut oil and smush into squash meat. Remember a little coconut oil goes a long way. Sprinkle Celtic Sea Salt and pepper if you like.

**** Optional, try this with a little cumin and/or curry powder!!**



Sweet Potato

a la Coco/Flax

- 1 Sweet Potato or Yam
- 1/4 cup Hulled sesame seeds (or more depending on size of potato)
- 2 tbsp Barlean's Organic Flax Oil

Wash potato well and then place in 350 degree oven and bake until you can stick a fork through the skin easily. The skin should be fairly well done. Remove potato and let cool slightly.

Ground sesame seeds in a coffee grinder or another appliance that would grind seeds into light fluffy powder.

Cut potato down the middle like you would a “baker”. Open and smush it just a little.

Sprinkle the sesame powder lavishly over potato. Don't be shy! Pour Flax oil evenly over the top of the potato and sesame powder. This recipe is good with a good dose of oil. Include a small amount of coconut oil for a sensual combination. It is important to use fresh and excellent tasting Flax oil. I recommend Barleans.

Smush a little more and sprinkle Celtic sea salt all over the potato. Flower of the Ocean Celtic Sea Salt is amazing on this dish.

This recipe is more delicious than you can imagine. If it does not make you moan in ecstasy then you did not add enough sesame powder, oil and salt! People tell me this is the best baked sweet potato that they have ever had. I recommend it as a meal of its own or served with a light salad – no protein. It is also makes a great evening meal. Sweet Dreams!

Red Baby Potatoes a la Olive Oil

- 2-4 (Depending on whose coming to dinner) red baby potatoes or Yukon Golds
- 1/4-1/2 c Diced red onion (optional)
- 1 cup Finely chopped parsley
- 1 Lemon or lime
- 1 tbsp Raw honey or maple syrup
- 1 tsp Fresh ground pepper
- 1 tsp Celtic Sea Salt
- 1/4 cup Olive oil
- 1 tbsp Coconut Oil

Wash potatoes and cut into quarters (peeling is optional). Cover with water and bring to boil, simmering until tender. Do not overcook potatoes because they will get mushy.

Remove from heat and drain. Place in big bowl and let cool until comfortable to touch. Pour olive oil over slowly and toss. Toss mixture until a layer of gravy from the potato forms over the potato chunks. Add coconut oil.

Squeeze lime juice over potatoes, and then add honey and mix in slightly. Add parsley, onion and salt and pepper! (Or serve onion and parsley on side)
YUMMMMMMMMMM!



Lentils

a la Coconut Oil

2 cups Red lentils
1 tsp Coconut oil

Soak lentils for a few hours (until they are soaked up with the water). Rinse lentils with fresh water, and place in saucepan and cover slightly with water. Cook on medium heat until soft and add coconut oil (about 20 minutes). Serve and top with Celtic Sea Salt and fresh ground pepper.

Variations: Chick Peas (Garbanzo Beans) are fabulous cooked with way. They must soak longer (overnight is good) and they need to cook longer (at least an hour). Remember; It's All About Simple!™

Adding herbs and spices: When the Lentils or Chick Peas are cooking you can add curry powder, cumin, fresh or granulated garlic, turmeric, or fresh onion for different flavors.

Hummus

- 2 cups sprouted Chick-Peas (Garbanzos)
- 1 cup soaked pine nuts
- 1/2 cup (or more) raw sesame tahini
- 3 lemons, juiced
- 4 garlic cloves
- 1/2 cup extra virgin olive oil
- 1 cup of parsley, minced
- 2 tbsps Nama Shoyu or 1/2 tsp or more Celtic sea salt to taste

Half a handful of mint, minced

Dash of freshly ground white pepper (use a peppermill if possible)

Put garlic and parsley (hold out some parsley for garnish) into food processor with the "S" blade and process until finely ground. Add the sprouted chick-peas and pine nuts and process about 15 seconds to break up the mixture. Add the lemon juice, and olive oil, and tahini and process until smooth. Add the tahini and more olive oil if needed. Serve with mixed greens, sprouts and/or sliced vegetables.



Grapefruit Fennel Salad *a la Sweet Flax Dressing*

1	Bunch of fresh fennel
2-3	Grapefruits (ruby reds or pink are the best)
1	Medium ripe, but firm avocado
1	Small red onion
1/4 cup	Barlean's Organic Flax Oil
1 tsp - 1 tbsp	Maple Sugar (raw sugar if you do not have Maple Sugar – but Maple Sugar rules!)
	Juice from grapefruit left from scoring
	Celtic Sea Salt to taste
	Fresh Ground Pepper

Finely slice the bulb of the fennel and the onion. Save some of the green leafy pieces of the fennel to use for garnish. The salad is best when the fennel pieces are long and thin. If they are too thick then they are hard to eat and the flavors don't mix together as well. This goes for the onion as well.

Slice avocado in bite size slices and include in salad, or line the bowl with sliced avocado. Score the grapefruit pieces by peeling the whole fruit first, and then removing the fruit from the membrane. Do this carefully to retain the shape of the grapefruit slices. Cut them in half if they are too long or big. Place all ingredients in bowl and toss gently.



Dressing

Mix all ingredients together and pour over the salad. Dressing should be light and just a little sweet. This is a wonderfully refreshing salad.

Fruit Salad

a la Coconut Cream

The following recipe is for a large bowl of fruit salad made to serve about 6. If you are making it for 1 or 2 people then cut the proportions in half for the coconut cream concentrate and the maple syrup.

Fruit of choice (chopped)
2-3 tbsp Coconut Cream Concentrate
2 tbsp Maple Syrup
1/3 cup Ground Flax Seeds
1/2 cup Walnuts (chopped & preferred soaked)
1/2-1 cup Filtered water

Mix coconut cream concentrate with water and maple syrup. Pour on top of salad and toss. Top with flax seeds and chopped walnuts.



Sesame Seed Milk

2 cups raw sesame seeds (unhulled)
4-6 cups spring water

Soak seeds overnight with spring water. Rinse and drain in a strainer with very small screen so that seeds will not strain out.

Put one cup of seeds in blender and cover with 2 to 3 cups of spring water and blend on high speed for 2-3 minutes – until very well blended.

Pour blended milk through strainer to separate milk from pulp. Press pulp through screen with a spoon. Remove extra pulp and continue to pour more milk through the strainer. Repeat until there is no more milk left.

Take left over pulp and squeeze out liquid with your hands. Discard pulp.

Sweeten milk to taste, or enjoy alone.

** Sesame milk is alkaline to the body, full of calcium, protein, sesame oil, and other vital nutrients. Enjoy it alone, in smoothies or on cereal.

Raw Almond Soup

- 1 1/2 cups sprouted almonds, blanched
- 2 cups filtered water
- 2 lemons, juiced
- 1 clove garlic
- 1 tbsp Barleans flaxseed oil/or olive oil
- 1 tsp ground cumin
- 1/2 tsp Celtic sea salt
- 1 tbsp vegetable seasoning or other desired spices

Blanch almonds by putting in boiling water for 45 seconds. Remove and strain and immediately transfer to a cooler container. Remove almond shells (skins). They will come off easily with a gentle squeeze.

Put all ingredients above into a blender and blend very well. This is an almond soup base that can be used for many variations.

** Grated zucchini, finely minced shallot (or onion), finely chopped carrots, cabbage, broccoli.



Raw Almond Seed Cheese

2 cups soaked and blanched almonds
spring water

Blend blanched almonds in blender with water. Pour the blended liquid into a Sprouting Bag and squeeze out a little of the liquid (the liquid squeezed out is a nut cream). Hang the bag over the sink or a bowl and leave at room temperature for 8 to 12 hours. Additional liquid will drip out of the bag.

When the cheese is done, remove from the bag and store in a glass jar in the refrigerator. The flavor of the Seed cheeses will depend upon the nuts and /or seeds used. While fermenting you can also add mixed vegetables and herbs.

** If making a seed milk, increase the amount of water used in blending. A usual recipe calls for approximately 4 to 6 cups of water per cup of nuts, and 3 to 4 cups of water per cup of seeds, or anywhere in between for a combination of nuts and seeds.

Raw Buckwheat Groat Pizza Dough

- 2 cups sprouted buckwheat groats (or soaked)
- 3/4 cup finely grated carrots (or carrot pulp)
- 3/4 cup soaked flax seeds (or ground flax seed powder)
- 1/2 cup olive oil
- 1 tbsp Italian seasonings (or fresh herbs to taste)
- 1-2 cloves fresh garlic (optional)

Mix all ingredients together in a food processor. Start with fresh garlic, then groats and followed by the rest of the ingredients. Coat a dehydrator sheet or a cookie sheet with a small amount of olive oil and scoop batches of dough out to make rounds. You can make a large pizza dough (about 6 inches in diameter) – or you can make smaller individual rounds (about 3 inches in diameter), which is my preference. The smaller rounds are easier to serve and eat. Press out the dough evenly to about 1/4 to 1/2 inch thick, by patting the top with your finger tips. If it gets too sticky and hard to work with, dip your fingers into some orange juice. Once crust is pressed out evenly, dehydrate at 100-115 for about 7 hours or until crust is dry enough to transfer to the mesh rack. Use a spatula when lifting dough and be very careful when transferring it. Dehydrate for another 7 to 8 hours or until completely dry.

**If crust is very dry, and stored in a cool dry air tight container, it can be kept fresh for up to a month.

MacPine Cheese Sauce for Pizza Topping

1 cup macadamia nuts
1 cup raw pine nuts
1/2 cup lemon juice
1/8 cup Nama Shoyu or 1 _ tsp Celtic sea salt
1 tbsp garlic
1/2 tsp peppercorns

Soak nuts first for several hours (optional). Blend all ingredients until creamy. Add water and/or olive oil to liquefy as needed.

Keeps 3 days in the refrigerator.

Luscious Marinara Sauce

Yum Yum Yum!

- 1/2 cup dried pineapple (or fresh)
- 2 cups chopped tomatoes
- 1 tsp minced ginger
- 2 tbsp minced garlic
- 1 tsp minced jalapeno
- 1/3 cup fresh basil leaves, chopped and packed
- 1/4 cup red bell pepper
- 1/3 cup sun-dried tomatoes
- 1/4 cup fresh oregano leaves-de-stemmed and chopped
- 1/4 cup Nama Shoyu or 1 1/2 tsp sea salt
- 1 cup olive oil
- 1/4 cup red wine
- 1/2 cup shallots

Blend ingredients measured and prepped first.

Blend together just before serving – it thickens about 2-3 minutes after blending.

Arrange Buckwheat pizza crusts on plate. Pour Luscious Marinara Sauce on the top. It will be thick and should not run over the edges. Top with MacPine Cheese Sauce.

** If the MacPine Cheese Sauce is too thick, add a little water and/or olive oil. It should still be thick – not at all runny. Since it will not pour or spread, it is best to place about 1/2 to 1 tsp of Cheese Sauce in a few places on top of the Luscious Marinara Sauce.

Finish by topping pizza with finely chopped: scallions, onions, jalapeno, black olives, marinated portabellas, or leeks.

Nut Cream Pudding with Berries

Serves 6

- 1 1/2 cup Cashews or Macadamia Nuts
- 5 dates (Medjool are yummy) soaked in just enough water to cover dates (see below)
- 1 cup frozen berries
- 1 tsp vanilla or vanilla powder
- 1/2 cup tangerine juice (or orange juice)
- 1/2 tsp cinnamon (optional)
- 1-2 pints of fresh berries (blueberries, raspberries or strawberries)

Add a small amount of honey if needed to sweeten.

** Remove pits from dates and drain from date syrup created by the water the dates were soaked in. Set aside date syrup. If not using dates, substitute with raw honey or top dish with Maple Syrup (this is divine)

Mix nuts in blender with dates and enough tangerine juice to help mixture liquefy. The idea is to have it be liquid enough to blend, but keep as thick as possible. Add vanilla and cinnamon, and blend. Wash and drain berries. Place in serving dishes with either the cream pudding first topped with berries or vice versa!

** This is a beautiful dessert to serve layered (alternate berries and cream) in wine or champagne glasses.

This dessert is powerful, rich and filling. It is an AM or PM snack. If you are serving it after a meal, it is best that the meal served was a light meal, and/or you wait until meal is somewhat digested! Wonderful served with Champagne!



Banana Pecan Pie

Serves 6

5 bananas
1 mango sliced (2 if small)
1 cup pecans (soaked in water for 1 hour)
1 1/2 cups pecans (not soaked)
6 oz filtered water
5-10 dates, soaked
1 tsp vanilla bean
1 heaping tsp raw honey (or more to taste)
dash Tamari or Nama Shoyu

Soak one cup of pecans in water.

Fruit Crust

In a glass pie pan, arrange one layer of sliced bananas (2 1/2 bananas should do it). Lay the banana slices in a spiral pattern with one slice slightly overlapping the other until you have covered the entire pie pan. Put a layer going up the sides of the pie pan as well. Cut the mango into thin (1/4 inch) slices and layer over the banana.

Put another layer of bananas over the mango. Compress the fruit down evenly with your hands. Set aside.

Pecan Cream Filling

Put 1 cup of soaked (drained) pecans, dates, 6 oz. filtered water and vanilla into blender and blend into to a fine cream. Taste the cream, and if it is not sweet enough for your taste, add more dates.

Pour the Pecan Cream Filling over the fruit in the pie pan. Put into dehydrator at 95 F for 3 hours, or your oven at the lowest temperature possible. If you are using an oven make sure you keep a good watch on the pie. Depending on the temperature of the oven, it

could be that only an hour is need, perhaps even less. The idea is to get the mixture to congeal and NOT cook.

Blend honey with just a little water and a dash of the Tamari or Nama Shoyu. Toss the soaked pecans by tossing gently with the honeyed water to coat the pecans.

When the pie is ready, out of the dehydrator or oven, place one layer of the honeyed pecans on top of the pie. Place them in a circle inside a circle, artistically placed towards the center of the pie.

Chill pie for one hour or longer before serving.

Keeps for a few days in the refrigerator.



Banana Ice Cream & Sorbets

Serves 6

5 bananas

Peel ripe bananas and freeze whole or cut into pieces.

Optional Fruits – Freeze in sizes that fit into juicer and/or blender:

Pineapple

Strawberries and other berries

Mango

Pears

Put fruit through juicer that can handle sorbets. If you do not have a juicer, use a blender. You will need to add some liquid to help the fruit to blend. Apple juice or tangerine juice is excellent. Blend until creamy and serve instantly.

Toppings: coconut, chocolate chips, raisins, etc.