

## Empowering Wellness with Dynamic Food Therapy

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### Food Therapy & “Eat For Life” Philosophy

So often we’re on the go, forgetting to eat. When we do, sometimes it’s not that great for us, or we overeat. My “eat for life” philosophy embraces the idea that food can be enjoyed as a source of health and satisfaction without jumping from one fad diet to the next.

Food therapy applies this idea while focusing on foods that offer maximum nutrition in a therapeutic way. This doesn’t mean eating wheat grass and rice cakes every day! It does mean

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discovering what foods offer nutritional profiles that help prevent and treat illness, but that are also gourmet, delicious and full of flavor.

Understanding what foods work best for you may take some trial and error, but rest assured, you can have a lot of fun in the kitchen. And, if you’re not a fan of the kitchen, you can even prepare a week’s worth of food ahead of time so you won’t be tempted to eat packaged and fast foods during those busier times.

I think you’ll be surprised by how useful some of the tips and tricks are I’ll offer along the way. Read on to try the recipes at the end.

### Whole Foods

**Whole foods are foods that grow in nature and contain high levels of usable nutrients. Whole foods have not been subjected to pesticides and ideally are organic. A whole food diet full of variety is the cornerstone to kicking off a successful food therapy plan.**

**Whole foods make up the “eat for life” philosophy. I’ll tell you more about “why organic” later.**

### Superfoods

Superfoods are those that may contain an unusually high, but beneficial amount of nutrients. Many of these foods are used to naturally fortify other foods or are available on their own. An example would be fortifying a yogurt dish with Maca powder and goji berries.

#### My favorite superfoods:

- Maca
- Goji Berry

- Mulberries
- Camu Camu
- Blueberries
- Kale
- Kefir
- Raw Almonds
- Avocados
- Coconut Oil

### Fats

... Are your friend. Got that? Your friend! Unless you've been diagnosed with a health concern related to converting fats, foods such as:

- Fish and seafood
- Nuts
- Eggs
- Seeds
- Olives
- Avocados
- Seed and nut oils

Are rich in omega-3 essential fatty acids necessary for immunological support, brain support and just about everything else you can think of. Don't get scared when you read the label on a bag of almonds or cashews for example. The fat is *usable*, primarily unsaturated fat- fat you need to thrive.

Key point: omega-3 fatty acids are a common deficiency. Fuel up with the largest variety you can.

### Tips

1. Do yourself a favor, if you're eliminating unhealthy foods, be sure to go at it from a perspective of abundance rather

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than lack. This mental focus will help create momentum more than anything. The brain likes variety, so choose an abundance of new foods to try when shifting things around.

2. Explore food allergies with functional diagnostic testing. Find a L.Ac, ND, DO, DC or MD in your area who practices functional medicine and let them know you'd like to rule out food allergies with blood testing. If the practitioner suggests RAST testing, this is not what you're looking for (skin prick test).

The blood likes what it likes and doesn't deal well with what it doesn't. When faced with allergens, an inflammatory situation ensues. You want exactly the opposite. Determine if you have allergies to help yourself create the most personalized "eat for life" plan you can. Common allergens include cow dairy (be sure to check for lactose intolerance and protein allergy- they're different), gluten and gliadin, corn and soy.

3. If you have to hide nutrients due to taste, do it! Read the story, "The Hiding of The Green" to see how easy this is.
4. Join a CSA if there's one in your area. You'll get a box of produce every week or every other week that will encourage you to create new recipes from. You'll also get the variety you need from seasonal, local foods.
5. Unless you're being guided by a professional that has experience working with persons with Fanconi Anemia through nutritional changes, stray from fads that may be alluring such as cleanses and detoxes. Many of these programs are standardized and don't take personal health concerns into account. Many people are surprised to learn that without the right combination of support nutraceuticals, detoxes and cleanses can actually leave

you depleted rather than rejuvenated. Work with a professional to guide you through this if interested in discovering if it might be right for you.

6. Grab a container of powdered greens. My favorite brand is Amazing Grass ORAC green powder. Comprised of greens, reds and marine algae, you can pop a scoop in every meal to naturally fortify it.

### **Why Go Organic?**

There still exist many misconceptions surrounding organic foods. The good news is that many end up being myths. Number one misconception that I hear- “organic food is too expensive.” Not true! Sometimes it takes a little shopping around to find the best buy, but before you know it you’ll discover local farmer’s and farmer’s markets that offer organic foods affordably. And, you could always consider growing the foods you eat most.

Second misconception or “argument” I hear is that organic foods are not healthier than conventionally grown foods because they contain the same amount of nutrients.

Again, myth! While the nutrient profiles of conventionally and organically grown foods may be similar, where they could not be more different is that organic foods are not raised with pesticides. Don’t think twice- pesticides are known carcinogens. They have been shown to cause cancer and an entire host of other health concerns.

Bottom line- your immune system is already dancing along delicately- why give it a reason to have to fight harder?

#### *Top Reasons To Go Organic*

#### **Organic products meet stringent standards**

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#### **Organic production reduces health risks**

Many EPA-approved pesticides were registered long before extensive research linked these chemicals to cancer and other diseases. Organic agriculture is one way to prevent any more of these chemicals from getting into the air, earth and water that sustain us.

#### **Organic farms observe ethical water resources**

The elimination of polluting chemicals and nitrogen leaching, done in combination with soil building, protects and conserves water resources.

#### **Organic farmers build healthy soil**

Soil is the foundation of the food chain. The primary focus of organic farming is to use practices that build healthy soils.

#### **Organic farmers work in harmony with nature**

Organic agricultural respects the balance demanded of a healthy ecosystem: wildlife is encouraged by including forage crops in rotation and by retaining fence rows, wetlands, and other natural areas.

#### **Organic producers are leaders in innovative research**

Organic farmers have led the way, largely at their own expense, with innovative on-farm research aimed at reducing pesticide use and minimizing agriculture’s impact on the environment.

#### **Organic producers strive to preserve diversity**

The loss of a large variety of species (biodiversity) is one of the most pressing environmental concerns. The good news is that many organic farmers and gardeners have been collecting and preserving seeds, and growing unusual varieties for decades.

#### **Organic farming helps keep rural communities healthy**

USDA reported that in 1997, half of U.S. farm production came from only 2% of farms. Organic agriculture can be a lifeline for small farms because it offers an alternative market where sellers can command fair prices for crops.

### **The Hiding of The Green By Maryann Lana**

## GUEST POST: MARYANN LANA: THE HIDING OF THE GREEN

Reprinted From Garden Eats

*Please welcome my guest and friend, super-cool mom, Maryann Lana. Maryann is a life-long educator of young children, creative writer, talented photographer and above all, a dedicated loving mother of three. When her youngest son, Eli was recently diagnosed with what he refers to as “goofy blood” we teamed up to teach his blood a new lesson!*

*For all of the reasons Garden Eats exists, the number one drive is to help people design health through food. You guys, the readers are always asking how to make this happen. If you have kids and are striving to get them eating healthier, read Maryann’s story. She didn’t think it was possible either, but it is and, “The Hiding of the Green” is in action below...*



### **The Hiding of the Green**

*Maryann: I have read that human actions are motivated by either fear or love. I think when it came to getting my son to eat healthy; it was a combination of both fear and love that motivated me.*

*Eli, my six-year-old son, was recently diagnosed with Fanconi Anemia. I had never heard of this until his health declined and his blood counts plummeted. Bone Marrow Failure was the medical term for that, which resulted in Severe Aplastic Anemia. Since I had been seeking treatment for Dionesse 2014 :: may not be reproduced without permission of author*

*my own health from an Integrative Health Care Specialist, (Christine Dionesse, L. Ac. MSTOM), it was a knee jerk reaction to contact her to help me make radical changes to Eli’s diet that would complement his medical treatment. This story is about just part of that change.*

*I knew from my experience with Christine that certain foods were necessary for supporting different functions in the body, and in our case we needed to support his blood and platelet production. This meant he needed to eat, among other things...GREENS. So I got out the Magic Bullet and went to work.*

*I had shopped the fresh, organic produce section (it’s small, but it’s there) and stocked up on fresh green, leafy bunches of various things like spinach, kale, collard greens, and broccoli. I also picked up beets for their health benefits as well as their striking green-hiding color. All the greens went into a steamer together until tender, and the beets got quartered (with skins on) and boiled in a separate pot for 10 minutes. Once cooked, the green veggies got pureed, poured into a nonstick tart pan for individual servings, and frozen. The leftover green goop got put into an airtight container for the fridge. The cooked beets were peeled, placed in a freezer bag and refrigerated as well. All those veggies are now the secret ingredients for most of Eli’s foods.*

*Peanut butter and jelly sandwich? Beets spread on the jelly side, greens under peanut butter. Grilled cheese? Thin layer of greens spread on each slice of gluten free (GF) bread. Frozen GF waffle? Dipped in egg mixture containing a tsp of green puree plus ground walnuts, and fried in organic buttery spread. Smoothie? Two tablespoons greens (two frozen pucks), three medium chunks of beets, covered up by organic berries, fruits, almond/rice/coconut milk, bananas, acai puree (available in frozen packets) and a splash of vanilla. I’m careful to match the colors as often as I*

*can. If I can't match colors, as in the case of the waffle, I hide it. For instance, I top the greenish waffle with a layer of fresh fruit. Pizza sauce hides the green on his GF English muffin pizza, covered with mozzarella style rice shreds.*

*Before I conclude, I must mention the other staple from Eli's new eating plan, and that is organic bone broth, as suggested by my friend Joe Rignola, a Functional Diagnostic Nutritionist and Holistic Health Coach. I initially cringed at the thought of cooking a pile of organic beef bones in my crockpot for 48 hours, but I put my disgust aside. It's so rich in nutrients from the marrow; it sets up like beefy brown Jell-O in the fridge. I am using it all the time now for soups, sauces, gravies, and of course the veggie puree hides in it quite nicely, so the two make a lovely team.*

*You may not need to make as radical a change in your child's diet as I did, but I hope that hearing from someone who never thought it was possible or worth the time encourages you to try it.*

*Happy hiding!*

*To follow or participate in Eli's journey, please visit his site at [Caring Bridgehere](#). Stay up on his bone marrow drives at Facebook and learn how you can become a match for someone today at [Be The Match!](#) Love ya E!*

## Recipes

*{garden eats}*  
**IMMUNE BOOSTING**  
 tomato sauce



There are a few secrets to a good Italian sauce with tomato paste being key in our family recipe. This time of year, *Sunday sauce*, as Dionesse 2014 :: may not be reproduced without permission of author

we call it is always on the table for our nice, big family dinner. Not only is a hearty sauce satisfying, but with the right tomato paste base, it's equally as healthy!

We make ours to give an extra push to the immune system during cold and flu season. And, a little goes a long way. Only ½ to one cup is necessary and can be used in pestos, as a spread, in soups, to layer in a veggie lasagna- you can even blend a tablespoon into homemade tomato juice.

Rich in lycopene, vitamin c, allicin, lutein, beta-carotene, zeaxanthin, potassium and folate, this food therapy recipe is packed to protect your immunity!

#### What You'll Need

- 4 dozen roma tomatoes (other meaty tomatoes work, romas offer my fave flavor)
- ½ cup chopped white onion
- 2 bay leaves
- 1 Tbsp sea salt
- 2 tsp oregano
- 5 Tbsp chopped basil leaves
- 5 chopped cloves garlic
- Organic raw honey or stevia if you like a sweeter paste (optional)

#### Cooking Tools

- Large stock pot

- Fine sieve

#### Putting It Together

- 1 Trim & wash tomatoes. Blanch and peel skin.
  - 2 In a large stock pot combine tomatoes, herbs, onions and salt. Cook slowly for one hour. Add sweetener now if desired.
  - 3 After an hour, gently press through sieve. Add garlic and return to cooking slowly for 2-2 ½ hours. Check frequently to prevent sticking. Adjust heat if necessary. You'll know it's on track if it keeps its shape on a wooden spoon.
  - 4 Pour into glass containers and let cool.
- p.s. this is a tomato paste, not a tomato sauce, so use accordingly.



I like to make the experience of eating fun for people

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to enjoy. All too often we're *thinking* about food rather than simply being present with it. Sometimes we forget to taste the food we make. Assorted delights are their own category because they bring out a flavorful experience. Maybe it's that you never considered cinnamon and basil to complement one another. Perhaps it's now that you're eating a "cookie" for lunch. Consider it Alice in Wonderland meets Mediterranean inspiration. The following impromptu recipes are to help introduce you to new ingredient combinations that offer whole foods and maximum nutrition. Give them a try and feel welcome to make them your own!

#### *Snacky Things*

##### Blueberry Maple Drizzle

- GF crispy crackers
- one log Trader Joe's blueberry goat cheese
- chia seeds
- chopped green pepper
- maple syrup

##### Notes:

1. Lay out crackers on a plate.
2. Smear cheese.
3. Sprinkle chia seeds over crackers.
4. Drop a piece of pepper over.
5. Drizzle lightly with maple syrup.

Mediterranean Delight

- 1/4 cup kalamata olives
- 1/2 cup chopped cucumber
- 1/2 cup un-sulphured, sun-dried tomatoes
- 1/2 cup fresh chopped basil
- 1 tbsp olive oil
- 1/2 log goat cheese, sheep cheese or vegan cheese
- 1/2 cup crushed pistachios or pine nuts

## Notes:

Before beginning, line a medium sized pyrex dish with plastic wrap, reusable food wrap or parchment with about an inch of overhang on either side.

1. Mix together olives, tomatoes and basil with oil and nuts
2. Pour into dish
3. Spread cheese over
4. Place a flat plate over the top, turn upside down onto plate and remove plastic.
5. Should now be “formed” loosely.
6. Dip in veggies or crackers. Eat directly.

Nuttzo Chocolate Balls

- 1 cup Nuttzo or mixture of favorite organic nut butters
- 1/2 cup oats
- 1/4 cup shredded organic, unsweetened coconut
- 2 large Fair Trade chocolate bars

## Notes:

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1. Mix Nuttzo, oats and coconut together.
2. Melt choco with double boiler method.
3. Pour choco over mixture, thoroughly mix with coconut oil greased hands or a wooden spoon.
4. Drop onto a foiled cookie sheet (that will fit in freezer and fridge).
5. Place in freezer until frozen. Once frozen, enjoy with a cup of tea or warm water.

Pomegranate Persimmon Cookies (can be made with any seasonal fruit) (enough protein to be lunchy if you have two or three)

- 2 cups Bob’s all purpose GF flour
- 1 teaspoon sea salt
- 3 teaspoons baking powder
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon clove
- 1 vanilla pod (minced)
- 1 cup apple sauce
- 1 egg
- 1/4 cup softened soy free earth balance
- 2 persimmons (pureed)
- Seeds of one pomegranate
- 1/4 cup hemp meal or seeds
- 1/4 cup chopped cashews

## Notes:

1. Preheat to 350 degrees F.
2. Mix together all dry ingredients in one bowl, wet ingredients in another. Blend together until smooth, then stir in pomegranate seeds and nuts.



- Spoon onto greased cookie sheet and bake for 15 minutes or until cookies develop a golden brown/crunchy appearance (and when your kitchen starts filling with aromatic spices!).

#### Pick Me Up Key-Lime Pudding

- one container goat yogurt
- 1 teaspoon maple syrup
- 3 tbsp maca powder
- two-three limes squeezed
- 1/2 cup thai style coconut milk

Notes:

1. Blend all ingredients together

#### S'mores Pudding (indulge in a healthy way)

- 1/2 container goat yogurt
- 1/2 box of GF graham crackers crushed coarsely
- 3 teaspoons vanilla
- 1 tbsp maple
- 1/2 cup hemp meal
- 1/4 cup Fair Trade choco chips

Notes:

1. Into your yogurt, combine all ingredients and stir.

*A Little More Lunchy & Dinner-Like*

#### Corn, Bean Avo Sprout Micro-Green Salad

- 1 cup non-GMO corn (if you can't find any just skip it and make it a bean salad)
- 1 cup black beans
- 1 tsp coriander
- 1/4 tsp salt
- 1 avocado chopped
- micro-greens
- 1 tsp rosemary
- 1 tbsp olive oil

Notes:

1. Throw all ingredients into a bowl mix, cover, sit in fridge for at least three hours.

#### Sweet Potato Pesto (sauce goes well on quinoa or GF pasta)

- 3 Sweet Potatoes
- non-soy earth balance
- almond milk (on-hand)
- 1/2 to one cup romano cheese
- 2 cup fresh basil
- 1/2 cup pistachios or pine nuts
- 1-3 tbsp olive oil

Notes:

1. Bake potatoes wrapped in foil for one hour. Place on one rack with a cookie sheet underneath on the next rack in case they leak. Do not cook directly on cookie sheet.
2. Once done, immediately un-wrap and let sit on counter.

3. Once you can touch them, throw in a sauce pan along with earth balance and almond milk- depending on size of potatoes your amounts of milk and earth balance will fluctuate. Start mixing. Let cook on low on stove top.
4. In a food processor or blender add cheese, basil, crushed nuts and oil. Add salt to taste.
5. Combine pesto mixture with potato.
6. Serve with pasta or quinoa.

#### I Can Be Lunch Pumpkin Chocolate Chip Muffins

- 1 2/3 c flour -use Bob's Red Mill All-Purpose Gluten Free)
- 1 c applesauce
- 1 1/2 tsp nutmeg
- 1 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp allspice
- 1tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp salt
- 2 eggs
- 1 c plain organic pumpkin (can be canned or steamed)
- 1/2 c earth balance, melted
- 8oz organic mini chocolate chips
- 1/4 c hemp or chia seeds

#### Notes:

1. Pre-heat oven to 350. Grease muffins or use baking cups (I use non-stick mini tins).

2. Thoroughly mix flour sugar, spices, baking soda, baking powder and salt in large bowl.
3. In another bowl blend eggs, pumpkin and butter. Stir in chocolate chips, seeds and pour over dry ingredients until just moist.
4. Scoop into muffin tins and bake for 12 minutes or until puffed and springy in center.
5. Cool on rack.

#### Avo Egg Salad

- 2 avocados
- 6 eggs
- cracked pepper and salt
- coriander
- chili powder
- veggie mayo
- goji or cranberries
- tiny persimmon chunks or apple or pear (one piece of fruit)
- dash of lemon juice
- dash of favorite mustard (be sure it's corn syrup free)

#### Notes:

1. Hard boil eggs, cool, peel and chop coarsely.
2. To that add cut up avocado, and remaining ingredients. Mix well.

#### Goji Cranberry Sauce With Chia

- 2 cups water or orange juice
- 1 cup applesauce
- 1 tsp vanilla

- 24 ounces of fresh cranberries
- 1 cup chia seeds
- 1-2 tangerines or favorite orange-type citrus
- zest of one tangerine
- 1 teaspoon cinnamon

Notes:

1. Over medium-high heat, let your applesauce dissolve in the liquid.
2. Once dissolved, add cranberries, goji, tangerines, zest and stir. Now add cinnamon.
3. You'll begin to hear the cranberries popping. Take a look, the skin will break to indicate the popping is in action.
4. Allow cranberries to pop for about one minute.
5. Remove from heat, pour into bowl, add chia, stir and allow to cool.
6. Once cooled, sauce will thicken.

Immune Boosting Gravy Over Noodles or Brown Rice

- 12 ounces organic vegetable broth
- 1/2 onion (choose whichever is in season) chopped coarsely
- 1 leek stalk chopped coarsely
- 6 coarsely chopped bulbs of garlic
- 1/2 green or red pepper chopped including seeds
- 10 pieces Huang Qi/Chinese Astragalus
- 5 pieces of Da Zao/Chinese Date
- 6 slices of Sheng Jiang/Ginger slices
- 1/2 teaspoon sage powder

- 1/2 pound rice noodles or bean curd noodle or brown rice (optional)
- 2 tbl Bragg's apple cider vinegar
- 4 tbspl Bragg's liquid aminos
- 2 tbspl black sesame oil

Notes:

1. After you have done your chopping, in a large soup pan, saute garlic and onion over medium heat with sesame oil for five minutes.
2. To this add broth, apple cider vinegar and liquid aminos.
3. Add chopped herbs, spices and vegetables stirring to a quick boil.
4. Once boiling, reduce, simmer and cover for 30 minutes.
5. Last 5 minutes of cooking, either add rice or noodles. These can be cooked separately and added at the end as well.

Chia Apple Sauce

- 12 medium apples, peeled, cored and sliced
- 2 sticks cinnamon
- 1/8 cup chia seeds

Notes:

1. Place apples and cinnamon in a large pyrex bowl with lid.
2. Bake covered at 350° for 1½ hours.
3. Allow to cool slightly.
4. Crush apples with a potato masher until sauce is desired consistency.
5. Add chia seeds, mix and cover.
6. Place on counter for an hour. Eat.

Roasted Broccoli or Romanesco With Toasted Shaved Almonds

- 1 bunch broccoli or romanesco
- 2 tablespoons EVOO (extra virgin olive oil)
- ½ teaspoon sea salt
- 1/4 cup shaved almonds
- 1 tsp vanilla
- 1 tbsp maple syrup

Notes:

1. Preheat to 400° F. Wash and cut broccoli into smallish pieces with long stems.
2. Toss broccoli in a large bowl with olive oil and salt.
3. Spread broccoli out on a parchment paper lined baking sheet.
4. Mix shaved almonds with vanilla and maple, cover the broccoli.
5. Bake at 400° F for 12-15 minutes until slightly browned.

Peanut or Cashew Rice Wraps

- rice wraps (Asian)
- 1 carrot
- 1/2 cup brocco sprouts
- 1/2 cucumber
- 1 tbsp chia seeds
- 1 tbsp organic peanut butter softened or 1 cup chopped cashews
- 1 tsp chili paste
- Braggs liquid aminos

Notes:

1. Shred carrot into long slices.
2. Julienne cucumbers into 3 inch slices. You'll want enough to guide the desired thickness of each wrap.
3. In a bowl mix peanut butter, chia seeds and chili paste. Set aside.
4. Lay out wrapper. Spread peanut butter chili paste onto wrapper. Sprinkle brocco sprouts, lay down carrots, cucumbers and wrap.
5. Drizzle with liquid aminos.

Green Sesame Shrimp Stir Fry

- kale
- collards
- swiss chard
- spinach
- sorrel
- micro-greens
- chopped red peppers
- chopped celery
- rosemary
- 1/4 cup sesame seeds
- 2 slices ginger
- chili powder
- coriander
- cumin
- 3 eggs
- sesame oil
- turmeric
- 1/2 pound uncooked shrimp
- rice, quinoa if desired

- liquid aminos
- chili paste (not spicy)

## Notes:

1. In a large pan or wok, saute peppers, ginger and celery in sesame oil and liquid aminos.
2. Add remaining ingredients to pan (except shrimp and eggs) and continue to saute.
3. In a separate pan, fry shrimp. Add to stir fry.
4. Add the end, crack three eggs over and quickly stir fry.
5. This is an “im-perfect” type of recipe, you’ll have to decide on amounts of ingredients.

Spinach Hummus

- 1 can chickpeas
- ¼ cup tahini
- 1 teaspoon garlic powder
- 1 -2 tablespoons lemon juice
- 1 tablespoon liquid aminos
- ½ cup water
- ¼ cup olive oil
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 cups raw spinach

## Notes:

1. Pour all hummus ingredients into a food processor and pulse until well-combined.

2. Scrape down the sides of the food processor bowl and then process until you reach a fine consistency.
3. Pour the hummus into a bowl and garnish with olive oil, pine nuts, and sliced black olives.

Crusty White Fish (Use your favorite White Fish, Could Also Coat Shrimp)

- 1 cup Bob’s GF flour
- 2 tsp salt
- 2 tsp black pepper
- 1 1/2 tbsp ground ginger
- 1 tbsp ground nutmeg
- 1 tsp ground marjoram
- 1 tsp ground sage
- 1 tbsp paprika
- 1/2 tsp cayenne pepper
- 2 eggs
- 4 tbsp water

## Notes:

1. Make an egg wash with egg and water.
2. Season fish with salt and pepper, then dip in the flour and spice mixture. Dip fish into the egg wash and then a final time into the flour and spice mix, pressing the mix into the fish to get good contact.
3. Heat a skillet on the stove with about a half inch of grapeseed oil covering the bottom. You will want to carefully regulate the temperature here so that the fish does not brown too quickly on the outside before it is

fully cooked on the inside. I find just below medium heat works well. I use a burner setting of about 4 1/2 out of 10 on the dial and fry gently for about 4 or 5 minutes per side until golden brown and crispy.

### Curried Away Shrimp

- 4 tablespoons EVOO
- 4 cloves garlic
- 1 medium onion, chopped
- 1/2 cup tomatoes, pureed
- 2 teaspoons fresh ginger, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon turmeric
- 1 bunch cilantro, finely chopped
- 1 pound large shrimp, peeled
- 3 tablespoons lime juice, freshly squeezed

#### Notes:

1. In a large saucepan, heat oil.
2. Sauté garlic and onion over low heat until tender, about 10-15 minutes.
3. Add tomatoes, ginger, cumin, coriander and turmeric; simmer for 5 minutes.
4. Place shrimp in simmering sauce and cook for 10 minutes until cooked through.
5. Stir in cilantro.
6. Remove from heat, add lime juice.

#### *Soups*

### Broccoli Coconut Soup

- very large soup pot
- 4tbsp olive oil

- 6 cloves garlic
- 1 1/2 tsp nutmeg
- 1tbsp cayenne pepper or chili powder
- 2tsp cumin
- 1 tsp sea salt
- 2tsp curry powder
- 3 bay leaves
- 12 oz coconut milk (thai style)
- 2 heads of broccoli
- 1 radish, skin and leaves
- 3 carrots, skin on
- 3 celery stalks
- 2 quarts of water
- 3 quarts of organic vegetable broth
- Three large white onions (won't taste these)

#### Notes:

1. Chop garlic, radish and onion. Set aside
2. Chop carrots, celery and broccoli
3. Pour oil into pot, saute garlic, radish and onion for 3 minutes
4. Add carrots, celery and cauliflower stirring for one minute
5. Pour in liquids continually stirring
6. Add all herbs and spices except nutmeg
7. Bring to a boil, reduce to simmer and cover for 1 hour
8. Hand blend your soup if desired to make it creamy
9. Add nutmeg

### Red Pepper & White Bean Soup

- 3 red peppers

- 1/4 cup olive oil
- 5 cloves garlic
- 1/2 onion
- 3 cans coconut milk (thai style)
- 6-10 cups organic vegetable broth
- 1 tbsp coriander
- 1 tsp chili powder
- salt or Gomasio to taste

## Notes:

1. In a blender or food processor blend first three ingredients. Use more oil if necessary to create a creamy texture.
2. In a large pot add organic vegetable broth, spices, above mixture and let boil. Once boiling, let simmer on low, covered for about two hours.
3. Add beans the last hour. To save time, use Eden brand canned white beans. Can use other beans, but I prefer white.

Red Pepper & Greens Soup

- everything above minus beans
- tot soi or organic spinach (tot soi can be purchased from Brighton Market from John Bolton, the hydroponic grower)
- swiss chard
- baby kale..... You can use Trader Joe's baby power greens for ease of time. You'll need two bags.

## Notes:

1. Follow directions above minus beans.

2. Add greens last 15 minutes of cooking and stir.

Root Veggie Soup With Hemp & Quinoa

- 3 sweet potatoes chopped (all chopping should be fairly large)
- 1 seasonal squash chopped
- 1 turnip chopped
- 1 parsnip chopped
- 1 rutabega chopped
- 3-5 chopped celery stalks
- one container (about 12 ounces) organic vegetable broth
- 3 tsp coriander
- 3 tsp chili pepper
- 1 tbsp rosemary
- 1 tsp oregano
- 2 tsp marjoram
- 1 Tbsp Gomasio or sea salt to taste
- 1/2 cup hemp meal(added protein)
- quinoa (amount depends on who is eating) (for added protein)

## Notes:

1. Wash and chop vegetables.
2. Add to large pot with liquid vegetables, herbs and spices. Bring to a boil, reduce to low simmer and let cook for two hours.
3. Add hemp last half hour.
4. If you're going to use quinoa (in this case it will resemble pastina macaronis) remove enough broth to make amount you'd like in a

separate pan. Add to your soup in single servings.

### Lemon Bean Soup

- 1 container organic vegetable broth
- 1 cup mixed dried beans
- 1/2 olive oil
- 1 tbsp rosemary
- 5 pieces astragalus (available at Asian markets)
- 2 lemons

#### Notes:

1. In a large pot add liquid, beans, olive oil, rosemary and two lemons squeezed. Leave halved lemons in the soup. Bring soup to a boil, allow to simmer for about three-four hours or until beans are soft. Lemon will also be so soft enough to mash into beans.
2. You will know the soup is nearing its end because a majority of the broth will have soaked into the beans. Depending on what mixture of beans you use, sometimes it will turn into a creamy soup. Add more liquid if you wish.
3. Boil astragalus in a separate pan with one cup water. Bring to a boil, simmer covered for fifteen minutes.
4. Add to soup and mix.

### Disappearing Vegetable & Herb Soup

- 1 tbsp Gomasio plus 1 tsp sea salt

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- entire head of celery chopped. Leave leaves on, but get rid of white on ends.
- 3 carrots with skin on
- 1/2 onion
- 1 turnip
- 1 cup broccoli
- 1 cup hemp meal
- 12-20 ounces organic vegetable broth
- 1/2 tbsp coriander
- 1/2 tsp cumin
- 1/2 tsp curry powder
- several cloves of garlic
- 3 tsp cracked black pepper
- 10 da zao/Chinese red dates

#### Notes:

1. Add all ingredients listed before broth. Cover contents in at least twelve ounces of broth. Now add the remaining ingredients except the dates. There should be about two inches liquid covering the contents.
2. Bring to a boil, simmer for one hour, 45 min, add dates for 15 min and done cooking.
3. With a blender adjacent to stove, extract vegetable, spice and herb contents with a spoon and add to the blender. You'll need to do this step several times. Add about half of the blender up with veggies, then a few inches of broth leaving room at the top of the blender.
4. Blend until smooth and set aside in a bowl.
5. Repeat until all contents are blended down.
6. Add back to broth and stir.

Notes on soups:



When simmering be sure a lid is on the pan.

*Breakfast-Oriented, Breakfast, Snacks, Lunch & Dinner*

### Cinnamon Bun Oatmeal

- 1:1/2 ratio liquid:oatmeal... two servings is 1 cup liquid:1/2 cup oats... alternate between hemp, almond and coconut milk
- 1/2 tbsp cinnamon
- 1/2 tbsp real vanilla
- 1/4 tsp nutmeg or cardamom
- 1/2 organic banana mashed or mango
- 1/4 cup hemp meal

Notes:

1. Add liquid, oats, spices to saucepan. Boil, then simmer 10 minutes.
2. After five minutes, add hemp meal.
3. After ten minutes “swirl” in banana, pour into bowl and serve.

### Stuffed Nuttzo Waffles

- one waffle
- 2 tbsp Nuttzo
- soy free earth balance
- 1/4 cup organic blueberries
- optional cinnamon dusting

Notes:

1. Cut waffle lengthwise, leaving connected at one end ever so slightly.
2. With a spoon, spread nuttzo into the “inside” of the waffle halves.

3. In a fry pan melt approx. one tbsp earth balance, coat one side of the waffle and cook on med-high until golden or crisp.
4. When you’re about to flip, throw down 1/2 tbsp earth balance (or more)
5. Pull up with a spatula, dump blueberries, press down hard with spatula.
6. Continue to fry for 30 seconds more. Scoop onto plate.
7. Can add cinnamon at this point as a dusting.

### Apples & Granola

- one organic granny smith apple sliced
- 1/4 cup TJ’s GF granola
- 2 tbsp Nuttzo
- cinnamon or cardamom

Notes:

1. In a mixing bowl, mix Nuttzo and granola
2. Spread onto apples
3. Dust with c or c

### Fruited Congee

*Congee Base is first three ingredients*

- 5 cups water
- 1 1/2 cups white rice
- 1/4 cup mung beans
- handful of chopped organic green beans
- 1/4 cup roasted organic peanuts, pistachios or cashews

- whichever you have on hand that you've saved for winter or is locally available\*:  
jarred/canned sliced pears or mangos
- 1/2 tsp coriander

## Notes:

1. Boil the water in a ceramic or glass pan.
2. Add beans and rice.
3. Chop the green beans.
4. Slice fruit.
5. Add the rest.
6. Boil approx 45 minutes on med-low stirring occasionally.
7. While cooking, crush nuts in a bag. Once finished, top upon serving.
8. Misc: want it to be creamy, like porridge? Cook your congee longer by gradually adding water and occasionally stirring. Can also be made over the course of seven-ten hours in a crock pot.

Warming Winter Congee*Congee Base is first three ingredients*

- 5 cups water
- 1 1/2 cups white basmati rice
- 1/4 cup mung beans
- 1/4 tsp cinnamon
- 1/8 tsp cardamon
- 3 pieces of da zao (Chinese red date; can be purchased at Ranch 99 or Whole Foods)
- 3 tsp black sesame seeds

## Notes:

1. Boil the water in a ceramic or glass pan.
2. Add beans and rice.
3. Add everything below beans\*
4. Boil approx 45 minutes on med-low stirring occasionally.
5. Misc: Want it to be creamy, like porridge? Cook your congee longer by gradually adding water and occasionally stirring. Can also be made over the course of seven-ten hours in a crock pot.

\*Add cinnamon and cardamon the last half hour of cooking.

Hashy

- 2 tablespoons EVOO
- 1 large onion, diced
- 3 cups squash or pumpkin, peeled and cut into 1-inch cubes
- 1 cup water
- 2 cups , chopped or crushed cashews and almonds
- 1/2 teaspoon sea salt
- 
- 1/4 teaspoon black pepper

## Notes:

1. Heat olive oil in a large skillet
2. Sauté onion for 10-15 minutes, until caramelized
3. Add squash or pumpkin, cover skillet and cook 10 minutes
4. Add water, cover and cook an additional 10 minutes

5. Add nuts , salt and pepper and cook 10 minutes

### Pumpkin Egg Whip

- 1/4 can organic pumpkin or 1/4 cup
- 2 eggs
- 2 tbsp almond milk
- 1 tsp

#### Notes:

1. Crack eggs into a bowl, add pumpkin, liquid and whisk together.
2. Pour into pan that has been greased with your choice of oil or earth balance and cook on high.
3. Use a wooden spoon to scramble ingredients.
4. Cook on high at the end, pushing ingredients closer to middle of pan.
5. Dust with cinnamon once on your plate.

### Eggs Tagine

- 2-3 eggs (depending on how hungry you are)
- 1/8 cup almond milk
- two handfuls of organic swiss chard
- one half sweet potato cubed
- 1 tsp nutmeg

#### Notes:

1. Whisk together eggs and almond milk.
2. Add veggies and nutmeg, stir with wooden spoon.

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3. Pour into greased pan and scramble until desired consistency is reached.

### Berry Dash of Mango Crisp

- one cup blueberries
- small handful mango
- 1 tsp cardamom
- 1 tsp nutmeg
- 1 1/2 tsp cinnamon
- vanilla
- splash(es) of “milk” (hemp, almond or coconut)

### Apple Oat Breakfast Cookies (these are simply great on the go for a snack as well)

- 1 cup apples, diced & skin on
- 3 tablespoons earth balance
- 1 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1/2 cup goat yogurt
- 1/4 cup sweet potato puréed
- 1/2 cup coconut or almond milk
- 1 large egg, lightly beaten
- 4 tablespoons crunchy almond butter
- 2 cups coconut flour
- 1 teaspoon baking powder
- t tablespoon vanilla
- protein powder optional

#### Notes:

1. Preheat oven to 350 degrees F with the rack in the middle. Prepare a baking sheet with parchment paper.
2. Melt earth balance in a medium non stick skillet over medium high heat. Add apples, cinnamon and salt, stir to combine. Reduce heat to medium and cook for about 5-8 minutes until apples soften. Transfer mixture to heat proof bowl to cool.
3. In a medium sized bowl mix together yogurt, sweet potato purée, milk, egg and almond butter. In a separate bowl whisk together flour and baking powder. Combine the yogurt mixture, flour, apples and vanilla. Drop heaping tablespoons of cookie dough onto the baking sheet. Bake about 18 minutes until the bottoms are golden brown. Let cookies cool on racks.

#### Dark Chocolate Vanilla Pudding

- One large container of goat yogurt (Trader Joe's)
- 1/2-1 cup cacao powder
- 3 tablespoons vanilla
- 1 tbsp maca powder
- 1 tbsp cinnamon
- 1/8 cup hemp meal

Notes:

1. Mix all ingredients into a bowl.

#### Rhubarb & Berry Crisp

- 3 stalks rhubarb cleaned and chopped
- 2 cups of organic berries, darker the better
- 3 tablespoon vanilla
- 2 tablespoon maple syrup
- 3 tablespoon hemp meal
- 1 tbsp cinnamon
- GF granola

Notes:

1. Preheat oven to 375 degrees F. In a bowl toss in berries, rhubarb, vanilla, hemp and cinnamon.
2. Pour into greased square baking dish.
3. Generously cover with granola.
4. Evenly drizzle maple syrup over.
5. Bake for about 15-20 minutes or until crisped.

#### Veggie Quiche

- 1 1/2 cups diced asparagus
- 1/2 cup sliced red peppers
- 1/2 tablespoon earth balance
- salt and pepper to taste
- 1 tsp marjoram
- 6 large eggs
- 1 1/2 cup goat yogurt OR coconut creamer. I like the creamer better (yum)
- pinch of salt and coarse ground pepper
- 1 cup grated goat cheese OR get Trader Joe's goat cheese slices and tear apart (cheese is optional, but I say go for it—extra protein, extra tastiness)

## Notes:

1. Preheat to 375.
2. In a medium bowl mix everything until eggs.
3. In a larger bowl mix eggs, creamer, salt and pepper
4. Add in cheese
5. Add medium to large bowl and let sit while you grease two pie tins with coconut oil
6. Pour in filling and bake for about 40 minutes. Depending on oven, may take more time. Bake on middle rack.

Sweet Quiche

- 6 large eggs
- 1 1/2 cup goat yogurt
- 1 tbsp vanilla
- 1/4 cup goji berries
- 1/2 cup shredded organic coconut
- 1/2 finely chopped/diced mango
- 1 tsp cardamom
- 1 tsp cinnamon

## Notes:

2. Mix all of your ingredients and set aside.
3. Pour into greased dishes just as above.
4. Baking time may take anywhere from 30-45 minutes.

Nutty Berry Bowl

- 1/4 cup hemp meal
- 1 cup mixed dark berries
- 1/4 cup almond milk

- 2 tbsp shredded organic coconut
- 1 tbsp room temp peanut butter
- granola
- 1 tsp maple syrup (optional)

## Notes:

1. In a blender combine milk, hemp and berries until smooth. Add more milk if necessary. Pour into a bowl
2. Swirl shredded coconut with peanut butter and add over the berry mix.
3. Add at least 1/4 cup granola.
4. Drizzle maple if desired.

All recipes can be annotated to suit vegan, vegetarian and pescetarian lifestyles.