

VEGGIE SANDWICH

- 2 Slices of whole wheat bread (I use Honey Whole Wheat from old Mill Bread Company, or Ezekiel Bread from Health food frozen section at Kroger)
- 1 tomato sliced in thick slices
- 2 slices of sweet onion
- Green leafy lettuce
- 1 tablespoon of Vegenaïse (made from grape seed oil contains no eggs or dairy)

You may add any other veggie that you enjoy such as Sliced bell peppers, cucumbers, or radishes

Rita's Southern Style Cornbread

- 1 ½ cups Hodgens stone ground white corn meal
- 1 t Baltic sea salt or REALsalt
- 1 t Rumsford Baking powder
- 1 small granny smith apple minced

Add enough purified water for mixture to pour easily.
Spray 9 inch iron skillet with extra virgin olive oil.
Bake 375 degrees for 40 min or until golden brown.

Breakfast at Rita's

- ½ cup old fashion rolled oats cooked
You may add stevia to sweeten or a teaspoon of honey)
- (Stevia is a sweetener that is derived from a plant. Purchase at health food stores)

1 T ground flax seed

Stir this mixture together then add

1 sliced banana

1 small apple diced

purple grapes, a handful sliced once

sprinkle with cinnamon if desired

chopped nuts to taste

I also like to add: sliced kiwi, blueberries and peaches,
(when in season)

Stir, eat, and enjoy!!!

Rita's House of Nuts

1/2 cup raw almonds

1/2 cup raw sunflower seeds

1/2 cup raw pumpkin seeds

1/2 cup organic raisins (contains no sulfur)

toss together and enjoy

Vegenaise Ranch Dressing

14 oz. Vegenaise

1/2 T garlic powder

2 T lemon juice

1 T chopped chives

1 C water (approx)

1 t dill weed

Put all ingredients in a large bowl and whip w/wire whip.

Pizza Dough

- 1 T active dry yeast
- 2 T honey
- 1 $\frac{1}{4}$ c very warm distilled water
- 3 cups Hodgins 50/50 unbleached flour
(or 1 $\frac{1}{2}$ c whole wheat pastry flour and 1 $\frac{1}{2}$ cup unbleached unrefined white flour)

Mix honey into distilled water, heat until honey is dissolved and the water is warm to the touch but not boiling. Add dry yeast and mix until dissolved. Let rest 5-10 min. Bubbles should form on the surface. Gradually add flour and knead about 10 min. Dough may be sticky- if so, use a small amount of flour on hands. After kneading, cover and put in a warm place to rise for approximately 1 to 1 $\frac{1}{2}$ hours. Roll out until $\frac{1}{4}$ inch thick, place on pizza pan, sprinkle with corn meal. Allow dough to rise for about 1 $\frac{1}{2}$ hour. Add toppings and bake at 350 degrees for twenty min.

Oatmeal Treats by Rita

In a food processor add:

2 bananas

**1 cup soaked (about 30 min.) organic raisins
or 1 cup pitted organic dates (Pulse until blended
then add:**

¼ teaspoon cinnamon (Optional)

3 cups old fashion oatmeal (add slowly)

Blend about 30 seconds.

Then scoop by tablespoon onto parchment paper or non-stick baking sheet and refrigerate or dehydrate for an hour or and Bake for 10 min. at 350. Yields about 30 cookies.

Or don't bake at all and put into refrigerator and cool for about an hour or two and enjoy. (I prefer them not cooked but they are a bit stickier)

This recipe is so versatile you can use the banana and oatmeal and add any fruit or flavor that you choose (sometimes I add a Tablespoon of Carob for a chocolate taste) (I have used blueberries, and or pineapple) Sometimes I substitute all dates for the raisons)

Broccoli Alright! From Rita's favorites

4 cups broccoli and cauliflower
½ large red onion

pulse the above ingredients in food processor

add:

3 shredded carrots
½ cup organic raisins
¼ cup nuts

2 lemons juiced
2 T Flax oil or Grapeseed Vegenaïse Mayonnaïse
½ teaspoon Italian seasoning
¼ RealSalt or Celtic Sea Salt

stir and refrigerate for an hour.

Pizza Sauce

1 garlic cloves or garlic powder
1 c tomato paste
1 T lemon juice
½ tsp oregano
1 onion
2 cups tomato sauce

2 tsp raw unfiltered honey
1/2 tsp basil

Mince garlic, chop onions fine. Place onions and garlic in a pan with a small amount of water to steam until tender. Add the remainder of the ingredients and cook until it has reached the desired consistency. Spread on Pizza crust and top with favorite veggies.

Gravy (Country Style)

1/2 cup warm water
1/4 c rolled oats
1 T nutritional yeast flakes
1/2 t salt
1/4 c raw cashew pieces
1 T onion powder
1/4 t garlic powder
1/4 t Italian seasoning

Blend all ingredients until smooth and creamy. Add an additional 1 and 1/2 cups water. Cook over medium heat, stirring constantly until thick. Yields 3 1/2 cups.

More.....

Chili with Beans (Wildwood Style)

Beans, cooked	4 cups
Onions, chopped	½ cup
Green peppers, chopped	1 cup
Garlic cloves, minced	2
Cumin	2 tsp
Basil	¼ Tbsp
Onion powder	1 ½ tsp
Garlic powder	½ tsp
Paprika	1 ¾ tsp
Tomatoes, canned or fresh	3 cups diced
Honey	1 Tbsp
Sea salt	1 ¾ tsp
Tomato paste	¾ cup

Instructions :

1. Sauté onions in water until semi-transparent and very tender. When onions are half cooked, add green peppers and minced garlic
2. Combine all ingredients except tomato paste and mix thoroughly in heavy bottomed pot.
3. Simmer to blend flavors at least 35 min. (1 to 2 hours give a better flavor). Be careful not to burn chili.
4. Stir in tomato paste near end of cooking time.
This will thicken chili.
5. I like to add a cup of cooked brown rice to give the chili a meaty texture.

HOLIDAY SWEET POTATO SOUFFLE *

Here is another recipe from Rhonda's book "Hallelujah Holiday Recipes." You will find the recipe on page 140:

3-4 medium Sweet Potatoes (peeled and cut into chunks)

1 Orange (juiced)

2-3 tablespoons Raw Unfiltered Honey (or to taste)

¼ cup Almond Milk or Rice Milk

2-3 tablespoons Pure Maple Syrup (or Honey)

Boil Sweet Potatoes until soft. Mash them and add Orange Juice, Honey, and Milk. Mix thoroughly and place in a liquid lecithin sprayed casserole dish. Drizzle Maple Syrup over the top and bake for about 30 minutes at 350 degrees or until heated through. (Optional: Sprinkle with chopped Pecans before serving.) ENJOY!

Recipe from [Hallelujah Holiday Recipes From God's Garden](#) by Rhonda Malkmus and Friends.

Carob Milk (Hot Chocolate)

1 ½ c water

8-10 pitted dates or 1 tbs honey and 1 tsp molasses

¼ c carob powder

½ tsp. Coffee substitute (like pero)

¼ tsp salt

2 tsp vanilla

2 ½ c water

Blend all but last ingredient on high 1-2 minutes until creamy.

Stop blender and add remaining water measurement. Blend briefly. Yields 4 ½ cups

May use hot or cold.

Apple Ginger Muffins

1/4 cup golden raisins

1/2 cup orange juice
2 Tbs minced crystallized ginger
1 tsp cinnamon
1/2 cup grated apple
1/2 cup mashed banana
1/3 cup frozen orange juice concentrate
1 Tbs lemon juice
1/2 cup rice or almond, or soy milk
1 egg equivalent or substitute (1 T ground flax seed and 3 T water, let stand few minutes, equals 1 egg)
2 cup whole wheat flour
1 Tbs Rumsford baking powder

Combine raisins, orange juice, crystallized ginger, cinnamon, apple, banana, orange juice concentrate, and lemon juice in a large bowl. Let sit at least 1 hour. Add milk and egg substitute. Combine whole wheat and baking powder. Add to liquid mixture. Fill muffin tins 2/3 full. Bake at 375F degrees for 15-18 minutes. Makes 1 dozen muffins.

Rita's Southern Style Beans

3 cups dried Cranberry Beans
1 Potato
1 Onion
Sea salt

Soak cranberry beans overnite in distilled water. Discard the soaking water from the beans and cover with more distilled water. Peel a potato and an onion and cook in the beans until soft. After beans are cooked remove the whole potato and the whole onion and discard. Add sea salt to taste. You may also add onion powder to taste or a vegan bouillon cube. Cook time about 3 hours. Makes a big pot.

Coconut Carob Candy

1 package of vegan carob chips
1 package of shredded medium coconut
1 cup chopped almonds

Melt vegan chips over a double boiler. Add A package of coconut and 1 cup of chopped Almonds. Drop onto parchment paper by teaspoon. Let set. Delicious

Fantastic Lemon Pie

2 c. unsweetened pineapple juice
1 c freshly squeezed orange juice
¼ c freshly squeezed lemon juice
6 ½ Tbs. Cornstarch (or arrowroot you may need to use
more arrowroot)
½ or less c. honey
½ tsp. Sea salt
1 Tbs. Grated lemon rind

Blend all ingredients except lemon rind for 20 sec. Empty into a saucepan and cook on medium high stirring constantly until thick and no longer milky colored. Stir in lemon rind and pour into a pie shell. Chill for several hours or overnight till set and firm. Garnish with lemon slices and mint sprigs.

Nutty Nut Crust:

Grind in a food processor till nuts are fine.

1 ½ cups raw almonds with skin

pinch of salt

Add and blend briefly

½ tsp vanilla

2 tablespoons maple syrup

Coat a 6" x 12" glass baking dish with olive oil.

Pat the crust mixture into it firmly with your hands till it's evenly distributed. Bake at 350 for 10-12 minutes, till it's light golden.

Here is the banana bread recipe.

1/2 cup of olive oil

3/4 cup of honey

2 T. ground flaxseed mix with 6 T. of water, let it stand for a few min.

(replaces eggs)

3 ripe bananas, mashed

1 1/2 cups whole-wheat flour

1 cup of unbleached flour

1/4 teaspoon of nutmeg

1 teaspoon of baking powder

1/2 teaspoon sea salt

1/4 cup of organic walnuts

1/4 cup organic raisins

Carrot Muffins (from Cathy's first cookbook)

1 1/2 c. Hodgson's 50/50 flour, sifted

2 tsp. Rumford baking powder

1/2 tsp. Sea salt

1 tsp. cinnamon

1/2 tsp. nutmeg

1/2-3/4 c. honey

3/4 c. olive oil

2 T. ground flax seed

6 T. distilled water

1 c. grated carrots and/or apple

1 tsp. grated orange or lemon peel, opt.

First, mix ground flax with water and set aside. Combine dry ingredients

and set aside. Whisk together honey and oil and beat well. Add flax mixture

and whisk. Mix in carrots, then add dry ingredients. Add any desired options. Spoon into cupcake liners (approx 16.) or muffin cups lightly greased with olive oil. Bake at 350 for 15 to 20 minutes. (Options:

1/2 c.

chopped nuts, carob chips, grated coconut, raisins, chopped dates, 1/4 c.

sesame seed, 1/2 c applesauce, wheat germ, carob powder, sifted. For a more

savory muffin, reduce amount of honey used and toss in any tidbits of leftovers in your fridge like corn, chopped tomatoes, just about anything.

Even leftover rice or quinoa, odds and ends of spices or herbs, also berries, sunflower seeds, etc.) You can literally "clean out your fridge"

with this recipe. Enjoy!

Lemon Blueberry Muffins-- from Diana Clark (thanks for your recipes, Diana!)

1 c. organic unbleached flour

1 c. organic whole wheat flour

2 T. Rumford baking powder

1 tsp. Sea salt

$\frac{3}{4}$ cup honey

2 lemons-- grate the peel off one, then juice 1 to 1/2 to 2 lemons

1 c. applesauce

1/3 c. olive oil

1 to 1/2 c. blueberries, add last

Mix dry ingredients, set aside. Combine remaining ingredients and add to

dry ingredients, folding in blueberries last. Hint: Don't add the berries

to the batter at all. Once you have spooned the batter into the greased muffin cups, then add several berries to each cup. This way the batter won't turn "gray." Bake at 350 for about 25 minutes. Delicious!

Date-Nut Balls ("like Toppers") -- from Carol Ferguson

1 c. chopped dates, 1 c. raisins, 1 c. pecans, 2 c. quick oats-- blend
in
blender, then pour into a bowl.
opt: 1/2 c. carob chips-- stir in
1/2 to 1 c. distilled water-- add gradually to desired consistency,
make
into balls
1 c. coconut, shredded-- roll balls in. Store tightly covered in cool
place.

Sea Cakes

Saute:

1 c. chopped onion
1 c chopped celery
1/8 c. light olive oil

Mix together:

2 c. bread crumbs
1 c. Veganaise or soy mayonnaise
1/4 c fresh parsley minced
1 tsp. Basil
2 Tbs. Kelp powder
2 c. mashed cooked millet or mashed tofu
1 c cooked rice
1/4 c. wheat germ
1/4 c. chicken seasoning
2 tsp. Sea salt

Combine sautéed mixture to the tofu mixture. Mix Well. Shape into patties and place on a greased baking sheet and bake at 350 for about 15 min. on Each side.

Tartar Sauce

1 c. Veganaise
2 Tbs. Fresh lemon juice
¼ c. pa's pickle relish
pinch garlic powder
½ tsp. Sea salt
1 T dill weed
2 Tbs. Diced onions

Linda Smiley shares this recipe:

Vegan Pasta Salad

1/2 bag of organic whole grain & flax rotini
1 lg. tomato, diced
1 sm. cucumber, quartered & sliced
1 c. fresh mushrooms, sliced
1/2 c. green bell peppers, chopped
1/2 c. ripe olives, sliced
1/2 c. green stuffed olives, sliced

1/4 c. sweet onion, chopped

Whisk together:

1/2 c. extra-virgin olive oil

2 T. apple cider vinegar

1 tsp. sea salt

1/4 tsp. paprika

Prepare pasta according to directions and drain. Place in large bowl

with

veggies. Stir in oil mixture and toss. Serve immediately or cover and

chill, then toss gently before serving. Enjoy!

PECAN LOAF

2 cups pecans

1/4 t. sage

2 c. tomatoes

2 cups whole grain bread crumbs

1/4 t. garlic powder

1/2 c. celery

1 medium onion

2 c. Basmati rice (cooked)

1/2 t. Celtic Sea Salt (optional)

Prepare rice by stirring into 4 c. boiling water, turn down heat, replace lid and cook for 30 minutes. Turn off and allow to sit 15 minutes with lid on. (There will be extra rice left over.) While rice is cooking, place pecans in a food processor or blender, grind to a fine meal and pour into a bowl. Chop tomatoes fine and add to the bowl. Dice and steam sauté onions and celery

in a small amount of distilled water. Combine rice, onions, celery, tomatoes, seasonings and bread crumbs with pecan mixture and mix well. Spread into a lecithin-coated loaf pan and bake at 350 degrees for 45 minutes. Remove from oven, spread homemade (or organic) ketchup over the top, and bake an additional 15 minutes.

COOKING MEASURES

1 cup = 8 fl oz = 16 Tbsp = 48 t = 237 mL
¾ cup = 6 fl oz = 12 Tbsp = 36 t = 177 mL
2/3 c = 5 1/3 oz = 10 2/3 T = 32 t = 158 mL
½ cup = 4 fl oz = 8 Tbsp = 24 t = 118 mL
1/3 c = 2 2/3 oz = 5 1/3 T = 16 t = 79 mL
¼ cup = 2 fl oz = 4 Tbsp = 12 t = 59 mL
1/8 c = 1 fl oz = 2 Tbsp = 6 tsp = 30 mL
1 Tbsp = 3 tsp = 15 mL

1 gal = 4 qt = 8 pt = 16 c = 128 fl oz = 3.79 L
½ gal = 2 qt = 4 pt = 8 c = 64 fl oz = 1.89 L
¼ gal = 1 qt = 2 pt = 4 c = 32 fl oz = .95 L
½ qt = 1 pt = 2 c = 16 fl oz = .47 L
¼ qt = ½ pt = 1 c = 8 fl oz = .24 L

Whole-Grain Flax Bread (from Phyllis Casio)

5 c. warm water
4 T. honey
3 pkg. yeast
Combine these, let set about 5 minutes to "prove" yeast.

In large bowl, combine next 5 ingredients. Add to yeast mixture and blend well. Beat 5 minutes by hand, then add the whole wheat flour last and mix until stiff. (If using a bread machine, add WW flour & mix on high speed for 5 minutes.) Knead for 5-10 minutes. Place in oiled bowl, turn so oiled side is up. Cover & let rise 15 minutes. Punch down & let rise another 15 minutes. Punch down and shape into loaves (makes 2 loaves, or one very large one.) Let rise about 30 minutes until double in size. Bake at 350 for 40 to 45 minutes. Serve with soy butter or millet butter. (Get at Health Food Store.)

1 c. oatmeal
4 c. unbleached white flour
1 1/4 c. ground flaxseed
1/2 c. soy powder, opt.
2 tsp. sea salt

6-8 c. stone-ground whole wheat flour

Hummus

- 3/4 cup sesame tahini, stirred before measuring
- 1 15.5-ounce can garbanzo beans (chickpeas), rinsed and drained (about 2 cups)
- 1 medium clove garlic, cut into large pieces
- Juice of 2 lemons (about 1/4 cup)
- 1/2 cup water, preferably filtered
- 1 teaspoon honey
- 1 teaspoon sea salt

Pita Sandwiches

- 4 (7-inch) whole-wheat pita breads or 8 whole-wheat mini pitas
- 2 tablespoons home made Italian dressing, optional
- 2 carrots, grated (about 1 cup)
- 1 small zucchini, grated (about 1 cup)
- 12 thin slices cucumber
- 2 medium vine-ripened tomatoes, sliced
- 2 cups alfalfa sprouts

Spoon 3/4 cup of tahini into a food processor fitted with a metal blade, add the garbanzo beans and garlic, and process the mixture at high speed for 3 to 4 minutes or until it forms a coarse paste. While the food processor is running, add the lemon juice, water, honey, and salt.

Process the hummus for 2 minutes longer or until it is smooth. Using a spatula, scoop the hummus into an airtight container. Refrigerate it until you are ready to assemble the sandwiches


To assemble the sandwiches: Slice the pita breads in half crosswise to make 2 pockets. Gently open each pocket. If you are using 7-inch pitas, spread about 2 tablespoons of hummus into each pocket. If you are using mini pitas, spread 1 tablespoon into each pocket.

If you wish, pour the Italian dressing into a small bowl, add the grated carrots and zucchini, and toss the vegetables to coat them.

Place equal portions of grated carrots and zucchini into each pocket and follow with equal portions of cucumber and tomatoes. Add equal portions of sprouts to complete the sandwiches.

To serve, place the stuffed pockets on individual plates or on a large serving platter for a buff

Roasted Red Peppers Recipe

Recipe Brought to you by 

This recipe makes: 1 roasted pepper

Preparation time: 5 minutes

Cooking time: 8 minutes

Ingredients

1 whole red or green pepper

Cooking Instructions

1. Slice the pepper in half lengthwise and remove the seeds.
2. Place the 2 halves on a cookie sheet and press down so they lie flat with the skin side up.
3. Place the pepper under a hot broiler until the skin is evenly blistered, about 5 to 8 minutes.
4. Carefully remove the pepper from the cookie sheet and place in a bowl.
5. Cover tightly with plastic wrap and let sit for 5 minutes.
6. Uncover and peel off the skin.

Fruit Nut Balls

1 Cup almonds	3/4 Cup raisins
3/4 Cup pecans or walnuts	3/4 Cup dates, pitted
1/2 Cup coconut	1/4 Cup orange juice

Pulse nuts and dried fruits in processor into a coarse meal.
Add juice and pulse until mixture forms into a "dough ball".
Roll into balls, then roll in coconut.

ADHD -- Brain Power Smoothie

Approx 6 to 8 ounces of organic apple juice or almond milk or rice milk
1/4 cup frozen organic blueberries or other frozen organic fruit

1 to 2 rounded tablespoon of Nutritional Essentials Vanilla flavor (available from Hallelujah Acres)

2 to 3 tablespoons of freshly ground organic flax seed or the Hallelujah Acres B/Flax/D supplement.

Also very helpful, add 200 mg of DHA (the contents of 1 or 2 capsules) – available in vegetarian capsule

from Hallelujah Acres (Natrol, SolaRay, Solgar, Vitamin Shoppe, Twin Labs, Nature's Way, Source Naturals, Tree of Life, all of these carry an algae derived DHA produced by Martek but are in a gel capsule and should be expressed from the capsule.)

1 ripe banana, blend and enjoy twice daily

(The volume of each ingredient may be adjusted for younger children)

The Tribest Personal Blender is an excellent blender for these smoothies. Blender comes with 2 16-ounce containers, 2 8-ounce containers, 1 blender blade unit and 1 nut/see blade unit. Available from Hallelujah Acres at 800 915-9355

Dr. Fuhrman's "Recipe of the Month"



Favorite Strawberry Nana Pie

Serves: 8

Ingredients:

- PIE SHELL
- 1 cup cashews
- 1 cup dates, pitted

- PIE FILLING
- 10 large organic strawberries
- 2 bananas
- 4 medjool dates, pitted or 8 deglet noor dates
- 1 teaspoon lemon juice
- 1 quart organic strawberries, sliced
- 4-6 organic strawberries, sliced
- 2 tablespoons unsweetened coconut (optional)

Instructions:

To make the pie shell, place cashews in a food processor and chop well. Add the dates and process until well mixed. Press firmly on the bottom and up the sides of a pie plate.

For the pie filling, blend together the 10 strawberries, bananas, dates, and lemon juice until smooth. Remove to bowl and fold in the quart of sliced strawberries. Pour into pie shell and decorate with 4-6 sliced strawberries. If desired, sprinkle coconut over the top. Chill in refrigerator at least two hours before serving.

Sample Recipes

Fruit Dishes/Desserts/Breakfasts:

Yummy, Quick & Easy Banana/Oat Bars

Serves: 8

Preparation Time: 5 minutes

Ingredients:

- 2 cups quick oats (not instant)
- 1/4 cup chopped walnuts
- 1/2 cup shredded coconut
- 1/2 cup raisins or chopped dates
- 2 large ripe bananas, mashed
- 1/4 cup unsweetened applesauce, optional
- 1 tablespoon date sugar, optional

Instructions:

Preheat oven to 350 degrees. Mix ingredients together in a large bowl. Press dough in a 9"X 9" baking pan. Bake for 30 minutes. Cool on wire rack. When cool, slice into squares or bars and serve. ENJOY!!

Add the applesauce & date sugar if you'd like a sweeter, moister version of these bars. I usually double this recipe since everyone loves these bars and they disappear so quickly!

Frozen Banana Fluff or Strawberry Freeze

Preparation Time: 5 minutes

Ingredients:

- 1 banana per person
- 1/4 cup vanilla soy milk
- dash vanilla extract (optional)
- 1 teaspoon ground flaxseeds (optional)
- 1 cup frozen strawberries (optional) or other frozen fruit

Instructions:

Ahead of time, peel and freeze ripe bananas in a plastic bag or kitchenware. This is a good way to make sure no bananas go to waste—just freeze the ones that start to get too ripe.

Place the soy milk in the food processor, with the S blade in place. Turn the machine on and drop in small slices of frozen banana, one by one. Add vanilla, if desired. My children like this with ground flaxseeds added to the top at the time of serving. The same recipe can be made with other frozen fruit. Try one cup of organic frozen strawberries and 1/2 a banana per person.

Soups:

Dr. Fuhrman's Quick Corn Stew

Serves: 5

Ingredients:

- 2 cups water
- 2 cups soy milk
- 1 tablespoon whole wheat flour
- 2 tablespoons [Dr. Fuhrman's VegiZest](#)
- 1/2 teaspoon dulse
- 2 tablespoons dried vegetable flakes
- 1/3 teaspoon Mrs. Dash seasoning
- 1 medium potato, diced
- 1 carrot, diced
- 1 large onion, diced
- 1 10-ounce bag (or box) frozen corn

Instructions:

Heat water and soy milk together on a low flame. Mix in the flour, VegiZest, dulse, vegetable flakes, and seasoning. Add the diced potato, carrot, and onion and continue to simmer for 5 minutes. Add the frozen corn until it defrosts and the soup comes to a boil again.

Creamy Butternut Squash Soup

Ingredients:

- 2 cups water
- 1 can low sodium vegetable broth

- 2 cups soy milk
- 2 onions, cut in half
- 6 carrots, sliced in large slices
- 5 organic celery stalks, sliced in 1/2 inch slices
- 2 zucchini, medium size, cut in large pieces
- 2 whole butternut squash, peeled and cubed
- 3 tablespoons [Dr. Fuhrman's VegiZest](#)
- 1 teaspoon salt-free Spike or Mrs. Dash seasoning
- 1 teaspoon ground cloves
- 1 tablespoon nutmeg
- 1/2 - 1 pound fresh mushrooms, (any smaller-type mushroom, cut in half)

Instructions:

Place everything in soup pot except mushrooms. Boil and then simmer for ½ hour. Blend everything. Add mushrooms. Cook another ½ hour.

Salads:

Russian Fig Dressing

Ingredients:

- 4 tablespoons garlic tomato sauce
- 2 tablespoons [Dr. Fuhrman's Black Fig Vinegar](#)
- 1 tablespoon [Dr. Fuhrman's Raw Almond Butter](#)
- 1 tablespoon [Dr. Fuhrman's VegiZest](#)

Instructions:

Mash together with a fork.

Amazing Cashew Orange Dressing

Ingredients:

- 1 orange, peeled and quartered
- 1 tablespoon [Dr. Fuhrman's Raw Cashew Butter](#)
- 2 tablespoons [Dr. Fuhrman's Blood Orange Vinegar](#)
- 1 teaspoon lemon juice

Instructions:

Blend all ingredients until smooth.

Spinach-Berry Salad w/ Cashew Currant Dressing

Serves: 2

Preparation Time: 15 minutes

Ingredients:

- 12 raw cashews or 2 ounces raw cashew butter
- 1/4 cup unsweetened soy milk

- 1/4 cup unsweetened applesauce
- handful of dried currants or raisins
- 5 ounces romaine lettuce
- 5 ounces organic baby spinach
- 12 ounces frozen strawberries, defrosted

Instructions:

Blend cashews or cashew butter with soy milk and applesauce until smooth to make the dressing. Add the currants. Pile the lettuce and spinach leaves on a plate and lay the defrosted frozen strawberries on top. Pour the juice from the strawberries over the greens, too. Drizzle dressing over the greens and berries.

Broccoli Vinaigrette

Preparation Time: 15 minutes

Ingredients:

- 1 bunch broccoli
- 1/4 cup seasoned rice vinegar
- 1 tablespoon [Dr. Fuhrman's VegiZest](#)
- 2 teaspoons dijon mustard
- 2 large garlic cloves, pressed or minced

Instructions:

Break the broccoli into bite-sized florets. Peel stems and slice them into 1/4-inch-thick strips. Steam florets and stems for 10 minutes, or until just tender. While the broccoli is steaming, whisk the rest of the ingredients in bowl. Add broccoli and toss to mix.

Main Dishes:

Chinese Apricot Stir Fry

Preparation Time: 30 minutes

Ingredients:

- 2 blocks of extra firm tofu, cubed into bite sized pieces
- 4 tablespoons water
- 1 teaspoon garlic powder
- 2 tablespoons [Dr. Fuhrman's VegiZest](#)
- 4 teaspoons apricot preserve (100% fruit, no sugar added)
- 4 tablespoons cooking wine
- 1 teaspoon Bragg Liquid Aminos
- 2-3 packages of frozen mixed oriental vegetables
- 1/2 teaspoon salt free chinese seasoning

Instructions:

Place 2 tablespoons of water in a pan and add the tofu. Put on medium heat and once the pan is hot, lower the heat. Sprinkle garlic powder over tofu. Turn the tofu frequently at

first to prevent sticking. Eventually, the water from the tofu will be released and it won't have to be turned so frequently. In a cup, mix the VegiZest, apricot preserves, cooking wine, 2 tbsp. water and the Braggs aminos. Sprinkle half of this mixture over the tofu and continue to simmer. Defrost the frozen vegetables in a microwave or steam on stovetop. Once defrosted, add vegetables to the tofu. Sprinkle the remaining sauce over tofu-vegetable mix and add the Chinese seasoning. Continue to simmer until the liquid is largely cooked off.

Nuts and Bolts Squash

Ingredients:

- 1/2 cup dried apricots
- 1/4 cup cashews
- 1/4 cup pecans
- 1/4 cup raisins
- 1 tablespoon [Dr. Fuhrman's VegiZest](#)
- orange juice
- 2 acorn or butternut squashes

Instructions:

Chop apricots, cashews, and pecans as small as possible and mix with raisins and VegiZest. Add enough orange juice to cover the mixture. Cut the squash longitudinally and scoop out the seeds. Place the dried fruit/nut mixture into the hollow cavity of the squash. Add extra orange juice, if necessary, to fill the cavity. Lightly cover the top of each squash half with silver foil. Bake in a pan, with 1/3 inch of water in the bottom (to maintain moisture), at 350 degrees for 90 minutes or until the squash is soft.

Dr. Fuhrman's "Recipe of the Month"

Garden Vegetables with Spaghetti Squash

Serves: 6

Ingredients:

- 1 medium spaghetti squash
- 1 1/2 diagonally sliced carrots
- 1/2 cup diagonally sliced celery
- 3 cloves garlic, minced
- 1 1/2 cups shredded cabbage
- 1 small zucchini, chopped into small pieces
- 1 16-ounce can pinto beans, no or low salt, drained
- 1 14-ounce chopped tomatoes, no salt, drained
- 1/3 cup apple juice
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley

- 1/2 teaspoon garlic powder
- 1 cup garlic pasta sauce (Walnut Acres Garlic Garlic is a good one)

Instructions:

Preheat oven to 350 degrees. Slice spaghetti squash in half lengthwise; remove seeds. Place both halves upside down on a baking sheet. Bake for 45 minutes. Meanwhile, cook carrots and celery in 2 tablespoons of water in a covered pan over medium heat for 10 minutes, stirring occasionally.

Add a little more water if needed.

Add garlic, cabbage, and zucchini and cook, covered, for another 10 minutes.

Stir in rest of ingredients, except for pasta sauce, cover and simmer for 10 minutes or until carrots are tender.

When squash is done remove from oven and, using a fork, scrape spaghetti-like strands from squash into a bowl. Add pasta sauce and combine by mixing thoroughly. Mix the vegetables, beans & herbs with the squash/pasta sauce mixture and serve on a bed of romaine lettuce or place back in the hollowed out squash bowls.

Sample Recipes

Fruit Dishes/Desserts/Breakfasts:

Yummy, Quick & Easy Banana/Oat Bars

Serves: 8

Preparation Time: 5 minutes

Ingredients:

- 2 cups quick oats (not instant)
- 1/4 cup chopped walnuts
- 1/2 cup shredded coconut
- 1/2 cup raisins or chopped dates
- 2 large ripe bananas, mashed
- 1/4 cup unsweetened applesauce, optional
- 1 tablespoon date sugar, optional

Instructions:

Preheat oven to 350 degrees. Mix ingredients together in a large bowl. Press dough in a 9"X 9" baking pan. Bake for 30 minutes. Cool on wire rack. When cool, slice into squares or bars and serve. ENJOY!!

Add the applesauce & date sugar if you'd like a sweeter, moister version of these bars.

I usually double this recipe since everyone loves these bars and they disappear so

quickly!

Frozen Banana Fluff or Strawberry Freeze

Preparation Time: 5 minutes

Ingredients:

- 1 banana per person
- 1/4 cup vanilla soy milk
- dash vanilla extract (optional)
- 1 teaspoon ground flaxseeds (optional)
- 1 cup frozen strawberries (optional) or other frozen fruit

Instructions:

Ahead of time, peel and freeze ripe bananas in a plastic bag or kitchenware. This is a good way to make sure no bananas go to waste—just freeze the ones that start to get too ripe.

Place the soy milk in the food processor, with the S blade in place. Turn the machine on and drop in small slices of frozen banana, one by one. Add vanilla, if desired. My children like this with ground flaxseeds added to the top at the time of serving. The same recipe can be made with other frozen fruit. Try one cup of organic frozen strawberries and 1/2 a banana per person.

Soups:

Dr. Fuhrman's Quick Corn Stew

Serves: 5

Ingredients:

- 2 cups water
- 2 cups soy milk
- 1 tablespoon whole wheat flour
- 2 tablespoons [Dr. Fuhrman's VegiZest](#)
- 1/2 teaspoon dulse
- 2 tablespoons dried vegetable flakes
- 1/3 teaspoon Mrs. Dash seasoning
- 1 medium potato, diced
- 1 carrot, diced
- 1 large onion, diced
- 1 10-ounce bag (or box) frozen corn

Instructions:

Heat water and soy milk together on a low flame. Mix in the flour, VegiZest, dulse, vegetable flakes, and seasoning. Add the diced potato, carrot, and onion and continue to simmer for 5 minutes. Add the frozen corn until it defrosts and the soup

comes to a boil again.

Creamy Butternut Squash Soup

Ingredients:

- 2 cups water
- 2 cups soy milk
- 1 can low sodium vegetable broth
- 6 carrots, sliced in large slices
- 5 organic celery stalks, sliced in 1/2 inch slices
- 2 onions, cut in half
- 2 zucchini, medium size, cut in large pieces
- 2 whole butternut squash, peeled and cubed
- 3 tablespoons [Dr. Fuhrman's VegiZest](#)
- 1 tablespoon nutmeg
- 1 teaspoon salt-free Spike or Mrs. Dash seasoning
- 1 teaspoon ground cloves
- 1/2 - 1 pound fresh mushrooms, (any smaller-type mushroom, cut in half)

Instructions:

Place everything in soup pot except mushrooms. Boil and then simmer for 1/2 hour. Blend everything. Add mushrooms. Cook another 1/2 hour.

Salads:

Russian Fig Dressing

Ingredients:

- 4 tablespoons garlic pasta sauce (Walnut Acres Garlic Garlic is a good one)
- 2 tablespoons [Dr. Fuhrman's Black Fig Vinegar](#)
- 1 tablespoon [Dr. Fuhrman's Raw Almond Butter](#)
- 1 tablespoon [Dr. Fuhrman's VegiZest](#)

Instructions:

Mash together with a fork or blend in a blender for a smoother dressing.

Orange Cashew Dressing

Serves: 2

Ingredients:

- 2 oranges, peeled and quartered
- 1/2 cup raw cashews
- 2 tablespoons [Dr. Fuhrman's Blood Orange Vinegar](#)

- 1/2 teaspoon lemon juice (optional)

Instructions:

Blend all ingredients in a Vita-Mix or other powerful blender until smooth and creamy. This tastes great on a spinach and mushroom salad with thinly sliced red onions, or on a lettuce, tomato, and cucumber salad, or you can use this as a dip for raw vegetables.

Note: If trying to lose weight, substitute 12 raw cashews for the 1/2 cup. Dressing will be thinner, but still tastes good.

Spinach-Berry Salad w/ Cashew Currant Dressing

Serves: 2

Preparation Time: 15 minutes

Ingredients:

- 12 raw cashews or 2 ounces raw cashew butter
- 1/4 cup unsweetened soy milk
- 1/4 cup unsweetened applesauce
- handful of dried currants or raisins
- 5 ounces romaine lettuce
- 5 ounces organic baby spinach
- 12 ounces frozen strawberries, defrosted

Instructions:

Blend cashews or cashew butter with soy milk and applesauce until smooth to make the dressing. Add the currants. Pile the lettuce and spinach leaves on a plate and lay the defrosted frozen strawberries on top. Pour the juice from the strawberries over the greens, too. Drizzle dressing over the greens and berries.

Broccoli Vinaigrette

Preparation Time: 15 minutes

Ingredients:

- 1 bunch broccoli
- 1/4 cup seasoned rice vinegar
- 1 tablespoon [Dr. Fuhrman's VegiZest](#)
- 2 teaspoons Dijon mustard
- 2 large garlic cloves, pressed or minced

Instructions:

Break the broccoli into bite-sized florets. Peel stems and slice them into 1/4-inch-thick

strips. Steam florets and stems for 10 minutes, or until just tender. While the broccoli is steaming, whisk the rest of the ingredients in bowl. Add broccoli and toss to mix.

Main Dishes:

Chinese Apricot Stir Fry

Preparation Time: 30 minutes

Ingredients:

- 2 blocks of extra firm tofu, cubed into bite sized pieces
- 4 tablespoons water
- 1 teaspoon garlic powder
- 2 tablespoons [Dr. Fuhrman's VegiZest](#)
- 4 teaspoons apricot preserve (100% fruit, no sugar added)
- 4 tablespoons cooking wine
- 1 teaspoon Bragg Liquid Aminos
- 2-3 packages of frozen mixed oriental vegetables
- 1/2 teaspoon salt free chinese seasoning

Instructions:

Place 2 tablespoons of water in a pan and add the tofu. Put on medium heat and once the pan is hot, lower the heat. Sprinkle garlic powder over tofu. Turn the tofu frequently at first to prevent sticking. Eventually, the water from the tofu will be released and it won't have to be turned so frequently. In a cup, mix the VegiZest, apricot preserves, cooking wine, 2 tbsp. water and the Braggs aminos. Sprinkle half of this mixture over the tofu and continue to simmer. Defrost the frozen vegetables in a microwave or steam on stovetop. Once defrosted, add vegetables to the tofu. Sprinkle the remaining sauce over tofu-vegetable mix and add the Chinese seasoning. Continue to simmer until the liquid is largely cooked off.

Nuts and Bolts Squash

Ingredients:

- 1/2 cup dried apricots
- 1/4 cup cashews
- 1/4 cup pecans
- 1/4 cup raisins
- 1 tablespoon [Dr. Fuhrman's VegiZest](#)
- orange juice
- 2 acorn or butternut squashes

Instructions:

Chop apricots, cashews, and pecans as small as possible and mix with raisins and VegiZest. Add enough orange juice to cover the mixture. Cut the squash

longitudinally and scoop out the seeds. Place the dried fruit/nut mixture into the hollow cavity of the squash. Add extra orange juice, if necessary, to fill the cavity. Lightly cover the top of each squash half with silver foil. Bake in a pan, with 1/3 inch of water in the bottom (to maintain moisture), at 350 degrees for 90 minutes or until the squash is soft.

HEY Y'ALL - HERE'S THAT 'KICKER' RECIPE FOR THE PINEAPPLE DATE BARS:

20 oz can Crushed Pineapple - in its own juice (OR, 'crush' your own - FRESH)

****NOTE: Using fresh pineapple makes a WORLD of difference! It comes out significantly more sweet!**

2 cups Chopped Dates

****NOTE: Make it easy - put the fresh pineapple, and the chopped dates into food processor, with the 'S' blade, and blend together.**

3 cups Oats (quick oats are fine)

1 cup Wheat germ (OR, USE GROUND FLAX SEED IF WHEAT ALLERGIES)

1 cup Unsweetened/unsulphured Coconut (I used the large flakes)

1 cup Chopped Raw Walnuts

3/4 tsp Sea Salt

1-1/4 cup Orange Juice - fresh 'squoze'

1/4 cup Oil - Extra Virgin Olive Oil, or Grapeseed Oil (OR, use 'Fat-Slim')

****NOTE: I do not use any oil in this recipe.**

I 'grease' the pan with

'liquid lecithin'. There is NO oil in my recipe.

Combine pineapple and dates in a saucepan. Cook on medium heat until thickened. Stir frequently. In a large bowl, mix oats, wheat germ (ground flax seed), coconut, walnuts, and salt. Stir in juice (and oil, if using). Press half of the oat mixture in a greased 9 X 13 inch pan. Spread the pineapple mixture on top, and then sprinkle on the rest of the oat mixture. Press down lightly. Bake at 350 degrees for 30 minutes, or until lightly browned. Cool. Cut into squares. Makes 32 servings. ENJOY, ENJOY, ENJOY!!!!!!!

WHOLE WHEAT HONEY BREAD FOR HACRES

9/05/06

1 1/8 CUP PURIFIED
WATER ---- 1/3 CUP HONEY --- 1 1/2 TBSP. OLIVE OIL ---- 3 CUPS WHOLE WHEAT
FLOUR --- 1 TSP SEA SALT --- 1 1/2 TSP ACTIVE DRY
YEAST

PLACE WET
INGREDIENTS IN BREAD PAN AND THEN ADD THE DRY INGREDIENTS AND THE YEAST.
SELECT WHOLE WHEAT SETTING AND PRESS START. THAT IS ALL THERE IS TO IT.
MAKES 1 1/2 LB LOAF. ENJOY!!! HOW CAN YOU MESS THIS UP? IT JUST
HAS SIX ITEMS IN IT AND I THOUGHT IT WAS REALLY GOOD. LOVE YOU MUCH, CJ

POTATO SALAD

6 lg red Potatoes - Cut into small bite-size pieces and STEAM until tender (I find that the 'baking' potato gives a much creamier texture)

While the potatoes are steaming - chop into a large bowl:

8-10 Green onions, including stems, finely chopped
6-8 Celery stalks, finely chopped

In mixing bowl, whisk together, very well:

2 cups Veganaise (the one with the purple lid)
1/2 cup Organic Mustard
1/2 cup 'Dill' Relish - 'Bubbies' makes an excellent, SAFE, Kosher Dill Relish (at Go Nutrition)
1 tsp Garlic Powder
1 tsp Onion Powder

***** SALT TO TASTE - NOTE: THIS MIXTURE SHOULD - AND WILL - TASTE EXTREMELY SALTY! DON'T PANIC!!! WHEN MIXED WITH THE POTATOES THE SALT IS ABSORBED INTO THE POTATOES AND THE SEASONINGS WILL BE JUST RIGHT!!!! I PROMISE!!!

When potatoes are finished steaming (tender), run cold water over them until relatively cool. Drain well and put in large mixing bowl with onions and celery. Pour the Veganaise dressing over the top and carefully fold together to mix well. Chill at least 2-3 hours before eating. It is best, however, when allowed to sit in the frig overnight.

Carob Chip Cookies (from The Vine)

1 cup honey
1/2 c nut butter
1/4 c olive oil
2 c oat flakes (old fashion oat meal)
1 teaspoon sea salt
1 Tbs. baking powder
1 Tbs. vanilla
1 1/2 cups whole wheat pastry flower or just whole wheat
1 c carob chips (the non-dairy kind)
rice or soy milk, enough to make batter stiff enough to drop by spoon
around 1/4 c or a bit more.
1 cup pecans or walnuts

Always add baking powder last.
Drop by spoonfuls, (about the size of a walnut)
Bake 350 for 10 minutes or 325 for 15 minutes.
makes about 2 dozen.

Raw Holiday Fudge *

This week's recipe comes from Jodie Gravely (a pastor's wife). Believe it or not, it is RAW and contains no chocolate, sugar, or any bad stuff. And to top it all off, it tastes GREAT!

1 cup rolled oats
1/2 cup carob powder
1/4 cup sesame seeds (grinding them is optional)
1/4 cup sunflower seeds (grinding them is optional)
1/2 cup raw honey
2 cups chopped pecans or walnuts

Mix well by hand. Press into 8" square pan (oiled lightly). Chill & cut. Keep refrigerated.

MELTY CHEESE

1-2 red bell peppers, chop	1 Tbsp. salt
1/4 cup nutritional yeast	3 Tbsp. corn starch
3/4 cup cashews	1 Tbsp. honey
3/4 cup sunflower seeds	6 Tbs. lemon juice

3/4 cup oat flakes
1 1/2 Teas. onion powder

5 cups water

Blend all ingredients thoroughly. Heat in sauce pan till thickened, stirring constantly.

Topper's Dessert (I think)

1/2 cup soaked (about 3 min.) organic raisins

1 cup pitted organic dates

3 cups old fashion oatmeal (add slowly)

1/3 cup coconut

1 cup chopped pecans

Blend the dates and the oatmeal and some water together

in food processor then dump the rest and mix all together. Add water if needed. Roll

into walnuts sized

balls. NO Bake

Orange Prune Muffins

1 c pitted prunes

1 ripe banana

3/4 c nut milk

1/4 c fresh squeezed orange juice

1 T ground flax with 3 T water let set 3 min. use as egg replacer

1 t orange peel

3 T honey

1 T vanilla

Put into food processor. Pour into 1 c bran or other flour or oats

1/2 c oats

3/4 c whole wheat flour

1 T baking powder

1 t sea salt

1 t Cinnamon

Cranberries optional and nuts

Bake 350 for 20 min.

makes 12 large or 18 small