

ADVENTURES IN KITCHENLAND  
WITH THE  
ANTIVIRAL ALL-STARS  
BY  
SARA ROSE WASSON

(Or Raising Immunity Levels on Lockdown  
in the 2020 Flupocalypse!)

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Greetings friends, family and all those I don't know who've found their way to this book!

In this crazy time of, what I've dubbed: "The Flupocolypse", it's easy to get overwhelmed with headlines shouting non stop fear, contagion, sickness and death! Having to stay at home indefinitely only adds to the stress, not to mention walking into your local grocery store to find many essentials cleared off the shelves and many standard cold & flu season immune boosting supplements listed as out of stock or temporarily unavailable in health food stores and online.

Whether it be the heightened state of anxiety and worries of illness that pervade the global conversation in the wake of this pandemic or the hustle and bustle of life as usual with take out, delivery and frozen meals being the norm for most, it's easy to lose sight of how many healing, restorative and immune strengthening ingredients there are in the practical items easily available to us through mother nature and almost always on the shelves of most grocery stores - even now.

For example, did you know that many common foods and herbs hold potent antiviral properties? Some of them have even been shown in scientific laboratory studies to inhibit viral cell replication, specifically of influenza type viruses, as well as targeting and activating the increased immune function of the respiratory tract. You've walked past many of these food and herbs in your grocery store on a regular basis, not knowing that, in addition to being culinary staples or flavorful enhancements, they are also most helpful little arrows to have in your quiver for any circumstance that should require activating and strengthening your body's ability to resist and fight viral infection, mitigate symptoms should an infection occur, and strengthen and restore the parts of the body/organs affected by viral pathogens.

When Hippocrates, the classical Greek physician widely considered to be the "Father of Medicine" said, "*Let thy food be thy medicine and thy medicine be thy food*" it's a safe bet he was onto something!

Too bad for us modern medicine has moved so far from that truth and functions now, for the most part, as merely an arm of the pharmaceutical industry. This shift came about as the direct result of the 1910 "Flexner Report", <sup>1</sup> funded by John D. Rockefeller (Oil, Petro-Chemical, Finance Magnate) and Andrew Carnegie (Steel/Railway, Finance Magnate) which ushered in a widespread, strategic change of the way medicine was defined, explored and practiced, initiating the wholesale discrediting, invalidating and labeling as "quackery" all forms of "CAM" Complementary Alternative Medicine such as homeopathy, naturopathy, even physiotherapy and chiropractic. <sup>2,3</sup>

Never heard this before? Sound like a “conspiracy theory”? Feel free to peruse the scholarly articles listed below from Yale Medical Journal and the Journal of “Complementary and Evidence Based Medicine”, both of which clearly and in great detail cite the lopsided effects the Flexner report has had on the field of medicine in the last century and the need to balance the paradigm by integrating CAM back into the field of medical education and practice.

And thus concludes our untold-yet-highly-important-to-know-about-histories-of-America-lesson. I shall digress! Now... where was I...?

Oh yes! I've always sought great solace in my ability to turn cooking and food preparations into a self care, DIY (do it yourself) adventure. There is something very empowering in being able to research the proven healing benefits of certain foods or herbs and then take it upon oneself to create nourishing meals and beverages that fill the body with these very same healing and immune strengthening enzymes, phytochemicals, minerals and so forth. In this unprecedented time where the only thing we can really count on for sure (besides God) is the fact that we all have a lot more down time at home than we had before, it makes sense to invest some of that time in exploring new ways of taking care of our bodies, boosting our immune systems and for those living with family- sharing in the messy, hands-on fun of culinary experimentation with kids and loved ones.

The recipes collected in this book are made up of originals from my kitchen and some found online - all containing ingredients from the list of “AntiViral Allstars” as I like to call them. Originally this idea started small with the few things I've made for many years now in regular batches. I thought it would be good to share the info with all my friends (and, thanks to social media, their friends and their friends' friends and so on). Yet, the more I researched ways of incorporating large amounts of these key ingredients into a meal, the more delicious looking recipes I found and the more time I spent in the kitchen trying many of them out, the more I also remembered recipes from previous cooking experiences of my own over the years and the table of contents expanded into what it is now.

Some are great for making in batches which last in the fridge for many days to weeks and some are just a simple 1-2 person meals to be made and eaten on the same day. The latter I added in because so many of them were just too good not to share, the former I recommend for their ability to deliver a dose of the AntiViral Allstars as a regular daily part of your diet without necessarily having to cook and prep every day.

In the Resources section I have linked to where you can find many items that may not be available in your store and can be ordered in bulk. I have intentionally left out any recipes that I would consider too complicated or time consuming. There are so many like this which I'm sure create an impressive dinner table spread for the housewife who has all day to spend in the kitchen preparing a feast for her husband and his colleagues who come over for a dinner party on fine china and so on but every recipe I have ever tried, loved, recommended and made my own was one that was easy for me to whip up for myself or a friend, had less than 10 ingredients and wouldn't take more than an hour's time (at the very most) so these are the type I have included in this book.

For my single friends who don't consider themselves cooks or bakers, trust me that it's easier than you think to make or bake something amazing (in a toaster oven, no less!), that you can sit back and be proud to eat and share with friends who will say, *"Wow, you made this?? It's soooo good!!"*

Unlike most people who love the world of cooking and baking, sharing their recipes in blogs or cookbooks full of their mother's and grandmother's recipes, accompanied by heart warming family dinner antic-dotes, I did not grow up in a house where baking, cooking or making feast-like dinners was a thing. However, my love for quality foods and my palate for the exotic was definitely nurtured by parents who both had an appreciation for fine dining and International cuisine. While I was never taught "how to cook" or "how to bake", I think I've managed to become quite the baker and chef! And my perfectly honest, if perhaps not so humble opinion is: If I figured it out on my own, so can you. Besides, it's not like you've got a whole lot else to do right now!

In the next section we will cover the AntiViral AllStars. I have linked to scientific studies proving the efficacy of each of these items in blocking viral cell replication or otherwise having notable antiviral properties. I will make the disclaimer that these articles, for the most part, are referring to using extracts of the listed herbs/foods. I can't say whether just a simple hibiscus ginger tea or even a "decoction" (herbs and water simmered on low for 20-45 minutes, then left to steep in pot with lid over night, then strained) would reproduce the same concentration of antiviral properties used in these experiments involving extraction of certain volatile chemical compounds from the herb/food via alcohol or steam distillation.

However! I DO believe that if science has found peer reviewed medical journal worthy antiviral properties in ANY of these friendly natural ingredients, there is significant antiviral protection potential in ALL of these things if incorporated into our daily diet, especially COMBINED! It only makes sense that incorporating them into your diet on a

regular and intentional basis would have some effect on boosting your body's ability to fight off or power through a viral infection or exposure.

The more obvious immune boosting items, such as echinacea, elderberry, goldenseal and so on I have not listed as you will find most health food stores are sold out and many online shops, such as vitacost.com are listing them as out of stock and temporarily unavailable due to such high demand. Hence, my efforts in researching the things that are still widely available, items not on the radar of the panic buyers!

I made this booklet a free download because I want it to be available for everyone. However I do ask that, if you are able, you kindly consider making a donation for the time and energy I put into researching, creating and providing this resource which I've had ample amount of time to work on, having lost both jobs as a result of this pandemic! Given the fact that I've made most of my income freelancing and rarely making enough to file taxes, I've found out I don't qualify for any kind of unemployment. This seems to be a time for freelancers to take to the internet with their creativity, intellect and entrepreneurial spirit! Therefore, any contributions great or small are deeply appreciated.

You can Donate via PayPal at [www.paypal.me/TheFaithfulHeart](http://www.paypal.me/TheFaithfulHeart)

Or Venmo [www.venmo.com/TheFaithfulHeart](http://www.venmo.com/TheFaithfulHeart)

Or you can send your support old school: P.O. Box 1194 Topanga, CA 90290

Thank you for downloading and sharing this ebook and now let's get started on our Adventures in Kitchenland by meeting our friendly guides, the AntiViral Allstars!

\*A word on technicalities:

I've never written an ebook or put this much text online before. I did this on my own over about 7 weeks using a software I typically use for screenwriting (which then had to be transferred to a Google Doc due to formatting issues!) Please forgive any typos I may have overlooked. I threw this together as quickly as possible to get it to the people I love and care about so that they could feel confident in their ability to stay healthy through all this & have fun while doing it. I promise my next book will look less like a first draft and will have pictures and videos to go with it! :)

Oh and I should probably make an obligatory disclaimer in case this book gets "too popular": *"None of the statements in this book have been approved by the FDA, nor is this book, its findings or recipes meant to diagnose or treat any illnesses. This book is simply a cookbook made in hopes of encouraging and supporting the health and wellbeing of its readers."*

God Bless!

Sara Rose Wasson.

Holy Week/Easter, April 2020, Topanga Canyon, CA

- 1) [https://en.wikipedia.org/wiki/Flexner\\_Report](https://en.wikipedia.org/wiki/Flexner_Report)
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3543812/>
- 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3178858>

## THE STARS OF THE SHOW

\*Herbs marked with asterisk and underlined are specifically beneficial for the respiratory tract and have been proven effective in combating influenza type viruses.

### BASIL

This vibrant, versatile herb can lend its flavors equally well to sweet and savory dishes alike. Revered in India for centuries as a great healer. In a 4-week study in 24 healthy adults, supplementing with 300 mg of holy basil extract significantly increased levels of helper T cells and natural killer cells, both of which are immune cells that help protect and defend your body from viral infections. <sup>1</sup>

1) <https://www.ncbi.nlm.nih.gov/pubmed/16173941>. <https://www.precisionnutrition.com/healthy-basil>

### \*CINNAMON

Ahhh, the familiar, comforting warmth of cinnamon. It always smells and tastes like the holidays to me. According to Dr Milton Schiffenbaur of the New York School of Career and Applied Studies, *“A diet that includes a tablespoon of cinnamon once or twice a day can be effective in eliminating or preventing viruses from infecting humans and causing sickness, such as colds, flu, and even herpes.”* <sup>1</sup> To fully reap the health benefits of Cinnamon, make sure you buy CEYLON cinnamon variety, not CASSIA which is the cheaper, more widely available cinnamon. Cassia can actually be harmful at more than 1 teaspoon a day. It’s worth paying a few bucks extra for Ceylon..<sup>2</sup>

1) <https://nycas.touro.edu/news--events/press-releases/dr-schiffenbauer-cinnamon-research-presented-at-asm-meeting.php>.

2) <https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon#section11>

### \*COCONUT

Coconut is a true superfood, with so many uses. *“Oh but isn’t it fattening?”* Well, yes, it IS full of fat but it’s the good fats, fatty acids, “lauric acid and monolaurin”, which encourage your body to burn fat and provide quick energy to your body and brain. They also raise HDL (good) cholesterol in your blood, which helps reduce heart disease risk.

<sup>1</sup> The variations on how to use coconut are many: coconut flour, coconut oil (internal and topical) coconut meat, coconut water, coconut milk, coconut cream...coconut unicorns, coconut moonbeams, coconu— oh whoops, I got a little carried away there....

Coconut - specifically coconut oil - has medium chain fatty acids that are also proven to have antiviral and antibacterial properties.<sup>2</sup> Dr. Fabian M. Dayrit, who heads up the National Academy of Science & Technology of the Ateneo de Manila University in the Philippines stated the following in a study he published as recently as Jan 31st

2020, regarding the antiviral efficacy of coconut oil and its derivatives specifically on the Covid 19 Coronavirus: *“Three mechanisms have been proposed to explain the antiviral activity of lauric acid and monolaurin: first, they cause disintegration of the virus envelope; second, they can inhibit late maturation stage in the virus replicative cycle; and third, they can prevent the binding of viral proteins to the host cell membrane.”*<sup>3</sup>

1) <https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides>

2) [https://www.researchgate.net/publication/244889608\\_A\\_Review\\_of\\_Monolaurin\\_and\\_Lauric\\_Acid\\_Natural\\_Virucidal\\_and\\_Bactericidal\\_Agents](https://www.researchgate.net/publication/244889608_A_Review_of_Monolaurin_and_Lauric_Acid_Natural_Virucidal_and_Bactericidal_Agents) <https://www.naturalhealers.com/blog/coconut-oil-ultimate-guide/>

3) <https://www.icp.org.ph/2020/01/the-potential-of-coconut-oil-and-its-derivatives-as-effective-and-safe-antiviral-agents-against-the-novel-coronavirus-ncov-2019/> & <https://nutrition.org/coconut-oil/>

## \*DANDELION

Oh, Dandelion... Life is tough for this little unsung hero who grows pretty much anywhere and everywhere with no tending or care, yet manages to keep enough resilience that it's often found growing through the cracks of urban sidewalks, reaching up to say hello to the passers by of the concrete jungle. Considered a weed, sprayed with deadly roundup, yanked out and cast aside by the avid flower gardener, it seems this powerful little misfit is only truly appreciated by two kinds of humans:

The knowledgeable wildcrafter/food forager/herbalist who regularly enjoys its culinary and medicinal benefits, and the innocent, wonder-struck child who, generation after generation, delights in blowing on the fluffy seed head, making a wish and watching all the spores float off into the breeze. Little do most people know that this helpful botanical critter is actually a powerhouse of health benefits. Not only is dandelion highly nutritious, packed with antioxidants and good for your liver<sup>1</sup>, but it has also been shown in lab studies to be effective in inhibiting viral cell replication of Influenza, according to a study at the Key Laboratory of Pathogenic Microbiology and Immunology in Beijing. Their findings concluded: “The antiviral activity of dandelion extracts indicates that a component or components of these extracts possess anti-influenza virus properties. Mechanisms of reduction of viral growth...by dandelion involve inhibition on virus replication.”<sup>2</sup>

\* A word of caution when picking wild plants: Make ABSOLUTELY SURE you're not picking from a field sprayed with Roundup or any other pesticide. Chances are, if Dandelions and other weeds abound, spraying is unlikely, but don't assume, please always check to make sure.

1) <https://www.healthline.com/nutrition/dandelion-benefits#section11>

2) <https://www.ncbi.nlm.nih.gov/pubmed/22168277>

<https://ecosh.com/dandelion-18-health-benefits-backed-by-science/>

## FENNEL

Fennel! This green, feathery topped plant in the Anise family always reminds me of summers spent with my Dad in Topanga Canyon, CA. It grows wild throughout the canyon's roadsides and hiking trails. Its stalks are refreshing to chew on, its bulbs are

sold in many stores for juicing and cooking and its little yellow flowers, with their bee pollen like texture, are lovely atop a fresh salad. All parts of the fennel plant - bulb, stalk, leaves, and seeds - are edible. Harvesting wild fennel is easy, as it grows freely on roadsides, fields and trails in many climates and locations around the world. If you live in Los Angeles, you will find an abundance of it in the 1st mile of Topanga Canyon Blvd, starting from PCH. Plenty of it grows in reach of safe turnouts, just bring a spade or trowel to dig it up by root (bulb) or yank from the bottom of the stalks to get as much of the lower stalk as you can.

The upper stalks tend to be fibrous like the lower end of Asparagus, while the lower part of the stalk is crisp and delicious like inner broccoli stem. Fennel is naturally very high in Selenium and Zinc, important minerals that stimulate production of killer T-cells, which can improve the immune response to infection.<sup>1</sup> According to studies at the Department of Biochemistry, National Institute for Research in Reproductive Health in Mumbai, India, "*Studies have shown that various extracts of fennel possess a range of pharmacological actions, such as antiaging, antiallergic, anti-inflammatory, antimicrobial and antiviral,*"<sup>2</sup> This list goes on and on.

<sup>1</sup><https://www.medicalnewstoday.com/articles/284096#diet>    <sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4137549/>  
<https://www.healthline.com/nutrition/fennel-and-fennel-seed-benefits#6>

## \*GINGER

Love it or hate it, everyone knows ginger "is good for you" with its spicy, refreshing flavor. If you hate it, hopefully this book will help you learn to love it! I promise, it will love you back! A study entitled, "*Fresh Ginger has AntiViral Activity Against Human Respiratory Syncytial Virus in Human Respiratory Tract Cell Lines*" conducted by the College of Medicine, Kaohsiung Medical University, Kaohsiung, Taiwan concluded that, "*Fresh, but not dried, ginger is effective against HRSV-induced plaque formation on airway epithelium by blocking viral attachment and internalization.*"<sup>1</sup>

Say whaatt? Let's translate that, shall we:

**"HRSV"** is the "Human Respiratory Syncytial Virus, a common respiratory virus that can cause serious lung infections, especially in infants, older adults, and people with serious medical problems".<sup>2</sup>

**Viral "Plaque Formation"** are regions of cell destruction that are the result of a viral pathogen replicating and spreading throughout healthy cells. <sup>3</sup>

**"Airway Epithelium"** The American Society for Microbiology defines these as, "*The soldier in the fight against respiratory viruses*". <sup>4</sup> "*They are at the interface of the human body with the inhaled environment, forming a complex barrier complemented by the mucociliary escalator (aka phlegm and your ability to hock a loogie) to provide the first*

*line of defense against inhaled pathogens”*.. In other words, they are the tiny little brush-like filaments that coat our airways and produce the moisture and mucus that shield viruses, bacteria and other foreign objects from penetrating straight into our lung cells and tissue. I betcha love Ginger now!

- 1) <https://www.ncbi.nlm.nih.gov/pubmed/23123794> & 2) <https://medlineplus.gov/respiratorysyncytialvirusinfections.html>  
 3) [https://en.wikipedia.org/wiki/Viral\\_plaque](https://en.wikipedia.org/wiki/Viral_plaque) & 4) <https://cmr.asm.org/content/24/1/210>  
<https://www.healthline.com/nutrition/11-proven-benefits-of-ginger>

## \*Green Tea and \*Matcha

Sip a cup of green tea and you can almost sense the cherry blossoms floating on the breeze in an Oriental garden with sleek, graceful benches, arching foot bridges spanning lotus ponds and snow capped mountains in the distance. The Antiviral (and many other) benefits of this ancient beverage is its Antioxidant Polyphenolic compound called “Catechins”. Three main types of Green Tea Catechins (GTC’s) are proven to have antiviral properties.<sup>1</sup> They are: EGCG (epigallocatechin gallate), ECG, (epicatechin gallate) and EGC (epigallocatechin). There are higher catechins, especially EGCG, in Matcha (powdered green tea concentrate) 137 times higher to be precise, than in loose tea leaves but both have enough catechins to do your body good.<sup>2</sup>

According to a 2017 study by the College of Life Sciences Xenchou China, Green Tea Catechins have been reported to provide various health benefits against numerous diseases. Studies have shown that GTC’s, especially epigallocatechin-3-gallate (EGCG), “*have antiviral effects against diverse viruses especially, influenza type viruses*” according to a 2005 study from the Biotechnology Department of the College of Engineering in Seoul, South Korea.<sup>3</sup>

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6152177/> & 2) <https://www.ncbi.nlm.nih.gov/pubmed/14518774>  
 3) <https://www.ncbi.nlm.nih.gov/pubmed/16137775>  
<https://www.healthline.com/nutrition/7-benefits-of-matcha-tea#1.-High-in-antioxidants>

## \*H I B I S C U S

This beautiful bright red plant native to tropical regions is not just a lovely flower to put behind your ear while you sport a sarong on the beach, it has been used as a medicinal tea for centuries. With 43.6 Mg of Vitamin C in one 8 oz cup of tea,<sup>1</sup> it packs a tart tangy taste that lends itself beautifully to smoothies, sauces, marinades and syrups. In a study from the Research Center for Global Agromedicine in Japan, scientists found that Hibiscus Tea Extract had “*rapid and potent antiviral activity*” against human strains of influenza.<sup>2, 3</sup> 1) <https://www.nutritionadvance.com/hibiscus-tea-benefits/> & 2) <https://www.theartofhealing.com.au/hibiscus.html>

- 3) <https://www.ncbi.nlm.nih.gov/pubmed/31620998>

**NOTE: There are mixed reviews about hibiscus and pregnancy. Several sources say to avoid it during pregnancy as it can cause uterine contractions. If you are pregnant, please wait until after you’ve had your**

*healthy happy baby to go crazy on the Hibiscus.. I don't think a little here and there is harmful but I'm not an expert so I'd prefer to just make the disclaimer that, if you're pregnant - avoid it all together*

## \*Honey - Raw - (Especially Manuka)

Well, who doesn't love honey? It's antibacterial, antiseptic, antifungal and antiviral. Raw honey is the best as the pasteurization process kills most of the beneficial vitamins and enzymes in regular honey. If you're going to use honey for medical purposes, please buy raw honey, otherwise, you will be missing out on it's healing goodness! <sup>1</sup>

The lesser known, yet most effective of honeys is Manuka honey, which comes from bees who buzz around and pollinate the Manuka Bushes of Australia and New Zealand. A 2014 study from the Laboratory of Molecular Biology of Infectious Agents, Nagasaki University, Japan states in its conclusion, "Our results showed that honey, in general, and particularly manuka honey, has potent inhibitory activity against the influenza virus, demonstrating a potential medicinal value."<sup>2</sup> Not only is it great for you inside but works wonders topically for wound healing as well. <sup>3</sup>

**\*Warning: Never give honey - of any kind - to infants 1 year or younger.**

1) <https://www.permaculturenews.org/2014/02/08/shocking-differences-raw-honey-processed-golden-honey-found-grocery-retailers/>

2) <https://www.ncbi.nlm.nih.gov/pubmed/24880005> & 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609166/>

<https://www.organicfacts.net/health-benefits/health-benefits-of-honey.html>

<https://www.healthline.com/nutrition/manuka-honey-uses-benefits#section2>

## \*LEMONS & ORANGES (& Vitamin C!)

Lemon and Orange contain at least 15 different antiviral compounds. Freshly squeezed lemon juice is the best source of anti-viral substances and vitamin C.<sup>1</sup> Oranges are a close second with 163 percent of the daily recommended dose of Vitamin C in just one serving. <sup>2</sup> What's so special about Vitamin C? Not only is it a powerful antioxidant, it's also revered for its ability to improve immune function.<sup>3</sup> One review published in the Annals of Nutrition and Metabolism showed that getting enough Vitamin C could shorten the duration of respiratory tract infections like the common cold <sup>4</sup>

So essential is it in boosting one's immunity to viruses, the Seoul National University College of Medicine in South Korea has an entire lab in the department of anatomy dedicated to studying it: The Laboratory of Anti-Oxidant Immunology and Vitamin C, Department of Anatomy, Seoul, Korea. The title of one of their numerous studies speaks for itself, "*Vitamin C is an Essential Factor on the Anti-viral Immune Responses through the Production of Interferon- $\alpha/\beta$  at the Initial Stage of Influenza Infection*" <sup>5</sup>

What the heck is Interferon  $\alpha/\beta$ ? Wikipedia states, "*Interferons (alpha, beta and gamma) are a group of signaling proteins made and released by host cells (our bodies) in response to the presence of several viruses. In a typical scenario, a virus-infected cell will release interferons causing nearby cells to heighten their anti-viral defenses.*

*Once released, type 1 interferons bind to specific receptors on target cells, which leads to expression of proteins that will prevent the virus from producing and replicating its RNA and DNA.* “ 6

So, much like Airway Epithelium - the soldiers that protect our respiratory tract-interferons are even tinier and protect our cells by acting as the night watchmen of a battalion who spots the enemy advancing in the distance, gets on the loudspeaker and hollers, *“All troops into formation! Enemy advancing! Ready and aim!”* If the “watchman” is snoozing on the job (or otherwise impaired) all the soldiers don’t know what hit them till it’s too late. So Vitamin C is like a superman tonic for the Watchman to see, sense, smell and detect the baddies in plenty of time to rally the troops to shield up and get ready, thus mitigating the chance of infection and lessening the severity and length of symptoms, should the enemy get some of it’s viral troops over the barricade.

- 1) <https://www.liverdoctor.com/anti-viral-foods/> & 2) <https://draxe.com/nutrition/orange-nutrition/>  
 3) <https://draxe.com/nutrition/vitamin-c-benefits> 4) <https://www.ncbi.nlm.nih.gov/pubmed/16373990>  
 5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659258/>. 6) [https://en.wikipedia.org/wiki/Interferon-alpha/beta\\_receptor](https://en.wikipedia.org/wiki/Interferon-alpha/beta_receptor)

## \*LICORICE ROOT

Most people think of candy when they think of Licorice: Redvines, Twizlers, Licorice Allsorts (mmm, my favorite and almost impossible to find in the States!) Black licorice candy is the only one that has retained its anise like flavor. Prior to Licorice Root being used to make candy, (which began in the early 16th Century, cultivated in the monastery garden at Pontefract, England, which later became the center of the licorice confectionery industry), Licorice Root had a centuries long history of being revered for its medicinal prowess by sages of India, Pharaohs of Egypt and even Alexander the Great.<sup>1</sup>

Licorice root has been the topic of much Asian research recently, given previous studies proving its efficacy keeping non SARS infected relatives from catching it from their SARS infected family members, with whom they were cohabiting. The only notable difference between those who did not get infected? They routinely drank a strong licorice root tea every day. *“Licorice root contains a variety of phytochemicals such as flavonoids like Glycyrrhizin, Liquiritigenin, and Glabridin... But it’s the class of phytochemicals called triterpenoids, especially glycyrrhizic acid and glycyrrhetic acid that were found to be extremely potent against the SARS coronavirus in numerous studies.”*<sup>2</sup>

A study from the Beijing University of Chinese Medicine concluded, *“Presently we have summarized the antiviral and antimicrobial activities of licorice. Many studies found that several components were responsible for the antiviral and antimicrobial activities through different mechanisms...They can weaken virus activities by inhibiting virus gene expression and replication”*<sup>3</sup> The supremacy of Glycyrrhizin over other pharmaceutical treatments for patients with SARS is documented here.<sup>4</sup>

- 1) <https://blog.candywarehouse.com/the-history-of-licorice-candy/>
- 2) <https://www.thailandmedical.news/news/further-research-into-the-phytochemicals-contained-in-licorice-root-might-yield-a-treatment-for-the-new-coronavirus-strain-in-china>
- 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4629407/>
- 4) <https://lib.hku.hk/medlib/sars/pdf/cinat1.pdf> <https://www.botanicalmedicine.org/licorice-root-antiviral-antimicrobial-antifungal/>

## OREGANO

Most people think of pasta sauce and Italian cooking when they think of Oregano. Most studies on the potent antimicrobial and antiviral properties of Oregano have been done on Essential Oil of Oregano and its main constituent, carvacrol. I highly recommend purchasing essential oil of Oregano and researching all its many uses. It is very effective added to cleaning sprays or hand sanitizers or even a drop or two in your liquid soap dispenser to increase the cleaning product's ability to kill heavy duty baddies like MRSA staph and lingering viruses.<sup>1</sup> Be very careful using it topically however, as it can burn the skin quite badly and whatever you do, don't rub your eyes after screwing or unscrewing the cap of a bottle of oregano oil!

- 1) <https://www.dailymail.co.uk/sciencetech/article-1088893/MRSA-wiped-OREGANO-say-British-scientists.html>
- 2) <https://www.ncbi.nlm.nih.gov/pubmed/24779581> <https://www.healthline.com/nutrition/6-oregano-benefits#section6>

## \*Probiotics & Ferments

(Such as - Yogurt, Kefir, Sauerkraut, Kimchi, etc, Miso, Pickles, Apple Cider Vinegar, Tempeh) Numerous studies have shown the importance of the beneficial bacteria found in probiotics to address everything from successfully treating numerous gastro-intestinal issues<sup>1</sup>, (which are often a result of over-prescribed antibiotics <sup>2</sup>), to helping solve the many chronic health issues (including impaired lung health! <sup>3</sup>) caused by an overgrowth of candida albicans <sup>4</sup>. Probiotics and good gut health has even been shown to increase brain function and behavior in kids and adults, a recent discovery that has picked up serious traction in the naturopathic/health foodie community, most commonly referred to as "the gut-brain connection"<sup>5,6</sup> or "GAPS - Gut and Psychology Syndrome" <sup>7</sup> (If all these terms are new to you, read this great Time magazine article to get caught up on the beneficial gut bacteria buzz.<sup>8</sup>)

If all this wasn't enough, it turns out probiotics also pack a powerful punch in rising and activating our immune response <sup>9</sup>, particularly in combating various strains of Influenza. <sup>10,11,12</sup> Although Bone Broth is not a source of probiotics, I would still list it here as it has been proven highly effective in rebuilding gut lining which is an essential part of healing your gut and maintaining healthy gut flora. <sup>13</sup>

- 1) <https://www.aafp.org/afp/2017/0801/p170.html>
- 2) <https://www.amymyersmd.com/2017/11/antibiotics-wreak-havoc-gut/>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/24638909>
- 4) <https://www.sciencedaily.com/releases/2019/02/190222101240.htm>
- 5) <https://psychcentral.com/news/2015/05/29/gut-bacteria-impacts-toddlers-behavior-particularly-boys/85098.html>
- 6) <https://www.medicalnewstoday.com/articles/kids-behavior-linked-to-gut-microbiome>
- 7) <https://www.healthline.com/nutrition/gaps-diet> & 8) <https://time.com/5556071/gut-health-diet/>
- 9) <https://cen.acs.org/biological-chemistry/microbiome/Sauerkraut-bacteria-signal-immune-system/97/i21>
- 10) <https://aac.asm.org/content/61/7/e00539-17.short>
- 11) <https://www.nature.com/articles/s41598-019-39602-7>

12) <https://www.lifeextension.com/magazine/2018/2/probiotics-fight-dangerous-winter-flu>

13) <https://draxe.com/nutrition/bone-broth-benefits/>

## SHITAKE MUSHROOM

Many studies have been done on the health benefits of numerous varieties of mushrooms<sup>1</sup> but I'm going to zero in on Shiitake here since, of those shown to have medicinal benefits, Shiitake is the easiest to obtain at your local store for culinary purposes, unlike chaga, turkey tail, reishi, lion's mane, etc. They are delicious, high in B vitamins and according to a report from the journal Evidence-Based Complementary and Alternative Medicine, mushrooms contain compounds and complex substances with antimicrobial, antiviral, antitumor, antiallergic, immunomodulating, anti-inflammatory, antiatherogenic, hypoglycemic and hepatoprotective activities.<sup>2</sup>

1) <https://draxe.com/nutrition/mushroom-nutrition-benefits/> 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1193547/>  
<https://draxe.com/nutrition/shiitake-mushrooms/> <https://www.healthline.com/nutrition/shiitake-mushrooms>

## \*TURMERIC & CURCUMIN

Last but definitely not least this Golden Spice is one of the most incredible herbs out there. Curcumin is the active ingredient in Turmeric. Turmeric is the root, like ginger. Curcumin is the medicinal polyphenol in the root. It is most often found in powder form but if you can find it fresh, fabulous, otherwise, order in bulk and use it everyday! Don't worry, you won't turn yellow!

A study by Biomed Research International entitled, A Review on Antibacterial, Antiviral, and Antifungal Activity of Curcumin states: "*Curcumin as a plant derivative has a wide range of antiviral activity against different viruses... including parainfluenza virus type 3 (PIV-3), feline infectious peritonitis virus (FIPV), vesicular stomatitis virus (VSV), herpes simplex virus (HSV), flock house virus (FHV), and respiratory syncytial virus (RSV) assessed by MTT test showed the potent antiviral activity of curcumin and its bioconjugates against different viral pathogens for further studies.*"<sup>1</sup>

A report from George Mason University states that "Curcumin, found in the popular spice turmeric, stopped the potentially deadly Rift Valley Fever virus from multiplying in infected cells, a new study shows"<sup>2</sup> While yet another publication, from the university of Cambridge states that, when curcumin was applied in vitro to influenza A strains, it reduced viral cell replication by 90%!<sup>3</sup> And not only that but it's also been shown to kill cancer cells and stop new cancer cells from emerging. This study published in the Springer American Association of Pharmaceutical Scientists concluded that "Overall, our review shows that curcumin can kill a wide variety of tumor cell types through diverse mechanisms... Furthermore, its ability to kill tumor cells and not normal cells makes curcumin an attractive candidate for drug development."<sup>4</sup>

Why wait for them to develop a curcumin-based drug which you can ingest curcumin on a regular basis at home in your diet? An important thing to know about curcumin absorption into the body when eating/drinking turmeric: In order to get the most curcumin into your system, the turmeric must be mixed with a black pepper. Research supports that combining pepperine, the bio-active compound in black pepper with the curcumin in turmeric enhances curcumin absorption by up to 2,000%!<sup>4</sup>

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4022204/> 2). <https://www.sciencedaily.com/releases/2012/08/120816122029.htm>
- 3) [https://www.researchgate.net/publication/222679260\\_Curcumin\\_inhibits\\_influenza\\_virus\\_infection\\_and\\_haemagglutination\\_activity](https://www.researchgate.net/publication/222679260_Curcumin_inhibits_influenza_virus_infection_and_haemagglutination_activity)
- 4) <https://link.springer.com/article/10.1208/s12248-009-9128-x?shared-article-renderer>
- 5) <https://www.healthline.com/nutrition/turmeric-and-black-pepper#curcumin-absorption>

## The Healthy Helper Co-Stars

These deserve honorable mention and while not being antiviral, they are known for having many other health benefits and work together well with the rest of our team.

### ZINC

Much has been discussed recently about Zinc's role in equipping the immune system to fight off viruses. There are a few foods that are noted to be very high in Zinc so I've incorporated them into this cookbook as much as possible. It's recommended that men eat 11 mg of zinc per day, while women need 8 mg. However, if you're pregnant, you'll need 11 mg per day, and if you're breastfeeding, you'll need 12 mg though one can safely take up to 150 Mg daily. <sup>1</sup>

The Oxford Academic journal, *Advances in Nutrition*, published a report entitled, *The Role of Zinc in Antiviral Immunity*, which states,

*"Zinc treatment applied at a therapeutic dose and in the right form has the potential to drastically improve the clearance of both chronic and acute viral infections, as well as their accompanying pathologies and symptoms. Consequently, the role of zinc as an antiviral can be separated into 2 categories: 1) zinc supplementation implemented to improve the antiviral response and systemic immunity in patients with zinc deficiency, and 2) zinc treatment performed to specifically inhibit viral replication or infection-related symptom"*<sup>2</sup>

Dr. James A. Robb, University of Colorado School of Medicine MD, pathologist, and molecular virologist who, while at the University of California, San Diego in the 1970s, did pioneering work in understanding coronaviruses. Wrote in an article, *"In my experience as a virologist and pathologist, zinc will inhibit the replication of many viruses, including coronaviruses"*<sup>3</sup>

## Food Highest in Zinc

- \*Oysters & Shellfish
- \*Meat & Poultry
- \*Legumes (Chickpeas and Lentils, specifically)
- \*Seeds (Specifically Hemp, Pumpkin & Sesame)
- \*Nuts (Specifically Pine Nuts, Almonds, Cashews)
- \*Dark Chocolate (oh yeah!)
- \*Milk, Cheese & Eggs

1,3) <https://www.uchealth.org/today/zinc-could-help-diminish-extent-of-covid-19/>

2) Scott A Read, Stephanie Obeid, Chantelle Ahlenstiel, Golo Ahlenstiel, The Role of Zinc in Antiviral Immunity, Advances in Nutrition, Volume 10, Issue 4, July 2019, Pages 696–710, <https://doi.org/10.1093/advances/nmz013>

<https://www.healthline.com/nutrition/best-foods-high-in-zinc#section2>

<https://nutrafol.com/blog/11-foods-high-in-zinc-boost-hair-growth/>

## GARLIC

Well, we know for sure it keeps the vampires away, right? I've always heard garlic is "antiviral" but I couldn't find enough conclusive medical study articles starting that, which surprised me, honestly. If you like garlic already, just eat more of it than you already do. If you're not really into it, there are plenty of other things you can eat that will boost your immunity. I won't take it personally if you don't love the lemon olive oil garlic dip as much as I do!

<https://southernarizonaurgentcare.com/the-healing-properties-of-garlic/>

<https://www.healthline.com/nutrition/garlic-fights-colds-and-flu#section3>

<https://pharmascope.org/index.php/ijrps/article/view/1738/2428>

## FLAX SEEDS

High in Antioxidants, full of Omega 3's, High in Fiber, Great for skin & hair, lowers cholesterol, helps regulate blood pressure, aids digestion, helps balance hormones.

<https://draxe.com/nutrition/10-flax-seed-benefits-nutrition-facts/>

<https://www.askdrsears.com/topics/feeding-eating/family-nutrition/flax-seeds-and-flax-oil>

## CHIA SEEDS

"They are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron and calcium. Omega-3 fatty acids help raise HDL cholesterol, the "good" cholesterol that protects against heart attack and stroke."

<https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds#section12>

<https://www.medicalnewstoday.com/articles/291334>

## THYME

Thyme is “*excellent at supporting the immune and respiratory systems, as well as the digestive, nervous and other body systems. For example, thyme uses include helping to kill a variety of germs and preventing infections, as well as scavenging free radicals that contribute to the aging process.*” <https://draxe.com/nutrition/thyme/>

<https://www.healthline.com/health/health-benefits-of-thyme#1>

<https://www.sciencedirect.com/topics/biochemistry-genetics-and-molecular-biology/thyme>

## ROSEMARY

Antioxidant, Anti-inflammatory, improves digestion, enhances brain function, improves and strengthens eye health, high in iron.

[https://www.medicalnewstoday.com/articles/266370#side\\_effects](https://www.medicalnewstoday.com/articles/266370#side_effects)

<https://www.livestrong.com/article/534471-what-are-the-benefits-of-eating-rosemary/>

## ONION

Nutrient dense, high in Vitamin C & B, high in Antioxidants and cancer fighting compounds, helps bones and blood sugar.

<https://www.healthline.com/nutrition/onion-benefits#section8>

## WHAT YOU'LL NEED - KITCHEN EQUIPMENT

There are several items of equipment that are needed to make more than a few of these recipes. They are well worth the investment, not too expensive and will expand your culinary adventures tenfold! Ebay has plenty of options that will be cheaper than buying it in the store. Click the underlined name of the item to go to the Ebay link to see a variety of price/model options

### [\\*4-8 CUP FOOD PROCESSOR - \\$30-\\$70](#)

For non liquids - Jams, nut butter, pesto, sauces, hummus, dips, etc

This can be a Vitamix style (heavy duty tall blender) or a Cuisinart style (round and wide). Now, a word on budget, Vitamix and Cuisinart food processors are expensive! You don't have to have these exact brands! My "Cuisinart" is actually a Hamilton and Beach "food processor" I got for \$40 on Ebay. There are many more just like it online, all in the \$30-70 range.

### [\\*BLENDER - \\$20-40](#)

For Liquids - Smoothies, shakes, salad dressings. A basic blender will do just fine and averages about \$20-30. I recommend glass over plastic but that's just me.

### [\\*MAGIC BULLET/NUTRIBULLET - \\$30-\\$70](#)

I mention this only because it can serve as both a blender and food processor but only makes small batches. Great for the single guy/gal living in a studio with limited kitchen space. You should be able to find one online for the price equivalent of the two items above (or a little less!)

### [\\*FRENCH PRESS - \\$15- \\$40](#)

This is kind of essential if you want to get into having the ImmuniTea every morning (or drinking a strong herbal brew on a regular basis) There are several different varieties but I love my stainless steel 32 oz French press. I've had the glass ones before with the plastic frame and the glass always ends up breaking, I went through about four of those until I found the steel one. It can fall from the dish rack onto a tile floor a million times and be solid forevvverrr. Perfect to take camping too.

### [\\*NICE BIG CUTTING BOARD - \\$10-30](#)

I recommend a sturdy wooden one or a package with 2-3 bamboo or wooden boards of varying size.

### \*NICE BIG KNIFE - 6-8" BLADE - \$20-\$40

This is essential. Chopping and prepping veg with a little dulled serrated knife that's been in your drawer forever will just slow you down and make you less inspired to take on a meal making adventure. You want the kind that is straight across the top with a nice curve at the bottom of the tip so you can rock it back and forth when dicing. Typically referred to as a "Chef's Knife"

### \*CROCK POT/ SLOW COOKER - 3 -10 Quarts - \$15-70

I love my slow cooker. The size needed all depends on how many mouths you have to feed and/or how many days in a row you can eat the same stew for dinner! It's hard to imagine quarts insofar as how they translate to "bowl of soup", so here's this: I can fill three 1 quart mason jars with stew, after eating a big bowl first. Each quart jar yields 2 decent sized bowls of soup. So basically, I make a big stew and pretty much have it for dinner all week. This is great when you don't want to deal with cooking dinner every night. For families, go for big and have enough for everyone to have seconds or to have some left over for yourself for lunch the next day.

### \*TOASTER OVEN - \$30-80 (if you don't already have a regular oven)

I currently do all my baking in a decent sized Toaster Convection Oven, it works! I can't cook a huge roast or 4 batches of muffins but that's okay! I'm just cooking for me! If you don't have one of these or think of yourself as "not a baker", think again! It's so easy! As long as it can BAKE and BROIL, you're good to go.

### \*5x9 (ish) LOAF PAN - \$15-30

I HIGHLY recommend GLASS! If you get into baking Power Bread every week to enjoy it as a morning staple, please invest in a glass baking pan with ZERO residue of aluminum or the harmful PCB'S in the non stick pans/cookware.. If you really don't think you'd be baking bread too often, don't worry about what pan you get, you can always get a nicer one later if you end up becoming a loaf baker extraordinaré.

### \*BAKING DISH - \$15-30

Square or Rectangle, depending on oven size.

### \*WIDE MOUTH 32oz (1qt) MASON JARS \$10-30 (4pk-12pk)

You will need these for making kraut and kimchi. A minimum of 4-6 will serve you very well. "Mason" is the type of jar, the brand varies from Ball to Kerr to a few more.

### \*PIE DISH - ROUND - \$5-20

9" is standard for your pies, good for quiche too.

### \*MUFFIN TIN - \$5-\$20

12 cup muffin pan if you have a regular size oven or you can find a 6 cup muffin tin that will fit into your little oven! I wish they made these in glass but the Lodge brand cast iron pre seasoned made in the USA 6 cup Muffin pan is the next best thing, after that, stainless steel. You will have to butter up the cup holes really well so muffins don't stick or use muffin cup paper lining ( I seem to never remember those) but licking butter off your fingers after buttering up the muffin pan is much more fun than having pfoas in your bloodstream from cooking with nonstick bakeware!2

### \*JAM JARS/MISCELLANEOUS JARS

(From purchased salad dressings, coconut oil, peanut butter, olives, jams, etc)  
You can buy these or you can look in your fridge and see what you've got that's almost out and just reuse these jars for your own creations. The fat, short wide mouth kind are the best. If you don't already, make a spot in your kitchen to save glass jars from products you've purchased. You will be using them a lot to store many of your kitchen creations.

### \*NICE BIG SALAD BOWL - \$5-25

Wood is always nice and there are many nice bamboo options but it can be glass or ceramic or even plastic if that's what you've got. Steel/metal is not recommended as it does something funny to the flavor when the acid of the vinegar or citrus hits it.. Salad in a metal bowl... hmmm, salad's too alive, it just doesn't jive, man! Use Large Metal bowls for mixing baking ingredients like muffins!

### \*NICE BIG DEEP SKILLET - 9-12 inch \$10-30

Lodge Cast Iron is THE BEST! If things stick, so what! You soak the pan and scrub it later. Yes, okay scrubbing eggyness off a cast iron is a pain but wasn't that omelette good?! And you can even stick the pan in your oven! [The 3 size set of brand new made in America Cast Iron skilletes from Lodge for \\$35 and free shipping](#) is the best deal I've seen. You'll want that cute little skillet, it'll come in handy.

### \*POPSICLE MOLD - \$5-20

No explanation needed here... Yum...

**\*GRATER**

Most likely already hiding in a cupboard somewhere.

**\*MEASURING SPOONS & MEASURING CUP**

If you plan to do any baking, you will need these. Exact measurements are important.

**\*2 LARGE MIXING BOWLS**

These need to be large and deep for mixing muffin and cookie batter

Aaaaaand you're all set!

1) [Why Non-Stick cook & bake ware is not the best option for long term health.](#)

2) [What is the PFOA Chemical in Non-Stick kitchen ware?](#)

3) [Silicone - too new to tell](#)

## MEASUREMENTS

Tbsp = TableSpoon

Tsp = TeaSpoon

CUPS to Tablespoons to Milliliters to Fluid Ounces

1/8 Cup	=	2 Tbsp	=	30 ML	=	1 fl Oz
1/4 Cup	=	4Tbsp	=	60 ML	=	2 fl Oz
1/3 Cup	=	5Tbsp	=	75 ML	=	2.5 fl Oz
1/2 Cup	=	8Tbsp	=	125 ML	=	4fl Oz
2/3 Cup	=	10Tbsp	=	150 ML	=	5 fl Oz
3/4 Cup	=	12Tbsp	=	175 ML	=	6 fl Oz
1 Cup	=	16Tbsp	=	250 ML	=	8fl Oz
2 Cups	=	1 Pint	=	450 ML	=	16 Fl Oz
4 Cups	=	1 Quart	=	946 ML	=	32 fl Oz
1 Litre	=	4.2 Cups	=		=	33.8 Fl Oz

## POWER BREAD!

Servings - 1 Loaf (5x9ish loaf pan).      Prep time - 25 min (dish)  
Cook Time 50 Min.                                  Total time 1hr 20

### What You'll Need

- \*Food Processor
- \*Loaf Pan
- \*Oven

### What's In It

- \*2 Cups Coconut Butter (or 16 oz dried Coconut flakes)
- \*10 Eggs
- \*1/2 Cup Coconut Oil or Ghee
- \*1 & 1/2 Teaspoon Baking SODA
- \*2 Tbsp Vanilla Extract
- \*Spices to taste (Which one & how much? Up to you!)
- \*Cinnamon, Ginger, Cardamon, Pumpkin Pie Spice, Nutmeg, etc.
- \*(Optional - Chia Seeds, Raisins, Nuts, Blueberries, etc)

You can either buy “coconut mana” or coconut butter (same thing) in a glass jar at the health food store (about \$15) OR, I recommend you just buy two 8oz packs of dried, shredded coconut flakes from Trader Joes (\$2!) and puree them. Coconut Butter IS pureed, dried coconut meat.

### How To Make It

Preheat oven to 350 degrees F/ 160 C

\*In a food processor or heavy duty blender, puree the coconut flakes until smooth and creamy. (Takes about 5 minutes)

\* Add the eggs, continue to mix on high or low, alternating as needed stopping to scrape the mixture down from the sides of the blender or food processor occasionally as needed.

\*Warm up the coconut oil or ghee but be VERY careful not to heat it. It should only be warm enough to melt. If you add it when it's hot, you will cook the egg and your bread will have a very odd consistency.

- \*Drizzle melted oil or ghee into the batter slowly, continue mixing,..
- \*Add Baking Soda & desired seasoning/spices.
- \*Continue mixing on low. You should now have a batter like consistency.
- \*Grease your loaf pan with butter.

- \* If you are adding nuts or raisins etc, mix them gently into the batter with a spoon once, so as not to puree them with the blender blade.
- \*Pour Batter into Loaf Pan

- \*Bake for 40-50 minutes or until a butter knife comes out clean.
- \*Let cool in the pan for about 30 minutes on the counter or in a cupboard before taking it out of the pan and letting it cool on a wire rack or just turn it over on a plate so all sides get a chance to cool/dry.

- \*Don't transfer your loaf to an airtight container or put in the fridge while it is still warm/moist, it will get moldy. Let it cool completely (a few hours) on the counter or in the cupboard, then wrap in foil or parchment/baking paper and then keep in the fridge. Lasts about 7-10 days

Power Bread toasts very nicely in the toaster oven. If put into a pop up toaster, slices must be thick or they will come apart in the toaster. Best to toast flat. If not toasted, bread is hard and dense from the fridge... not bad, but not amazing. Two half inch slices with topping of your choice makes a lovely breakfast and is packed with protein and healthy fats. Walnut Butter or Almond makes a wonderful spread. Power Bread is extremely versatile and can be made to suit sweet or savory tastes. For example cinnamon & raisin or rosemary & kalamata olive. The sky's the limit. I usually do Cinnamon 1tsp, Pumpkin Pie Spice 1tsp, Ginger 1tsp and raisins and Chia seeds.

#### Here are some ideas for variations:

- \*1/4 Cup dried Berries & 2 Tbs Cardamon
- \*1/4 Cup Kalamata Olives & 4 Tbs finely minced Rosemary
- \*1/4 Cup Dried Figs, Chopped & 1/4 Cup Chopped Walnuts
- \*1/4 Cup Pine Nuts & 4Tbs Fresh chopped Sage
- \*1/4 Cup Grated Parmesan & 1/4 Cup chopped Jalapeño Peppers

## OVERNIGHT POWER OATS

This is so easy to make & probably one of the quickest, easiest breakfast options there is.

Prep Time: 5 min. Total Time 5 min

Serves 1

### What's In It

\*½ cup rolled old fashioned oats

\* ½ cup milk of choice, dairy, coconut, almond (or try Hibiscus or Licorice Root Tea!)

\*¼ Greek yogurt

\*1 tablespoon chia seeds

\* 1 tablespoon Manuka Honey (Or Raw Honey)

\*¼ teaspoon vanilla extract

\* 1 nob grated fresh ginger

\*1Tsp Ceylon Cinnamon.

### How To Make It

\*Place all ingredients into a large glass Jar and mix until combined.

\*Cover the glass container with a lid.

\*Place in the refrigerator for at least 2 hours or overnight.

\* Pour out in the morning into a small pot and warm while gently stirring to keep from burning at the bottom or eat cold like pudding.

\*Top with Fresh Berries or Banana

## CHIA POWER PUDDING

This is just like the overnight oats but only takes about 2 hours to solidify, still, it's yummiier when it sits overnight. There are endless variations based on your ingredients of choice. This also makes a nice desert.

### WHAT'S IN IT

\*1 Cup Milk of Choice (Dairy, Almond, Coconut, etc)

\*4 Tbsp Chia Seeds

\*1 Tsp Vanilla Extract

\*1Tbsp Honey

\*Any additional yummiies, like Matcha Powder, Cardamom or Ginger powder, Berries, Cocoa Powder, Nuts, etc

### HOW TO MAKE IT

Stir it all together and make sure it mixes well, Put it in a jar and shake it up with the lid on or put in the blender for 5 seconds if you want to.

Store in the fridge in a jar or a bowl and let it thicken for at least 2 hours, Then serve with more fresh berries and enjoy!

# POWER PANCAKES

Prep Time: 10 minutes. Cook Time: 15 minutes Yield 8 Pancakes

High in protein & packed with goodies, these are great right off the skillet drizzled with Maple Syrup. Or eat leftovers cold with jam & nut butter on top as a snack.

## What's In It

*Dry Ingredients* (If you don't want to use alternative flour, just use 1 & 1/4 Cup All purpose Flour)

- \*1/2 cup almond flour
- \*1/3 cup tapioca flour (Or Flax Meal - which is just ground Flax Seeds, you can grind them in the blender)
- \*1/4 cup coconut flour (Or Oat Flour, Ground oats, you can grind them in the blender to a course flour)
- \*1/2 tsp baking soda
- \*1/4 tsp salt
- \*1Tsp Ginger Powder
- \*3Tsp Hemp Seeds (12 grams of Protein!)
- \*2 Tbsp Chia Seeds (5 Grams Protein)

## *Wet Ingredients*

- \*4 large eggs
- \*1/4 cup greek yogurt (6 grams Protein), kefir or milk (dairy or non dairy)
- \*1 tbsp honey, or maple syrup
- \*1 tsp vanilla extract
- \*ghee, butter or coconut oil to coat skillet

## How To Make It

- \*Whisk all of the dry ingredients together in a bowl.
- \*In a separate bowl, whisk all of the wet ingredients.
  
- \*Then, add the wet ingredients to the dry and whisk until well combined.
- \*Heat a skillet or griddle on medium-high heat and coat with ghee, butter or coconut oil.
  - \*Spoon the batter onto the skillet, keeping your pancakes approximately 3-4 inches in diameter. They're easier to flip smaller.
  
- \*Let them cook for 2-3 minutes on one side, (look for those little bubbles on the side) then flip and cook for an additional 1-2 minutes.

Serve immediately with maple syrup or desired toppings. Enjoy cold later topped with Yogurt, Jam or Nut Butter and eat like a little open face sammich! That's how I like them!

## HERBS & SPICES BREAKFAST BAKE

This is like a quiche with no crust. Hearty and keeps for up to a week in the fridge and heats up nicely in the toaster oven in about 15-20 minutes and lends itself to an endless array of variations. If you want to make it an official quiche by giving it a crust, use my "Easiest Pie Crust Ever" recipe.

Prep Time: 20 min.

Cook Time: 25-30 min.

Serves: 6-8

### What's In It

- \*6-8 large eggs, beaten
- \*1/4 Cup Milk or half&half (optional, a little splash works fine or even a splash of water)
- \*1-3 clove garlic, crushed
- \*1/2 teaspoon turmeric
- \*1/2 teaspoon salt
- \*Freshly ground black pepper
- \*1 Cup chopped chives, green onions or Onion
- \*1/4-1/2 Cup Fresh, chopped Herbs (rosemary, sage, thyme, oregano, tarragon)
- \*2 Cups Chopped Veg of Choice (Mushrooms, Broccoli, Spinach, Asparagus, etc)
- \*1/4-1/2 Cup Grated Cheese (Dubliner or parmesan are excellent choices)

### How To Make It

- \*Preheat the oven to 400°F.
  - \*Whisk Eggs, salt pepper and Turmeric powder in a large bowl.
    - \*Put Butter, Oil or Ghee in your skillet and add onion and garlic, sauté on low while you prep your veg. If you're using frozen veggies, just rinse them in the colander to thaw them a bit or soak for 2-3 minutes and drain.
    - \*Add chopped Veg to the skillet (hold fresh herbs aside) and Lightly Sauté on medium.
  - \*Grease Round Pie Pan or Square or Rectangular Baking Dish
  - \*Transfer your Veggies into your baking pan/dish and spread evenly
  - \*Whisk the Fresh Herbs into your egg mixture, distributing evenly.
  - \*Pour the Egg & Herb Mix gently on top of all veggies, making sure the egg mix gets down to the bottom of the dish, saturating all the Veg.
  - \*Sprinkle Grated Cheese of choice on top
  - \*Bake for 25-30 minutes (or until butter knife comes out of the center clean with no eggie batter on it)
- Serve hot, cut in wedges or squares. Great with hot sauce and a side of greens.

Reheat each serving on broil for 15 minutes or until a fork stuck in the center comes out warm to the touch.

## MASON JAR SAURKRAUT

The beneficial bacteria known as “Probiotics” (Lactobacillus, Streptococcus, Bacillus, and Pseudomonas) exist naturally on the skin of cabbage. There is no need to add anything to cabbage to make it probiotic, the soaking in salt and its own brine enables the already existing cultures to thrive and naturally ferment your Kraut.

### What You'll Need:

- \*Large, deep mixing Bowl or the Ceramic Crock from your Slow Cooker
- \*Cutting Board
- \*Nice Big Knife
- \*2-3 One quart Mason Jars

### What's In It:

- \*1 medium head green or red cabbage
- \*1 ½ - 2 tablespoons Sea or Himalayan Salt
- \*Optional (Apple, pear, beet, radish, jicama, caraway seeds, ginger, fennel)

### How To Make It

\*Clean everything. When fermenting, you want to give the good, beneficial bacteria the best chance of succeeding by working with the cleanest kitchen environment possible. Make sure your jars are clean and dry. You'll be using your hands to massage the salt into the cabbage, so make sure your hands are very clean including under your fingernails.

\*Discard the wilted outer leaves of cabbage and keep one or two fresh, firm outer leaves aside, you will use it later.

\*Chop up the rest of the cabbage (& other ingredients if any) into thin ribbons and small chunks.

\*Transfer the cabbage to a big bowl or the ceramic part of your slow cooker (it is a good size for this but you won't be cooking it, just using the ceramic crock which comes out of the metal base)

\*Sprinkle the salt over top.

\*Massage the salt into the cabbage. You want to bruise the cabbage to release its natural juices so massage it hard. Squeeze it, pound it. I often take the handle of a just cleaned wooden spoon, the bigger and blunter the better and pound the cabbage.

\*After about 5-10 minutes, the cabbage will become limp and a little watery.

\*Cover the cabbage with a lid (or put a plate over your bowl) and leave it on the counter for 2 hours and go do something else.

\*When you come back to your cabbage, you'll find it's gotten juicier. This is great. This natural liquid is the brine that will enable the fermentation process.

\*Wash your hands again, up to the lower forearm, like you're going into surgery.

\*Pack the cabbage into the jar by the handful. Press it down to the bottom of the jar with your fist, being sure to eliminate any air bubbles (where bad bacteria can grow). Keep adding cabbage and packing it down. Notice that the brine level rises when you push the cabbage down.

\*Get your cabbage to about 1 1/2 inches from the top of the Jar.

\*If there is any brine left over in the mixing bowl or crock, pour it in there. You need 1 inch of brine to be covering your cabbage. It needs to be completely submerged.

\*Take your nice firm clean outer leaf you set aside earlier, bunch it up and stick it on top, pushing down the chopped, packed cabbage. This will help keep it submerged in the brine. Now screw the lid on.

\* Place jar/s on a plate in a cool, lower cupboard for 3-10 days. Brine will bubble out and drip down the sides as the fermentation process starts. Check your jar each day. When you see little bubbles, you know the magic's happening. If you see foam or white film at the top, that's good, more sign of fermentation.

\*Open it up after 3 days and have a bite with a clean fork. Is it tangy enough? If the answer is "Yes, oh wow, it's sooo good" then it's done.

If the answer is "mmm, it's okay but I like my sauerkraut a little more sauer" then screw the lid back on and give it another 3-7 days. Day 5 seems to be the right amount for me. Or maybe I'm just too impatient to wait 10 days!

If ever mold should perchance to grow on top, discard the pieces with mold but the rest of the kraut will be fine, really. \*Once your kraut has reached its desired tang, take the

big cabbage leaf off the top and discard. Store your Kraut in the fridge where it will last at least 2 months or longer. As long as it smells, looks and tastes good, it's good to eat.

Happy Krauting!

## MASON JAR KIM CHI

This is basically the same as Sauerkraut, the difference is that you're adding other veggies and making a chili paste to massage the kraut with. Your hands will burn a while from the chili paste! Wear rubber gloves or just take it like a champ!

### What's In It

- \*1 head Napa Cabbage or Green Cabbage, or Bok Choy. (1½ - 2lbs)
- \*2 Tbsp kosher salt
- \*2-3 large cloves garlic, minced
- \*1 Tsp fresh ginger, peeled and finely grated
- \*1 Tbsp honey(or 1 apple or pear thinly sliced)
- \*3 Tbs Chile Pepper or Chili Paste of choice. (Sriracha ok)
- \*4 green onions, green parts only, cut into 2-inch pieces (optional)
- \*1 medium yellow onion, thinly sliced (about ¼ cup) (optional)
- \*A few large carrots, thinly sliced
- \*Radishes, chopped (red or daikon)

### How To Make It

\*Follow the steps of the Sauerkraut recipe with your Cabbage and Veggie chopping, transfer to a Large Bowl and sprinkle with salt, stir salt in with a wooden spoon. Cover with lid/plate. Reserve a large piece or two of clean, firm outer cabbage to use later.

\*Combine the garlic, ginger, chili pepper and honey (and the apple or pear, if using) in the food processor, blender. Process the mixture until it forms a rough paste (around 30 seconds if using a food processor or blender)

\*Go ahead and pound and massage your cabbage (and any other veggies you decided to add) Cover cabbage and tip the bowl or crock with the lid on to gently pour the brine out into another bowl or measuring cup.

\*Massage your chili paste mixture into your cabbage, being sure all cabbage is thoroughly coated. Pack kimchi into jars just like you did with the sauerkraut.

\*Pour the liquid into the Jar. Make sure it goes up to the top, with Kimchi submerged an inch below the brine. If needed add a little filtered water. Cover the Kim Chi with your big piece of cabbage you set aside earlier.

\*Seal the jars loosely Refer back to Sauerkraut recipe. The fermenting, tastier and storing method are identical.

Here are some ideas for different Kraut and Kimchi possibilities.

1) Green Cabbage, Apple, Raisins and Fennel

2) Red Cabbage, Beets, Ginger and Cumin

3) Green Cabbage, Jicama and Pear

4) Red Cabbage, Apple and Hibiscus flowers (just add dried hibiscus flowers to the cabbage when massaging it, they will get soft and are totally edible)

5) Broccolini, Bok Choy, Daikon Radish Kimchi

## HELPING HUMMUS

I love making a big batch of this and eating it all week with veggies or chips. It's the perfect lunch and a great way to get a good helping of zinc into your body.

Time: 20 minutes. 3 cans of chickpeas makes 2 lbs Hummus.

### What You'll Need

\*Food Processor

### What's In It

\*2-4 Cans Chickpeas

\*1-2 heaping Tbsp Tahini (to taste preference)

\*1-2 Lemons

\*1-3 Cloves Garlic

\*Fresh Oregano

\*Fresh Thyme

\*Fresh Rosemary

\*Fresh Sage

\*Salt and Pepper

\*Good Quality Olive Oil (if it leaves a peppery tang in the back of your throat that almost makes you want to cough, that's good olive oil)

### How To Make It

\* Rinse chickpeas in cold water in colander, transfer to Food Processor

\*Add garlic, lemon juice, tahini and herbs and turn the food processor on low.

\* Slowly add Olive oil until Hummus looks like the right consistency.

\*Taste it. Add salt & pepper, mix it some more, taste it again. Too thick? Add oil, Too pasty? Add Lemon juice. Too runny or tangy? Add Tahini and some more chickpeas. You'll figure it out.

Transfer to container and store in fridge up to a week-10 days  
Smoked salt or smoked paprika are nice flavor add ins as is cayenne if you like it spicy. You can also add other beans such as black or pinto.

## FIG GINGER JAM

Spreadable, wonderful, fresh and full of fresh ginger, This jam will become a staple before you know it. You're welcome!

Servings- ½ Qt Jar plus a little extra      Time: 20 min

### What You'll Need

Food Processor or Blender

### What's In It

- \*1 bag dried figs (10 oz) (about 17-20 figs)
- \*1-2 cup chopped peeled fresh ginger
- \*1-2 Tbsp Manuka Honey
- \*Herbs for steeping figs (optional but recommended)
- \*1Tsp Vanilla Extract

### How To Make It

\*Boil water.

\*If infusing figs with herbs, pour boiling water into French press with Licorice or Hibiscus, Lemon Balm, Peppermint, etc. Steep for 5 minutes.

\*Pour herb water over figs in a glass bowl, add vanilla and cover while you peel all your ginger and chop it into large chunks. (This takes a good 10 minutes, if you use as much Ginger as I do)

\*Once your ginger is ready, pour the water off the figs, (it is quite tasty, definitely worth saving in a jar to have later as iced tea or as a base for making popsicles or ice cubes for smoothie making).

\*Put the wet figs and ginger in a food processor (or blender) on high for about 3-5 minutes, adding desired amount of Manuka Honey until it reaches a well blended jammy consistency.

Voila! That's it, you're done. Scoop into a jam jar, ½ quart mason jar is ideal, and keep in the fridge, will last 2-3 weeks but you'll probably eat it before that!

## WALNUT HONEY BUTTER

I eat this every day with Fig Ginger Jam on toasted Power Bread. It's been about a year and I haven't gotten tired of it! 2 Cups of Nuts makes enough nut butter to fill any empty nut butter jar you may have in the kitchen.

### What You'll Need

Food Processor (blender won't cut it for this one)

### What's In It

- \* Walnuts
- \*Manuka Honey (Or any Raw Honey)
- \*Ceylon Cinnamon

### How to Make It

Making Nut or Seed Butter is as easy as it gets. All you do is puree the nuts/seeds! You don't have to add anything but I like to add a little honey and cinnamon. You can add a little coconut oil if you want but it's not necessary. Feel free to add spices to your preference.

- \*Put (About 2 cups) Nuts in Food Processor
- \*Add heaping Tbsp of Honey & 1Tsp Cinnamon (or other spice of choice)
- \*Turn on High, Scrape down the sides from time to time to make sure it's all getting mixed in.

\*Turn to low after about 5 minutes and just let it puree as long as you can handle hearing the loud food processor run! The longer you puree it, the creamier it will get.

Walnuts will tend to make a cookie dough like consistency. It will not look exactly like peanut or almond butter. As long as it's spreadable, you're good. Your Nut Butter will last longer if you keep it in the fridge. This recipe can be applied to EVERY nut!

Here are some ideas:

- \*Pistachio & Green Chile (powder) Butter

- \*Cashew & Cardamom Butter, Brazil Nut & Allspice Butter
- \*Hazelnut & Nutmeg Butter, Almond & Honey Butter
- \*Pine Nut & Red Chili (powder) Butter,
- \*Pecan & Pumpkin Pie Spice Butter (ooooo yummm)
- \*Super Nutty Butter (mix 'em all together!)

## SUPER SEED BUTTER

This is the exact same recipe as Walnut Honey Butter (All Nut Butters)

I like to mix Pumpkin Seeds, Sunflower Seeds, Sesame seeds and Manuka.

Lately, I've been mixing Walnut, Pumpkin Seeds, Sunflower Seeds and Manuka Honey all together into one spread.

The possibilities are endless. Have fun.

## M E D I C I N A L P E S T O

“Pesto” is basically an herb paste. Most commonly, pesto is made with Pine Nuts, Basil, Parmesan, Garlic and Olive Oil. I’ve altered this by loading it up with multiple medicinal herbs! This pesto is best not cooked with, though it can be stirred in at the end once heat is off (or on very low). Cooking it will just kill all the healthful, living enzymes in the herbs. You can play with this recipe for endless variation. To mix and match ingredients, here is a list to give you an idea of the possibilities, (but this is not the ingredients list for the current recipe!)

- Main Leafy Green - Basil, Spinach,, Arugula, Nettle, Plantain, Dandelion.
- Herb - Sage, Thyme, Rosemary, Cilantro, Parsley, Oregano, Tarragon,etc
- Nut of Choice - Pine Nut, Walnut, Almond, Pecan, Brazil, Pistachio etc
- Cheese is optional - Parmesan, Pecorino or other hard cheese.
- Olive Oil
- Garlic

You’ll Need Blender or Food Processor. Makes ½ Quart.

### WHAT’S IN IT

\*1/2 -1 Cup Olive Oil

\*1-3 Cloves of Garlic

\*1/2 Cup Fresh Basil (or Main Leafy Green of choice)

\*1/2 Cup Fresh Spinach (Ditto)

\*1 Cup Mixed Fresh Herbs (try Oregano/Thyme/Tarragon/Sage or Cilantro/Parsley/Thyme or Mint/Tarragon/Sage

\*1/2 Cup - 1 Cup Nuts (Pine Nut & Walnut do come out the best, consistency wise but no reason not to experiment with others if you want)

\*1/4 Cup freshly grated Parmesan (or other hard cheese, or no cheese, just add more nuts)

### HOW TO MAKE IT

Combine Olive Oil, Garlic and Greens in a blender or food processor and pulse until smooth. Add nuts and cheese and pulse some more, until your pesto reaches desired consistency. Some like it chunky, some like it creamy and smooth. How do you like it? Handy tip. You can store your Pesto indefinitely in cube form in your ice cube tray in the freezer. Just pop out a couple Pesto cubes and stir into pasta or stir-fry on low to mix in or put alone in small skillet with a splash of water on low to melt back to creamy consistency.

## BASIL FENNEL OLIVE TAPENADE

This tapenade is made with Basil infused Olive Oil that you can make yourself. It's a great spread on toast or as a dip or put a dollop atop your salad.

### What You'll Need

Food Processor or Blender

### What's In It

- \*2 Cups Olives (Any kind you want)
- \*1/4 Cup Basil Oil
- \*1 Clove Garlic
- \* 4 Tbsp Capers
- \* 1 Cup Chopped Fennel Bulb (or lower stalk)
- \*Lemon
- \* Salt & Pepper
- \*Parsley

### How To Make It

\* Just throw everything in the food processor or blender (you want your olives pitted of course, otherwise, slice olive meat off pits!)

\*Pulse Processor to mix all ingredients together but do not put on low or high or they will totally puree and you want this kind of chunky.

\*Add Lemon Juice to taste.

\*Pulse until it looks/tastes like you want it to.

\*Store in Glass Jar in the Fridge. It should last at least a few weeks.

## PUMPKIN SEED TAPENADE

This delicious recipe is from the book "God's Healing Herbs" by Dennis Ellingson.  
Wonderful on grilled fish, veggies or poultry.

Time: 15-20 Min    Makes 3/4 Cup

### What You'll Need

Food Processor or Blender

### What's In It

- \*1/3 Cup Olive Oil
- \*1/2 Cup Pumpkin Seeds
- \*1 Clove Garlic Minced
- \*2 Tbs Minced White Onion
- \*1/4 Cup Minced Fresh Cilantro
- \*1/2 Teaspoon Cumin
- \*1 Jalapeño Pepper
- \*1/2 Tsp Sea Salt

### How To Make It

- \*Heat the olive oil on medium heat in a small skillet
  
- \*Add Pumpkin Seeds and cook, swirling the pan and stirring often, until the seeds are evenly toasted. They will puff and pop.
  
- \*Using a slotted spoon, transfer to paper towels to drain off oil.
  
- \*Grind Pumpkin Seeds in Food Processor until finely chopped.
  
- \*Add all the other ingredients and continue to process until well blended.

\*Store in a glass Jar in the fridge. Will keep for weeks.

## HIBISCUS SAUCE/SYRUP

You can do all kinds of things with this basic recipe. If you love Hibiscus as I do, you will make this often and keep it in the fridge to use in many other recipes. Here goes!

### WHAT'S IN IT

\*4 Cups Water

\*2 Cups Honey

\*1 Cup Dried Hibiscus Flowers

### HOW TO MAKE IT

\*In a large saucepan, combine 4 cups of water with 2 cups of honey and heat until honey dissolves.

\*Add 1 cup dried hibiscus flowers; reduce to a simmer and cook for 15 minutes.

\*Turn off the heat and let steep until cool (or longer for a more concentrated flavor, overnight is how I do it.). Strain liquid into a glass jar and stew lid on tight, store in the fridge to use for marinade, syrup, dressings, popsicles and more.

## FLUFFY LEMON GARLIC DIP/AOLI

Oh my gosh, this stuff is sooo good! Keeps the vampires away, that's for sure!  
Traditionally, this is a Lebanese spread and most recipes call for Canola oil, which I don't ever use. I tried it with Avocado Oil and Olive Oil mix and it came out great.

Time: 25-30 Min (if you peel the garlic by hand, much quicker if using store-bought peeled garlic)

Makes 2 1/2 Cups

Caution - It is VERY SPICY! Not for super sensitive stomachs. Garlic Lovers only.  
You will reek of garlic for a solid 12 hours.

### What You'll Need

Food Processor or Blender

### What's In It

- \*1/2 cup garlic cloves peeled (About 3 heads of garlic)
- \*1 teaspoon sea salt or Himalayan salt
- \*1 cups Avocado Oil & Olive Oil (just pour into large measuring cup/bowl together)
- \*1/4 cup lemon juice (or a little more, to taste)

### How To Make It

- \*Put Garlic and Salt in food processor and puree until smooth.
- \*Scrape down the sides as needed.
- \*After giving the insides a good scrape so all garlic puree is in the bottom, turn the processor back on and slowly drizzle in the oil, starting with 1/2 cup.
  
- \*After the first 1/2 cup has been added, pour in a teaspoon of the lemon juice.
- \*Keep alternating between 1/2 cup of the oil and a teaspoon of the lemon juice until you've added all of the oil and lemon juice.
- \*Alternating between the two is what makes it all blend together well, creating the light and fluffy texture.

\*When the sauce is pale yellow and thick with a similar consistency of mayonnaise, it's done. This takes about 10-15 minutes.

If you love it but want to mellow it out a little to eat with chips or veggies just put some in a bowl and stir in a generous amount of sour cream about a 50/50 ratio. This makes a great creamy garlic dip that's not so hot and intense as just the plain dip on it's own. The plain dip is also great to add to any cooking recipes in place of peeled, chopped garlic.

## HERB INFUSED OLIVE OIL

This Oil infusing recipe can be applied to any green herb. We'll go with Basil here but you can swap that out for Oregano, Sage, Tarragon, Thyme even Mint or a mixture of your choosing. Makes about 1 Cup. This also works to make lemon or orange oil, just use zest of 1 whole Orange or Lemon or both.

### What You'll Need

- \*Food Processor or Blender
- \*Fine Mesh Strainer

### What's In It

- \*1 Bunch Fresh Basil (Or Fresh Green Herb(s) of choice)
- \*1 Cup Olive Oil

### How To Make It

\*Tear leaves off the bunch and put in blender or food processor with Olive Oil and puree until smooth.

\*Pour the mixture into a skillet or saucepan and sauté over medium-high heat for only about 3 minutes.

\*Turn off heat and give it a minute or two to cool.

\* Pour through a fine mesh strainer into a clean glass jar with a tight lid.

\*Keep in a cool dark place. Keeps for a few weeks. Refrigerate to keep longer, but it will solidify so you'll need to hold the bottle under hot running water or leave it on the counter for a bit to get it back to liquid.

## SPICE OIL

Use this recipe for infusing oil with Cinnamon, Cumin, Garam Masala, Red Chile and so forth. We'll use cinnamon for this recipe.

### What's In It

\*2 Cups Olive Oil

\*1/2 Cup Ground Cinnamon (or spice of choice)

### How To Make It

\*In a large sauté pan, heat olive oil over medium-high heat.

\*Add cinnamon, stir to combine, and simmer for about 3 minutes.

\*Strain through a fine-mesh strainer lined with a coffee filter or cheesecloth into a Sterilized, airtight jar or bottle.

\*Store in a cool, dark place for up to 1 month.

## BONE BROTH

Bone Broth is full of nutrients like iron, vitamins A and K, fatty acids, selenium, zinc, and manganese. It's also full of collagen which is wonderful for joint and bone support and is also anti-inflammatory. If you struggle with arthritic ailments, achy bones and joints, inflammatory related illnesses, adding bone broth to your weekly regimen will create a noticeable difference! I discovered the benefits of Bone Broth when I tore a ligament in my ankle during a bad sprain autumn of 2017. I made a 6 quart crock pot of bone broth every week and drank 2 cups every day. My ankle healed weeks sooner than expected, according to all the research I'd done on standard recovery for torn/pulled ligaments in a rolled ankle. (Topical application of Essential Oils helped too!)

### What You'll Need

- \*Slow Cooker
- \*Blender
- \*3-4 Quart Mason Jars

### What's In It

- \*1-2 Lbs Grass Fed Organic Beef Bones (preferably marrow and knuckle bones or you can use chicken. I prefer Beef, chicken broth brewing for hours in the crock will make your kitchen smell fuunnkkky)
- \*2-4 cloves Garlic (or a whole bulb, why not!)
- \*1 Large Onion
- \*Herbs of Choice (I use Rosemary, Oregano & Thyme)
- \*Apple Cider Vinegar
- \*Salt and Pepper

### How To Make It

- \*Put the bones in the crock and fill with water & turn to High for 4 Hours
  
- \*Chop up your fresh herbs, I use enough to fill an 8 oz measuring cup.

\*Lightly sauté garlic (as much as you like) and your chopped onion with butter in skillet.

\*Add in herbs and stir around for another minute, then turn off heat.

\*Transfer contents of skillet to broth water and give it a stir.

\*Add Salt and Pepper to taste

## BONE BROTH CONT'D

\*Add a generous splash of Apple Cider Vinegar to the broth water. This helps pull the maximum amount of nutrients out of the bones.

\*Put the lid on and after Broth has been on HIGH for 4 hours, turn to LOW for 24 hours - that's right, 24 hours-ish

\*Next Day - Your broth will have been bubbling and simmering away since you got it started yesterday. Awwesome.

\*Turn off heat. Take off the lid. Fish out the bones with a ladle... If there are marrow bones, you want to make sure all the marrow is out of them. Take a chopstick or thin knife and poke any marrow out, letting it fall back into the broth, same with any meaty bits.

\*Ladle out some broth with meaty marrow floaty bits and put into blender (Not a food processor, it will get everywhere)

\*Open the center plug of the blender lid to allow for steam to escape and blend hot Broth on low. It will take on a pale creamy frothy look.

\*Pour this into your Mason Jars as close to the top as you can.

\*Screw lid on tight and put it in the fridge.

\*Half a 1 Quart Jar is one serving. Reheat daily and enjoy!

Once the broth has cooled, the fat will pool to the top and harden. This can be scraped off and kept in a container in the freezer for cooking. I use it to sauté the garlic and onions on my next broth batch! You can wait and let broth cool in the crock and scrape

the fat off the top first before blending if you like. More info on the health benefits of Bone Broth!

<https://www.medicalnewstoday.com/articles/323903>

## W A R M I N G   G I N G E R   C U R R Y S Q U A S H   S O U P

This is a lovely fall soup that is great to bring to a potluck and also works nice on top of rice or quinoa. I recommend making this in a stew pot because this tends to get mushy in the slow cooker since all the ingredients cook down very quickly.

Prep Time: 20 Min.

Cook Time: 45

Serves 6-8

### What You'll Need

- \*Cutting Board
- \*Nice Big Knife
- \*Slow Cooker or Large Stock Pot/Stew Pot

### What's In It

- \*1-2 Butternut Squash
- \*1-2 Large Pieces Ginger
- \*1 Tbsp Garam Masala spice
- \*1 Tsp Cumin
- \*4-5 Pieces Fresh Turmeric (or 2 Tbsp Powder)
- \*1-2 Other Winter Squash (Acorn or Delicata are nice)
- \*2 Sweet Potatoes or Yams
- \*1 Large Yellow or White Onion
- \*Half Bulb of Garlic
- \*1-2 boxes Broth (chicken or veg)
- \*Fresh Sage, Rosemary and Thyme
- \* Salt & Pepper
- \*Greek Yogurt, Sour Cream or Creme Fresh as topping (optional)

### How To Make It

- \*Wash all Squash and slice off the rind/peel, Rinse Sweet Potatoes and Peel

- \*Chop squash in half and scoop out seeds. Chop up Sweet Potato
- \*Put the veg in a stock pot and cover with broth. Bring to boil, boil for 10 minutes.
- \*While your broth is boiling, Sauté onions and garlic and ginger in skillet, mix in herbs salt and pepper and transfer to stockpot as soon as onions look translucent.
- \*Turn heat to low and simmer for 30-35. Covered. Take a potato masher and mash the stew up just a bit, leave plenty of chunky pieces but this just gives it a nice texture without pureeing it. Serve with a dollop of greek yogurt, sour cream or creme fresh and sprinkling of fresh minced herbs.

## SLOW COOKER ROSEMARY LEMON LENTILS

A super easy and nourishing soup that really hits the spot on a cold night with lots of protein and zinc from the lentils and the lemon and rosemary are just superb together. An amazingly hearty meal with minimal effort.

Prep Time: 15 minutes.

Cook Time: 6 hours

Serves: 6-8

### WHAT YOU'LL NEED

- \*Slow Cooker
- \*Nice Big Knife
- \*Cutting Board

### WHAT'S IN IT

- \*6 Carrots diced
- \*1 Large Onion diced
- \*4 Cloves Garlic, minced
- \*1 Yellow Pepper, chopped
- \*3 Cups Red Lentils
- \*4 Cups Chicken Broth
- \*1/4 Teaspoon Cayenne Pepper (optional)
- \*2-3/4 Cups Water
- \*1-1/2 Tsp Salt
- \*1 Lemon (zest and juice)
- \* 1 Large sprig of fresh rosemary, chopped

### HOW TO MAKE IT

- \*In a six quart slow cooker, add carrots, onion, garlic and yellow pepper.
- \*Add cayenne pepper, lentils, chicken broth, water and salt to the slow cooker.

\*Cook on LOW for 6 hours. When it's done, stir in lemon zest, juice and rosemary.

\*Enjoy with a dollop of sour creme on top if desired.

## CREAM OF SHIITAKE THYME

Cream of mushroom home made with shiitakes? Oh yeah. Easier than you think.

Prep Time 20 minutes      Cook Time 30 minutes.      Total Time 50 minutes

Serves 8

### WHAT YOU'LL NEED

\*Food Processor or Blender

\*Nice Big Knife

\*Cutting Board

### WHAT'S IN IT

\*10 oz Fresh Whole Shiitakes

\*1 Tbsp Olive Oil

\*1 Tbsp Butter or Ghee

\*1 Onion Chopped

\*1 Carrot Chopped

\*2 Tbsp Thyme

\*1Tsp Salt

\* 1/4 Teaspoon Black Pepper

\*2-1/2 Cups Water

\*1-1/2 Cups Half & Half

\*3 Scallions, chopped

### HOW TO MAKE IT

\*Slice mushrooms into bite-sized pieces., Heat the olive oil and butter in a large skillet, add mushrooms and cook for about 10 minutes until mushrooms soften.

\*Remove half of the cooked mushrooms to a separate plate., Keep the other half of the mushrooms in your skillet and add chopped onion, carrots, thyme, salt, pepper.

Continue cooking the Veg for 10 more minutes until onions and carrots soften a bit.

\*Add 2.5 Cups of water to the veggies in the pan, bring to a boil and boil on medium heat for 20 minutes uncovered. Some of the liquid should visibly evaporate, leaving a reduced stock, but don't let it all evaporate. If it does, just add a little more water.

\*Transfer the contents of the skillet to the Food Processor or blender and process the mixture until it is pureed. Transfer puree back into the cooking pan and add the other half of mushrooms you set aside earlier.

\*Add 1½ cups of half & half. Bring to boil, reduce heat to low, simmer covered for 5 minutes, constantly stirring. Add more salt and pepper if desired.

Done! Serve with garnish of chopped scallion (if that sounds good to you)

## POWER SALAD

This salad is my go-to in the summer. It's so filling and keeps in the fridge for several Days. A great way to get all these fresh, raw ingredients into your system all at once!

Prep Time: 15-20.

Serves 4-6

### What You'll Need

- \*Big Salad Bowl or Mixing Bowl
- \*Cutting Board
- \*Nice Big Knife

### What's In It (Measurements are up to you!)

- \*Quinoa
- \*Broccoli & Carrot
- \*Scallion/Green Onion
- \*Garlic & Ginger
- \*Parsley & Mint
- \*Kale & Chard (chopped into ribbons)
- \*Yellow & Orange Peppers
- \*Sweet Corn (fresh off a raw cob)
- \*Raisins & Almonds
- \*Sunflower Seeds, Pumpkin Seeds & Pine Nuts
- \*Lemon Juice

### How To Make It

\*Your quinoa needs to be cooked and cold. (This is the salad you make with leftover quinoa!) 1 cup quinoa to 2 cups water, bring to boil, turn to simmer, covered for 20 minutes or until water is absorbed. Just like rice only quicker and it's the only grain that's a complete protein.

\*Take your 1 cup-(ish) of leftover cold quinoa and put it into your large salad bowl  
Rinse and chop and peel (where necessary) all the veg, garlic ginger and scallions.  
Chop everything pretty small & throw it all in with the quinoa and toss it all around with two big salad tongs or large forks/spoons. (Or really clean hands)

Chop and add the parsley and mint, Almonds or other nuts, seeds & raisins and toss some more. Drizzle a little bit of olive oil and squeeze half a lemon and toss it all one more time Don't dress it too much, You can add more dressing for each serving.  
I like this with a Tahini Dressing most.

## ASPARAGUS FIG FENNEL OLIVE SALAD

Ok, I know this sounds a little weird but I just made it the other day, a “what do I have around here I could throw into a salad” and it came out really great! I liked it anyway. I enjoyed the flavor and texture combos. You'll have to let me know if you feel the same!

### WHAT'S IN IT

- \*About 8 Asparagus, chopped into half inch pieces
- \*About 8-10 Kalamata Olives, halved, pitted
- \* About 4 Dried figs, chopped in 4 or 5 small pieces each
- \*Mixed Salad Greens of choice, Arugula is great
- \*Sunflower Seeds

### HOW TO MAKE IT

- \*Chop and Sauté your Asparagus in olive oil with salt and pepper.
- \*Roll the asparagus back and forth in the pan intermittently while you slice the olives and figs.
- \*When Asparagus looks grilled but is still crunchy, transfer to greens, keeping back any oil.
- \*Throw in the rest of the ingredients.
- \*Toss with Orange Honey Vinaigrette.

## FENNEL RADISH PARMESEAN SALAD

This salad is so light and fresh and invigorating. I just love it. I hope you will too!

### WHAT'S IN IT

- \*2 Tbsp Olive Oil
- \*1 Tbsp Fresh Lemon Juice
- \*2 Tsp Whole Grain Mustard
- \*Salt & Pepper (coarse salt, & ground pepper, ideally)
- \*1 bulb fennel, cored and thinly sliced, plus 1/4 cup fronds
- \*5 radishes, thinly sliced
- \*3 tablespoons freshly shaved Parmesan

### HOW TO MAKE IT

\*Whisk together oil, lemon juice, and mustard and season with salt and pepper.

\*Toss the dressing in with the sliced fennel bulb and radishes.

\*Top with Parmesan and fennel fronds.

And that's it!

## DANDELION AND GARLIC SALAD

Another delightful recipe from “God’s Healing Herbs”. I’ll just quote from it:  
“If your yard is like mine, then come spring come the dandelions, so before you try to eradicate them, have some for lunch. You may be pleasantly surprised how tasty this nuisance of a weed may be!”

Serves 4

### What’s In It

- \*1/2 Lb Fresh young Dandelion Leaves
- \*1/2 leaf lettuce of your choice
- \*1 Clove Garlic, finely minced
- \*2 Tbsp Chopped Olives
- \*2Tbsp finely chopped Basil, Thyme and Oregano.

### How To Make It

- \*Wash dandelion leaves well, using only the tender ones.
- \*Combine with lettuce, olives and garlic.
- \*Add choice of dressing (or just splash a splash of balsamic or red wine vinegar and drizzle Olive oil) and toss with fresh chopped herbs.
- \*Refrigerate for 1 hour before serving.

## CREAMY LEMON BROCCOLI SALAD

A delicious recipe taught to me on Dharma Ridge in the Santa Cruz mountains. Perfect for something hearty when the weather is blisteringly hot! This is how I remember it, though it may not be identical to the way Tahra Singh makes it! This will keep in the fridge for days, it gets tastier each day, actually.

Time: 20 Min. Serves 4

### WHAT'S IN IT

- \*1 Head Broccoli and Stalk, (peeled and cut into 1/2 inch long slices)
- \*1 Lemon
- \* 1/4 Cup Yogurt (or 3 Tbsp Tahini)
- \* 1/4 Cup Raisins (golden raisins are nice with this)
- \*1/4 Cup Slivered almonds
- \*Salt & Pepper to taste
- \*Pinch of Cumin (maybe?)

### HOW TO MAKE IT

\*Chop up the broccoli and stalk into bite size pieces and steam for 5 minutes.

\*In a blender, mix lemon juice and yogurt (or lemon juice, tahini and a splash of water) with salt and pepper.

\*Move broccoli to a large bowl and pour dressing over. Mix in almonds and raisins and toss well so broccoli is thoroughly coated.

I like to shake it all up together in a large jar to dress it and then put it in a bowl to eat!

## BEET SALAD

This makes a nice salad but also works as a side to an entree.  
Keeps for several days in the fridge.

### What's In It

- \*4 Large Beets multiple colors.
- \*1 Bulb Fennel
- \*1 Can Chickpeas
- \*2-3 Easy peel Tangerines
- \*Handful Fresh Basil, chopped into thin ribbons
- \*Few leaves fresh mint, Finely chopped
- \*1/4 Cup Dried Cranberries
- \*1/4 Cup Pine Nuts
- \*Crumbed Sheep's feta or goat cheese (optional)
- \*Cinnamon Hibiscus Vinaigrette

### How To Make It

- \*Scrub and chop your beets into bite size pieces and boil until tender
- \*Drain, keeping the beet water aside to enjoy later, it's very high in Vit-B and tastes quite nice, I think.
- \*Put beets in a bowl and put them in the fridge while you prep your other ingredients.
  
- \*Chop Fennel Bulb into chunks and slices.
- \*Peel the tangerines, separating each slice, gently slicing them in half.
- \*Wash and chop your basil into small ribbons.
- \*Mince your mint leaves into little slivers.
- \*Rinse your can of chickpeas under cold water in a colander.
- \*Grab your beets out of the fridge and mix all the other ingredients in with them,

including the nuts and raisins.

\*Drizzle the Cinnamon Hibiscus Vinaigrette on it and toss well.

\*Put back in the fridge for about an hour to chill thoroughly.

Serve with crumbled feta if desired.

## HERB & GARLIC DRESSING

This makes a nice fish or meat marinade too.

### What's In It

- \*1 Clove of Garlic
- \*1/4 Cup Olive Oil
- \*1/4 Cup Balsamic Vinegar
- \*Handful of Fresh Herbs (Oregano/Rosemary/Sage/Thyme)
- \*1 Tbsp Honey
- \*Juice 1 Lemon

### How To Make It

Blend all ingredients well in the blender or food processor.

## TANGY HIBISCUS CITRUS MARINADE

### What's In It

- \*2 Tbs Olive Oil
- \*2 Tbs Balsamic Vinegar or Red Wine Vinegar
- \*3 Tbs Hibiscus Syrup
- \*1 Clove Garlic, grated
- \*1 Orange (juice)
- \*Salt & Pepper to taste

### How To Make It

Mix all ingredients in a blender till mixed, pour over meat or fish to marinade or use as a salad dressing.

## TAHINI DRESSING

Tahini is just pureed Sesame Seeds. Sesame seeds are very high in Calcium, Iron, Magnesium and Zinc.

### What's In It

- \*1 Heaping Tbsp of Tahini

- \* Splash of Water
- \* 1/4 Cup Olive Oil
- \* 1-2 Lemons (juice)
- \* Salt & Pepper
- \* 1 Clove Garlic (optional)

### How To Make It

Blend in Blender until it is a pourable dressing consistency. If it gets too thin, add more Tahini, too thick add more oil, lemon or water, based on taste preference. You can also add a splash of Apple Cider Vinegar and 1 chopped green onion.

## BASIL VINAIGRETTE

Delicious with sliced tomatoes & your favorite cheese or poured over grilled Salmon.

### What's In It

- \* 1 shallot peeled
- \* 1 heaping cup fresh basil leaves
- \* 2 Tbsp champagne vinegar
- \* 2 Tbsp fresh lemon juice
- \* 1 Tsp Dijon mustard
- \* 3/4 Tsp sea salt
- \* 2/3 cup extra virgin olive oil

### How To Make It

\*Place everything but the olive oil in a blender or food processor and pulse a few times to combine but not totally puree.

\*Remove the cap of the blender or the covering tube of the food processor and start the machine, slowly pouring the oil as the blender or food processor are running. If using a blender, place your hand over the lid so it won't splatter.

\*When the oil is incorporated and the basil and shallot are pureed, turn the machine off and scrape the sides down. Cover and puree for another 1 minute or so.

\*Store vinaigrette in a glass jar and store in the refrigerator for up to two weeks.

\*When using leftover dressing, give it 5 minutes or so at room temp before pouring, It will thicken with refrigeration and seem less durable but just needs to sit out for 5 min and then give it a good shake.

## ORANGE HONEY VINAIGRETTE

### What's In It

- \*1/4 Cup Olive Oil
- \*1/4 Cup Balsamic Vinegar
- \*1 Orange (juice)
- \*1 Tbsp Honey
- \*Crushed Dried Thyme

### How To Make It

Shake all ingredients in a jar or blend in the blender.

## CINNAMON HIBISCUS VINAIGRETTE

### What's In It

- \*2 Tbsp Cinnamon Oil
- \*2 Tbsp Hibiscus Syrup
- \*2 Tbsp Apple Cider Vinegar
- \*1Tbsp Honey
- \*1/2 Lemon
- \*Salt and Pepper

### How To Make It

Mix all together in a blender or a jar.

## SAILOR BAKE

This is a “*what do I have around here that’ll make a killer casserole?*” kind of recipe.

It came out so yummy, I make it all the time in the winter months.

Prep Time: 10 Minutes   Bake Time 35-40 Minutes   Serves 6-8

### What’s In It

- \*1 Pack Trader Joe’s Spinach Tortellinis (or any tortellinis you like)
- \*1 Lb Sea or Bay Scallops, fresh or thawed. (Or Trader Joes pack frozen “Saucy Scallops”)
- \*1 Cup Broccoli Florets chopped, (fresh or frozen)
- \*1 Cup Brussel Sprouts, halved
- \*1/2 Cup Frozen Spinach
- \*1 Cup Shiitake Mushrooms, chopped
- \*Alfredo Sauce
- \*Grated Cheese (Dubliner or Parmesan are great)
- \*Handful fresh chopped herbs (Rosemary, Oregano, Thyme, Sage)
- \*1-2 cloves Garlic, minced
- \*Little bit of milk or cream

### How To Make It

- \*Preheat the Oven to 350 F/ 175C
- \*Boil Water in a pot with the lid on and while you’re waiting for your water to boil, butter up a square or rectangle baking dish (size depends on how much you want to make)
- \*Mix all the chopped veg, herbs and garlic together in a bowl.
  
- \*Put the Tortellinis in the boiling water and boil for ONLY 4 MINUTES. Drain the water and transfer tortellinis to the baking dish.
- \*Put all the veg and garlic in the bowl on top of the tortellinis, spreading it all out evenly over the tortellinis. Next, add the Scallops raw, placing them evenly around the dish.
  
- \*Pour Alfredo Sauce over the contents of the baking dish, spreading it around with a

spatula or back of a large spoon, making sure it gets down to the bottom. If your Alfredo is too thick, put it in a larger jar with a splash of milk, cream or even a little water and shake it up (or whisk it in a bowl) to get it to a still very thick and creamy but pourable consistency. I warm mine up with some butter and half & half in a saucepan with a whisk. Depends on what kind of Alfredo sauce you buy, really.

\* Once you've poured all your Alfredo out onto your other ingredients, sprinkle your grated cheese all over the top. Bake it for about 35-40 minutes.

Ahoy!

## SHEPHERD'S PIE

This Irish staple traditionally made with mutton or lamb, is one of the best rainy winter comfort foods there is. You can use ground Beef & call it "Cottage Pie", a staple in England or ground Buffalo & call it "Prairie Pie" a staple in..oh wait...I just made that up.

### WHAT'S IN IT

- \*1 Lb Ground Lamb (Or Buffalo or Beef)
- \*1 Lb-ish Red Potatoes, chopped
- \*2-3 Cloves Garlic Minced
- \*1 Large Onion diced
- \*Frozen Carrots and Peas Mix (Mirepoix)
- \*Large Handful of Fresh chopped herbs
- \*Worcestershire Sauce
- \*1/2 Cup Broth (Chx Veggie or Beef)
- \*1 stick of Butter (8Tbs)
- \*Gorgonzola Cheese (optional)

### HOW TO MAKE IT

- \*Preheat Oven to 400 & Butter up your Baking Dish.
- \*Chop and boil your spuds, you're gonna mash 'em later so chop 'em small.
- \*Sauté the onion, garlic and mirepoix in 4 Tbsp Butter (Half a stick) in your skillet
- \*Add Ground Meat & stir together. Then Add 1 Cup of Broth and (I usually put darn near a whole bottle of) Worcestershire sauce and simmer on low for 10 minutes, letting much of the liquid evaporate. The amount of Worcestershire is to your liking, really.
- \*Your spuds oughta be about ready so drain them and mash them in the pot with the other half of the butter stick. Add a splash of milk or cream in them if you like.

\*Once your meat and veg look and smell all delicious and the broth has boiled down to more of a saucy texture, pour it all into the baking dish, spreading it out evenly.

\*Cover over all of it with the mashed potatoes, spread those out evenly on top, fluffing the tops of the potatoes with a fork (like tiny stiff little waves, an ocean of spuds!). You want 2 separate layers here.

\*Crumble Gorgonzola over the top (optional) and bake for about 30-45 minutes or until Mashed Potato tops look golden (you can put it on broil for last 5-10 minutes too)

Serve with a glass of Guinness and some good Irish Music!

## CAULIFLOWER STEAKS WITH GINGER TURMERIC & CUMIN

Cauliflower Steak? What's that about? It's great. I never really knew what the heck to do with Cauliflower before. But it's surprisingly hearty and filling just cut in thick slices and sautéed up like a big piece of white veggie steak!

Prep Time 5

Cook Time 15

Serves 3-4

### WHAT'S IN IT

- \*1 Large Head of Cauliflower
- \*2 Tbsp Olive Oil
- \*1/4 Cup Cilantro (Coriander)
- \*1Tsp Cumin
- \*1 Tbsp Minced Ginger
- \*1Tsp Turmeric
- \*Salt & Pepper

### HOW TO MAKE IT

\*Preheat the oven to 400°F.

\*Remove the leaves and trim the stem end of the cauliflower, leaving the core intact.

\*Take your Nice Big Knife and cut the cauliflower from top to base into three 3/4-inch-thick "steaks." Season each steak with salt and pepper on both sides. (Reserve any loose florets for another use.)

\*Heat 1 Tbsp of olive oil in your large skillet over medium-high heat. Sear the cauliflower steaks until golden brown, about 2 minutes on each side. Gently transfer the steaks to a baking sheet or baking dish.

\*Whisk together the remaining 1 tbsp of olive oil, ginger, cumin, and turmeric. Brush or spoon the mixture onto the cauliflower steaks.

\*Roast in the oven until tender, about 15 minutes. Garnish with cilantro and serve. Very nice drizzled with Basil Vinaigrette.

### COCONUTTY THAI FISHY (OR VEGGIE) SOUPY THING!

So this is basically a Thai coconut curry but I have to tell a funny story to go with it. I was living in Edinburgh, Scotland winter of 2010 (the coldest on record in 100 years!) and that's what I got really into making this a lot. My lovely friend Pam whom I'd met that fall came over one evening for dinner and I had made this very curry. She didn't know what I was cooking, just that I'd invited her to come over for dinner. She arrived just as it was ready and said, in her lilting highlander accent, "*Och, and you've meed my favorite desh, Coconutty Thai Feshy Soupy Thing!*" So, forever after, that's what I called my coconut curries, swapping out "veggie" for "fishy" when called for! Thanks Pam! Xo

Prep Time 10 minutes

Cook Time 20 minutes

Serves: 4

#### WHAT'S IN IT

- \*Coconut or olive oil
- \*1 onion (diced)
- \*4 cloves garlic, minced
- \*1 Tbsp fresh grated ginger
- \*1/2 cup broccoli florets
- \*1/2 cup diced carrots or sweet potato (both is kind of overkill, I find sweet potato is delightful)
- \*1/3 cup snow peas (loosely cut)
- \*1 Cup mixed Bell Peppers
- \*1/2 Cup Shiitakes or mushroom of choice.
- \*2 Tbsp Curry Paste
- \*2 14-ounce cans light coconut milk (sub full-fat for richer texture)
- \*1-2 Lbs White Fish
- \*Sea salt and black pepper (to taste)

## HOW TO MAKE IT

\*Pour coconut milk into the blender and add Curry paste. Blend on high. Taste it. Is it curry-y enough? Add more if needed.

\*Heat a large saucepan or pot to medium heat & add coconut oil. Add onion, garlic, ginger, carrot or sweet potato, broccoli & a pinch each salt & pepper and stir. Cook, stirring frequently, until softened—about 5 minutes. Add the mushrooms, bell pepper and stir, cook for 1-2 minutes.

\*Pour coconutty curry milk into the pan and bring to a simmer then reduce heat slightly and continue to cook for 10-15 minutes.

\*Add the fish and snap peas in last and cook covered for about 5 minutes.

\*When your fish is flaky and opaque, the curry is ready. You want the veg to still have some crispness, as long as your carrots/sweet potatoes are soft, everything else should be just right.

\*Serve over brown rice (or white rice, or quinoa) and enjoy saying. “Mmm coconut Thai fishy soupy thing!”

## BUFFALO BEANY BOWL

An interesting combo here, may not be for everyone but it hits the spot for me every time & friends loved it. You'll have to decide if it's your variety of comfort food!

Prep Time 10 Min

Cook Time 10 min

Serves 3-4

## WHAT'S IN IT

\*Green Beans, trimmed & halved (1-2Cups)

\*Brussel Sprouts, halved (1-2Cups)

\*Ground Buffalo (1lb)

\*Garlic (1-3 Cloves)

\*1 Large Onion

\*Pumpkin Seeds (Big Handful)

\*Sunflower Seeds (Big Handful)

\*Butter or Ghee

\*Creme Fresh

\*Red Chile powder (New Mexico Red Chile powder if you can get it!)

(Measurements vary depending on how many humans you are cooking for)

## HOW TO MAKE IT

\*Mince your Garlic, chop your Onion & throw into Skillet with some butter, Heat on low.

\*Rinse Green Beans and chop off the tips on either end, then slice in half. Rinse Brussels Sprouts and slice each one in half. Throw these into the skillet with the Garlic & Onion, shake as much chili powder in there as you can handle.

\*Stir around and turn heat up to Medium. Cook covered for 5-7 minutes or until greens get just tender enough but still a little too crunchy.

\*Stir in ground meat and seeds and cook covered for another 5-7 minutes, stirring frequently. Add a little more butter or a splash of water if it's sticking to the pan.

\*When it looks and taste done to you. (Meat no longer pink, veggies cooked but still have some crunch -you don't want them mushy or limp) take off heat and serve with a generous dollop of creme fresh on top, stir it into the bowl . Mmmmmm

Another way to do this is to mince all the garlic and onion and mix it into the raw meat with spices and herbs (like if you were making hamburgers) and the seeds as well, and then put that in the pan once the brussels and green beans are halfway ready.

## FENNEL CITRUS SALMON

The perfect light dinner for a hot summer night. This works with any fish but Salmon is the king! See if you can wild harvest the Fennel! I've only ever made this with Fennel stalks that I've picked wild but you can also use sliced fennel bulb from the store.

Prep Time 10 Minutes    Cook Time 30-40    Serves 1-2 (Or more per pieces of Salmon)

### WHAT'S IN IT

- \* 2-3 Stalks Fennel, chopped into 1/4 Inch round slices. (Or 1-2 Bulbs Fennel, Sliced)
- \*1 Large Orange or 2 small oranges (tangerines are okay too) Very Thinly Sliced
- \*1 Large or 2 small Lemon, Very Thinly Sliced
- \*1 Tbsp Red Chile Powder (Or Cayenne)
- \*4 Sprigs of Dill or Sprigs of Fennel Tops
- \*Salt & Pepper
- \*Large Salmon Filet
- \*Olive Oil

### HOW TO MAKE IT

\*Preheat oven to 275F/135C

\*Toss fennel, orange slices, lemon slices, chile, and sprigs in a baking dish, season with salt and pepper to taste.

\*Place Salmon skin side down on top. Sprinkle some more chile, salt & pepper on top of Salmon.

\*Pour a generous amount of Olive oil all over. (At least 1/4 Cup)

\*Roast Salmon until it is just cooked through (the tip of a knife will slide through easily, flesh will be slightly opaque), 30–40 minutes for medium-rare.

\*Transfer Salmon to a plate, breaking it into a few large pieces. Then Spoon the fennel citrus mixture and oil from the baking dish all over; discard wilted baked sprigs.

\*Add salt, pepper, chile and fresh lemon juice as needed, top with fresh dill sprigs and enjoy!

## Shiitake Fennel Scallop Stir-Fry

These flavors all work very nicely together and this stir-fry works great as a veggie dish without the scallops too. Can be served alone or on top of rice.

Serves: How ever much of each ingredient you use, for however many people you're cooking for! It's stir-fry! You don't need measurements!

### WHAT'S IN IT

\*2 Stalks Fennel (or 1-2 bulbs)

\*Broccolini

\*Asparagus

\*Shiitakes

\*Olive Oil and some Butter

\*Salt & Pepper

\*1 Lemon

\*Scallops, fresh or thawed.

\*Garlic

### HOW TO MAKE IT

\*Chop up your veg into bite size pieces, while you let the garlic sauté on low in your skillet in some oil and butter.

\*Throw the veggies in the skillet, turn it up to medium and sauté, swirling them around in the pan. Cook for about 5-7 minutes

\*Add Scallops. Mix them in, add a splash of water if anything is sticking and squeeze half the lemon. Cook covered for another 3 minutes.

\*Turn Scallops over so the other side is seared nicely.

\*Cover again, adding another little splash of water if needed and cook for another 3 minutes.

That oughta do it. Serve with another squeeze of lemon juice.

## ROASTED ROOT VEGGIES WITH GARLIC & HERBS

Easy and yummy. Need I say more?

Prep Time: 15 minutes. Cook Time: 40-45 Min. Serves: 6-8

### WHAT YOU'LL NEED

- \*Oven
- \*Baking/Cookie Sheet or Rectangular Baking Dish
- \*Large Bowl
- \*Big Knife

### WHAT'S IN IT

- \*4 Beets (Red & Golden)
- \*2 Yams/Sweet Potato
- \*4-5 Carrots
- \*3-4 Parsnips
- \*3-4 Purple Spuds
- \*2 Fennel Bulbs or 5 lower stalks, (trimmed and sliced into 1/2 inch chunks)
- \*1 Bulb of Garlic
- \*1 Red Onion
- \*1/4 Cup Olive Oil
- \*Salt & Pepper
- \*1 Cup Fresh Herbs (Rosemary, Thyme, Oregano, Sage)

### HOW TO MAKE IT

- \*Preheat Oven to 425F/220C and butter up your baking dish.
- \*Peel & Chop your Root Veg and Fennel. Cut into rough 1 inch, bite size chunks, chop Fennel into rough slices or 1/2 inch long stalk pieces. Chop Red Onion into chunks.
- \*Break up Garlic Bulb and separate the cloves but do not peel them.
- \*Chop up, de-stem your herbs and set aside in a bowl.

\*Toss the veg, onion & garlic in a large bowl with Olive Oil, Salt & Pepper until well coated. Transfer contents of the bowl to the pan/dish and spread out evenly.

\*Place on the middle rack of the oven and roast/bake for 30 Minutes.

\*Take out dish and sprinkle the Fresh Herbs all over, mixing them around onto the dish

\*Return pan/dish to oven and bake another 10-15 minutes until veggies are tender and caramelized. Mmmm

Leftovers keep up to a week in the fridge. Reheat on broil or eat cold with some salad.

## GARLIC HERB ROASTED SPUDS

Similar to the previous recipe but more garlicky and just spuds!

### WHAT'S IN IT

\*5 Cloves Garlic

\*1/4 Cup Olive Oil

\*2-3 Lbs Spuds

\*Salt & Pepper

\*1/4 Cup Fresh Herbs

### HOW TO MAKE IT

\*Preheat Oven to 425F/220C and Butter up your baking dish.

\*Chop up your spuds, peel if desired, (Red Spuds are nice unpeeled)

\*Grate your Garlic on the small greater side.

\*Place Spuds, Olive Oil and Garlic in a bowl with Salt & Pepper and toss, coating spuds thoroughly.

\*Place onto a baking sheet or baking dish and bake for 30-40 minutes or until Spuds are soft and fabulous.

A nice variation on this is Lemon Rosemary Spuds:

Add juice and zest of 1 lemon and 3 Tbsp Chopped fresh rosemary and 3 Tbsp chopped fresh parsley to the bowl when you toss and coat your spuds and add some more lemon when they're done.

## TURMERIC APPLE SPUDS

This is a “what have we got around here to make something with” recipe from a long hot summer in New Mexico in 2008 with lots of camping trips and festivals.

### WHAT'S IN IT

- \*2 Crisp Apples (Fuji or Granny Smith or any off a local tree)
- \*2 Medium sized Spuds
- \*1/4 Cup Currants or Raisins
- \*2 Tbsp Turmeric
- \*1 Tbsp Honey
- \*Lemon
- \*Coconut Oil

### HOW TO MAKE IT

- \*Peel and core Apples, chop in half. Slice very thin
  
- \*Peel spuds. Chop in half lengthwise, Slice very Thin
  
- \*Heat 1 Tbsp Coconut Oil in your Skillet on medium
  
- \*Sauté Spuds and Apples with Turmeric for 10 minutes, swirling in the pan and stirring around often, making sure they cook on both sides.

\*Once Spuds are cooked through, turn heat to Low, add the currants or raisins, Squeeze half the lemon and drizzle the honey. Add a splash of water and cover. Cook for 5 minutes on low.

## CINNAMON THYME TURMERIC SWEET POTATOES

This is an ideal Thanksgiving Dinner side dish but it's good anytime of year and really satisfies the sweet tooth and comfort food desire in one!

Prep Time 15 min. Cook time: 45-60 min. Serves 4

### WHAT'S IN IT

- \*3-4 medium/large Sweet Potatoes
- \*2 Tbsp Turmeric
- \*2 Tbsp Cinnamon
- \*3 Tbsp Thyme
- \*Salt & Pepper to taste
- \*2-4 Tbsp Olive Oil

### HOW TO MAKE IT

\*Preheat Oven to 400F/ 200C

\*Peel Sweet Spuds and cut into bite size pieces.

\*Put Sweet Spuds in a large bowl.

\*Add Olive Oil.

\*Add spices, herbs, salt & Pepper and mix/toss well.

\*Grease up a baking sheet/baking dish with butter or coconut oil

\*Spread out spuds evenly on baking sheet/dish

\*Bake for 45-60 minutes.

## ROSEMARY LEMONY SPUDS

Lemon & Rosemary come together beautifully in this quick and easy go-to side dish, perfect for every meal!

### WHAT'S IN IT

\*3 pounds red potatoes, halved

\*2 tablespoons olive oil

\*Juice of 1 lemon

\*3 cloves garlic, minced

\*1 teaspoon dried rosemary

\*Kosher salt and freshly ground black pepper, to taste

\*2 tablespoons unsalted butter

\*Zest of 1 lemon

\*2 tablespoons chopped parsley leaves

\*2 sprigs fresh rosemary

### WHAT'S IN IT

\*Preheat the oven to 400F/204C.

\*Lightly oil a baking sheet or coat with nonstick spray.

\*Place potatoes in a single layer onto the prepared baking sheet. Add olive oil, lemon juice, garlic & rosemary; season with salt and pepper, to taste. Gently toss to combine.

\*Place into the oven and bake for 25-30 minutes, or until golden brown and crisp.

\*Stir in butter until melted, about 1 minute.

\*Serve immediately, garnished with lemon zest, parsley and rosemary, if desired.

## GARLIC ROASTED SHITAKE CHIPS

These are so good. I make them in a batch but they're always gone within 48 hours!

### WHAT'S IN IT

\*2/3 lb fresh (or rehydrated) shiitake mushrooms, sliced

\*2 Tbsp olive oil

\*2-3 garlic cloves, minced

\*Salt and Pepper, to taste

### HOW TO MAKE IT

\*Preheat the oven to 400 F/205C

\*In a large bowl, toss the mushrooms with olive oil, salt and pepper.

\*Transfer to a foil-lined baking sheet,

\*Roast for 10 minutes, add the garlic and stir.

\*Roast for 5 more minutes.

\*If you let them roast a little longer, they'll become like chips!

## BROCCOLI APPLE FENNEL SLAW

Wonderful on it's own or as a side with fish or a topping for fish tacos.

### What's In It

- \*1 tablespoon tahini
- \*1 teaspoon grated lemon zest, plus 1 tablespoon lemon juice
- \*1 tablespoon applesauce
- \*3 broccoli stalks, peeled and julienned (about 1 1/2 cups)
- \*1/2 bulb fennel, thinly sliced
- \*1 carrot, peeled and julienned
- \*1/2 tart apple, peeled, cored, and julienned
- \*2 tablespoons chopped fresh parsley

### How To Make It

\*In a medium bowl, whisk together tahini, lemon zest and juice, applesauce and 1Tbsp water.

\*Season with salt. You can also throw all these in the blender to make your dressing for the slaw.

\*Pour dressing over broccoli, fennel, carrot, apple, and parsley until combined in a large bowl

Keeps for several days in the fridge.

## A Word On Smoothies

If you have not yet discovered the joy of smoothie making/drinking, oh I hope, I hope you will with this book. They are such a quick effective way to get healthy nutrients into your system, with hardly any effort. They make an easy meal replacement, serving as breakfast or a lunch. In winter months, they are not so much fun (I've definitely never started my day with a cold smoothie when it was cold outside!) but when things heat up, you will appreciate them being a daily part of your diet.

A few things to have on hand at all times to make your smoothie experience easier.

### \*Strong Tea Ice Cubes

Brew a strong Tea (Hibiscus, Green, Licorice Root, Ginger or a mix) with dried loose leaves in a pot of water. You want 1/4 cup of leaves for each 1½ cups of water.

I usually do a half cup of leaves to 3 cups water. Bring to a boil, turn down to simmer for 10 minutes, covered. Turn off heat and leave on stove in pot, covered overnight.

You are making medicinal strength tea here, technically called a *decoction*.

In the morning, strain the brew into a jar or measuring cup with a spout. (Toss the spent leaves out into the compost if you have one, if not, put them outside onto any soil or grass-the neighborhood birds and bugs will be so excited!)

Pour your brew into ice cube trays and freeze where they will come in handy for smoothies! Also, you can keep your decoction in a jar in the fridge if you plan to use it all within a week. It is nice poured over ice as a medicinal virgin cocktail or mixed with

bubbly or still water, much like you would a strong juice concentrate or just used as the liquid base for your smoothie. To do this with Ginger, just mince fresh ginger (grate some also to get the juices out, squeeze the grated pulp into the water) and boil as above. Same ratio.

### \*Selection of Frozen Fruit

You will be much more motivated to make smoothies if you have a few different bags of frozen fruits in your freezer. Blueberries are always a good bet, a mixed berry variety or antioxidant blend will have raspberries, cherries, blackberries and strawberries usually, sometimes pomegranate seeds too and then get a tropical type blend, usually mango, pineapple, peach, etc. These bags will last a while in your freezer but are good to have on the stocking up list whenever you do your big grocery run every few weeks or what have you. Costco and Trader Joes have the best bang for your buck in the frozen berry and fruit department.

### \*Frozen Bananas

It's practically the smoothie staple. I usually buy a whole bunch of bananas with the express purpose of peeling them all at once and wrapping them in foil individually and keeping them in a nice pile stacked up like little silver logs in my freezer. (Don't keep them in the door, they'll never really freeze all the way) The more brown spots you let them get before you freeze them the better. Bananas actually produce a high amount of antioxidants as they brown so I usually buy them already a little spotty and wait until they're really spotty and brown to peel them and freeze them for smoothies.

### HEMP SEEDS

Available at most stores now, these little guys are packed with protein and nutrients and a little goes a long way. You will find yourself sprinkling them onto lots of things and you'll want them around to throw in your smoothies. (Hey, try some onto top of chocolate ice cream, ooohh!)

### SMOOTHIE PROTEINS

Add these to any smoothie to kick up the protein levels without spending \$30-\$40 on some fancy protein powder full of fillers that tastes all chalky and weird, (unless you've already got one you like)

#### Powerful Proteins

\*1/2 Cup Oats - 7 grams of Protein

- \*1 Cup Spinach - 5 grams
- \*3 Tbsp Hemp Seeds - 12 grams
- \*3 Tbsp Pumpkin Seeds - 12 grams
- \*3 Tbsp Chia Seeds - 10 grams
- \*1/2 Cup (4oz) Greek Yogurt - 11 grams
- \*2 Tbsp Not Butter - 5 grams
- \*1 Cup Coconut Milk - 5 grams
- \*1 Raw Egg - 6 grams
- \*1/4 Cup Walnuts - 5 grams

## SUNSHINE SMOOTHIE

Like drinking a glass of sunshine!

### WHAT'S IN IT

- \*Frozen or fresh pineapple chunks
- \*Coconut Water
- \*1-2 Inches of Ginger , peeled finely grated
- \*1Tsp Ground Turmeric (Or 1-2 roots of Fresh Turmeric)
- \*1 Tsp Raw Honey
- \*3 Tbsp Hemp Seeds

### HOW TO MAKE IT

- \*Blend it all together in your blender and serve with sprinkled Turmeric!

## COCONUT BLUEBERRY HIBISCUS

Vitamin C, Antioxidants, Protein and Electrolytes. Oh Yeah!

### What's In It

- \*1 Cups Hibiscus Tea (pre made, cold)
- \*1 Cup Blueberries (fresh or frozen)
- \*1 Cup Coconut Milk
- \*1/2 Cup Greek Yogurt
- \*1 Frozen Banana
- \*2 Tbsp Raw Honey
- \*3 Tbsp Hemp Seeds

### How To Make It

\*Blend it all together in your blender and serve with more hemp seeds sprinkled on top.

## THE A TEAM!

Get your daily dose of Vitamin A with this smoothie.

### What's In It

- \*1 Grapefruit, peeled, sectioned
- \*1 Cup Frozen Mango
- \*1 large carrot, scrubbed and chopped into 5 or 6 pieces
- \*Aloe Vera Juice or Coconut Water (just enough to almost cover ingredients)
- \*3Tbsp Raw Hemp Seeds
- \*1 Inch Ginger, Peeled, grated
- \*Pinch of Cayenne Pepper (optional)
- \*Pinch of Salt (optional)
- \*2 Tbsp finely chopped fresh mint leaves

Blend in Blender until smooth. Serve with a sprinkle of hemp seeds and mint leaves.

## COCONUTTY GREEN MACHINE

Get your green on.

### What's In It

- \*1/2 Cup Coconut Milk

- \*1/2 Cup Greek Yogurt
- \*1 Cup Spinach
- \*1 Frozen Banana (or fresh, I suppose)
- \*1 large green apple cored, peeled and chopped
- \*1 Cup Green Tea Ice Cubes
- \*1 Tbsp Spirulina (optional)

### How To Make It

Blend until smooth and enjoy your green mustache!

## MATCHA MILKSHAKE

Dates are a lovely sweetener for smoothies and very high in Potassium

### What's In It

- \*1 Cup Coconut Milk
- \*2 Tsp Matcha
- \*1 Frozen Banana
- \*Handful of Fresh Mint
- \*3 Dates, pitted

### How To Make It

Blend until smooth. You will still probably have little chunks of date, they seem resistant to total puree-ing but so what? Add liquid to achieve desired consistency, a little bit of water is fine.

## HONEY ROSE HIBISCUS CREAM

Dreamy, creamy, rosey and divine

### What's In It

- \*1 Cup Coconut Milk
- \*1 Cup Hibiscus Tea Ice Cubes (or tea, pre made, cold)
- \*2 Tbsp Honey

- \*1 Frozen Banana
- \*1Tsp Cardamom
- \*1/2 Cup frozen coconut chunks
- \*1 Tsp Rose Syrup (You can find this at Indian Food shops)

### How To Make It

\*Blend until smooth. For a frothier version with more protein, use a fresh banana instead of frozen and add a raw egg or some greek yogurt.

## TROPICAL SUNSET

### What's In It

- \*1 Cup Hibiscus Tea (pre-made, cold)
- \*1 Orange, peeled, sectioned.
- \*1/2 Cup Strawberries Fresh or Frozen
- \*1/2 Cup Pineapple and Mango Fresh or Frozen
- \*1 Banana fresh or frozen
- \*1/2 Cup coconut milk (optional)

### How To Make It

Blend and Serve with a little pink umbrella. (Or just imagine there's one there!)

## VITAMIN C POWER PUNCH

### What's In It

- \*1 Cup Hibiscus Tea or cubes, pre-made, cold
- \*1 Whole Orange, peeled
- \*1 Whole Lemon, peeled
- \*1 knob of fresh turmeric, peeled
- \*Handful Fresh Mint leaves

### How To Make It

Blend on high and BAM! You'll feel the power! Great if you feel like you're coming down with something or are feeling "kind of chesty". Knock this down and you can honestly feel those respiratory epithelium perk up, brighten and stand at the ready.

## FENNEL ALOE MINT JULEP

Ok, so it's not a julep obviously 'cuz there's no liquor but I just like saying "julep", it makes me think of the Great Gatsby, it's a very roaring twenties cocktail. So, this is the alcohol free modern health foodie version... maybe...? Whatever, just go with it.

### What's In It

- \*1 Cup Aloe Juice
- \*3 or 4 1inch pieces Fennel Stalk or half a fennel Bulb
- \*1 Whole Lemon, peeled
- \*Half a Cucumber, peeled, chopped
- \*Fresh Mint Leaves, lots
- \*Tbs Honey

### How To Make It

Blend the heck out of it till it's frothy at the top. Serve it over ice cubes in a tumbler with a sprig of mint if you wanna go with the whole, "hey, it's a julep!" vibe. Or just drink it like a smoothie and laugh at me.

## NOGGY - NOG

This hits the spot for an egg-noggy type drink, frothy and full of spice.  
Equally delicious cold or hot, with or without the egg!

### What's In It

- \*1 Cup Coconut Milk
- \*1 Fresh Banana (not frozen, fresh = froth factor)
- \*1-2 Dates, pitted
- \*1/2 Tsp Cinnamon
- \*1/2 Tsp Nutmeg
- \*One organic raw egg (optional)
- \*1/4 Cup Walnuts and/or Pecans

### How To Make It

Blend until frothy. If desired warm, heat on low, whisking constantly.

## GREEN TEA BLISSY

Every time I make this I feel like it's going to turn me into some cute Anime character. I don't know why. It's the color maybe, or the melon flavor reminding me of sweets from Chinatown and Little Tokyo as a kid. Probably the combination of both the pastel green color and matcha melony flavor. Aiiiiiiyaa! (That's the sound of me doing some smoothie infused karate chop on a floating cartoon viral spike ball!)

### What's In It

- \*1 Cup Green Tea, pre-made, cold & strong (or Green Tea Ice Cubes)
- \*1 Banana fresh or frozen
- \*1 Cup Honey Dew Melon (or half a melon)
- \*1 Tbsp Honey
- \*1 Tsp Matcha Powder (or more)
- \*3 Tbsp Hemp Seeds

### How To Make It

Blend it on high until creamy and serve with drizzled honey and Hemp seed sprinkles.

## LICORICE MINT SMOOTHIE

So refreshing on a hot day!

### What's In It

- \*1 Cup Licorice Tea Ice Cubes
- \*1 Handful fresh Mint leaves
- \*1 Cup Aloe Vera Juice
- \*3-4 Figs, fresh or dried.
- \*3 Tsp Chia Seeds.
- \*1 Frozen Banana

### How To Make It

Blend well and enjoy with a sprinkling of chopped mint.

## DANDELION DETOX SMOOTHIE

Great for your liver, this is a refreshing if somewhat tart smoothie.

Add honey if you need to.

### What's In It

- \*1 Green Tea Ice Cubes
- \*1/2 Cup Aloe Juice
- \*1 Banana (fresh or frozen)
- \*1 Cup frozen Green Grapes (or apple or pear)
- \*1 cup fresh picked tender dandelion greens
- \*(or 1/2 cup dandelion, 1/2 cup spinach)
- \*1 inch fresh ginger, peeled

### How To Make It

Mix all together in a blender and enjoy!

## A WORD ON BAKING

It wouldn't be very original if I didn't add my 2 cents here and there, right?

### FLOUR

So here's the deal with baking flour. If you can avoid the standard white flour, your body will thank you in the long run. Pretty much any baking recipe that calls for "flour," you can substitute the flour for a mix of various gluten free or grain free flours and IT WILL STILL BE GOOD! I promise! There are store-bought non-wheat flour baking mixes you can buy or you can make your own.

Here are the kind I like to mix together to make my own alternative baking flour:

\*Coconut Flour (It's really quite lovely)

\*Oat Flour (Just grind oats in the blender on high, poof! Makes instant coarse flour)

\*Flax Meal - This makes baked goods soooo fluffy and moist BUT, the very healthy oils in flax seeds (lignans) turn rancid quickly once the seeds have been ground so you don't want to buy pre ground flax meal. Buy whole Flax Seeds and just grind them up into a coarse flour in the blender or food processor and then keep in a jar in the fridge. They will keep fine that way.

\*Tapioca Flour - You won't need a whole lot of this, it's good to have it be about 15-20% of your flour mix.. It adds a nice fluffy springy texture to your baked goods. And no, it doesn't not taste like tapioca pudding!

\*Almond Meal or Almond Flour - Both are the same thing, ground almond but the almond flour has just been processed into a more fine flour, the meal can be tricky to bake with if you use it as the main bulk of the flour mix.

There are others out there, spelt (the closest to wheat) cassava flour, buckwheat, rice flour, chickpea flour, corn flour, etc etc but the ones above are what I use so they're what I can recommend as being good! I mix them all together into a large jar and use that for my recipes and keep it in the cupboard. (except the flax meal, which I keep separate in the fridge and mix in per recipe)

## SUGAR

White Sugar is just a killer for your immune system and metabolism. While hummingbirds may do just great on a steady diet of sugar (water), [we humans don't](#). However that doesn't mean all healthy sweets can't be sweet and satisfying. Coconut Sugar is pretty fantastic and Honey works in most baking recipes instead of sugar. Sucanat is good too. If you've never tried these in baked goods, try them! Especially honey. Then you can eat all those cookies you made With healthy flours and honey and there's really no guilt about *"oh gee, that was so bad, I ate all those cookies!"* Eat em! They're actually Good for you!!

## MILKS

Anytime I mention Coconut milk, in any of the recipes in this book, I'm referring to coconut milk from a can - full fat. (It's the good fats!) You can substitute with beverage style coconut milk from a carton but it will not be as rich. Dairy milk, if you drink it, is the standard milk for baking so might as well if that's your preference. Almond milk works too but is not quite as creamy as coconut milk. It's really up to you what kind milk-like liquid you want to use for baking and dessert recipes. If you experiment with different ones, you'll find the one you like best.

### \*What's the big deal about over mixing?"

Pretty much every baking recipe will say some version of *"fold together until mixed, being careful not to over mix"* *"Careful not to over mix? ... Why? Will the cookies explode? What's that all about?"* I always wondered what the big deal was. So, like the rebel I am, I over mixed one time! I was making cookies for a ballgame in New Mexico

and talking to a friend on the phone at the same time and just sort absentmindedly mixed the hell out of the bowl of cookie batter.

Mannn the cookies came out so dense and chalky and.. just not right.. I was like *“What happened to my cookies! They’re all cardboardy! It’s the same recipe as last time and last time they came out great! I don’t get it!”* It was embarrassing too, because these weren’t just for me, I made them for a whole group of people, all excited to share my “gourmet hippie healthy cookies” !!! My boyfriend at the time, whose mother had been a professional baker said *“did ya over mix the dough and touch it a lot when you put it on the baking sheet?”.....“Oh... well...yeah actually I think I did”,* I said. *“Yeah, you don’t wanna do that.. it kinda ruins the dough”.*

So I still have no idea what the logical explanation is behind this phenomenon, but I can vouch for the truth of it, so be careful not to over mix!!

And with that, you should be all set to get to baking!

## CARROT APPLE GINGER MUFFINS

One of my favorite muffin recipes, originally discovered as a way to repurpose the pulp from making Carrot Apple Ginger juice. If you have a juicer, try this out (add a sweet potato too) If no juicer, just follow the recipe below.

### WHAT YOU’LL NEED

- \*Muffin Tin
- \*2 Large Mixing Bowls

### WHAT’S IN IT

- \*1Cup Finely Chopped Apple
- \*1Cup (fine) Grated Carrot
- \*1 inch Knob Ginger, peeled, grated
- \*(If using pulp substitute the 3 above in gradients with 2 Cups Pulp)
- \*1 1/2 Cups Flour
- \*2 Tsp Baking Powder
- \*1/4 Cup Coconut Sugar or Honey
- \*1/2 Tsp Salt
- \*1 1/4 Cup Milk (dairy or coconut or almond, etc)
- \*1/4 Cup Coconut Oil
- \*1 Tbsp Vanilla
- \*1/2 Tsp Cinnamon

\*Dark Chocolate Chips & Dried Cranberries (optional)

## HOW TO MAKE IT

This is made using the standard Muffin recipe where you mix the dry ingredients together in one bowl, then the wet ingredients in another bowl, then pour and fold the wet into the dry. See? Simple!

\*Preheat the oven to 400°F/204C, and grease a 12-cup muffin tin.

\*Mix your Apple, Ginger & Carrot (or pulp) in a bowl so it's evenly mixed and set aside.

\*Combine the flour, baking powder, salt, cinnamon & coconut sugar (if using) in a large bowl and stir with a whisk or a fork so it's all mixed together well. No lumps, now!

## CARROT APPLE GINGER MUFFINS CONT'D

\*In a smaller bowl, combine oil, milk and vanilla (and honey, if using) and whisk the heck

out of it (now, the wet part you can mix until your arm gets sore! No problem there)

\*Pour the wet ingredients into the dry and gently combine, being careful not to over mix (there it is!)

\*Fold in (meaning mix in super gentle like) the Carrot, Ginger & Apple (or Pulp) and chocolate chips, if using until just mixed together.

\*Scoop into muffin tins with a spoon and bake for 18-22 minutes.

\*Cool in pan for 10 minutes, before removing to a cooling rack to cool completely.

If you don't have a "cooling rack" or a wire rack laying around ('cuz everyone has one of those laying around, right? Heck I don't even have one and I bake all the time!) you can just put them on a plate with a few folds of paper towel underneath to let them cool for an hour.

Basically, you want the bottoms (of any baked good) to cool and firm up and not be too moist and spongy and damp at the bottom.

## GINGER PUMPKIN BREAD

I'm the type that wishes Pumpkin Spice lates were available all year round so naturally, I bake this all year round! This means I tend to hoard canned pumpkin. Yes, that's me, I'm the pumpkin hoarder. I will make Pumpkin Pie, pumpkin bread and pumpkin muffins in the middle of March or the end of July. So there!

Prep Time: 15 Min Cook Time: 90 Min

### WHAT YOU'LL NEED

\*Baking Parchment (aka Wax Paper, but it's not the end of the world if you don't have it, you'll just have to be gentle getting the loaf out of the pan when it's done.

### WHAT'S IN IT

- \*Butter (to grease Loaf Pan)
- \*2½ cups flour mix (Flax,Oat, Coconut is a nice blend for this)
- \*2 tsp ground cinnamon
- \*2 tsp salt
- \*1 tsp baking powder & 1/2 tsp baking soda
- \*1/2 tsp nutmeg
- \*1/8 tsp ground cloves
- \*2 large eggs
- \*1 15-oz can pumpkin purée
- \*1 Tbsp plus 1 tsp finely grated ginger (from about one 3" piece fresh ginger)

\*1 1/2 cups plus 1 Tbsp. Coconut Sugar or Honey

\*1 cup extra-virgin olive oil

\*1/2 cup raw pumpkin seeds

### HOW TO MAKE IT

\*Preheat oven to 325F/162C

\*Grease up your 9x5" loaf pan with butter.

\*Line bottom of pan with parchment, leaving a generous overhang on both long sides.

\*Whisk flour, cinnamon, salt, baking powder, baking soda, nutmeg and cloves in a medium bowl.

## GINGER PUMPKIN BREAD CONT'D

\*Whisk eggs, pumpkin purée, ginger, and 1½ cups sugar or honey in a large bowl. Stream in oil, whisking constantly until mixture is fully mixed together.

\*Gently fold half of dry ingredients into egg mixture until it's all mixed in and there are no dry clumps.

\*Repeat with remaining dry ingredients, stirring to combine, being careful not to over-mix. (Mm-hmm) \*Transfer batter to loaf pan; smooth top with a spatula.

\*Scatter the pumpkin seeds over the top, pressing lightly to stick them down.

\*Sprinkle seeds with remaining 1 Tbsp. sugar.

\*Bake bread, rotating pan once halfway through, until you can stick a bread knife into the center and it comes out clean, 80–90 minutes.

\*Let it cool slightly, then run a knife or small offset spatula around pan to help loosen bread. Using overhang, transfer bread to a wire rack and let cool.

## EASIEST PIE CRUST EVER

You can mix this with a fork right in the pie pan then pour your pie filling onto it & bake!

- \*1 1/2 Cup Flour Mix
- \*2 Tsp Coconut Sugar
- \*1 Tsp Salt
- \*1/2 Cup Coconut Oil
- \*2 Tbsp Milk

Mix and press into pie pan, working up the sides until evenly distributed.

## HEALTHIEST PUMPKIN PIE EVER!

I've always loved Pumpkin Pie and after I made this for the 1st time, I made it all the time. The following year I got lazy and bought one from the store. Ugh! It just doesn't compare! Once you make this - and once you see how easy it is - you'll never want store bought Pumpkin Pie again. This is sugar free and still tastes like the real thing!

Prep Time: 15 Min    Cook Time: 65    Serves 6

### WHAT'S IN IT

- \*1 Can Pumpkin (not pumpkin pie mix, just pumpkin)
- \*3 Eggs, beaten
- \*1 1/4 Cup Half & Half (or full fat Coconut Milk)
- \*3/4 Cup Honey
- \*2 Tbsp Turmeric
- \*2 Tbsp Pumpkin Pie Spice
- \*2 Tbsp Cinnamon

\*Pie Crust in "Easiest Pie Crust Ever" Recipe

### HOW TO MAKE IT

- \* Preheat oven to 425F/220C

\*Make the Easiest Pie Crust Ever in your Pie Pan

\*Mix all Pie ingredients together well with a whisk or fork.

\*Pour into Pie Pan and bake for 15 minutes, then turn oven down to 350F/175C and bake for 40-50 minutes or until a butter knife comes out clean.

\*Let cool in pan for about an hour so it can firm up enough to cut a slice.

Then go cut you a sliiice!

## CINNAMON WALNUT FLAX MUFFINS

Can you tell I like to bake with Cinnamon?

Prep Time 10 minutes Cook Time 20 minutes Servings 12 muffins

### WHAT'S IN IT

- \*1 Cup freshly ground Flaxseed
- \*4 Eggs
- \*1/2 Cup Coconut or Olive Oil (if coconut, warm to liquify)
- \*1/2 Cup Coconut Sugar
- \*1/4 Cup Coconut Flour
- \*2 Tsp Vanilla Extract
- \*2 Tsp Cinnamon
- \*1 Tsp Lemon Juice
- \*1/2 Tsp Baking Soda
- \*Pinch of Sea Salt
- \*1 Cup Walnuts Chopped

### HOW TO MAKE IT

\*Preheat oven to 325°F./162 C

\*Mix ingredients together in a mixing bowl in the order they are listed.

\*Add Walnuts last.

\*Bake at 325°F/160C for 18 to 22 minutes.

\*Stick a toothpick in the center of one, if it comes out clean, they're done!

\*Do that whole cool in the pan before moving to a wire rack thing, etc.

## OATMEAL CARROT COOKIES

A nice spin on Oatmeal Cookies.

### WHAT'S IN IT

\*1 1/4 Cup Rolled Oats

\*1/2 Cup Flour Mix (Coconut and Flax Meal, recommended)

\*2 Tsp Baking Powder

\*2 Tsp Ground Cinnamon

\*1/2 Tsp Allspice

\*1/8 Tsp Salt

\*1/2 Cup melted Coconut Oil

\*2 Eggs

\*2 Tsp Vanilla Extract

\*1/2 Cup Maple Syrup/Honey

\*1 Cup Grated Carrots

### HOW TO MAKE IT

\*Preheat the oven to 350F/180C and grease the baking sheet with butter. (Or lay down baking parchment, if you wanna get all fancy about it. I usually forget to even buy that stuff!)

\*In a large bowl, mix together the oats, flour, baking powder, salt, cinnamon, allspice and nutmeg. (The dry stuff)

\* In another large bowl, mix together the coconut oil, vanilla, egg, maple syrup/honey. (The wet stuff)

\*Add the dry ingredients to the wet ingredients and continue to mix, you know how.

\*Fold in the carrots, nice and easy.

\*Place batter in the fridge for about 20min.

\*Scoop dough onto baking sheet in 12 round dollops and press flat slightly with back of spoon. Bake for 15min. Allow to cool.

Enjoy :)

## COCONUT LAVENDER COOKIES

These are a little heavy on the sugar but they are just so delightful.

### WHAT'S IN IT

\*2 3/4 cups flour mix (Spelt, Coconut and Tapioca)

\*1 Tsp Baking Soda

\*1 Tsp Baking Powder

\*1/2 Tsp Salt

\*1/2 Tsp Cardamom

\*1 Cup Sugar

\*1 Cup Honey

\*2 Large Eggs

\*1 Cup Coconut oil, melted

\*2 Tsp Vanilla Extract

\*1 Cup Shredded Coconut

\*1 Cup Quick Oats

\*1/4 Cup Lavender Flowers, minced

### HOW TO MAKE IT

\*Preheat the oven to 350F/ 150C degrees.

\*Grease your baking sheet or line it with parchment paper and set aside.

\*In a large bowl, whisk together flour, baking soda, baking powder, cardamon and salt. Set aside.

\*In a 2nd large bowl cream together the sugar, eggs, coconut oil and vanilla extract until light and fluffy.

\*Slowly add the dry ingredients and mix until combined.

\*Stir in the oatmeal, coconut and lavender flowers., Drop by tablespoonfuls onto your baking sheet.

\*Bake at 350 degrees for 10 minutes, or until the cookies are set and slightly browned.

\*Let the cookies cool on the baking sheet for 2 minutes. Transfer to a wire cooling rack and cool completely.

## CREAMY MANGO MUFFINS

Greek Yogurt gives these a lovely tangy flavor and they are so creamy and moist.

### WHAT'S IN IT

\*1/2 Cup Coconut Oil (melted)

\*1 1/4 Cup Flour Mix

\*1 1/2 Tsp Baking Powder

\*1/4 Tsp Salt \*1 Cup Greek Yogurt (room temp, ideally)

\*1 1/2 Cups diced Mango

\*1/3 Cup Coconut Sugar

\*1 Large Egg (room temp)

\*1 Tsp Vanilla Extract

\*3/4 Cup Shredded Coconut, divided.

### HOW TO MAKE IT

\*Preheat the oven to 375F / 190C.

\*Grease up your 10 muffin cups with butter.

\*In a small saucepan, warm your coconut oil just until it melts. (Unless it's already melty) It should still be on the cool side.

\*In a medium bowl, whisk together your flour, baking powder and salt.

\*Stir in 1/2 cup shredded coconut.

\*In a separate bowl, whisk together egg, sugar, coconut oil, yogurt and vanilla.

\*Stir wet into dry ingredients until just combined.

\*Divide batter among prepared muffin cups then sprinkle the top with remaining 1/4 cup coconut, about 1 to 2 teaspoons on each.

\*Bake until a toothpick comes out clean from the middle of a muffin, about 20 minutes.

## J U I C E P U L P S W E E T C A K E

Another way to repurpose juice pulp. This bread is light, spongy and delicious. If you don't have a juicer, just grate the veg on the fine side of a grater and use that in place of pulp. (But squeeze liquid out before mixing with other ingredients.)

### WHAT'S IN IT

- \*1 3/4 Cup Juice Pulp (Sweet Potatoes, Beets, Oranges)
- \*2 Cups Flour Mix (Coconut, Tapioca & Flax Meal is good)
- \*3/4 Cup Coconut Sugar or Honey
- \*4 Eggs
- \*2 Tsp Baking Powder
- \*1 Cup Coconut Oil or Olive Oil
- \*1 Tsp Baking Soda
- \*1/2 Tsp Salt

(Be sure to peel your veg before juicing for softer, more bake-able pulp.)

### HOW TO MAKE IT

\*Preheat Oven to 350F/175 C

\*Grease up your Loaf Pan with Butter

\*Mix your juice pulp in a large bowl with oil, eggs and sugar or honey

\*Add in the dry ingredients little by little. Mix until all incorporated.

\*Bake for about 30 minutes. Let cool and then grab a slice!

You can use this for any pulp variety such as apple/carrot or zucchini/apple.

## HIBISCUS DREAMSICLES

This is a basic popsicle recipe. Use it for any popsicle's you decide to make.

Use juice, or cooled, pre brewed tea.

### WHAT'S IN IT

\*Hibiscus Tea, Pre Brewed, cold

\*Coconut Milk (full fat, from can)

\*Finely chopped fresh mint leaves

### HOW TO MAKE IT

\*Brew a strong Hibiscus tea in a pot. Strain and refrigerate.

\*Once cooled, mix with Coconut Milk and chopped mint leaves, (swirl together in a jar) and pour into popsicle molds.

\*Place in freezer. Once fully frozen, (about 3 hours) enjoy!

Pretty easy! Endless options for variation. Try with any other herbal tea, add honey or coconut milk or chopped mint/lemon balm, rose petals, etc. Works great with any juices well, store bought or freshly juiced. Apple Carrot Ginger juice popsicle? Try it out.

## COCONUTTY MANGO GREEN PUDDING SQUARES

### What's In It

- \*1-2 Cup Coconut Milk
- \*1 Tbsp Matcha
- \*1-2 Cup Mango (frozen or fresh)
- \*1/4 Cup Chia Seeds

### How To Make It

- \*Blend Coconut Milk, Mango and Matcha in a blender until creamy and smooth.
- \*Add Chia seeds and pulse a few times so they are all mixed in.
- \*Pour into a square baking dish and let sit covered in the fridge for 1-2 hours.
- \*Cut into cubes and serve.

## C O C A O   S O R T - O F   S O U F L E E

Okay so this may not be exactly like a 5 star restaurant chocolate soufflé but it's pretty darn close and guess what? There's NO sugar and extra eggs so it's actually very proteiny, so much so that it almost qualifies as a desert! If you're a chocolate lover, you could technically eat this for breakfast and it will keep you going till lunch, trust me, I speak from experience!! I make this in a deep, round 9 inch baking dish. It's about 4-5 servings. It keeps in the fridge, covered for 3 or 4 days. It's hardy enough to transfer from baking dish to storage container. You can also make it in a square baking dish and cut into squares like brownies. It's also terrific with Raspberries (fresh or frozen) mixed in! (1/2 Cup) And then more on top!

### WHAT'S IN IT

- \*1/2 Cup Coconut Milk (full fat from the can, not carton)
- \*6 Eggs
- \*1/2 Cup Coconut Butter (or Coconut Cream)
- \*3/4 Cup Honey
- \*1/2 Cup Raw Cocoa Powder
- \*2 Tsp Baking Powder
- \*2 Tsp Vanilla Extract

\*1Cup Fresh (1/2 Cup Frozen) Raspberries (optional)

### HOW TO MAKE IT

\*Preheat Oven to 350F/ 175C

\*Butter up your Baking Dish

\*Blend all ingredients well in blender or food processor on high until frothy (about 3 minutes)

\*Pour into your baking dish and bake 35-45 minutes (until it rises and knife comes out of center clean (raspberries on the knife ok, juts not coco batter)

Eat hot or cold! Top with fresh fruit and whipped cream if you want. Hallelujah!

## COCONUTTY FIG GINGER POPS

Here's another popsicle recipe that's a little more elaborate. Again, you can use this to make a variation of more dense popsicles. Swap out the figs for mango and the berries for blueberry or grape! Be creative! A great kitchen project for kids to get in on.

### WHAT'S IN IT

\*1Cup /10 fresh ripe figs (or dried, rehydrated by pouring boiling water over and soaking in bowl 10-20 minutes, then strained)

\*6 tbsp water

\*lemon zest, from 1 lemon

\*1/3 cup dried shredded coconut, unsweetened

\*fresh ginger, 1 inch (2,5 cm), minced (optional)

\*1/2 cup honey

\*2 cups coconut milk

\*lemon juice, from 1/2 lemon

\*2/3 cup Fresh Berries (Raspberry or Blackberry best)

\*Lemon balm

### HOW TO MAKE IT

\*Start by removing the ends from the figs. Cut each fig into 8 pieces.

\*Put them in a saucepan, add water, lemon zest, coconut flakes and ginger.

\*Cook over medium heat, stirring occasionally, for about 10 minutes until the figs are tender. (5 minutes if using rehydrated dried figs)

\*Add honey and around 10 black or raspberries. Continue to cook for about 15-20 minutes (you might want to lower the heat a bit) until it reaches a jam-like consistency.

\*Remove from the heat and let cool to room temperature.

\*Transfer to your blender or food processor and pulse together with the coconut milk and lemon juice. Don't totally puree it, it's nice with some chunky bits.

\*Pour into Popsicle Molds. Or you could just blend it all fresh and pour it in the popsicle mold without the heating part but the flavors somehow meld together so wonderfully with that little bit of heating up first.

## PEACHY HIBISCUS ICE CREAM

No ice cream maker required for this! This recipe makes about a quart or Ice Cream!

### WHAT'S IN IT

\*4 large peaches

\*1/2 Cup + 1 Tbsp water

\*1 Cup Sugar or Honey

\*1/2 Cup Greek Yogurt

\*1 Cup Heavy Cream (or coconut cream)

\*1/4 Tsp Vanilla Extract

\*1 Wedge lime juice

\*6 Tbsp dried hibiscus flowers

### HOW TO MAKE IT

\*Peel peaches, cut in half, remove the pits.

\*Cut peaches into small chunks and place peach chunks and dried hibiscus into a medium saucepan with water and cook over low to medium heat for about 8 minutes, stirring occasionally.

\*Add in sugar/honey and continue to cook for another 2 minutes or until peaches become soft.

\*Remove from heat and let cool to room temperature.

\*After peaches have cooled, place 1/2 of cooked hibiscus peach mix into a blender with remaining ingredients. Pulse 1 to 2 times at high speed until mixture becomes smooth in texture, yet still chunky.

\*Pour into a large bowl and mix in the other half of the cooked hibiscus peach mix.

\*Pour into a freezer proof container and place in the freezer for at least 6 hours before serving. Overnight is best.

\*If leaving ice cream overnight in a freezer, let ice cream sit out for at least 20 to 30 minutes before attempting to scoop it out. It will be frozen solid!

## RAW CACAO TRUFFLES

So easy and fun to make and they keep for many weeks in the fridge and indefinitely in the freezer. This recipe makes about 15-20 Truffles (slightly smaller than a golf ball)

### WHAT'S IN IT

\*1 Cup Cocoa Powder

\*1/2 Cup Coconut Oil (room temp, melty/mushy)

\*1/4 Honey or Maple Syrup or a mix of both

\*Some extra Cocoa powder for dusting/coating.

And that's it!!

### HOW TO MAKE IT

\*Mix 1st 3 ingredients together in a bowl, smash it around with the back of a fork so that all the Cocoa powder is mixed in, no lumps. The consistency you are trying to achieve here is like greasy play-dough. You should be able to touch it and only have oil on your finger, no chocolate. If you can put your finger in the bowl and chocolate covers your finger like cake icing, you need to add more Cocoa powder.

\*Once you've got the right consistency, put the bowl in the fridge for about 15-30 minutes. It will harden some which will make it easier for rolling into truffle balls.

\*Take it out of the fridge and use your palms to roll bite size pieces into balls.

\*Take a coffee mug and put 2 Tbs of desired coating/topping (such as cocoa powder, hemp seeds, crushed pistachio seeds, crushed coconut flakes, sea salt or a mix of sea salt, chile and cinnamon, you get the idea) Swirl the truffle in the coffee mug until coated all around with the topping.

Keep your fabulous truffles in the fridge and whip them out anytime you need a chocolate sweet tooth hit or to wow your friends and family. This is the basic recipe, you can mix pretty much anything into the truffle mix as long as you get the consistency right.

These don't do great in the heat outdoors at a party, they don't melt but they get melty enough that picking them up is a mess. If you're bringing them to a gathering, keep them in the freezer until right before you present them on a tray. Putting them in those cute little paper truffle cups is a nice touch. Any store has them in the baking aisle.

## RAW CACAO TRUFFLES CONT'D

### Here are some of my favorite flavor variations for these Truffles

\*1-2 Drop Rose Essential Oil & 1Tbs Cardamon covered in Hemp Seeds

\*Raspberries mixed in, covered with NM Red Chile (or Cayenne) Cinnamon & Sea Salt

\*2 Tbsp Ginger Powder, Covered in Crushed Pistachios

\*Vanilla Extract, covered in Lavender Flowers

\*1-3 Drops Orange Oil, covered in Orange Zest.

(Or mix Orange Zest in and use it as coating too) Same can be done with Lemon.

\*Lemon and Pistachio are a pretty epic combo.

\*Mix Blueberries in, cover with crushed coconut

Getting excited yet!?

## LICORICE POPS

### What's In It

- \*2 Cups Licorice Tea, cold (or Licorice Tea Ice Cubes)
- \*1 Cup grapes
- \*5-6 Fresh Mint Leaves
- \*2 Tbsp Lemon Zest

### How To Make It

\*Mix all ingredients in a blender until mixed.

\*Pour into popsicle molds and freeze.

\*Serve the next day cold and enjoy!

## POWER CHOCOLATE

So this is pretty similar to the truffle recipe only you will be spreading the mix out into a baking dish or cookie pan and cutting into rectangles to wrap in foil like a chocolate bar.

Like the truffle recipe, you can add anything you want, the main ingredients are the base upon which you can elaborate endlessly to your creative culinary hearts content! This recipe is how I like my "Power Chocolate" I really load it up. You can just make the base (1st Three ingredients) and fancy it up or down however you want.

### WHAT'S IN IT

- \*2 Cups Cocoa Powder**
- \*1 Cup Coconut Oil**
- \*1/2 Cup Honey or Maple Syrup**
- \*1-2 Tbsp Ginger Powder
- \*3 Tbsp Spirulina Powder
- \*1 Tbsp Matcha Powder
- \*1 Tbsp Turmeric
- \*1 Tbsp Cinnamon
- \*1/4 Cup Orange Zest
- \*Finely chopped Pistachio and Pine Nuts
- \*Dried Blueberries

\*1 Tsp Cayenne

## HOW TO MAKE IT

\*Line a baking dish or cookie sheet with Wax Paper

\*Mix the 1st Three ingredients together until you get that play-dough consistency.

\*Mix in the other ingredients.

\*Spread your chocolatey goodness out with a spatula onto your pan or dish. Make sure it's evenly distributed, about the thickness of a chocolate bar, not too thick, not too thin.

\*Top with more yummys if you like such as Orange Zest, crumbled nuts or Freeze Dried Raspberries (you can get those at Trader Joes)

\*Put in the fridge for an hour. Then take out of the fridge and score chocolate with a knife into the ideal sizes for chocolate bars, square, rectangle, heart shaped. You can also use a cookie cutter if you have one.

\*Place in the freezer overnight. Next morning pop pieces out and wrap individually in foil! These will not stay hard in the heat, they will not melt into liquid but they will get melty and messy, like most chocolate bars in heat but these even more so. If taken camping or put into school such, just keep it near the ice or in a cooler.

## THE INFINITE POSSIBILITY RAW CAKE

Raw Cake?!!! Raw food, it's a thing. You may have tried it, maybe seen it at a health-food store. Some of you will be like "oh I know how to make that!" And others will be like "wait what? You don't bake it? But there's eggs, gross! How is that possible.."

It's not that kind of a cake, this has No eggs, no flour, no dairy. It's sort of miraculous,

RAW cakes are basically all variation of the same recipe that consists only of:

Nuts, Dates/Raisins, Coconut Butter, Coconut Oil, Fruit, Honey or Maple Syrup.

AND THAT'S IT!

Soooo many ways this can be played with. The website [Frangrant Vanilla.com](http://FrangrantVanilla.com) has a HUGE list of amazing raw dessert recipes if you find yourself really getting into this. If you want to keep it simple, just go with the recipe below and try a few fruit variations if your first one comes out good enough that you want to try it again. It's also lovely to layer this kind of cake, for example, one Strawberry layer, one Blueberry layer (it comes out the prettiest lavender color) and one Mango layer, topped with fresh Strawberry slices and hemp seed sprinkles.

## WHAT'S IN IT

RAW CAKE

\*1 Cup Cashews (Soaked for at least 1 hour, ideally, overnight)

- \*2 Cups Strawberries (or any fruit/berry)
- \*4 Tbsp Coconut Oil (melted)
- \*3 Tbsp Lemon juice
- \*1 Tsp Vanilla
- \*1/4 Cups Coconut Butter (optional but helps firm up your cake)

### RAW CRUST

- \*1/2 Walnuts, Pecans, Almonds (one or a mix)
- \*10 pitted Dates (or 1/4 Cup Raisins)
- \*1 Tbsp Coconut Oil

### HOW TO MAKE IT

\*If you didn't soak your cashews overnight, place them in a bowl and cover with water now. (The longer they soak, the creamier and silkier your cake filling will be)

\*Pulse your crust ingredients in a food processor or blender until it sticks to itself and can be molded with your fingers without crumbling apart. If it's crumbly, add more raisins or dates.

## THE INFINITE POSSIBILITY RAW CAKE CONT'D

\*Transfer all of it into a deep dish pie pan or square baking dish or (ideally) spring form cake pan).

\*Press it down with fingers so that it spreads out evenly to cover the bottom of your pan.

\*Drain cashews, and place in a Food Processor with other cake ingredients and blend on high until smooth and silky.

\*Pour cake mixture into pan over crust, smoothing out evenly with spatula.

\*Put in fridge for 2-3 hours (or overnight, ideally) for your cake to firm up to cheesecake like consistency.

Voila!

Slice and serve with fresh berry or fruit topping (hemp seeds make a lovely confetti-like topping) Also, try soaking your cashews in Hibiscus tea!

Here are some ideas for variety:

\*Banana plus 1/4 Cup Cacao Powder

\*Mango sprinkled with Lemon Zest

\*Raspberry/Strawberry topped with Lime Zest

\*Pineapple Banana with Kiwi Slices and crushed pistachio topping

\*Apple Banana Matcha with grated Brazil nut topping (try it!)

\*Blueberry Mint (blend 1 large bunch of fresh mint into mix)

\*Blackberry topped with Lemon zest

## LICORICE ROOT CHIA PUDDING

For Licorice lovers only!

### What's In It

\*1-2 Cups Licorice Root Ice Cubes (or tea, cold)

\*1 Tbsp Honey

\*1-2 Kiwis, peeled and diced

\*1/4 Cup Chia Seeds

### How To Make It

\*Blend Licorice Ice or Tea in a blender with honey and a splash of water until smooth.

\*Add Chia seeds and pulse a few times so they are all mixed in.

\*Pour into a bowl and stir in kiwi fruit.

\*Let sit covered in the fridge for 1-2 hours.

Enjoy!

## CHIA JELLO SQUARES

You can make jello-like chia squares with pretty much any base, hibiscus, green tea, aloe, coconut milk, As long as you have the chia to liquid ratio right, it will thicken to the consistency of jello and can be cut in squares and enjoyed cold in the summers.

A fun project for kids to get in on.

### What's In It

\*2 Cups Liquid of choice

\*1/4 Cup Chia Seeds

\*Desired add ins (fruit, herbs, etc)

### How To Make It

\*Mix all together well with a whisk and pour into a square baking dish.

\*Refrigerate for a minimum of 2 hours (The longer it sits in the fridge, the thicker it will become.)

\*Once firm, take out and cut into Jello like squares and serve!

## IMMUNI-TEA

I have this just about every morning with Power Bread topped with Nut Butter & Fig Ginger Jam. Mmmm, breakfast of champions! When the weather heats up, I tend to switch to making smoothies for breakfast but I often still make this and then pour into a jar & keep it in the fridge to use as a base for smoothies or to drink like iced tea. I recommend designating a large glass jar or plastic tub (yogurt size or bigger) to keep a pre-mixed blend of herbs in. That way you just add a scooper full (2 heaping Tbsp) each morning to your French Press & add the other ingredients individually. I make mine with Yerba Maté. Always buy the green, unsmoked (sundried) maté as the smoked maté has PCB's from the smoking process which can be carcinogenic when consumed regularly (like burnt toast or bbq ribs, once in a while, not so bad but not for your daily beverage!) You will need a French Press for this. I use a 32oz, it fills a big coffee mug twice.

### WHAT'S IN IT

\*1 Large Scoop (2-3 Heaping Tbsp) ImmuniTea Mix:

\*Echinacea

\*Pau D'Arco

\*Hyssop

\*ElderBerries

\*Licorice Root

- \*1/2 Tsp (or little scooper than usually comes with it) Matcha Powder
  - \*1/2 Tsp Turmeric Powder
  - \*Sprinkle of Cardamom
  - \*Sprinkle of Cinnamon
  - \*Sprinkle of Black Pepper (1 crank, if using a grinder)
  - \*1 Scoop (2-3 Tbs) Green Unsmoked Yerba Maté (optional)
- Or
- \*1-2 Tbsp Loose Green Tea Leaves (optional)

### How To Make It

- \*Mix this all together in your French Press and pour boiled water in, I like to add coconut milk or half and half but that's up to you.
  - \*Stir in a spoonful of Manuka if you like.
  - \*Let steep with plunger top on for 3-5 minutes, then pour and enjoy!
- This brew is strong enough for two rounds. Keep French press in the fridge and fill with boiling water again the next day, after giving the compressed herbs, etc a fluffing with a fork or spoon first.

## R E S P I R - T E A

This tea is specifically for respiratory health with all the herbs shown to have a positive impact on our respiratory tract.

### What's In It

- \*1 Tbsp Ceylon Cinnamon
- \*1 Inch Grated Ginger
- \*3 Tbsp Hibiscus Flowers
- \*3 Tbs Licorice Root
- \*1 Tsp Matcha
- \*1 Tbsp Honey
- \*Zest of 1 Orange or Lemon

### How To Make It

- \*Mix all into your Fresh Press, mix with boiling water, steep for 5 minutes and enjoy!
- \*You can also mix all these ingredients beforehand and keep in a jar of several doses. Just make sure you dry out your orange or lemon (or both!) zest first.

## G O L D E N M I L K

Golden milk is a common drink in India and has been used for centuries as a health aid. Turmeric, in addition to it's antiviral benefits discussed earlier, is also very anti-

inflammatory so it's great for digestive issues, arthritis, eczema or other ailments that are rooted in inflammation in the body. It's also a very soothing before bed drink.

### WHAT'S IN IT

- \*1 Cup Coconut Milk (or any milk of choice)
- \*1 Tbsp Honey
- \*1 Tbsp Ground Turmeric (or 4 Tbs Freshly Grated)
- \*1 Tbsp Freshly Grated Ginger or 1/4 Tsp Ground Ginger
- \*1/8 Tsp Ground Nutmeg
- \*1/8 Tsp Cardamom
- \* Pinch of Pepper
- \*1/2 Cup Water

### HOW TO MAKE IT

- \*Whisk all together in sauce pan (or put in blender till frothy)
- \*Warm in sauce pan, stirring constantly until it comes to a boil.
- \*Turn heat off immediately and let steep with lid on for 5 minutes,
- \*Pour through the strainer (you can use your french press) into the mug and enjoy!

## MATCHA GINGER LATTE

Who needs Starbucks anyway? You can do this on your own! Go for it!

### What's In It?

- \*1 Cup Milk
- \*1/2 Tsp Matcha
- \*1 Tbsp Grated Ginger
- \*1 Tbsp Honey

### How To Make It

- \*Whisk all together in sauce pan (or put in blender till frothy)
- \*Warm in sauce pan, stirring constantly until it comes to a boil.
- \*Turn heat off immediately and let steep with lid on for 5 minutes,
- \*Pour through strainer (you can use your french press) into mug and enjoy.

## ORANGE MARY

This is more like a tonic or virgin cocktail than a smoothie.  
Think of it as Bloody Mary's cousin!

### WHAT'S IN IT

- \*1 4-inch piece peeled ginger, coarsely chopped.
- \*1 4-inch piece peeled turmeric, coarsely chopped, or ½ teaspoon dried turmeric
- \*1/3 Cup Honey
- \*1/4 Cup fresh Lime Juice
- \*2 Tsp Black Peppercorns
- \*1 Tbsp Chia Seeds
- \*Bubbly Water (for serving)

### HOW TO MAKE IT

\*Blend ginger, turmeric, honey, lime juice, black peppercorns, and 3 cups water in a blender until smooth.

\*Strain through a fine-mesh sieve into a large bowl. Stir in chia seeds and let sit until seeds begin to swell, 8–10 minutes.

\*Divide tonic among ice-filled glasses. Top off with club soda and garnish with mint, thyme or rosemary sprig if desired.

## GINGER MATCHA ICED TEA

### What's In It

- \*1/4 Cup grated fresh ginger
- \*1 Tsp Matcha (or 1/4 Cup loose leaf Green Tea)
- \*2 Tbsp Honey

\*In a large 2 quart Mason Jar (or two 1 quart jars, ingredients evenly divided) pour a small amount of cold water in the jar, just enough to cover the ingredients (so your boiled water doesn't crack the glass!)

\*Let your boiled water cool for about 3 minutes, then pour into jars up to the top. Give it a good stir with a long spoon and store in fridge over night.

\*Next day, pour through strainer into new jars, then enjoy as iced tea. OR Pour into ice cube trays and serve in a glass with bubbly water or use for smoothies.

## RUBY MINT ICED TEA

So refreshing on a hot day... You take a sip and go "Ahhhhh!"

## WHAT'S IN IT

- \*1/4 Cup Dried Hibiscus Flowers
- \*1/4 Cup Mint Leaves (dried or fresh)
- \*1 Lemon (juice)
- \*3 Tbsp Honey

## How To Make It

\*In a large 2 quart Mason Jar (or two 1 quart jars, ingredients evenly divided) pour a small amount of cold water in the jar, just enough to cover the ingredients (so your boiled water doesn't crack the glass!)

\*Let your boiled water cool for about 3 minutes, then pour into jars just about up to the top. Give it a good stir with a long spoon and store in fridge over night.

\*Next day, pour through strainer into new jars, then enjoy as iced tea OR pour into ice cube trays and serve in a glass with bubbly water.

# GINGER LEMONADE

## What's In It

- \*1/2 Cup Lemon Juice
- \*1/4 Cup Freshly Grated Ginger
- \*1/4 Cup Honey
- \*2 Quarts Water

\*In a large 2 quart Mason Jar (or two 1 quart jars, ingredients evenly divided) pour a small amount of cold water in the jar, just enough to cover the ingredients (so your boiled water doesn't crack the glass!)

\*Let your boiled water cool for about 3 minutes, then pour into jars up to the top.

\*Give it a good stir with a long spoon and store in fridge over night.

\*Next day, pour through strainer into new jars, then enjoy as iced tea OR pour into ice cube trays and serve in a glass with bubbly water.

# RASPBERRY GREEN TEA

### What's In It

- \*1/2 Cup Fresh or 1/4 Cup Frozen raspberries
- \*1/4 Cup loose leaf Green Tea
- \*2 Tbsp Honey
- \*1 Lemon (Juice)

\*In a large 2 quart Mason Jar (or two 1 quart jars, ingredients evenly divided) pour a small amount of cold water in the jar, just enough to cover the ingredients (so your boiled water doesn't crack the glass!)

\*Let your boiled water cool for about 3 minutes, then pour into jars up to the top.

\*Give it a good stir with a long spoon and store in fridge over night.

\*Next day, pour through strainer into new jars, then enjoy as iced tea OR pour into ice cube trays and serve in a glass with bubbly water.

## ROSE CARDAMON KEFIR

Well, if I was going to go fancy with this I'd have a home-made kefir recipe but I've never done that so it's not in this book but there are plenty of recipes online if you want to learn how to do that (you can make your own yogurts and cheeses too, a culinary frontier I have yet to cross, next book I suppose).

However, I just had to put this recipe in here because I'll never forget what an amazing flavor combo this was. My friend Simon turned me onto this incredible concoction one summer in Ireland with kefir he made fresh from his own adorable, floppy eared goats on his lovely homestead in Leitrim. It's like the nectar of the Gods! I would drink this every day if I could. Simon! Are you selling this at the market yet!?

- \*1 Bottle Plain Kefir (cow or goat, your choice)
- \*2 Capfuls Rose Syrup (the red kind found in Indian Grocery store or order online)
- \*1/8 Tsp Cardamom

Mix ingredients together and pour into glasses. Sprinkle with more carom and be whisked away to fairyland!

## HIBISCUS GINGER COOLY

### What's In It

\*1/4 Cup grated fresh ginger

\*1/4 Cup Hibiscus Flowers

\*2 Tbsp Honey

\*In a large 2 quart Mason Jar (or two 1 quart jars, ingredients evenly divided) pour a small amount of cold water in the jar, just enough to cover the ingredients (so your boiled water doesn't crack the glass!)

\*Let your boiled water cool for about 3 minutes, then pour into jars up to the top.

\*Give it a good stir with a long spoon and store in fridge over night.

\*Next day, pour through strainer into new jars, then enjoy as iced tea OR pour into ice cube trays and serve in a glass with bubbly water.

### FOR NON PERISHABLE BULK

Vitacost.com is the best place for ordering bulk herbs, supplements, health foods, everything you'd expect to find at health food stores but all at 10-40% off the retail price.

They have their own brand as well which is very good quality.

The Link will take to the page to buy each product.

Highly recommended for ordering the following items:

[\\*Organic Matcha Powder](#)

[\\*Organic Ground Turmeric](#)

[\\*Organic Dried Hibiscus Flowers](#)

[\\*Raw Organic Unfiltered Honey](#)

[\\*Licorice Root](#)

[\\*Yerba Mate](#)

### [\\*Loose Leaf Green Tea](#)

Other Sources for dried herbs and spices in bulk.

\*<https://www.frontiercoop.com/bulk-products/teas/>

\*<https://www.starwest-botanicals.com/category/tea/>

## GROCERY LIST

**PANTRY**

- \*Chickpeas
- \*Canned Pumpkin
- \*Coconut Milk (canned, organic)
- \*Coconut Water
- \*Aloe Vera Juice
- \*Coconut Oil
- \*Extra Virgin Olive Oil
- \*Sesame Oil
- \*Avocado Oil
- \*Tamari
- \*Balsamic Vinegar
- \*Apple Cider Vinegar
- \*Raw Honey
- \*Manuka Honey
- \*Maple Syrup
- \*Rose Syrup
- \*Tahini
- \*Curry Paste
- \*Alfredo Sauce
- \*Worcestershire Sauce
- \*Pitted Olives (Green & Kalamata)
- \*Capers
- \*Dried Figs
- \*Dates
- \*Shredded Coconut Flakes
- \*Dried Shiitake Mushrooms
- \*Boxed Broth

**PRODUCE- PANTRY**

- \*Garlic & Onion
- \*Potatoes - Sweet & Red
- \*Lemons
- \*Limes
- \*Oranges
- \*Grapefruit
- \*Bananas
- \*Squashes - Butternut, Acorn, Delicata
- \*Honeydew Melon

**DAIRY**

- \*Pastured Organic Eggs
- \*Plain Greek Yogurt
- \*Butter and or Ghee
- \*Parmesan
- \*Sharp Cheddar (Dubliner)
- \*Gorgonzola Cheese
- \*Feta
- \*Half & Half
- \*Creme Fraiche or Sour Cream
- \*Plain Kefir

**MEATS & SEAFOODS**

- \*Scallops
- \*Salmon
- \*White Fish
- \*Ground Lamb, Bison or Beef

**MISC**

Toretlinis

**BULK**

- \*Oatmeal
- \*Cocoa Powder
- \*Red Lentils
- \*Quinoa
- \*Walnuts
- \*Cashews
- \*Pine Nuts
- \*Sunflower Seeds
- \*Pumpkin Seeds
- \*Chia Seeds
- \*Hemp Seeds
- \*Flax Seeds
- \*Raisins
- \*Dried Cranberries
- \*Currants

<p><b><u>PRODUCE - COLD</u></b></p> <p><b><u>VEGGIES</u></b></p> <ul style="list-style-type: none"> <li>*Cabbage</li> <li>*Fennel</li> <li>*Carrots</li> <li>*Ginger</li> <li>*Turmeric</li> <li>*Broccoli</li> <li>*Cauliflower</li> <li>*Kale</li> <li>*Bell Peppers</li> <li>*Sweet Corn</li> <li>*Asparagus</li> <li>*Radishes</li> <li>*Beets</li> <li>*Snow/Snap Peas</li> <li>*Green Beans</li> <li>*Brussel Sprouts</li> <li>*Shitakes</li> </ul> <p><b><u>FRUIT</u></b></p> <ul style="list-style-type: none"> <li>*Apples</li> <li>*Blueberries</li> <li>*Raspberries</li> <li>*Peaches</li> <li>*Strawberries</li> </ul> <p><b><u>HERBS &amp; GREENS</u></b></p> <ul style="list-style-type: none"> <li>*Rosemary</li> <li>*Oregano</li> <li>*Thyme</li> <li>*Mint</li> <li>*Basil</li> <li>*Parsley</li> <li>*Cilantro</li> <li>*Spinach</li> <li>*Salad Greens</li> <li>*Dandelion Greens</li> </ul>	<p><b><u>HERBS, SPICES</u></b></p> <ul style="list-style-type: none"> <li>*Ceylon Cinnamon</li> <li>*Ginger Powder</li> <li>*Cardamom</li> <li>*Pumpkin Pie Spice</li> <li>*Nutmeg</li> <li>*AllSpice</li> <li>*Cumin</li> <li>*Turmeric</li> <li>*Garam Masala</li> <li>*Cayenne</li> <li>*Red Chili Powder</li> <li>*Black Peppercorn Grinder</li> <li>*Himalayan or Sea Salt</li> </ul> <p><b><u>POWDERS &amp; TEAS</u></b></p> <ul style="list-style-type: none"> <li>*Yerba Mate</li> <li>*Loose Leaf Green Tea</li> <li>*Hibiscus Flowers</li> <li>*Licorice Root</li> <li>*Pau D'Arco</li> <li>*Hyssop</li> <li>*Echinacea</li> <li>*Elderberries</li> <li>*Matcha</li> <li>*Spirulina Powder</li> </ul>	<p><b><u>FROZEN</u></b></p> <ul style="list-style-type: none"> <li>*Marrow Bones</li> <li>*Frozen Spinach</li> <li>*Frozen Broccoli Florets</li> <li>*Frozen Brussel Sprouts</li> <li>*Frozen Mushroom Mix</li> <li>*Mirepoix(Peas &amp; Carrots)</li> <li>Frozen Berry Mix</li> <li>*Frozen Fruit Mix</li> <li>*Blueberries</li> <li>*Raspberries</li> <li>*Mango Chunks</li> <li>*Coconut Chunks</li> <li>*Peaches</li> <li>*Strawberries</li> </ul> <p><b><u>BAKING</u></b></p> <ul style="list-style-type: none"> <li>*Baking Soda</li> <li>*Baking Powder</li> <li>*Vanilla Extract</li> <li>*Almond Flour</li> <li>*Tapioca Flour</li> <li>*Coconut Flour</li> <li>*Chocolate Chips</li> <li>*Coconut Sugar</li> </ul>
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WOOHOOO!!!

You made it to the end of the book!!!  
Please keep in touch and let me know which recipes you like the most and feel free to reach out and ask me any questions!

I will do my best to get back to you in a timely manner!  
Thanks again for downloading my book and God Bless!

Sara Rose

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