



# On Eating Well

A Nutrition Primer Plus  
Delicious and Healthy Recipes

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# On Eating Well

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Photo Credit: [greggavedon.com](http://greggavedon.com) [Healthy groceries](#)

## Your first step

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It's not going to be difficult to make wholesome meals. It's just a matter of getting used to a new way of doing things. Change is sometimes hard to do at first but if you stick with it, it will get easy. Eat simply. Feel the difference! Notice how your mind and body feel clearer, brighter, and stronger!

When grocery shopping keep these things in mind:

- Never go grocery shopping on an empty stomach. That's rule number one.
- Rule number two is shop the perimeter of your food store. The fruits and vegetables (organic is best), nuts and seeds (in the shells only), dairy (skip the margarine), and meat (buy lean) departments.
- Only go down the aisles for destination items like brown rice, dried beans and peas.

- Don't go down the canned food or cereal aisles. Don't even think about frozen dinners!
- You probably won't be able to get unrefined oils at your local supermarket. You will probably have to get them at your health food store. Even if the canola oil on your grocery shelf says 100% pure, it is refined and rancid. And, by the way, just because a food item is at the health food store, it's not necessarily healthy.
- Read the labels. Look for "unrefined"; skip anything that includes the words "hydrogenated", "partially hydrogenated", "enriched" or "fortified". Be careful not to be deceived.
- Learn more about wholesome products and how to identify them.

We are designed to eat primarily fruits and vegetables. Grains as high-density carbohydrates such as cereals, breads, and pasta are a relatively new food, historically speaking. So, the superiority of carbohydrates in our diets is actually plenty of fresh fruits and vegetables, and grains in moderation. You'd have to eat a lot of fruits and vegetables to equal the carbohydrates found in the carbohydrate-dense grains, starches and pastas. You get fiber and far more nutrients from fruits and vegetables. Not that you should avoid grains, just eat them in moderation. **A diet of variety is of utmost importance.**



Photo Credit: [Pink Sherbet Photography](#)

# Carbohydrates

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## What Exactly are Carbohydrates?

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They are grains, starches, pasta, breads and fruits and vegetables.

We are obsessed today with “fat free” and so we believe carbohydrates will make us build muscles faster, aid recovery from cardiovascular disease, and help us lose weight. **What an amazing food group!** However, there’s a catch. It’s the glycemic index.



Photo Credit: [U.S. Department of Agriculture](#) - [110303\\_CNPP\\_LSC\\_0409](#)

## The Glycemic Index

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At the risk of getting too technical and detailed, it’s important to discuss sugars. Carbohydrates have to be broken down into simple sugars (glucose) before entering the blood stream. This brings us to the “glycemic index”. The higher the glycemic index of a carbohydrate the faster it enters the bloodstream as sugar. Soluble fiber slows this rate of entry. Cooking methods also vary this rate. Basically, the more you cook a carbohydrate the higher the entry. The higher the glycemic index, or entry into your bloodstream, the worse it is for you.

## Now, here are some surprises for you.

Taking into consideration the glycemic index of carbohydrates, the soluble fiber content, and cooking methods, let's look at some comparisons.

- An apple is better for you than bran. Not surprised?
- How about, ice cream is better than a bagel?
- Sugar is better than cornflakes.
- One of the very highest in glycemic index is rice cakes! I'll bet you were misinformed about that one, right?

It's really a matter of common sense once you understand the concept.

It's simple: the closer a food is to its natural state, the "better" it is for you.

Ice cream is **more natural** than cereal (because of the multitude of additives, etc., in the cereal). Of course, an apple is natural, thus more natural than ice cream.

You can eat fruits and vegetables to your heart's content (literally) and other foods in moderation.

Once done, you won't crave foods that are bad for you. Once you find the balance that is right for you, you'll understand because you will feel so much better, look better, think clearer, and live a longer, healthier life.

Here's an interesting tidbit of information: One fast food cheeseburger has as much fat as 50 apples, 30 cups of whole wheat pasta or 80 cups of broccoli. Hmmm. Seems like more fat than we should be able to eat! (It is.)

Once you've started adopting sound nutrition as a part of your everyday life, ask yourself, "How do I feel?" If you're not feeling noticeably better in two weeks, rethink your "balance". Everyone is different. What works for one person may not work for another.

## Individual Paths

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Changes involving what you eat take individual paths. The speed in which you look and feel better depends on your resolve and commitment, strengths and weaknesses, the difference between your previous choices of food and your new ones, and how fast or slow you implement your changes.

Think of food not in terms of dieting but in patterns of living.

**Think of the food you eat as a part of how you can take care of yourself with whole foods (and shop farmer's markets whenever you can!).**



[U.S. Department of Agriculture - ARRA-SNAP-woman&baby shopping](#)

Claims regarding specific nutrients will come and go and forever change but if you establish a healthy eating pattern of a variety of foods in moderation, the changes in information won't mean a thing. You'll be healthy and you'll stay healthy. Disregard fads and diets.

Knowing vitamin, mineral, and nutrient information is good but it's not everything. With the knowledge you have gained on how foods act in your body, it is now up to you to self-evaluate and learn which foods and diets are best for you. **Food is sometimes slow to effect, but more profoundly affects all systems of your body.**

With information flowing as it does, it gets confusing what constitutes a healthy diet. Food is foundational. Rebuild your foundation on the rock of God's nature.

**A Couple of Key Points:**

- When adopting a new diet, expect some reactions as the biochemical processes within each cell changes. Old toxins are released. This can be uncomfortable for a short time.
- As we grow older, we need less quantity but more nutritionally concentrated foods.

## Dieting (or not)

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Just say no to diet foods and remember Whole Natural Food is KEY to a healthy body, mind and spirit!

Dieting to lose weight is a tremendously unhealthy and counterproductive obsession. Keep your diet simple. Eat lots of fruits and vegetables and whole grains and less animal fat and protein. Avoid all pre-packaged and processed foods. The key phrase to remember is “nothing in excess”.

Losing weight is a side effect of  
a healthy whole foods diet.



Photo Credit: [Christopher Paquette](#)

If you're eating a healthy diet and you exercise regularly, your weight will adjust to what is ideal for **you** – permanently.

Ideal weight varies with your body structure, heredity, level of activity/exercise, the amount of muscle in your body, your age, your height, and the ratio of body fat to lean body mass.

**If you have a medical reason for dieting, follow your doctor's instructions. If you are tremendously overweight, see your doctor. Otherwise, relax. Give yourself a break, eat healthy – it will come together for you with an ongoing commitment to nutritional health.**

## What to Eat

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Of your influence on food the most important is choice.

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Photo Credit: [Mo Riza](#) – [Vegan Sandwich](#)

Eat at least five servings of fruits and vegetables per day and preferably 5 fruits and 5 vegetables in any combination throughout the day.

It's easier than you think...

- Juices count
- A snack of raisins counts
- Salad
- Potato
- Bananas on your cereal
- Strawberries for dessert

Try to get most of your protein from skinless chicken, fish or legumes. If you must eat red meat, make sure it's very lean and eat less — 5 ounces is sufficient.

Keep fat down. Avoid fried foods as much as possible, and lighten up on butter and dressings.

Small serving portions apply to fatty foods and meat. You can eat as many fresh vegetables and fruits as you wish! Think whole foods and you've made a huge nutritional step forward with your diet and your health.

Try something new every week. Variety is important.



Photo Credit: [foodiefollies](#)

# On Cooking

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Of your influence on food the next most important is how you cook it.

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Heating helps break down food structure so nutrients are more available. In moderate cooking, few nutrients are lost and those that remain are more easily assimilated.



Photo Credit: [Steve Larkin Apex Cottage White Kitchen](#) Attribution: [larkandlarks.co.uk](#)

Excessive heat damages nutrients in food. Vitamins are extremely sensitive to heat and minerals can be drawn out of food when cooked in water.

Steaming vegetables is the best way to cook them. This way you retain micronutrients and yet make the vegetables more digestible. Fruits are best eaten raw, retaining all nutrients.

**Microwaving is never a good idea.** A prestigious medical journal reports that microwave cooking alters food enough to cause, upon ingestion, “structural, functional and immunological changes” in the body. It further says that the microwave transforms the amino acid L-Proline into D-Proline, a proven toxin to the nervous system, liver and kidneys.

# Choosing and Storing Vegetables

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First let's discuss purchasing and storage of vegetables, then we'll get into cooking them.

Now, needless to say, raw or cooked, vegetables taste best when picked fresh and served promptly. I can safely say that corn served and eaten within minutes of harvesting is by far the best tasting! More and more people have taken to the home garden or shop at farmers' markets for that reason (me too). However, even if you shop in a supermarket, vegetables are generally shipped and handled to ensure that they retain as much flavor and nutrients as possible.



Photo Credit: [Alan Cleaver](#) - [Red pepper](#)

**In shopping for vegetables, pick those that are bright in color and crisp or firm in texture.**

The healthy looking carrot, with its deep orange color, will contain several times more vitamin A than the limp, pale one. The deeper the color of the vegetable, the higher its vitamin A content will be.

When it comes to root and stem vegetables, select the smaller ones; the bigger, older ones are likely to be tough or woody and won't soften during cooking.

Reject bruised and blemished vegetables, and any that have cracks or tears, or have been chewed by insects; such damage makes it easy for bacteria to enter the tissue.

After purchase, perishable vegetables like leafy greens should not be washed until you are ready to use them; this will minimize vitamin and mineral loss and curtail the growth of bacteria. If the vegetables are dirty and need to be rinsed, shake them well, wrap them in paper towels to absorb any excess moisture, and then place them in plastic bags or in other closeable containers before putting them in the refrigerator.

Generally speaking, vegetables that easily wilt or dry out should be kept in a dark, cool and slightly humid atmosphere. This restricts the proliferation of bacteria and mold, prevents dehydration and suppresses enzymes in the vegetables that, once activated, lead to loss of flavor and texture and leads to decay. Spinach, broccoli, and celery are three of the many vulnerable vegetables that will maintain their quality longer when refrigerated at around 35 to 40 degrees and at high humidity. The vegetable crisper or drawer in your refrigerator is a perfect environment for them.

Among the hardier vegetables that should not be refrigerated due to the fact that their starch converts to sugar are: potatoes, sweet potatoes, onions and winter squash. All require cool, dark, well-ventilated conditions. That was the well-founded premise of the root cellar! It prevented potatoes and other veggies from sprouting, withering, or rotting. A cupboard on an outside wall, away from the range or refrigerator, or a cool, airy basement provides today's substitute.

## Preparing Vegetables

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When it comes to preparing and cooking vegetables, you should rinse them under running water; scrub tough skinned veggies with a vegetable brush. Trim sparingly: the green outer leaves of cabbage, for example, are high in food value, and unless they are tough or wilted, these leaves are well worth eating. Peel thinly if you feel it's necessary, or consider leaving the skins on some veggies, such as potatoes. Nutrients are directly beneath the skin and the peels are a good source of fiber and also contain vitamins and minerals.

**Tip:** Don't peel carrots or potatoes. Scrub them with a vegetable brush thoroughly and that's all it takes.



Photo Credit: [insatiablenunch](http://insatiablenunchies.blogspot.com)

Slice or chop with a sharp knife. When slicing, use a sawing motion; this will reduce bruising and further save nutrients.

Avoid soaking sliced, chopped or peeled vegetables; soaking leaches out minerals and water-soluble vitamins, especially if the pieces are small. Also, try not to leave the vegetables exposed to air and light. Cook them as soon as you can.

Generally speaking, vegetables need to be cooked only until they are tender but still slightly crisp.

The most misunderstood cooking method, unfortunately, is the one most commonly used: boiling. When a lot of water is used and the process is prolonged, boiling can destroy as much as 80% of the vitamin C, and cook and leach out other vitamins and minerals as well. Too many

well-meaning cooks throw away far more nourishment than they realize when they pour the cooking water down the drain. For example: an experiment proved that water in which cabbage was cooked contained more B vitamins than the vegetable itself.

To conserve nutrients and enhance flavor, most vegetables benefit from methods other than boiling...

## Cooking Vegetables

### Sautéed, Steamed & Waterless Cooked Vegetables

These methods are a sound way to cook vegetables where nutrition is concerned.

Steamed broccoli, for instance, retains 80% of its vitamin C – boiled broccoli, only 33%. The color is also better; the volatile acids in the vegetables rise with the steam to the lid and then run down the sides of the pan into the water below, and so they don't have any sustained contact.



Photo Credit: [Anastasia R](#) – [Celery & Onion](#)

To ensure that the vegetables will cook evenly, distribute them loosely in the steamer; this allows the vapor to circulate around them. A metal vegetable steamer or steaming basket is a good investment but you can improvise with a colander or strainer positioned over a saucepan.

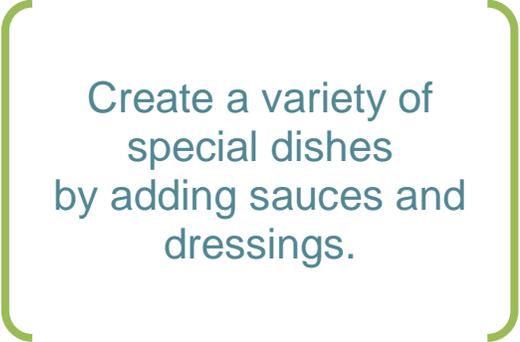
Add the vegetables only after the water is boiling; the high temperature helps to inactivate enzymes that would otherwise destroy the vitamin C.

Sautéing and stir frying are two other nutritionally sound methods. The trick is to cut or slice the vegetables small or thin enough so that the heat can penetrate them quickly and to use the smallest amount of oil possible (only a tablespoon or so will do) so as not to elevate the calorie count unduly. Stirred and tossed over high heat in the few minutes required to cook most vegetables by the sauté or stir-fry method surrenders little nutritional value.

A leafy vegetable such as spinach — which has high moisture content — will have enough water clinging to it after rinsing to allow it to be cooked in a covered pot or pan without additional water. With a tougher leafy vegetable like collard greens, a couple of tablespoons of water will effectively aid the cooking process.

Combinations of some vegetables are quite harmonious and colorful. Try some combinations of those listed below. They need to be added in accordance of how long they need to cook and how they are cut. These are in order of when to add them:

- Radishes – cut into rounds
- Carrots and beans – cut diagonally
- Celery – cut diagonally
- Corn kernels
- Sprouts
- Potatoes – quartered
- Turnips – quartered
- Cabbage – chopped
- Rutabagas – diced
- Yams – cut into half-moons
- Parsley – minced
- Fresh Peas
- Carrots – cut into matchsticks



Create a variety of special dishes by adding sauces and dressings.

- Turnips – cut into matchsticks
- Parsnips – cut into wedges
- Chervil – minced
- Onions – diced
- Squash – diced
- Bok choy or chard – cut into 1" squares
- Cabbage – shredded
- Carrots – grated
- Mung bean sprouts
- Carrots and Broccoli stems – cut diagonally
- Broccoli flowerets
- Parsley – minced
- Cauliflower flowerets

## Salads

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Researchers in the field of natural foods maintain that greens, grown organically, are one of the most powerful types of food grown.



Photo Credit: [foodswings](#) - [Foodswings Meal](#)

All life on this planet is maintained primarily by the sun. Plants know how to capture the solar energy and mix it with the minerals from the earth, absorbed through the roots, and this arrangement enables the human bloodstream to receive the elements so necessary for

cleansing and building. It has been noted that the elements making up the chlorophyll in plants are approximately the same elements from which red blood cells are constructed.

Chlorophyll cleanses, heals, and builds the body cells. It banishes anemic conditions quickly, reduces blood pressure, and aids the heart. It frees clogged arteries, smoothes out arthritic conditions, and improves digestion. As a result of a diet rich in chlorophyll, health is improved and a happier mental outlook is experienced.

With that said, I highly recommend eating more salads! Not only with greens, though...

A tossed or arranged salad can be spectacular by adding colors and shapes.

- A grated carrot or beet can dramatize leafy greens
- Cookie cutters can shape cucumber or turnip slices
- Olives or toasted seeds add wonderful flavor
- Vegetables left whole add a wholesome flair
- Arranging simply cut vegetables and/or fruit by colors adds a dazzling touch to any meal
- Use a melon baller (or 2 spoons) to form round (or oval) shapes from cooked potatoes, yams, squash, etc.
- Use a variety of leafy greens in season
- Add radish slices, grated onion, fresh corn kernels

**Tossed salad tips:**

- Rub the inside of a wooden salad bowl with a clove of peeled, crushed garlic
- If you use oil, first toss the vegetables lightly with it, next add lemon juice, vinegar and herbs
- If you use a dressing, pour it in the bottom of the salad bowl and toss lightly just before serving to keep vegetables from getting soggy

# Salad Dressings

## Basic Vinaigrette Salad Dressing

Mix 1 – 3 parts unrefined oil to one part vinegar or citrus juice. Add seasonings and choice of herbs or spices to taste (see charts below) Shake and let stand 10 minutes before serving.



Unrefined Oils	Vinegar	Juice
Sesame	Apple Cider	Lemon
Olive	Tangerine	Orange
Cold Pressed Flax	Lime	Grapefruit
Oleic Sunflower	Rice	Honey

Seasonings	Herbs	Spices
Sea Salt	Basil	Anise
Soy Sauce	Thyme	Curry
Miso	Rosemary	Chili
	Garlic	Cinnamon
	Tarragon	Coriander
	Marjoram	Cloves
	Oregano	Nutmeg
	Dill	Cumin
	Sage	

Safflower	Plum	Plum		Mint	
Almond	Balsamic			Ginger	
Avocado				Chives	
				Onion	

**To Make Creamy:** Blend in nut butters, tofu, cooked grain, or raw or cooked veggies.

## Basil Herb Pesto

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This recipe calls for pounding in a mortar but you could use a blender if preferred. Note that the texture is quite different between the two.

- 1-1/2 Cups fresh basil leaves
- 2 cloves garlic
- Optional: 1/4 cup pine nuts

When the mixture is thick, add about 3/4 cup olive oil very slowly, stirring constantly until it's creamy.

This uncooked seasoning can be made in advance. To keep in the refrigerator or freezer, put a very thin layer of olive oil over the top and cover.



Photo Credit: [Kari Sullivan](#) - 3 [Basil Pesto](#)

# Bruschetta

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Healthy Appetizer with a little kick!

6 Roma Tomatoes, diced

¼ C chopped fresh basil

1 clove of garlic (2 if you love garlic)

Any other chopped veggies of your choice (onion, celery, cucumbers, spinach, etc.)

Sea salt and pepper

Whole Wheat Baguette

Optional: Parmesan cheese and Balsamic Vinegar Drizzle

Chop tomatoes and any combination of your favorite veggies and mix together gently in a bowl, just as you would a salsa. Season with sea salt and pepper. Slice a whole wheat baguette, toast. Serve with the veggie topping.



# Soups

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By eating foods that are water saturated, we strengthen the fluids in our body.

Soups can be made from many ingredients including various seasonings, garnishes and thickeners.

The following chart will give you an idea about the wide variety of flavors and combinations available.



Photo Credit: [Alpha](#) - [Vegetable Tom Yum Soup](#)

<b>Main Ingredients</b>	<b>Seasonings</b>	<b>Garnishes</b>	<b>Thickeners</b>
Grains	Sea Salt	Scallions	Flours
Beans	Miso	Parsley	Kuzu
Noodles	Ginger	Toasted Nuts	Arrowroot
Vegetables	Herbs	Croutons	Pureed Veg
Tofu	Vinegar	Sprouts	Couscous

Tempeh	Mustard		Oatmeal
	Garlic		Amaranth
	Onions		Nut Butters

- Hearty winter soups will help to generate heat for the colder months. They are rich, creamy, and thick.
- Summer broths are light and clear.
- Soups are a great way to combine foods with certain healing qualities when you're ill. Medicinal herbs can be added to soups as well.

## Sauces and Gravies

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### Basic Sauce

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(Per cup)

- 1 Tbsp oil (suggest Extra Virgin Olive Oil or Coconut Oil)
- 2 Tbsp flour
- 1 C water, broth or nut milk
- Sea salt, miso or soy sauce
- Dash of nutmeg
- Flour to thicken (Whole wheat, rice, barley, corn, or amaranth)

**Tip:** For a darker sauce brown flour first.

Heat your favorite healthy oil in a heavy saucepan (don't over heat). Stir in flour – whisk 1-2 minutes over low heat. Remove from heat, add heated liquid and stir briskly until smooth. Return to heat. Add seasonings. Bring almost to a boil. Simmer until thickened.



Photo Credit: [Saralane \(Mushroom Gravy\)](#)

**Mushroom sauce:** add ¼ pound sliced mushrooms. Simmer 10-15 minutes.

**Vegetable sauce:** add ½ cup diced, cooked vegetables. Simmer 5 minutes.

**Herbal sauce:** add 1-2 tsp of your choice of herbs.

**Nut sauce:** Add 1 Tbsp nut butter (peanut, almond, sesame, sunflower, cashew, walnut, or tahini). 1 onion minced. 1 Tbsp lemon juice or vinegar or ¼ cup orange juice. Thin nut butter with liquid, combine with basic sauce recipe. Simmer 5-8 minutes.

## Salsa

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(Per cup)

- 1 medium tomato, diced
- 3 green chilies, minced
- ¼ onion, diced fine
- 1 clove garlic, minced
- Dash sea salt

Serve the raw mix or sauté in a dry skillet allowing the mix to slightly char.



(Photo Credit: [Scott Veg](#))

## Pasta Sauce

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(Per quart)

- 1 medium onion, minced
- 1 cup carrots, minced
- 1 stalk celery, minced
- 1 Tbsp olive oil
- 4 medium tomatoes (red or green)
- 2 Tbsp flour (rice flour is best)
- 1 Tbsp soy sauce
- 1 pinch oregano
- 1 clove garlic
- 3 cups water
- chopped parsley

Sauté onions in oil for two minutes. Add carrots and sauté two minutes. Add celery and sauté another two minutes. Add tomatoes, simmer five minutes. Add 1 cup water, simmer uncovered for 20 minutes. Dilute flour in 2 cups of water and add with soy sauce to the above. Simmer 10 minutes. Add garlic, oregano, and parsley and simmer 10 minutes more. Serve over pasta. (Can also be used as pizza sauce)

**Tip:** For a change, try replacing the 4 medium tomatoes with pureed beets or pureed squash.

## Healthy Desserts

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The desserts listed all have wholesome ingredients – unrefined grains, vegetables, nuts, seeds, fruit, quality sweeteners, etc. Because they have hearty ingredients with concentrated sweeteners and are well cooked, these desserts can be considered energizing and strengthening (in moderation).



The use of sweeteners varies according to taste. Try different types of quality sugars to find the right one and amount. The following conversion chart will help you substitute sweeteners in other recipes containing refined sugars and to adjust the proportion of liquid ingredients.

Quality Substitution	Sweetener (per each cup of sugar)	Reduction of total liquid per cup of sugar
Barley malt	1 ½ cups	slightly
Honey	¾ cup	1/8 cup
Fruit Juice Concentrate	¾ cup	1/8 cup
(True) Maple Syrup	¾ cup	1/8 cup

Maple Granules	1 cup	none
Molasses	½ cup	none
Unrefined Cane Juice Powder	¾ cup	none
Stevia (herb)	1 tsp	Add 1/8 cup
Rice syrup	1 ½ cups	slightly

Note: Commercial “natural” sweets often contain rancid oils and flours, chemical ingredients, huge amounts of fruit sweeteners from non-organic sources and soybeans that have been through devitalizing processes. The following recipes will hopefully stimulate awareness and ideas in dessert-making with foods that have healing potential.

## Pie Crust

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### **(Light pressed – one crust)**

- ¾ cup oat flour
- ¾ cup brown rice flour
- ¼ tsp sea salt
- ¼ to 1/3 cup oil
- 2 to 2 ½ Tbsp ice water

Preheat oven to 400. Combine dry ingredients. Rub oil in with fingers. Add just enough water so the dough holds together but is crumbly. Press into a lightly floured pie pan. Flute edges. Prick well with fork. Bake 10 – 12 minutes or fill with pie filling and bake.

## Pumpkin Pie

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### **(Two pies)**

- 1 medium pumpkin
- ½ cup rice syrup
- ½ cake tofu
- 1 cup sprouted wheat flour\*
- ½ tsp each: cinnamon, ginger, cloves
- ¼ tsp nutmeg
- ¼ tsp sea salt
- 2 pie crusts

Preheat oven to 300. Prepare crusts. Peel and cut pumpkin into small pieces. Add rice syrup. Cook covered until tender. Add water if needed. Add tofu the last 10 minutes of cooking. Mix and puree all ingredients together. Pour into pie crusts and bake 1 hour.

\*Sprouted wheat flour is a sweet flour used in desserts, breads, etc.

## Apple Pie

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### **(One pie)**

- 6-8 apples, sliced
- 1 Tbsp lemon juice
- 1 cup apple juice
- ½ cup raisins
- 1 tsp vanilla
- 1 Tbsp cinnamon
- 1 ½ Tbsp arrowroot, dissolved in ½ cup apple juice
- 2 pie crusts

Prepare crusts. Preheat oven to 375. Sprinkle apple slices with lemon juice. Combine raisins, apple juice, vanilla and cinnamon in saucepan and simmer 5 minutes. Add arrowroot mixture and stir constantly until thickened. Fill crust with apples. Pour in raisin sauce. Cover with top crust, flute edges with a fork and poke small holes in the top with a fork. Bake 35-40 minutes.

## Sweet Potato Pie

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### (One pie)

- 4-6 sweet potatoes (cooked)
- ¼ tsp each: cardamom, cinnamon
- Dash of nutmeg
- ¼ cup raisins
- ½ tsp sea salt
- 1 pie crust

Prepare pie crust. Preheat oven to 350F. Mash the sweet potatoes and mix in all ingredients. Fill the pie crust and bake for 35-40 minutes.



Photo Credit:

[Brown Eyed Baker](#) – [Sweet Potato Pie](#)

## Carrot Cake

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- 1 cup whole wheat pastry flour
- 1 cup brown rice flour
- ½ tsp sea salt
- 1 tsp each: coriander, cinnamon, ginger
- 1 cup apple juice
- ½ cup raisins
- ¼ cup chopped nuts
- 3 cups grated carrots
- 2/3 cup maple syrup or unrefined cane juice powder

Preheat oven to 350. Mix dry ingredients. Add remaining ingredients and beat well by hand. Pour into oiled cake pan. Bake 1 hour.

Apple Cake: Use 2 cups chopped apples and 1 cup apple sauce in place of carrots.

Sweet Potato or Squash Cake: Use 3 cups cooked, pureed squash or sweet potatoes in place of carrots. (Raisins are optional)

## Baked Fruit:

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Core apples and/or pears. Place in casserole, covered. Bake at 400 for 30 minutes.

## Stuffed Baked Fruit:

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Stuff cored apples and/or pears with raisins, chopped nuts and cinnamon. Pour apple juice over them to cover  $\frac{1}{2}$ ". Bake until soft.

## Lemon Cookies

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**(3 dozen)**

- 1  $\frac{1}{2}$  cups brown rice flour
- 1  $\frac{1}{2}$  cups oat flour
- 1  $\frac{1}{2}$  cups amasake
- $\frac{1}{2}$  tsp sea salt
- 1 Tbsp sesame oil
- $\frac{1}{4}$  cup roasted sesame seeds
- Juice and grated rind of 1 lemon

Preheat oven to 350. Mix all. Roll dough unto small balls and press into preheated and oiled cookie sheet with the tines of a wet fork. Bake 10 minutes one side, turn over and bake 5 minutes more.

*Enjoy!*