

# 152 NEW WAYS TO A MAN'S HEART

in this Fascinating Book For Cooks!

***MEATLESS, TASTY RECIPES***

Easy, Economical, and Healthy

compiled by Josephine Gray

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**BAKING POWDER ALTERNATIVE**  
**(known as CCC Baking Powder)**

Equal parts by weight (not by measure)

Citric Acid

Calcium Carbonate

Those on a yeast free diet may substitute baking powder for yeast in most recipes (using cold water and eliminating rising time). We don't recommend regular use of baking powders, but it may be necessary on a short term diet for candida.

It is made with harmless ingredients (unless one is allergic to citric) – calcium carbonate and citric acid.

It fluffs up quickly. It is best to use cool water and stir quickly. Then get it straight into a hot oven. It works well when you learn how to handle it.

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# BREADS

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## BASIC WHOLE WHEAT BREAD

1 cup warm water	1 teaspoon salt
1 tablespoon molasses	1 tablespoon oil
1 tablespoon yeast	3 cups whole wheat flour

Dissolve sweetener in the water then stir in yeast. Let stand 5-8 minutes for the yeast to bubble. Stir in the oil and salt. Add 1½ cups flour. Beat vigorously for 1 minute. Add remaining flour gradually. Use only the amount of flour necessary to handle dough without it sticking to your hands. Lightly flour table and knead dough 5 minutes. Add more flour if necessary. Place dough in a large bowl, cover with a clean towel. Let dough rise until double its size, 30-45 minutes. Punch down, knead briefly. Squeeze out all air bubbles. Shape into loaf. Place in a medium size oiled loaf pan. Cover with a towel. Let rise until nearly double in size again, 30-45 minutes. Bake at 180°F/350°F for 35-40 minutes, until golden brown and bread slips from the pan. Cool on a rack.

### VARIATIONS

1. For a lighter loaf: Use 1½ cups white flour (or bread flour) and 1½ cups whole wheat flour.
  2. Leave out the oil and use ½ cup soy flour. Use less whole wheat flour. Use honey or dark karo instead of molasses.
  3. For a **PIZZA** crust, reduce yeast to 1 teaspoon.
  4. When making a pizza crust, try using all whole wheat pastry flour instead of regular whole wheat flour. The crust will be more tender.
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## **ZWIEBACK (Twice Baked Bread)**

Place bread slices on cookie sheet in oven at 120°C/250°F for 30 minutes to 1 hour or as long as it may take to make crisp and golden throughout. Cool and store in a closed (airtight) container. When properly baked, it has a delicious, slightly sweet, nutty flavour and will keep indefinitely. Use with soups, or any spread. Good to take camping as it does not mould. It is the most digestible way to eat bread.

Crouton: Cut bread slices into fingers. Cut fingers in halves. Arrange on a tray and bake at 100°C/200°F till crisp and golden brown.

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## **RAW BREAD**

### **Whole Wheat or Rye Grains**

Soak for 15 hours

Then sprout for 2-3 days

(Aim for a dough consistency – that you can roll without it breaking up)

(If the dough mixture is too dry add a little oil or water - If too wet, add wheatgerm to it)

Soak, and sprout the grains and grind them as finely as possible in the food processor. Add a touch of oil and form into a ball. Place on a bread board sprinkled with wheatgerm to prevent the dough from sticking.

One method is to roll the dough into a thin sheet, as you would pastry, with a rolling pin dusted with wheatgerm. The other method is to press the dough out onto a flat tray or board as thinly as possible without breaking it.

Leave the bread to “bake” in a warm place for 6-12 hours, turning over at half time with a pancake turner.

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## GLUTEN FREE BREAD

3¼ cup corn bread mix                      1 tablespoon of active baking yeast or rounded tablespoon of CCC baking powder

### **NOTE: IMPORTANT**

When using active baking yeast – use warm water 2-2½ cups

When using CCC baking powder – use ice water 2-2½ cups

### **Using Active Baking Yeast**

Pour into greased bread loaf tin, let rise 10-15 minutes.

Bake in preheated oven 150°C/300°F 40-50 minutes. Let stand for 5 minutes then tip out and cool on rack.

### **Using CCC Baking Powder**

Pour into greased bread loaf tin and put in oven immediately.

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## FRENCH TOAST

1 cup quick or rolled oats                      1 teaspoon salt  
 1/3 cup cashews                                      2 tablespoons honey  
 1¾ cups water

Blend smooth all ingredients.

Use a non-stick skillet on medium heat.

Brown each side or place on oil cookie sheet and brown on either side.

Substitute: other nuts for cashews.

Substitute: maple syrup or 1 banana for honey.

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## CORN BREAD MIX

2 cups fine cornmeal (Whole corn meal is good if available but needs refrigeration)	1 cup soy flour
2 cups rice flour (whole if possible)	1½ cups chickpea flour
	1½ teaspoon salt

Mix all together in a bowl (store in fridge and use as needed).

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## MUFFINS

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### BASIC MUFFIN (with yeast)

Mix in bowl:

1 cup warm water	1 tablespoon vanilla
3 tablespoons honey (or date butter)	1 tablespoon active yeast

Whiz in Blender: 1 cup rolled oats and ½ cup soy flour and place into bowl.

Then add 1 cup whole wheat or ryemeal, or flour of choice.

Pour yeast mix into flour mix and stir well then fill greased muffin tins  $\frac{3}{4}$  full.

Let rise for 10 minutes – **NO MORE**

Bake at 150°C/300°F for 20-30 minutes.

Remove from trays and cool on rack.

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## GEM SPECIAL (without yeast)

Mix:

1 cup raisins	1 teaspoon salt
½ cup sesame seeds	2 cups rolled oats
1 cup whole wheat flour	1 cup corn meal

Blend and add to the above mixture:

1 large banana	1¾ cups water
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Mix well then place onto greased trays by spoonfuls.  
Bake at 180°C/350°F for 45-60 minutes.

**NOTE:** If banana is small, and mix too stiff – add a little more water.

## WAFFLES

### OAT WAFFLE

Blend:

3 cups rolled oats	½ teaspoon salt
3 cups water	

Grease the waffle iron. Spoon waffle mixture into waffle iron.  
Cook until done (7-10 minutes) or until it stops steaming.

Note: If not using a blender mix all ingredients together. Let stand in the refrigerator for 1 hour. It will thicken. Carefully add more water to make a light batter. Cook.

You can add sunflower seeds to the mixture to give it extra texture.

## CHICK PEA (GARBANZO) WAFFLE

Whiz in blender:

1 cup pre-soaked chick peas with  
 $\frac{3}{4}$  cup hot water (to prevent gas  
forming)\*

Then add:

1½ cups or more of cold water	½ teaspoon salt
3 cups rolled oats (regular)	3-4 tablespoons sunflower seeds (or sesame, etc.)

Blend well.

Pour into pre-heated waffle iron.

Cook till steam reduces, about 7-10 minutes, or when brown.

**DO NOT OPEN WAFFLE IRON TOO SOON!!**

This mix should be a light batter mix. Other soaked beans may be used. The combination of grain and legume make a wholesome protein.

\* To make 1 cup of soaked chickpeas: soak ½ cup of dry chickpeas in 1½ cups of water overnight. (Drain and rinse before use.)

## GOLDEN WAFFLE

8 cups quick rolled oats	1-2 teaspoons salt
$\frac{3}{4}$ cup soy flour	10 cups water
$\frac{1}{2}$ cup chopped dates or $\frac{1}{4}$ cup honey	

Whiz in food processor or blend in blender.

Pour into pre-heated waffle iron and bake for 8-10 minutes.

## RICE WAFFLE

Blend:

1 tablespoon tahini or nut butter	1/2 cup rice flour
1 cup cooked short grain rice	3/4 - 1 cup or more water
3/4 teaspoon salt	

Blend to a light batter consistency.

Heat waffle iron, grease if needed and then pour batter mix into hot irons. Close lid slowly.

Cook for 7-10 minutes, or when steam reduces.

Better with fluffy rice. Yield: six squares.

ALL THESE WAFFLE RECIPES CAN BE FROZEN, THEN TOASTED WHEN NEEDED.

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## NUT OAT WAFFLE

2 cups quick or rolled oats	2 1/2 cups water
1/2 teaspoon salt	1 teaspoon vanilla
3 tablespoons pecans	2 teaspoons honey

Blend till smooth all ingredients. Pour into hot waffle iron. Bake 15-20 minutes. Makes 2-9 inch waffles.

VARIATIONS:

- Substitute soy milk for water
  - Substitute any other nuts or seeds for pecans
  - Substitute 1 teaspoon maple or banana flavouring for vanilla
  - Or use grated lemon rind
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## PUDDINGS

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### HOT RICE PUDDING

Mix together all ingredients:

2 cups cooked rice	2 cups crushed pineapple (= 1 can)
1 cup chopped dates	Rind of orange and lemon
1 cup raisins	1 cup soy milk

Place into casserole dish and cook in oven slowly for 1 hour. Top with nuts towards end of time.

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### CROCK POT RICE PUDDING

Put 2 cups of short grain brown rice (washed) in crockpot.

Add 6 cups hot water – a little salt.

Cook on high till grains are soft.

Add chopped dates, a little more water, fruit juice or milk (nut or soy), if desired.

Reduce heat to low or turn off heat altogether.

Serve with fresh fruit, chopped nuts and milk substitute, or fruit juice.

Substitute: Use barley, millet, whole oats or a combination of 2 or 3 grains.

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## **FLUFFY RICE – (Digests Easily)**

Wash 1 cup short grain brown rice.

Dry fry rice in a heavy pan, stir frequently till very brown – place into casserole dish – **do not burn**.

Pour over 2½ cups hot water – little salt.

Bake at 100°-120°C/200°-250°F for 1½ hours, covered.

### **OR**

Simmer slowly on the stove in a heavy saucepan with lid on till fluffy.

Benefits: Rice cooked this way is beneficial for those with sensitive digestive system.

Versatile: Serve beans over it. Or serve with fruit and fruit juices or milk.

Freezes well.

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## ENTREES

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### CASHEW AND NUT ROAST

8 oz cashews	3 medium parsnips cooked and mashed
4 oz bread crumbs	3 tablespoons tomato sauce (ketchup)
2 cloves garlic crushed	1 tablespoon soy sauce (or Braggs Liquid Aminos)
1 small onion chopped finely	½ teaspoon thyme
8 oz mushrooms chopped	¼ pint hot water or stock
½ teaspoon rosemary	

Mince or grind nuts. Mix with breadcrumbs. Add tomato sauce, parsnip and herbs. Mix well. Put soy sauce in broth or water. Add to mixture.

Saute onion, garlic and mushroom in a little water quickly.

Spray or oil a 2 lb loaf pan.

Press in ½ the nut mixture.

Cover with mushrooms.

Top with rest of the nut mixture.

Cover with foil and bake at 180°C/350°F for 1 hour.

When cooked, remove from the oven and let it stand for 10 min. before turning out on a platter.

Presentation: Arrange a bed of fresh lettuce, slices of tomatoes cucumber, and olives around the loaf.

Serve with roast or steamed vegetables and gravy or tomato sauce.

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## PECAN ROAST

Mix in a bowl:

4 cups soft, cubed bread crumbs	½ cup sunflower seeds
2 cups brown rice, cooked	1½ teaspoons salt
1 cup pecans, ground fine	1 teaspoon sweet basil

Whiz in Blender:

1½ cups water  
 1 cup onion, chunks  
 2/3 cups soy flour (or other flour)

Add wet ingredients to the dry ingredients. Stir together. Firmly pack into bake pan. Bake at 180°C/350°F for 1 hour or until set.

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## MILLET LOAF

Heat in saucepan:

5 cups tomato juice or ½ tomato paste with 4 cups water

Note: Loaf will cook quicker if juice is already hot when placed in oven.

Mix in bowl:

1 cup millet	½ teaspoon sage
1 cup cheese sauce	½ teaspoon thyme
1 cup onion finely chopped	½ teaspoon paprika
1 teaspoon salt	1 cup olives chopped
	Heated tomato juice

Transfer to baking dish. Bake covered at 180°C/350°F for 1½ hours. Uncover. Bake further for ½ hour or until set.

Note: For cheese sauce: see cheese sauce recipes.

Presentation: Serve hot or cold on a platter surrounded with a bed of fresh salad.

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## ALMOND LOAF

½ cup soaked garbanzos or chick peas	1 cup oats
½ cup water	1 medium onion, chopped
1 cup almonds slices (or chopped pieces)	1 cup seasoned bread crumbs
1 cup sunflower seeds	½ cup chopped celery
1 cup boiling water	1 teaspoon salt
	1 teaspoon majaram

Whiz in blender ½ cup pre-soaked beans soaked and ½ cup water until thick and creamy. Whiz almonds and sunflower seeds in blender till finely chopped consistency.

Combine in mixing bowl with remaining ingredients. Let stand 10 minutes. Press into sprayed or oil loaf pan. Bake at 180°C/350°F for 45 minutes. Serve with tomato sauce of your choice. (See tomato sauce recipes)

Note: Celery could be chopped in the whiz if in haste. But the loaf will be more compact in texture. You can use soy beans instead of garbanzos.

To prepare ½ cup of soaked garbanzos: soak ¼ cup of dry garbanzos in ¾ cup of water overnight. (Drain and rinse before use.)

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## QUICK PATTIES

4 cups very hot water	½ cup walnuts chopped
1 tablespoon soy sauce (or Braggs Liquid Aminos)	½ cup sunflower seeds
1 tablespoon food yeast	1-2 teaspoons herbs of choice
4 cups rolled or quick oats	1 teaspoon basil
1 small onion chopped	1 clove garlic, crushed or minced

Mix all ingredients well and let stand for 20 minutes. Shape into patties, using a 1/3 measure scoop or a lid from the preserve jar. Place onto oven tray. Bake at 180°C/350°F for 20 minutes. Turn over. Bake another 20 minutes. Serve hot with gravy or serve cold with salads. Freezes well.

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## SUNFLOWER PATTIES

2½ cups very hot water	1 teaspoon Italian seasoning
3-5 tablespoons soy sauce (Braggs Liquid Aminos)	1 medium onion chopped finely
2 tablespoons olive oil	1 clove minced or crushed garlic

Mix all ingredients well. Let stand until liquid is absorbed. Spoon with ice cream scoop onto “Glad Bake” paper or sprayed tray. Flatten patties. Bake at 180°C/350°F for 20 minutes or till golden brown.

Variation: Use chopped walnuts or brazil nuts.

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## OATBURGER MEAT

¼ cup toasted sesame seeds	1 teaspoon oregano
4½ cups quick or rolled oats	¼ cup sunflower seeds
2 teaspoons salt	2 garlic cloves OR
1 teaspoon basil	¼ cup yeast flakes
1 cup water	1 teaspoon garlic powder
1½ teaspoons dill seed	3 cups additional boiling
1 onion, quartered	water

Toast sesame seeds in a dry skillet over medium heat, stirring 5 minutes until golden brown. Bring the 3 cups of additional water to a boil. While doing this blend until smooth all remaining ingredients, **except** the oats and sesame seeds, with the 1 cup of water. Mix all ingredients together into the boiling water, continuing to stir for one minute. Remove from heat and let sit 15 minutes. Form into patties 1/2 inch thick. Place on oiled cookie sheet. Bake at 180°C/350°F for 20 minutes, flip and bake an additional 10 minutes. Makes 15-20.

Ways to serve: Place a single layer of burgers or meatballs in a casserole and top with gravy or spaghetti sauce. Or, serve hot or cold in a sandwich with mayonnaise, ketchup and sprouts.

Variation: Burgers may be shaped into meatballs. Bake for 30 minutes.

Substitute toasted sesame seeds for other nuts or seeds.

For Oatburger Tofu Meat: Add 1 pound of mashed tofu when mixing all the ingredients together.

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## BURGER HEALTH

Blend:

1 cup soaked garbanzos or chick peas  
1½ cups water

Pour this into a bowl, adding:

2 cups regular rolled oats  
1 teaspoon salt  
2 tablespoons soy sauce (or Miso & water)  
1 teaspoon herbs of choice  
2-3 tablespoons walnuts chopped  
1 crushed garlic (optional)  
1 small onion grated or chopped

Form patties with a scoop and place onto greased oven sheet.  
Yields 8 patties.

Bake at 180°C/350°F for 25-30 minutes.

Serve on wholesome burger buns, with salad, and mushroom gravy or tomato sauce. (See pages 37 and 40.)

Variations: Excellent cold with salad, or hot with a gravy. Use other beans instead of chick peas.

To make 1 cup of soaked garbanzo: soak ½ cup of dry garbanzos in 1½ cups of water overnight. (Drain and rinse before use.)

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## ASPARAGUS QUICHE

Whiz or blend till smooth:

½ lb/250 grams tofu

1 cup water

2 tablespoons arrowroot

½ teaspoon coriander

salt to taste

Stir in:

1 tablespoon shallots/green onion chopped

1 small can of asparagus cuts drained

Pour into prepared pie crust and bake at 180°C/350°F for approximately 1 hour or until set.

Garnish with parsley.

### Pie Crust

½ cup nut butter (or whiz walnuts, pecans or other nuts and seeds)

1 cup barley, millet flour or wholemeal flour

½ teaspoon salt, or salt to taste.

### Whiz or Blend nuts

Add flour and salt and mix.

Add enough water to hold dough together.

Roll out between two sheets of waxed paper. Press as many sesame seeds onto crust as possible (optional).

Line pie dish with crust. Pour filling and bake at 180°C/350°F for 1 hour.

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## TOFU VEGIE QUICHE

### Blend till smooth:

½ lb/250 grams tofu	2 tablespoons cornstarch
1 cup water	¼ teaspoon garlic powder
½ cup cashew nuts	1 teaspoon salt
1 tablespoon sweet basil or Italian seasoning	4 tablespoons soy sauce/Braggs Liquid aminos

### Saute in a little water:

½ cup chopped green pepper	½ cup chopped red/white onion
½ cup chopped red pepper	½ cup chopped carrots

Add vegetables with ½ cup of chopped olives to the creamy mixture.

Mix and pour into an unbaked pastry shell and bake at 180°C/350°F for approx. 1 hour or until set.

## SWEETCORN QUICHE

1 large onion, chopped finely	1 teaspoon salt or to taste
2½ cups sweetcorn: fresh, frozen or canned	½ teaspoon oregano
1 cup soy milk or nut milk	½ cup “Yummy cheese” (see p.42)
1 tablespoon rice flour or potato flour or arrowroot flour	

Saute onion in a little water. Whisk soy milk, flour, salt and oregano together.

Add corn and onion and place in pie crust.

Drizzle cheese on top. Bake at 180°C/350°F for approx. 1 hour or until set and golden.

## **PIZZA CRUST** (Or use basic whole wheat bread recipe)

1 pkt active yeast	½ teaspoon salt
1-1¼ cup warm water	4 cups wholemeal flour (or use
2 tablespoons oil	½ bread flour and ½ wholemeal flour)

Dissolve yeast in warm water. Stir in oil. Add yeast mixture to flour and mix well. Turn dough out onto a floured board and knead until smooth (5-10 minutes), adding flour as needed to prevent sticking. Put dough into a greased bowl. Let rise (15-20 minutes). Then shape, divide dough into half and roll each to fit a greased or sprayed 14 inch pizza pan building up the edges.

(Or wrap and freeze half the dough. To use frozen dough let warm at room temperature.) Do not let rise a second time.

Adjust oven racks so they are evenly spaced from top to bottom. Bake crusts at 230°C/450°F oven for about 10 minutes. or until lightly browned. (Switch pans halfway through baking.) Remove from oven and spread with your favourite pizza sauce and toppings. Add cheese sauce on top. Bake 10 minutes longer or till bubbly (switch pans halfway through baking).

May sprinkle one of the following on pizza sauce before the cheese sauce is added:

Crumbled pecan loaf, millet loaf, almond loaf, sunflower patties or oatburger meat over pizza sauce. (See pages 12, 13 and 15.)

Note: For pizza sauce and cheese sauce (see recipes on pages 40 and 42.)

Pizza Toppings: Use chopped: tomatoes, onions, avocado, mushrooms, zucchini, pineapple, olives, celery, parsley, broccoli, corn kernels, etc.

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## PIZZA MUFFINS & TOASTIES

### **Pizza Filling:**

1 cup mashed tofu	1-2 teaspoons lemon juice
¼ cup onion chopped	¼ cup olives chopped
2 tablespoons mushroom pieces	2 tablespoons green peppers
pinch herbs (your choice)	

### **Pizza Sauce:**

1½ cups finely chopped tomatoes (may use can tomatoes)  
1/3 cup tomato paste  
½ teaspoon garlic salt  
½ teaspoon oregano

**Pizza Base:** 6 English muffins (cut in halves) lightly toasted.

Mix Pizza filling ingredients together.

Mix Pizza Muffin sauce ingredients together.

Place 2 tablespoons sauce and 2 tablespoons filling on each muffin half.

Place under the grill and grill 10 minutes or till bubbly but not dried out or burnt.

Variation: Make toasted sandwiches using filling and sauce.

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## PIZZA

### Hasty Pasty Pizza Sauce:

2 cups water	¼ teaspoon each of (sage, thyme & dill)
1 carrot, chopped	1 small can tomato paste (6 oz)
1 large onion, chopped	salt to taste
2 celery sticks, chopped	1 tablespoon apple juice concentrate
1 garlic clove crushed (or ½ teaspoon garlic powder)	1 tablespoon molasses
1 teaspoon basil	

Blend all ingredients well.

**Base:** Use **Pizza Crust** or a **Pie Crust** of your choice (see recipes on pizza crusts and pie crusts)

Cover crust with a little pizza sauce. Spread chopped vegetables of your choice on top. Top with pizza sauce and cheese sauce of your choice. Bake at 180°C/350°F for 20 minutes or till bubbly.

**Pizza and cheese sauces:** (See recipes for these on pages 40 and 42.)

### **Alternative: T.V.P. Pizza** (Textured Vegetable Protein)

Place in pot 1/3 cup presoaked T.V.P. and boil for 10 min. Add enough pizza sauce to T.V.P. to make a mixture. Pour mixture into pizza crust. Spread with chopped: onions, tomatoes, olives, pineapple, mushrooms or vegetables of your choice. Cover with cheese sauce. Bake at 180°C/350°F for 20 minutes or till bubbly.

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## SHORT CRUST PASTRY

*“Think cool while making it – think hot while baking it.”*

In the preparation of your pastry do make sure that the water you use for mixing is very cold. The fat you use is also important. Use a solid vegetable fat. Oil tends to make the pastry very soft to handle. However, a little oil does enhance the texture, so add a little oil with the cold water and cut down on the quantity of water accordingly.

Use: ½ veg fat and ½ oil.

1 lb/500 grams wholemeal flour,	1/3 cup olive oil
<b>OR</b>	4-6 tablespoons ice cold water
½ cup soy flour, 3 cups	2 tablespoons lemon juice
wholemeal flour and 1 cup	½ cup rind
white flour	
¼ lb/150 grams coconut fat	
(Kremalta)	

Preheat oven to 210°C/400°F

Place flour in a large bowl. Mix together the two fats (if using two) into small pieces on a plate. Add fat to flour and rub in lightly and quickly. (If you have a food processor, so much the better). Continue until mixture looks like fine breadcrumbs. Stir oil into cold water and work into flour mixture with a knife. Only add as much liquid as needed to draw mixture together, so that dough comes cleanly away from the bowl and forms a ball. Let pastry rest for 15 minutes in fridge if time permits. Roll out thinly on a lightly floured surface and bake as per recipe instructions.

Note: Flour could be pre-chilled.

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## **SIMPLE PIE BASES**

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### **OAT (OR FLAKED RICE) – APPLE**

This recipe goes further than you would expect.

Grate 2 apples – red best. Sprinkle in a pinch of salt (optional)

Add 2 cups rolled oats or flaked rice

Mix with a fork – if dry add juice

Press into two medium pie dishes with the back of a spoon

Bake at 180-200°C/350°F for 15 minutes

Variations: Nuts – minced or chopped or coconut may be added.

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### **POTATO – RICE FLAKE – COCONUT BASE**

Grate 3 medium raw or cooked potatoes with their jackets

Add 3 tablespoons rice flakes, or more

2 tablespoons coconut

pinch of salt

Bake: - This can be pre-baked for a separately baked or raw filling – at about 180o-200°C/350°-375°F for 20-30 minutes, OR half bake for 10 minutes, pour in filling and bake whole pie.

This is not a crisp crust; it blends in as a holding base.

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## COOKING CHART FOR BEANS

Beans (soaked)	Inches of water to cover top of beans	Approximate cooking time
Lentils, split peas, mung beans	1 inch	1 hour
Black, kidney, baby lima, pinto, navy beans	2 inches	2-3 hours
Garbanzo (chick peas), soybeans	3 inches	4-5 hours

Wash beans and drain water. Cover beans with about 3 times more water than beans. Soak beans at least 6 hours or overnight. Rinse and cover the soaked beans with fresh water. See chart for amount of water to use. Bring the beans and water to a boil in a covered saucepan.

Turn heat down to simmer. Check occasionally in case more water is needed. Add salt after beans start getting tender. Add 1 teaspoon salt per 4 cups of cooked beans. If using a crockpot be sure water comes to a light boil. 1 cup beans = 2½-2¾ cups cooked.

Soak lentils, split pea and mung beans for ½ hour.

Note: Soaking in hot water speeds up the process of rehydration.

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## QUICK CHILLI BEANS

4 cups cooked dried peas or beans, unsalted	1 ½ teaspoons salt
½ cup liquid from drained beans	½ teaspoon garlic powder
½ cup finely chopped onion	¼ teaspoon basil
¼ cup tomato paste	¼ teaspoon oregano
	Cayenne powder to taste (optional)

After cooking beans drain off water. Stir together all ingredients. Reheat in oven at 180°C/350°F until hot, or on top of stove.

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## SAVORY BEANS

1 ½ cups dried beans	2 bay leaves
3¾ cups water	1 ½ teaspoon salt
½ cup chopped onion	1 ½ teaspoon onion powder
½ cup chopped green pepper	1 teaspoon cummin, optional
1 minced garlic clove	

Sort, wash and soak beans in 6 cups water 6-8 hours, or overnight. Drain off water and rinse. Bring to a boil the 3¾ cups of water with the soaked beans. Cook beans until tender, 2-3 hours, depending on the bean being used. After beans are tender add remaining ingredients. Cook for 30 minutes more.

Serve: on brown rice, mashed: potato or potatoes and carrots mashed together.

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## BAKED BEANS

6 cups cooked pinto or navy beans, unsalted	2 minced garlic cloves
1- 16 oz can of tomatoes	¼ cup molasses
1 chopped onion, finely	2 teaspoons salt

Mix all ingredients together. Bake at 180°C/350°F, uncovered, for 50 minutes.

Variation: Leave out tomatoes and ¾ teaspoon salt. Replace with 2 cups Pizza tomato sauce and 1 cup water.

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## LENTILS (very wholesome)

4 cups soaked brown lentils (See chart, p.25)

Rinse lentils, put in saucepan. Barely cover with fresh water. Cook gently on stove, ADDING:

1 cup chopped onion	½ teaspoon Fenueegreek powder
1 cup chopped tomatoes	½ teaspoon salt
½ teaspoon basil	
1 tablespoon lemon juice	

Thicken with a gravy mix or flour. Cooks in 20 minutes.

Serve on toast, over rice or potatoes. Serves: 2 or 3.

LEFT OVERS: Can be put into patties with cooked rice or mashed potatoes. Roll in bread crumbs, and bake at 180°C/350°F for 20 minutes. Or put mixture into a dish and bake for 35-40 minutes till set.

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## BEAN OLIVE ENCHILADAS

Corn tortillas	1 cup water (mix in 1 teaspoon soy sauce/Braggs liquid aminos)
Savoury beans (as in recipe, page 26)	
Chopped olives	Zesty tomato sauce (as in recipe, page 40)
Cooked brown rice	

Mix beans, olives and rice together.

Dip tortillas in the soy sauce water or in Zesty tomato sauce to soften.

Place tortillas on plate and spoon bean mixture into the centre.

Spoon soy cheese on top of the bean mixture. Roll.

Place in baking dish and cover with Zesty tomato sauce. Bake at 180°C/325°F for about 30 minutes. Do not let dry out, cover if necessary.

Serve with fresh salad.

Variation: Add T.V.P. (see page 21), mushrooms or tofu mashed with a little seasoned salt.

## BEAN ENCHILADAS

Easy Beans (as in recipe, page 30)	Yummy Cheese (as in recipe, page 42)
Bean Sauce (as in recipe, page 40)	

Fill 1-2 spoons of beans on each tortilla.

Spoon some cheese sauce onto beans.

Roll and put into a baking pan.

Cover with bean sauce.

Bake at 180°C/350°F until done – but not dry.

Serve with a salad.

## TOFU SPINACH ENCHILADAS

1 onion chopped	1 teaspoon onion powder
2 cloves garlic minced	1 lb tofu drained and crumbled
½ to 1 cup mushrooms, sliced	Zesty or Italian tomato sauce (see recipe, page 40)
2 bunches fresh spinach, chopped (OR frozen spinach, thawed and drained)	Soy or Yummy cheese (see recipe, page 42)
½ teaspoon salt	

Saute onion and garlic in a little water till clear.  
 Add mushrooms, tofu and seasonings and cook for 1 minute.  
 Remove from heat and stir in spinach.  
 Fill each tortilla with 1-2 tablespoons vegetable filling.  
 Roll and put into baking pan.  
 Cover with Zesty or Italian tomato sauce.  
 Top with Soy or Yummy cheese.  
 Bake at 180°C/350°F till you smell the sweet aroma.

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## SCRAMBLED “EGG” TOFU

1 lb/500 grams tofu	1/8 teaspoon turmeric (egg color)
1 teaspoon onion powder	
½ teaspoon garlic powder	1½ teaspoons chicken seasoning

Add a little oil to frypan. Heat to medium temperature adding your crumbled or lightly mashed tofu into the pan. Add your seasonings and scramble like eggs on low heat until all is nicely blended. Serve over toast.

Alternative:

Soy Tofu scramble: Cube tofu. Omit tumeric and add 2 teaspoons of soy sauce (or Bragg’s Liquid aminos), a little olive oil to the rest of the seasoning. Serve with noodles or rice, and salad.

---

## EASY BEANS

2 cups pinto beans, soaked overnight	2 cloves garlic, crushed
2 medium onions chopped	2 bay leaves
salt (optional)	

Bring beans to the boil in 6 cups of water. Simmer on medium heat for 2 hours or more, OR cook in pressure cooker for 20 minutes. Remove bay leaves, drain water into a bowl.

Add:

Salt to taste

1 tablespoon food yeast

Cayenne powder to taste (optional).

Blend, adding bean water to make a runny consistency.

Serve on taco shells, corn chips, zweiback croutons, shredded wheat, burritoos and in pita bread etc.

Add bean sauce on top (see bean sauce recipe on page 40.)

Top with salad: shredded lettuce, chopped cucumber, sliced red onion, diced tomatoes and chopped spring onions.

Crown with chopped avocado or avocado dip, or with your favourite dressing.

## SPAGHETTI BOLOGNAISE

Wholegrain spaghetti

Pizza tomato sauce

(see pages 21,22)

Meatballs

Cheese sauce (see pages

41,42)

Make meatballs from Pecan Roast, Millet Loaf, Pattie or Burger mixtures. (see pages 13, 15, 16)

Heat tomato sauce with meatballs.

Serve over cooked pasta. Top with cheese sauce and garnish with parsley.

## LASAGNE

Layer in a 9 x 13 inch/22 x 32 cm oven dish:

2 cups tomato sauce (Zesty or Italian see page 40)

### **LASAGNE, INSTANT WHOLEMEAL**

1 cup Yummy cheese (see page 42)

2 cups cooked spinach

### **LASAGNE**

2 cups tomato sauce

1 cup Yummy cheese

2 cups cooked spinach

### **LASAGNE**

2 cups tomato sauce

2 cups Yummy cheese (pour on thinly to cover evenly over tomato sauce)

Bake covered at 180°C/350°F for 1 hour. Uncover and bake further ½ hour.

---

## LASAGNA BAKE

½ lb lasagna noodles (about 8-11 inches)	1-2 cups cheese sauce (see page 42)
1 recipe of pizza sauce, hot (See page 22)	sliced olives, optional
¾ lb tofu, mashed	

Noodles may be cooked first or left uncooked. The lasagna comes out delicious either way. Plus, it is easier to make if the noodles are uncooked.

Layer in a 7 x 11 inch/17 x 27 cm baking dish as follows: tomato sauce, noodles, sauce, tofu, noodles, sauce. Drizzle with cheese on top. Add olives. Bake at 180°C/ 350°F for 45 minutes.

Variation: add peppers or onions.

## MACARONI AND CHEESE

3 cups cooked macaroni	2 cups Tender Low-Cal Cheese (see page 41)
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Make the Tender Low-Cal Cheese substituting 3 tablespoons of oil for the ½ cup of cashews. This will make a nicer consistency when heating recipe in the oven as nuts in the cheese tend to give a curdled look when baked with pasta. If heating on stove top use either the nuts or oil in the cheese.

## SHEPHERD'S PIE DELIGHT

Spread mashed potatoes into base and sides of casserole dish (greased) keeping enough for the top.

Place into the depression – chopped and pre-cooked veges, e.g. cabbage, peas, onions, OR corn, spinach (silverbeet) – peas, leeks, any two or three varieties of your choice.

Pour over centre veges: sunflower spread or cheesy spread. (see page 43.)

Spread mashed potatoes on top.

Bake in oven at high heat 210°C/400°F till golden, about 20 minutes.

Variation: Cook potatoes and carrots or pumpkin and mash. This makes a Golden Pie Delight.

## CORN SUPREME

1½ cups whole corn kernels drained	½ teaspoon or more fresh
1 cup coconut cream	grated ginger
½ teaspoon onion powder	1¼ tablespoons fine
¼ teaspoon garlic powder	cornmeal/polenta or
¼ teaspoon salt	rice flour
	½ teaspoon turmeric

Mix well. Cook till thick stirring continuously.  
 Serve garnished with chopped parsley.  
 Flavour improves if left sitting for a little while.

## POTATO AU GRATIN

Grate hard boiled potatoes.

Place in casserole glass dish.

Top with scrambled “egg” Tofu. (see page 29)

Pour over 1 recipe cheese sauce of your choice. (see pages 41, 42, 43)

Heat in oven.

Serve garnished with parsley sprigs.

---

## RATATOUILLE

1 medium-size egg plant (blue) -  
chopped with skin and sprinkle  
with salt for 20 mins.

2 medium-size onions, chopped

2 red or green peppers, chopped

2 small zucchini, chopped

2 small yellow squash, (zucchini)  
chopped

4 tomatoes, chopped

2 celery sticks, chopped

1 large garlic clove crushed

1 tablespoon chopped fresh  
basil (marjoram-optional)

2 tablespoons tomato paste

1 teaspoon soy sauce/Braggs  
liquid aminos

“Season” salt to taste

2 bay leaves

¼ cup pine nuts

Saute onion and garlic in a little water in a deep skillet. Rinse egg plant and add all veges to skillet and simmer for 5-10 minutes until they begin to soften. (Veges will release juices as they cook.)

Add soy sauce, tomato paste, herbs and season with salt and simmer for another 10 minutes or till Ratatouille looks saucy.

Remove bay leaves. Sprinkle with pine nuts.

Serve over fluffy brown rice and with a fresh salad.

Use: Dry herbs if fresh herbs not available. Use oregano instead of marjoram.

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## SOUPS

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### CREAM CHEESE – VEGE CHOWDER

1 large onion, diced	4 large carrots peeled, sliced
4 medium potatoes peeled, diced	2 cups water (or water to cover)

Bring to boil and simmer till tender. Blend until smooth.

**In separate saucepan:**

Put 4 cups broccoli or cauliflower – bite-size pieces.  
Steam in a little water till barely tender.

**Prepare:**

1 cup raw cashews	1 teaspoon basil
1 teaspoon salt or vege-salt	½ teaspoon oregano
3 tablespoons yeast flakes (optional)	1 cup water

Blend until smooth and creamy.

Mix everything together. Stir well and simmer (do not boil) for 3-5 minutes.

**For the next day:** Do not add cashew mixture until ready to heat and eat.

Serve: on rice, pasta, crackers, croutons, chips etc.

Alternative: In a baking dish place in layers: Rice, broccoli and blended veges, then cream cheese mixed with just enough water added to spread or drizzle over entrée.

Lightly brown the cream cheese and serve. Or serve as it is.

---

## BROCCOLI SOUP

1 cup finely chopped raw broccoli	½ teaspoon salt
Flour to thicken	½ cup soy milk

Cook broccoli in a covered saucepan with 1 cup of water. Add salt. Mix 2 teaspoons flour with soy milk and add to soup stirring until thickened. Sprinkle with fresh parsley and serve.

Alternative Veges: pumpkin, cauliflower, carrots, potatoes, parsnips, chokos, etc. (Or a combination of vegetables could be used.)

For additional flavour, add herbs, garlic and onion.

Note: When using pumpkin and/or potatoes omit flour for thickening. Blend till smooth.

Pumpkin soup could be made with water only and season with herbs to taste.

For potato soup, add a little lemon juice.

## GRAVIES

### CHICKEN STYLE SEASONING

1 1/3 cup yeast flakes	2½ teaspoons garlic powder
½ teaspoon celery seed	1 teaspoon turmeric, for color
3 tablespoons onion powder	2½ tablespoons salt
2 tablespoons Italian seasoning	2 tablespoons parsley flakes

Blend smooth all except dry parsley flakes. Stir parsley in. Store in glass container. Avoid holding jar over steaming food as seasoning will take on moisture and become caked and stiff.

## YEAST FLAKES

### USED IN ENTREES, CHEESE AND SPREAD RECIPES

Yeast flakes are sold under names such as nutritional yeast flakes, food yeast, Red Star nutritional yeast, and yeast flakes. Most Brewers Yeast has a strong flavour and will not taste good in recipes. If the nutritional yeast is in a powdered form use about 2/3 of what is called for in the cheese and spread recipes in this book. Do not change the amount of yeast called for in the entrees if using powdered yeast.

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### CHICKEN STYLE GRAVY

1/2 cup water	1/4 cup cornstarch
1 1/2 teaspoons onion powder	2 tablespoons chicken style seasoning
1/2 cup cashews	4 cups additional water
1 teaspoon salt	

Blend smooth everything except the additional 4 cups of water. Pour blended ingredients into a saucepan. Rinse blender with the additional water, pour into pan. Lightly boil, stirring about 10 minutes, until thickened.

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### MUSHROOM GRAVY

1/2 cup cashews	1/3 cup lemon juice
1 cup well cooked brown rice	1/4 teaspoon garlic powder
1 teaspoon salt	1/4 teaspoon paprika
3 tablespoons potato flour or cornstarch	1/2 lb/250g mushrooms chopped
2 tablespoons dried onion flakes	

Blend everything except mushrooms with enough water until thick and smooth. Bring to boil. Add mushrooms. Serve with patties or meat loaf of your choice. (see pages 13, 14, 15)

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## SAVORY GRAVY

1 cup water	1/8 teaspoon sage
1½ - 2 tablespoons soy sauce/Braggs Liquid Aminos	1 teaspoon onion powder 2 tablespoons cornstarch (approx.)

Bring all ingredients except cornstarch to boil. Make a thin paste with cornstarch and water. Add slowly to broth mixture, stirring constantly until desired thickness is reached.

Serve with roasts or burgers of your choice. (see pages 13, 16, 17)

## SPREADS, DIPS, DRESSINGS, PATE, SAUCES

### GUACAMOLE – AVOCADO SPREAD

1 ripe avocado, mashed	¼ teaspoon salt, more or less
2 teaspoons lemon juice	¼ teaspoon onion powder
1/8 teaspoon garlic powder	

Mix by hand or blend till smooth. Serve on breads, crackers, corn chips, etc.

Add lemon and water to make a lighter consistency and use as a dip or salad dressing.

This will freeze well, in small containers.

## **AVOCADO DIP OR DRESSING**

1 large ripe avocado, mashed  
juice of 1 lemon

1 or 2 cloves garlic, crushed  
salt to taste

Mix together well.

Variation: Add chopped red peppers and spring onion, tomatoes and parsley or sprinkle with toasted sesame seeds.

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## **NUTS: BUTTER/SPREAD/ MAYONNAISE/SAUCES**

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### **ORANGE NUT BUTTER**

1 cup raw cashews  
1-2 cups cooked (cornmeal, grits or  
polenta)

1½ cooked carrots  
½ teaspoon salt  
2 tablespoons oil

Blend cashews until chopped finely then add the cooked polenta and rest of ingredients, continually blending till smooth and creamy. Will keep for 4-5 days in refrigerator.

---

## CREAMY BUTTER

Cook together until mushy, about 15 minutes:  
 ½ cup polenta (cornmeal) and 2 cups water.

Blend until smooth:  
 1 large carrot, cooked  
 ¾ water, hot  
 1 teaspoon salt  
 1/8 teaspoon garlic powder

Add:  
 ¼ teaspoon lemon juice  
 ½ cup tahini (sesame butter)

Blend slowly till creamy and buttery.

Keeps about 2 weeks.  
 If frozen, thaw, blend and reheat.

## BEAN SAUCE

1 cup onion, chopped	¼ teaspoon ground coriander
3 cups tomatoes, chopped	2 cloves garlic, crushed
1 teaspoon salt (optional)	1 cup water
1½ teaspoons cayenne (optional)	1 teaspoon cummin powder

Put all ingredients in a pot and simmer for 20 minutes or more.  
 Blend or serve as a chunky sauce over beans, rice, chips etc.

## ZESTY TOMATO SAUCE

Saute in  $\frac{1}{4}$  cup water 2 cups of chopped onion

Add:	1 tablespoon honey
$1\frac{1}{4}$ cups tomato paste	$\frac{1}{2}$ teaspoon marjoram
2 teaspoons sweet basil	$\frac{1}{2}$ teaspoon oregano
4 cups tomatoes	$\frac{3}{4}$ teaspoon salt
2 teaspoons lemon juice	$\frac{1}{2}$ teaspoon anise, ground

Simmer for 15-20 minutes to blend flavours. Use on pizza, spaghetti and lasagna.

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## ITALIAN TOMATO SAUCE

$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon basil or herbs of choice
$1\frac{1}{2}$ cups tomato pulp or $2\frac{1}{2}$ cups chopped tomatoes	$\frac{1}{4}$ cup lemon juice more or less
1 medium apple, chopped	little rind also
1 small onion, chopped or 1 teaspoon onion powder	4 dates

Cook the above ingredients well. Cool. Then blend till very smooth.

Reheat and seal in bottles or refrigerate.

You may like it zesty by adding a little cayenne powder before serving.

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## TOMATO KETCHUP

6 oz can of tomato paste	2 tablespoons lemon juice
$\frac{3}{4}$ teaspoon onion powder	$\frac{1}{4}$ teaspoon dill weed
6 oz or $\frac{2}{3}$ cup water	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon basil	$\frac{1}{4}$ teaspoon garlic powder

Mix well.

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## CARROT KETCHUP

1 cup cooked carrots	¼ teaspoon garlic powder
½ teaspoon salt	4 teaspoons lemon juice
2 tablespoons cooked beets	¼ teaspoon basil
½ teaspoon onion powder	1½ teaspoons sweetener (honey or dates)
¼ cup water	1 teaspoon cummin

Blend well.

---

## TENDER LOW-CAL CHEESE

2 cups water	1/3 cup white flour
1½ tablespoons lemon juice	2 teaspoons onion powder
1/3 cup pimento	¼ cup yeast flakes
½ cup cashews	2 teaspoons salt

Reserve 1 cup of water.

Blend the rest of the ingredients until smooth. Empty into saucepan. Rinse blender with the reserve cup of water. Add to saucepan. Lightly boil or simmer 5-10 minutes, stirring constantly. Serve warm over vegetables, beans, potatoes or hay stacks. Chill for spread.

Variation: May substitute 3 tablespoons olive oil for nuts. Substituting oil for nuts works well for macaroni and cheese.

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## YUMMY CHEESE

Blend until smooth:

1 cup water	2 tablespoons lemon juice
¼ cup yeast flakes	½ teaspoon onion powder
½ wholemeal flour	1 cup tomatoes, or
1/3 cup tahini (sesame seed butter)	1 ½ tablespoon tomato paste, or 1 cup red capsicum, chopped
1 tablespoon vegetable salt (or less)	

Pour blended ingredients into 2 cups of boiling water in a saucepan. Bring to boil, stirring continuously until thick.

Use: As a dip, on bake lasagna, macaroni and cheese, broccoli, cauliflower, nachos, pizzas etc.

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## SOY CHEESE

1½ cup soybeans (soaked overnight in 4½ cups of water. Pour water out and rinse.)

Place in blender:

2 cups soaked soybeans	6 tablespoons pimento
1 tablespoon food yeast	¼ teaspoon oregano
¼ teaspoon garlic powder	¼ teaspoon cumin
1 tablespoon onion powder	1 cup hot water

Blend until thick. Pour into Silverstone frypan and cook about 1 hour. Stir every 5-10 minutes until cheese is moist-dry.

Now add:

3 tablespoons pimento	¾ cup chopped celery
2 tablespoons onion	14 oz can mushrooms
¾ cup chopped olives	

May also be baked in the oven.

Serve: on your favourite crunchies or crackers.

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## CHEESY SPREAD

Whiz in blender till smooth

¼-½ cup cashew nuts or  
sunflower seeds

1 cup water

Add:

¼ cup capsicum or tomato paste

1 teaspoon savoury yeast

1 teaspoon salt

½ teaspoon onion powder

¼ teaspoon garlic powder

2-3 tablespoons or more of  
lemon juice; little rind also

¼ cup fine corn meal or  
rice flakes

½ teaspoon turmeric  
(optional)

1 cup or more hot water

Blend well – cook until thick, stir constantly as this sticks.

Use on toast, jacket veges, with lasagne, very tasty.

Keep in fridge or can be canned or bottled when boiling.

## SUNFLOWER MAYONNAISE OR SPREAD

Whiz in blender till smooth

¼ cup sunflower seeds

½ cup water

Add:

½ teaspoon turmeric (color)

¼-½ cup lemon juice

1 teaspoon lemon rind

½ teaspoon salt

4 tablespoons rice flour or  
cornstarch

1½ cups water, or more

Cook slowly, stirring over low heat, constantly stirring till thick.

Use as a mayonnaise spread or salad dressing.

Very versatile: Serve over veges, corn chips etc.

## TOFU MAYONNAISE

1 lb/425g block tofu	1 clove garlic
1 teaspoon onion powder	1 tablespoon honey
1 tablespoon lemon juice	1 teaspoon salt
1 teaspoon dill	½-1 cup water

Blend all ingredients well. This is a lovely white fluffy mayonnaise for any salad dish, potatoes, veges, sandwich spread etc.

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## CASHEW MAYONNAISE

¾ cup raw cashews	1 teaspoon salt
1¼ cups boiling water	¼ cup lemon juice
1 tablespoon honey	

Blend all ingredients except lemon juice until creamy and smooth. Add lemon juice and blend just to mix.

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## CREAMY LOW-CAL MAYONNAISE

1¼ cups water	¼ cup cashews
1/8 teaspoon garlic powder	½ teaspoon onion powder
¼ cup white flour	1½ tablespoons lemon juice
1 teaspoon salt	

Blend all ingredients until smooth. Empty into a saucepan and lightly boil, stirring until thickened. Chill.

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## HUMMOUS

1 cup cooked garbanzo beans (chick peas)	2-4 tablespoons water
1/4 cup toasted sesame seeds	3 tablespoons lemon juice
1 clove garlic	1/4 - 1/2 teaspoon salt

Toast seeds in a dry skillet on medium heat 5-10 minutes, stirring frequently, until golden brown. Blend all ingredients until smooth. Add 1/4 teaspoon of salt if the beans are salt free.

Variations:

1. Substitute 1/4 cup tahini (sesame seed butter) for the seeds.
2. Substitute 1 tablespoon toasted sesame seed oil for seeds. Less water will be needed.
3. For a dressing, add 2-4 tablespoons of water.

## RED KIDNEY BEAN PATE

2 cups cooked kidney beans	1/2 cup tahini
1/2 cup sauted, chopped onion	juice of 1 lemon
2 tablespoons parsley (or fresh parsley)	1 small clove garlic, crushed (opt)

Blend or whiz all ingredients until smooth.

Serve: with “finger” veges: e.g. carrots, celery, broccoli and cauliflower flowerets or with crackers.

## SUNFLOWER PATE

3 cups sunflower seeds soaked overnight, and slightly sprouted	1 teaspoon celtic salt
1 cup lemon juice	1 clove garlic
	1 teaspoon miso, dissolved in ½ cup water

Blend well until it resembles cottage cheese consistency.

Variations: Add chopped fresh herbs or chopped olives.

Serve: with finger veges: carrots, celery, broccoli, cauliflower and broccaul, beans.

## SALADS

### TABOULI SALAD

Combine in a pot:

1 cup bulgar wheat	3 cups hot water
1 teaspoon salt	

Stand for 30 minutes then cook until tender, but firm.  
Set to cool.

Mix together –

1/3 cup lemon juice	Fresh mint finely chopped
1 ½ cups cubed tomatoes	6 tablespoons olive oil
½ cup chopped green onions	Salt
¾ cup cucumbers, diced	1 cup cooked garbanzo (chick peas - optional)
1 small onion finely sliced	Bell pepper (capsicum) cubed for decorating (optional)
Parsley finely chopped	

Substitute: Instead of bulgar wheat you can use fluffy rice.

## PASTA SALAD

Into a large bowl:

2 cups cooked whole wheat pasta (macaroni etc) or fancy noodles	1 diced red apple 1 large sliced onion 1 cup cooked mixed veges
2 sliced zucchini	1 teaspoon basil

Optional ingredients:

Coloured bell peppers	Celery
Toasted nuts	Raisins

Pour over:

Light dressing of choice, OR use nut sauce.

Nut Sauce:

2 tablespoons soy sauce or Braggs Liquid Aminos	2 teaspoons tahini/nut spread 1 tablespoon honey
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Heat till smooth stirring constantly. Add to pasta. Top with parsley, toasted nuts etc. Pine nuts add a rich flavour to the pasta salad.

## POTATO SALAD

Into bowl:

5 medium potatoes, cooked and cubed, hot or cold	
1 cup quartered olives	1½ teaspoons salt
½ cup chopped celery	chopped parsley
1 green onion chopped (red onion or spring onion)	

Mix mayonnaise of choice with extra soy milk as this is absorbed into potato.

Pour over and mix with potato salad.

Chill before serving, or can be served as a warm dish.



## RICE SALAD

3 cups cooked brown rice	1 or more stalks chopped celery
1 cup dry roasted peanuts (or cashews, pinenuts)	3 tablespoons chopped parsley

Mix in small bowl

1 cup sunflower mayonnaise (see page 43)  
 1 tablespoon yeast – or more  
 extra lemon juice or apple juice concentrate

Pour over rice salad.

Top with parsley or bell pepper rings – or tomato.

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## CAULIFLOWER SALAD

Mix in bowl:

2 cups bite size (or smaller) cauliflower	Spring onion, chopped
½ - 1 cup cherry tomatoes, or chopped tomatoes	Pinch salt
	Mayonnaise of choice (see page 44)

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## 3 BEAN SALAD

1 can of mixed beans, drained	1 teaspoon olive oil
spring onions, chopped	lemon juice
	herb to taste – dry or fresh

Mix everything together, chill and serve.

Note: If cooked beans are used, follow cooking directions and add seasoned salt to taste. (see page 25)

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## QUICK SALAD IDEAS

1. Raw: peeled, grated beetroot with lemon juice
  2. Chopped tomatoes, chopped spring onions and seasoned salt.
  3. Grated carrots with shredded coconut.
  4. Grated/sliced cucumber (If skin is tough peel strips of the green skin, leave a little for color) and chopped red bell peppers with seasoned salt.
  5. Celery sticks with peanut butter.
  6. Red onion cubes, chopped tomatoes, little coconut milk and seasoned salt.
  7. Spinach, tomatoes, white or red onion rings, seasoned salt.
- 

## COLESLAW

2 cups shredded cabbage  
(green, purple or mixed)

2 large shredded carrots  
Soy mayonnaise (see page  
42)

Prepare just before serving.

---

## SALAD TOPPINGS

Toss over a salad any of the following:

Lightly toasted pumpkin seeds, sesame seeds, pine nuts, sunflower seeds, flaked almonds, bell pepper rings (red, yellow, green or purple), tomato – red or yellow, carrots, parsnips, celery, olives.

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## BREAKFAST CEREAL

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### GRANOLA OR MUESLI

Combine in large bowl:

4 cups rolled oats

¼ cup sunflower seeds

½ cup coconut

½ cup chopped nuts

Whiz or blend:

1 large ripe banana

½ teaspoon salt

½ cup dates, softened

1 teaspoon vanilla

½ cup fruit juice

Mix with dry ingredients, spread on baking sheet ½ inch/1 cm thick.

Bake in oven 120°C/250°F for 2 hours, stir twice. Turn off oven and leave in overnight to complete drying.

Variation: Dried fruit may be added after Granola is cooked.

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## SANDWICH FILLINGS

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### QUICK IDEAS

1. Peanut butter and banana.
  2. Avocado and honey.
  3. Grated red apple and tahini butter.
  4. Carob powder, coconut cream, little honey.
  5. Mashed banana, lemon juice, fresh lemon rind.
  6. Fruit jam. (see page 75)
  7. Peanut butter and Jelly (see page 77)
-

## CASSEROLES

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### OAT CASSEROLE

3¼ cups rolled oats  
2 grated apples  
½ cup chopped dates

1½ - 2 cups stewed, bottled or  
canned fruit  
¼ cup coconut  
1 litre fruit juice

Place 1 cup rolled oats in bottom of casserole dish. Pour fruit on top. Cover with 1 cup rolled oats. Mix grated apples with dates and layer on oats. Cover with 1¼ cups rolled oats and top with coconut. Pour fruit juice over all. Bake for 45 minutes at 180°C/350°F.

Instead of layering mix everything all together, put in a sprayed casserole dish and bake.

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# **SWEET RECIPES**

## PIES

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### LEMON VELVET PIE

Blend until very creamy:

A 20 oz can sliced, crushed, or chunk pineapple, with juice and ½ cup water.

1 medium orange, peeled and cut into little pieces. Note: remove seeds.

6 tablespoons cornstarch

½ teaspoon lemon extract

½ teaspoon salt

6 tablespoons lemon juice

6-7 tablespoons honey

2 tablespoons oil (optional)

1 teaspoon lemon peel

1 teaspoon tumeric for gold color (optional)

Pour into a saucepan, thicken, and pour into a baked granola crust. Top with coconut or carob chips as an added flair.

Chill and serve with a dollop of sweet cream.

Note: Be certain NOT to blend orange seeds. If you do, pie will be very tart.

**Serving Suggestions:** Filling is so delicious and versatile!

Serve in parfait glass layered with chilled creamy coconut-rice milk and a peppermint sprig or lemon wedge. Layered with muesli and sliced bananas for a special breakfast treat. Delicious over fresh fruit or mueseli. Wonderful over waffles with fresh strawberries and coconut cream. Lovely over hot millet cereal, especially with fresh blueberries or peaches on top!

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## APPLE PIE

2 cups grated apple                      ¼ cup softened and blended dates  
2 cups pineapple juice                  3½ tablespoons tapioca (or cornstarch)

Mix tapioca and juice together. Bring to boil stirring constantly. Add dates and apple and pour into cooked pie crust. Cover with crust pastry. Bake at 180°C/350°F till top crust is done but not burned.

Variation: Use ½ cup raisins instead of dates and a little grated lemon rind.

## CAROB CHOCOLATE CREAM PIE

(a) Blend until very smooth	(b) Blend:
1 cup water	½ cup water
1 teaspoon vanilla	<b>OR</b> 1 cup coconut cream
½ cup raw cashews	1 teaspoon vanilla
½ teaspoon salt	½ teaspoon salt

Add and continue to blend:

1 cup pitted dates softened in 1 cup water (add both) (for sweetening)  
3 tablespoons cornstarch  
3 tablespoons light carob powder (if using dark carob use less)  
1 tablespoon Caro cereal coffee (optional)

Pour into saucepan and thicken, stirring constantly.  
Pour thickened mixture into baked Granola crunch pie crust.  
Chill and serve.

**Serving Suggestions:** Pudding is delicious layered with granola and sliced bananas for a special breakfast treat. Also splendid layered with creamy coconut-rice milk in a parfait glass, with a strawberry on top, or a few carob chips. Serve a dish of fresh strawberries topped with this delightful pudding for dessert.

## FRESH FRUIT COBBLER

5 cups any fresh fruit	5 tablespoons flour
1/3 cup honey (use less if preferred)	5 tablespoons frozen concentrated apple juice

Mix honey and apple juice together and heat enough to melt the honey. Add to fruit. Carefully stir in the flour. Add vanilla or lemon rind to taste. Place crumb topping (see page 60) at the bottom of dish. Pour cobbler into dish. Sprinkle more crumb topping on. Bake to brown topping.

Alternative: Use cobbler or pie pastry. (see page 61)

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## TANGY CUSTARD PIE

Whiz till smooth:	1/2 teaspoon salt
1 cup chopped dates (softened in hot water)	1 teaspoon vanilla
1 tablespoon honey	3 tablespoons lemon juice or orange juice
2 cups cooked pumpkin	1/2 teaspoon lemon rind
1 1/2 teaspoon coriander	1 1/4 cups water (coconut cream as a special treat)
1 teaspoon cardamon	

Pour into saucepan stirring continually, till hot.

Mix:

2 1/2-3 tablespoons rice flour and 2/3 cups water in a bowl.

Add to saucepan. Cook, pour into crust which has been pre-baked.

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## **BLACKBERRY COBBLER**

Blend 1 ½ cups dates and 2 cups concentrated frozen grape juice

Add and blend 4 tablespoons cornstarch and 5 tablespoons flour.  
Add mixture to 6 cups blackberries.

Bring to boil in a saucepan stirring constantly. (If microwaving, stir occasionally)

Add vanilla to flavor.

Pour into a glass baking dish.

Top with Healthy Biscuit or Cobble Crust. (see page 65)

Allow to double in size.

Bake at 120°C/350°F 20-30 minutes until crust is tender.

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## **CHEESE PIE (Pineapple and tofu)**

1 cup tofu (or more if you prefer)	3 tablespoons cornstarch
1 20oz can crushed pineapple	2 tablespoons white flour
1/3 cup cashews	4 to 5 tablespoons honey, OR
1 cup well cooked rice	5 dates (mashed in hot water)
	1 tablespoon honey

Blend nuts and rice with just enough tofu and pineapple to make thick and smooth. Add remaining ingredients and blend until smooth. Bring to boil stirring constantly for 3 mins. Cover, cool and fill crust. (see pages 58 and 59 for Crust recipes.)

Topping: Place three well drained slices of pineapple on top, with a fresh strawberry, with stem, in each. Slice large strawberries in half lengthwise and place all around the edge of the pie. Walnut halves or pecans may be placed decoratively in between pineapple and strawberries. This is a very attractive pie. Creamed blueberries may be placed in little piles between pineapple. Any creamed, fresh or frozen berry may top entire pie.

## **PIE CRUSTS**

### **GRANOLA PIE CRUST**

2 cups Granola (grind in food processor)	3 tablespoons fruit juice
--	---------------------------

Mix in bowl then press into pie dish. Bake at 180°C/350°F for 10-15 minutes or until firm and lightly browned if pre-baked crust is needed.

(recipe for Cranola is on page 52.)

## YUM BREAD CRUST

5 cups sliced wholemeal bread      ½ cup dates, softened  
½ cup coconut                              2 tablespoons water

Blend in food processor then press into pie dish. Bake at 180°C/350°F for 20 minutes if pre-baked crust is needed.

---

## GRANOLA CRUNCH PIE CRUST

Lightly grind in blender:  
1 ½ cups granola (plain muesli)

In a small bowl add following to granola:  
2 tablespoons oil (optional)  
pinch salt

Pour into sprayed pie dish and add just enough water (2-4 tablespoons) so you can press into shape with your fingers or a fork. Bake at 180°C/350°F for 10-15 minutes, until firm and crusty.

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## OIL-FREE PIE CRUST

Use this for the healthy cracker recipe (see page 65) or the cobbler and pie pastry (see page 61.)

Leave out the chopped fruit if making a savory pie crust.

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## CRUMB TOPPING OR BASE

Place into large bowl:	1/2 cup coconut
1 1/2 cups rolled oats	1/4 cup sunflower seeds OR
1/2 cup millet meal (or oat bran)	chopped nuts
	1/2 teaspoon salt

Mix well. Add 1/2-3/4 cup orange juice.

Mix with hands till all is moist but not wet.

Base: If pre-baking for pie – cook at 150°C/300°F for 25 minutes.

### **Crumble topping:**

Sprinkle directly on top of fruit, then bake. OR dry bake in tray and use as a topping over a dessert.

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## OIL PIE CRUST

3 cups wholemeal flour	little salt
2 tablespoons or 1/8 cup olive oil	little warm water

Add salt to oil and rub oil into flour. Add a little water to flour mixture if mixture is too dry. Knead lightly to a dough. Let stand for 5-10 minutes (makes it easy to roll).

**Alternative:** Whiz everything together. Divide dough into two parts for bottom and top. Roll out on a lightly floured board. Cover pie dish. Prick. Bake at 180°C/350°F for 20 minutes.

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## COBBLER OR PIE PASTRY

¼ cup apple juice  
¼ hot water  
½ tablespoon yeast

2/3 cups peanuts or cashews  
and 2/3 cup water  
2 cups flour (1 white and 1  
wholemeal)  
½ teaspoon salt

The recipe makes three 9 inch pie crust bases.

Mix the ¼ cup of apple juice and the ¼ cup of hot water to make a warm solution. Sprinkle yeast over water and apple juice. Blend the 2/3 cup of nuts in 2/3 cup of water until smooth. Place in a bowl and add yeast mixture. Stir in flour and salt, place on a board and knead lightly. If dough is a bit too soft add more flour, (but this will be more like a biscuit dough.) Divide dough into three equal parts. Keep board well floured and roll out a very thin pie crust. The pastry will rise to double its size.

For pre-baked shell: Place the pastry in the pie dish, flute the edges, prick the bottom, cover and let rise till double its size. Bake at 210°C/400°F for 7 minutes. Keep crust in plastic wrap after baking.

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# CHEESECAKE

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## TOFU CHEESECAKE (Yummy)

### **Crust:**

5 slices wholemeal bread                      ½ cup dates  
½ cup coconut

Whiz all ingredients in food processor. Press into pie dish. Bake at 180°C/350°F.

### **Filling:**

½ lb/250g firm tofu  
14 oz/440g can unsweetened pineapple pieces  
¼ cup water  
½ teaspoon salt  
½ cup lemon juice  
½ cup honey  
½ cup cornstarch

Blend all ingredients until smooth. Pour into saucepan. Bring to boil to thicken, stirring constantly.  
Pour and smooth into baked pie crust. Cool!

You may decorate with strawberries or blueberries.

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## CAKES

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### DRIED FRUIT CAKE

1¾ - 2 cups dried mixed fruit	1 teaspoon vanilla
1 cup warm water	1 cup white flour
1 tablespoon instant dry yeast	2 cups whole wheat flour
2 tablespoons olive oil (optional)	1 teaspoon salt
3 tablespoons honey/malt	½ cup chopped brazil nuts or walnuts
14 oz/440g tin crushed pineapple	lemon rind

Mix fruit, water, yeast, oil, malt, pineapple with juice, vanilla and lemon rind in a bowl. Add dry ingredients and beat well.

Place in a cake tin lined with “bake paper”. Let stand in a warm place until risen slightly. Bake at 180°C/350°F for 40 minutes.

If using “CCC baking powder” use 1 teaspoon for 1 cup of flour. Follow instructions on how to use CCC baking powder (page 1.)

Use: cold water instead of warm water. Bake in a hot oven.

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## COOKIES

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### CAROB CHOCOLATE BROWNIES

¾ cup honey	1 teaspoon salt
1/3 cup oil	2/3 cup water
2 cups whole wheat flour	1 teaspoon vanilla
½ cup carob powder	1½ teaspoon coffee substitute (cereal coffee)
2/3 cup chopped walnuts	

Stir until smooth all but flour, then add flour. Bake at 180°C/350°F for 35 minutes in an oiled 8 x 8 inch pan, cool. Ice with coconut frosting (as on page 67.)

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## SAUCY APPLE CAKE, CUPCAKES OR COOKIES

1 tablespoon yeast dissolved in ¼ cup apple juice and water	½ teaspoon lemon extract
¼ cup concentrated apple juice	2 teaspoons vanilla
1¼ cups applesauce	1 teaspoon maple flavouring
1/3 cup honey	1½ to 2 cups white flour
¾ cup dates	1½ cups whole wheat flour
½ cup peanuts, firmly packed	½ cup chopped walnuts

Blend all ingredients until smooth, except flour, walnuts and dissolved yeast. Place mix in bowl, add yeast mix and blend with spoon. Add flour and beat well for 3 minutes.

Add nuts and fill non-stick muffin tins ¾ full. Or spoon onto cookie sheet, flatten with wet fork, or make into a layer cake. Cover and let double in size in a warm place about 45 mins. This will rise in the baking process also.

For cookies, bake at 180°C/350°F for 15 minutes.

For saucy apple cake and cupcakes, bake at 180°C/350°F for 15 minutes, then reduce baking heat to 150°C/300°F for another 20 minutes.

Do not over bake. Cool on rack, wrap in plastic, and refrigerate or freeze.

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# DATE LOAF, BISCUITS

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## DATE LOAF

1¼ cups stewed apple	1 ¾ cups chopped dates
1 cup warm water	1 teaspoon salt
1 tablespoon instant dry yeast	¾ cup chopped walnuts
2 tablespoons olive oil (optional)	2 cups wholemeal flour
3 tablespoons honey	1 cup white flour

Place stewed apple in bowl with water, yeast, oil and honey. Mix well. Add dates, walnuts and dry ingredients and beat well. Place in loaf pans, let rise in a warm place. Bake at 180°C/350°F for 35 minutes.

See instructions on CCC baking powder (page 1.)

Note: If using CCC baking powder use 1 teaspoon per cup of flour. Use cold water instead of warm water. Bake in preheated hot oven.

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## HEALTHY BISCUITS OR CRACKERS (Cobbler)

Mix and Warm:

¼ cup apple juice

¼ cup water

Add: 1 tablespoon activated yeast and mix.

Mix in bowl:

1 cup fine cornmeal

1 cup barley flour

1 cup white flour

½ teaspoon salt

1/3 cup whole wheat flour

Add yeast mixture and warm water to flour and mix well.

Place on a floured board and knead lightly. Roll out to ½ inch thick. Cut with a biscuit or cookie cutter. Place on sprayed tray and let rise to double in size. Bake at 210°C/400°F for 20 minutes.

### **Crackers:**

Roll out thinly. Prick and cut with cookie cutter.

Place on non-stick tray.

Let rise to double the size.

Bake at 200°C/375°F till crisp. Not burned.

### **Cobble Crust:**

Roll out to ¼ - ½ inch thick

Lay on top of cobbler

Bake at 200°C/375°F until crisp

### **Pie Crust:**

Roll out to desired thickness and line pie dish.

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## DESSERTS

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### CREAMY COCONUT DELIGHT

Prepare:

1 cup oranges cubed  
 1 cup pineapple cubed  
 2 bananas, chopped  
 pour over lemon juice  
 1 cup green grapes  
 1 cup kiwi fruit – sliced (chinese gooseberries)  
 ½ cup shredded coconut  
 1 cup coconut cream OR thickened soy milk

Mix gently. Garnish with mint leaves.  
 Refrigerate before serving.

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### PASSIONFRUIT FLUMMERY

4-6 passionfruit	½ cup orange juice
1 tablespoon agar agar	2 tablespoons lemon juice
½ cup hot water	½ cup hot water
2 tablespoons rice flour	extra passionfruit to decorate
½ cup honey	

Pulp passionfruit. Soak agar in hot water. Combine honey and rice flour to smooth paste. Add lemon juice, and another ½ cup hot water. Bring to boil and stir until mixture thickens. Add soaked agar and stir until dissolved. Cool and transfer to a large bowl and chill until just starting to set. Beat well until very thick and mixture doubles in volume.

Turn into serving dish and chill until set. Decorate with extra passionfruit and shredded coconut.

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## COCONUT FROSTING

1 cup water	¼ cup sweetener (dates or honey)
1 tablespoon cornstarch	1 teaspoon vanilla
1/3 cup coconut	1 cup cashews
¼ teaspoon salt	

Blend all ingredients until smooth. Lightly boil, stirring until thickened.

**Variations:** Leave out vanilla and add ½ teaspoon lemon, orange or butterscotch extract.

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## FRUIT SOUP – OR COLD DESSERT

Soak: 6 tablespoons sago in 4 cups pineapple juice, or fruit juice of your choice for 15-20 minutes.

Cook on medium to low heat for 20 minutes OR until sago is clear.

Add :

1/3 cup dried apricots, pre-soaked

1 large red apple, diced

1 medium can pineapple pieces (previously drained)

Stir on the element GENTLY. Simmer for 10 minutes.

IF adding bananas, chop and place in mix, stir, remove immediately from heat.

IF serving as SOUP stir in 1 cup more water.

IF serving cold pour direct into shallow dish to set in fridge.

HINT: a little lemon juice brings out the true fruit flavour.

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## BANANA FRUIT SOUP

1 can of coconut milk (may dilute with 2 cans water)  
 3 or 4 bananas sliced (½ inch thick)  
 ½ teaspoon vanilla  
 little lemon rind  
 honey to taste  
 little cornstarch to thicken to desired consistency

Bring milk to the boil. Mix cornstarch with a little water.  
 Add to milk stirring constantly to desired thickness (not too thick).  
 Add honey and vanilla.  
 Mix in sliced bananas.  
 Cook for 1 minute and serve.

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## FRUIT BARS

2 cups quick or rolled oats	½ cup honey
1 teaspoon salt	2/3 cup nuts or sunflower seeds
1½ cups oat flour	¼ cup finely chopped dried fruit or apricots
½ cup water	
½ cup coconut	

Make oat flour by blending fine 1½ cups oats. Combine dry ingredients. Blend nuts and water until smooth. When using a liquid sweetener such as honey stir it in with the blended nuts before adding to the dry ingredients. Combine wet and dry ingredients and work the wet throughout so that the ingredients are well mixed. This may work better by using hands instead of a spoon. Put half of the mixture in an oiled 9½ x 13½ inch/24 x 34cm baking dish. Gently pat the mixture down with the back of a teaspoon that is periodically moistened with water to keep the crumb mixture from sticking to the spoon.

Alternative: Leave out the honey. Substitute ½ cup water for ½ cup fruit juice concentrate.

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## CANDY

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### CAROB CHOCOLATE CANDY

1 cup peanut butter, almond butter or sesame butter	¼ cup sesame seeds
¾ cup carob powder	¼ cup chopped walnuts, macadamia or almonds
½ cup honey	½ cup shredded coconut
½ cup sunflower seeds	½ cup raisins

Combine sunflower, sesame seeds and walnuts. Lightly toast in a dry pan in a 150°C/300°F oven. Meanwhile, heat honey and nut butter on low heat briefly and stir until smooth. Stir in carob and remaining ingredients. Press mixture into a sprayed 8 inch square pan. Cover and chill for several hours before cutting into squares.

Note: May also add ¾ teaspoon peppermint extract to honey and butter after heating.

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### CAROB CHOCOLATE BALLS

Shredded wheat or “Healthy crackers” (see page 65)	
2 cups coconut (fine)	1 cup soy milk
3 tablespoons carob powder	1-2 tablespoons honey
½ cup raisins or sultanas	1 teaspoon peppermint or vanilla essence (optional)

Combine all dry ingredients. Melt honey, milk and essence together then add to other ingredients. Form into balls. Roll in coconut and chill.

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## NUTTY CANDY

2/3 cup honey or rice syrup	1/4 cup chopped nuts
2 cups rice crispies	1/2 cup peanut butter or other nut butter
1 cup coconut	

Measure out all ingredients first. Lightly boil sweetener 2 minutes, stirring. Quickly combine all items. Roll into small balls.

Substitute: barley malt, carrot malt for rice syrup.

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## PECAN MALT ROLL

2 cups mixed dried fruit	1/2 cup chopped nuts
1 1/2 cups coconut	1/2 cup chopped pecans
1 cup malt grain	1 cup wheatgerm

Mix all dry ingredients in a bowl. Heat malt and pour over the mixture. Mix well and form into rolls about 1 inch/2 1/2 centimetres in diameter. Store in the refrigerator and cut off slices as needed.

**Variations:** Substitute other nuts, eg macadamia or almond, for pecans.

---

## **POPS: CAROB CHOCOLATE ICIES**

6 ripe firm bananas, each cut in half      Chopped roasted ground nuts or coconut  
12 popsicle sticks

Insert popsicle sticks. Coat bananas with carob chocolate icing (see page 71) or pops carob chocolate icing (see below.) Cover with ground nuts or coconut.

Chill for immediate use or freeze for later.

Note: Popsicle sticks could be inserted into the banana halves and pre-frozen on a tray.

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## **POPS: CAROB CHOCOLATE ICING**

4 tablespoons carob powder  
Add coconut milk and mix to form a thick/runny cream  
Add a little lemon juice and honey  
Coconut to sprinkle over icies

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## ICES

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### **FUDGE-BANANA FREEZE (on a stick)**

Peel about 6 bananas and cut into halves.

Put into each half a popsicle stick.

Freeze on a tray.

Place ½ cup dates, chopped, into ¾ cup boiling water and let stand for 10 mins.

Mash dates and water with fork.

Mix in:

1½ - 2 tablespoons dark carob (3-4 tablespoons light carob)

½ cup tahini or nut butter OR minced nuts

1½ teaspoons vanilla essence OR lemon or orange juice

1 teaspoon ECCO (cereal coffee) – this enriches flavour

Pinch salt

Chill till cold

Spread fudge mix onto frozen bananas. Place frozen bananas back into freezer.

Tastes just like the real sugar loaded ices, but this is real healthy for children as well as adults.

You may roll in coconut before re-freezing with the fudge frosting.

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### **CAROB CHOCOLATE ICING/SPREAD**

1 cup boiling water

½ cup dates

½ cup peanut butter

4 tablespoons carob (dark)

1½ teaspoon vanilla

pinch salt

Soften dates in boiling water. Blend everything till smooth. Chill as icing or spread.

Note: To make more spread – add 1 cup water and  $\frac{1}{4}$  cup corn starch. Boil to thicken.

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## TOFU ICE-CREAM

½ lb/250g tofu	1 tablespoon vanilla essence
2 teaspoons carob powder	2 tablespoons soy milk powder
1 cup dates	½ cup water
½ cup toasted hazelnuts	

Add dates to water, heat and stir until soft. Place all ingredients into a food processor and whiz until smooth. Freeze. This is rich and 2 teaspoons per serve is enough.

**Alternative:** Omit carob powder, add a little honey. Top with passionfruit.

### **Soft icecream:**

Freeze blocks of tofu and whiz with fresh cold raspberries, strawberries, candilope, papaya etc. You may add a little honey or maple syrup.

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## JELLO

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### BASIC AGAR JELLO

3 cups any fruit juice (fruit juice concentrate diluted to desired sweetness)

1½ tablespoon powdered agar agar

Dissolve agar in a little juice. Bring to boil and boil for 2 minutes. Add remainder of juice and stir constantly until boiling. Boil further for 2 minutes and cool. Whole pieces of fruit may be added while cooling. Jelly usually sets in 15 minutes. Does not need refrigerator to set.

For a firm jello just reduce liquid.

Note: Agar agar could be bought at Chinese stores, health stores or grocery stores. It is derived from seaweed.

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## SWEET SPREADS

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### RASPBERRY AND STRAWBERRY SPREAD

1 cup berries

3 dried pineapple rings

Wash the pineapple rings and chop finely. Whiz and add berries. Refrigerate, or freeze.

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## **DRIED FRUIT SPREADS - BASIC**

Wash 1 cup of any dried fruit: figs, apple, dates, apricots, raisins etc.

Cover with 2 cups boiling water.

Soak overnight in refrigerator. Or soak for at least one hour.

Blend till smooth.

Add pinch salt.

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## **CAROB CHOCOLATE FRUIT SPREAD**

Mix with fork:

2 tablespoons ground cashews	¾ cup dried fruit spread – (as above) or choice
2 tablespoons unsweetened carob powder	Add a little water if needed.

Nuts may be used toasted or raw.

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## **APRICOT SPREAD**

Stew 1 cup dried apricots	1 lemon or more
1 cup water	Honey to taste

Blend until smooth, adding water if necessary.

Use as spread, topping etc.

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## APRICOT PINEAPPLE SPREAD

1 can pineapple 14 oz (425g),                      1 cup apricots, dried  
unsweetened

Soften apricots in the pineapple juice from can in saucepan or microwave. Whiz in food processor until desired smoothness, store in fridge. Keeps for 2 weeks.

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## PINEAPPLE DATE SPREAD

1 can pineapple 16 oz (425g),                      ½ cup dates  
unsweetened

Soften dates in the pineapple juice from can in saucepan or microwave. Whiz in food processor until desired smoothness, store in fridge. Keeps for up to 2 weeks.

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## JAMS/PRESERVES

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### FRUIT JAM

1 cup chopped apricots (dried),                      1 cup water, more if needed  
soaked    Juice from can of pineapple  
1 large apple, chopped

Cook well till thickening. Mash with potato masher, then add 1 small can unsweetened pineapple pieces, or crushed pineapple, 1 tablespoon lemon juice and 1 teaspoon honey.

Reheat till simmering well, then this can be bottled and sealed. Use for spreads, toppings etc. This recipe can be altered to suit your personal tastes – refrigerate when opened.

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## DRIED FRUIT JAM

Rehydrate any combination of dried fruit with just enough water to cover. Simmer till soft or soak overnight. Whiz in blender till smooth. Store in refrigerator. Increase sweetness by adding softened dates. Note: Do not use crystallized fruit.

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## STRAWBERRY PRESERVE JAM

1 cup strawberries	2-4 tablespoons honey/maple syrup
½ teaspoon vanilla	1 tablespoon granulated tapioca

Strawberries may be fresh or frozen. Frozen berries should be thawed, drained and equal to 1 cup drained. Blend all ingredients until smooth. Lightly boil until tapioca is clear, stirring. Chill.

Variations:

Use ¼ cup unsweetened juice concentrate in place of honey.

Use other fruits such as grapes, other berries and peaches.

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## BERRY PRESERVE JAM

125ml concentrated fruit juice	1 cup honey
4 cups or 1 lb/450g mashed berries (fresh/frozen)	½ cup corn starch/arrowroot
	¾ cup water

Bring to boil juice, berries and honey. Mash with potato masher. Mix water and corn starch.

Add to berry mixture to thicken, stirring constantly till clear.

Note: Reduce honey for strawberries or blueberries.

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## ORANGE MARMALADE

2 cups very thinly sliced oranges with peel	1 cup orange juice
3 cups dried apples, ground	2½ cups apple concentrate
	3 cups water

Place all ingredients in saucepan or crock pot. Cook slowly for 1 hour or till oranges are tender. For sweeter marmalade reduce water and increase apple concentrate.

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## RAISIN (OR BLACKCURRENT) JAM

2 cups dried black grapes	Grape juice
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Pour juice over dried grapes to cover. Cook over stove till soft. (or microwave for 7 minutes. Blend till smooth.

Alternative 1: Bring juice and dried grapes to simmer slowly. Mix a little cornstarch with grape juice. Add to fruit, stirring constantly till thickens.

Alternative 2: Use small raisins.

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## JELLY (as in Peanut Butter & Jelly)

Use fruit juice concentrate of your choice.  
Thicken with cornstarch to desired consistency.  
Use as in peanut “butter and jelly” sandwich.

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## MILK SUBSTITUTES

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### CREAMY COCONUT-RICE MILK

1 cup well cooked brown rice	1 teaspoon salt
2/3 cup coconut cream	1 tablespoon vanilla
	2 tablespoons honey

Blend all ingredients until very frothy and creamy in about 3 cups water. Pour into ½ gallon container, add water to fill, shake well before using. For richer, sweeter milk, add less water.

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### NUT MILK

1 cup raw cashews	3 tablespoons honey or maple
1 teaspoon vanilla	syrup
1 cup water	5 cups additional cold water
¾ teaspoon salt	

Set aside the 5 cups of additional cold water.

Blend the rest of the ingredients until smooth. When smooth add the 5 cups of water.

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## RICE MILK/CREAM

1/4 cup dates or 2 tablespoons honey	1 cup brown rice or barley (well cooked)
1/2 cup cashews	1 teaspoon salt
2-5 cups water	Bananas (optional)
1 teaspoon vanilla	

Blend with a little water. Add more water and shake.

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## OATMEAL MILK

4 cups oatmeal (cooked)	1 1/4 teaspoons vanilla
8 cups water	1 teaspoon salt
2 1/2 bananas (more or less to taste)	1/4 cup raisins or dates (optional)

Blend or whiz all ingredients until smooth or creamy.

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## CASHEW NUT CREAM (non dairy)

3/4 cup raw cashews (or almonds)	6-8 dates
1 cup water	1/2 teaspoon vanilla
	pinch salt

Blend until smooth – will thicken in the fridge.

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## PEAR CREAM

½ cup raw cashews	1 quart pears or 820g tin pears
1-2 tablespoons honey	or 2 140g cans pears
	1 teaspoon vanilla

Blend all ingredients until smooth. May need to add a little water to help blend.

Note: Do not use fresh pears as they become brown quickly when blended.

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## SWEET CREAM

½ cup cashews, blanched	3 tablespoons honey
almonds or sunflower seeds	1 teaspoon vanilla
½ cup water, hot	¼ teaspoon salt
1 can coconut cream	3 tablespoons cornstarch or arrowroot

Whiz nuts in the hot water. Add the rest of the ingredients. Blend till smooth. Heat in saucepan until thick, constantly stirring over medium heat. Cool then refrigerate.

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## MACADAMIA NUT CREAM

¾ cup raw macadamia nuts	Fresh lemon rind or ½ teaspoon
1 cup water	vanilla
6-8 dates	Pinch salt

Blend until smooth.  
Chill to thicken.

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