

FOUNDATIONS *for an* HONEST KITCHEN

— from Grandma Miller —

THE MAIN COURSE - PART 1



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Welcome

TO THE MAIN COURSE



Hi! I am Annie Miller.

I am so happy you are here! I know that by investing in the Main Course, you are investing in better health for you and your family.

My whole-food journey began 19 years ago as a newlywed, when my mother-in-law informed me that the foods I was putting into my apartment cupboards was not food at all - in fact, it was potentially harmful for my health! I am so grateful that I believed what she said that day and took a leap into the unknown.

My education began as I learned how to navigate my way through the countless possibilities at the grocery store; how to prepare veggies and grains properly, how to flavor food using herbs/spices; how to confidently cook delicious meals and desserts without relying on recipes; and, most importantly, how to nourish my family. This knowledge is empowering!

Part 1 of the Main Course is called Foundations for an Honest Kitchen from Grandma Miller. In Foundations, I will hold your hand, so to speak, as my mother-in-law Catherine did for me, and share the things she taught. I am giving you all the recipes I used for the first several years of my journey, which lay the principles for an Honest Kitchen.

In Part 2, we will use the principles for an Honest Kitchen and build upon them so you will be able to break free from the need to rely on recipes and begin to soar on your own. By learning about flavor and some basic principles of cooking, you will unleash your creativity to simplify meal preparation and make real foods that fit your family and taste delicious.

There is peace in knowing you are taking care of your loved ones by nourishing them with whole foods-- the Honest Way! This is not a diet: it is true food freedom and a way of being. The Honest Way is a family culture done well, and has the power to bind your children's hearts to you. There is so much joy in living this way-- I promise! I want it for you and your family!

Warmest and Happiest Wishes!

Annie Miller

The **HONEST WAY:**

Is *not a diet*, but a **WHOLE FOODS** *lifestyle.*

It is a commitment to *cherishing*
GOD'S GIFT OF LIFE:



OUR MIRACULOUS BODIES,



OUR SACRED HOMES,



AND THE UNIQUE GIFTS
OF EACH INDIVIDUAL

**SAFEGAURDS IN THE
KITCHEN AS A SACRED SPACE,**

GIVING PLACE FOR WHAT IS

nourishing to

BODY, MIND, & HEART ♥

OF THOSE WITHIN ITS WALLS.

CREATES A
**WHOLESOME
FOOD CULTURE**
FOR FAMILY AND
all WHO ENTER.

➔ ALL WHO ENTER LEAVE
WELL-NOURISHED.

➔ THE HONEST WAY
CULTIVATES

example

TO TEACH THE VALUE OF
TRUE NUTRITION.

LEVERAGES THE INESCAPABLE LAWS OF NATURE

TO OUR BENEFIT. THE SMALL AND SIMPLE ACTION OF NOURISHING THE BODY

EQUIPS US AND OUR FAMILIES TO LIVE OUR *best lives* **NOW** AND IN

FUTURE GENERATIONS.

Rejects FAKE and FLASHY food products,

LIVING THE HONEST WAY MEANS SPENDING MONEY AND LABOR ON THAT WHICH CAN

TRULY SUPPORT AND
sustain **LIFE.**

WE WILL NOT SELL OUR BIRTHRIGHT—
OR THAT OF OUR FAMILY—

FOR A MESS OF CONVENIENCE FOOD!

THE HONEST WAY IS KNOWING THAT
TRUE NOURISHMENT IS
worth the time and effort

IT REQUIRES. IT IS
LEARNING TO REAP OF



TO OFFER *living,*

WHOLE FOODS THAT PLEASE THE SENSES
AND FUEL THE BODY.

The **HONEST WAY**

IS TO CREATE A 

nourishing

PLACE FOR FAMILY

— BECAUSE THERE IS NO OTHER WAY!

The LIST

from my Mama Miller

When I began my journey and needed help learning how to begin making good food choices, my mother-in-law gave me a list of commonly used “fake” foods and the REAL foods I could use to replace them.

“Fake” can be defined as foods that are:

- 1) refined
- 2) contain additives

I like to follow the “Good, Better, Best” model. Upgrade your family’s health a little bit at a time. It doesn’t have to be overwhelming. Remember....

“ WE CAN’T ALWAYS CHOOSE BEST, BUT WE CAN ALMOST ALWAYS CHOOSE BETTER! ”

- Catherine Miller

The LIST

from my Mama Miller

COMMON

Potato Chips
Powdered drinks, sports drinks
Candy, crackers, chips
Orange, grape, or apple juice
Margarine
Cold cereal
White rice, white pasta
Macaroni salad
Pre-packaged gelatin dessert
Flour tortillas
Bologna or lunch meat
Ramen noodles
Whipped topping
Pre-packaged cookies
Cake mix
Shortening, lard
Vegetable oil, canola oil
White sugar
White bread

BETTER

Baked potato
Juice (100%), homemade lemonade or water
Popcorn, apple slices, homemade ice cream
Whole orange, apple, or grapes
Grass-fed butter
Porridge (any whole grain cooked cereal)
Brown rice, quinoa, brown rice pasta
Tossed dark green salad with garbanzo beans, seeds
Bowl of fresh fruit or natural gelatin salad
Sprouted wheat, organic corn, coconut flour tortillas
Tuna, sliced turkey, chicken or roast beef
Homemade vegetable soup
Whipped cream
Homemade cookies with nuts and fruit
"Scratch cake"
Butter, coconut oil
Cold-pressed extra virgin olive oil, coconut oil, butter, ghee
Maple syrup, honey, coconut sugar
Sourdough, whole wheat (look for bread with the fewest ingredients)

WHAT IS real food?

REAL FOOD: Food as God created it to be, as close as we can get it.
Food without additives and unrefined (as much as possible).

FRUITS AND VEGETABLES: Ideally, most meals are based around
vegetables of all varieties, both raw and cooked.

GRAINS, NUTS, & SEEDS: All whole grains, nuts and seeds.
Ideally, soaked, sprouted or at least rinsed before eating
for optimal absorption and nutrition.

DAIRY: Local, grass-fed, raw

MEAT: Local, grass-fed, chicken or beef. Other meats are
wild venison, elk, moose, bison and non-farm raised fish.
Meat should be eaten sparingly

SWEETENERS: Honey, coconut sugar, pure maple syrup, dates
or other dried fruits, stevia leaf

SALT: Any salt of the earth which has not been refined.
I like pink himalayan, celtic grey, or Real Salt.

OILS: Extra virgin olive oil, cold-pressed coconut oil, avocado oil,
raw sesame oil, ghee, grass-fed butter



WHAT IS LABEL HACKING?

I learned early on in my journey that Label Hacking is an important skill to acquire. Label Hacking is knowing that what we are eating is as God created it: clean, simple, un-refined, without additives, and non-GMO. Thousands of products are cleverly manufactured for one reason: to make a profit. Shiny wrappers, bright colors, exciting new flavors, all vying for our money. Here at the Honest Kitchen Project, we created this reference guide to help you make wise choices for cleaner eating. Label Hacking is the ability to read a label and easily recognize the difference between real and fake.

Many years ago, after I had become aware of the importance of label reading, I planned to make shredded BBQ venison sandwiches, and noticed a bottle of BBQ sauce in my pantry. I looked at the label, and unsatisfied with the ingredients, decided I could recreate my own version of BBQ sauce with real ingredients. Tomatoes were listed first, then water, molasses, vinegar, sugar, spices, etc. I began with a base of tomato because it was listed first. Next, I added water and assumed it was for diluting the tomatoes and to make a thinner consistency. I added molasses, and instead of sugar I sweetened with honey. For the spices: garlic, onion, ginger, salt, and pepper. I did it! I was a label hacker!

The sandwiches were delicious - even better, knowing they were made from clean ingredients!

Later, I had another powerful experience which put my label hacking skills to the test. It was Christmas in New Mexico and we were visiting my family, which meant green chili and Huevos Rancheros on Christmas morning. I LOVE Huevos Rancheros! My mom asked me to get the canned green chili sauce from the pantry. I looked at the label and its unhealthy list of ingredients. I decided I would make my own version with clean ingredients, because I had done it before.

My mom, a little unsure if I could re-create the favorite green sauce, nevertheless gave me her blessing. I was a little nervous - I did not want to be the one responsible for ruining Christmas morning breakfast. I remember thinking, "This process should work like the BBQ sauce I re-created." Hacking the green chili sauce began! This is what it read:

INGREDIENTS: Water, Green Chiles, Corn Starch, Whole Wheat Flour, Salt, Jalapeños, Dehydrated Onion, Cumin, Soybean Oil, Citric Acid, Spices, Parsley Powder, Green Bell Pepper

Green chile is the base. As I experimented, I discovered water, flour and soybean oil are fillers and make the green chile stretch. Corn starch and whole wheat flour thicken. Salt, jalapeños, dehydrated onion, cumin, parsley powder and green bell pepper are for flavor. Citric acid preserves it and keeps it green. Spices are flavor enhancers (likely MSG).

I re-created with water, green chile, onion, cumin, parsley and green pepper. I thickened it with arrowroot and added the sour and sweet. BAM! How did it turn out? I was thrilled to discover that I could label hack to make delicious *and* nutritious foods. Cooking this way is a liberating experience, and so much better for our bodies! This process will become natural to you as you learn and experiment with your cooking.

WHAT DOES GMO MEAN?

GMO stands for Genetically Modified Organisms. Basically, it is inserting genes from one living thing into another unrelated living thing. This creates traits that would not naturally occur. The two most common types of genetically modified crops are those that are resistant to herbicides, and those that use “gene silencing.” Gene silencing turns genes on and off to create new sequences of DNA. An example is altering potatoes and apples so they don’t brown when sliced.

Although animal research has shown serious health risks from eating GM foods, the sad thing is, the FDA is not conducting safety studies. Some of the health risks include, infertility, immune system problems, organ changes, tumors, and gastrointestinal problems.

SO WHAT CAN YOU DO TO AVOID GMO FOODS?

1. Look for the Non-GMO project verified seal, which verifies that the products is in compliance with North Americas standard for GMO avoidance.



2. Buy organic. Any product that has the USDA Organic seal cannot have any GM ingredients.

3. Avoid indirect sources of GMOs. A lot of animals are feed GMO feed, so the eggs, dairy, poultry, and meat you eat is GMO. Look for organic poultry, organic grass fed meats, wild caught fish, and pastured dairy products.

4. Learn and avoid at risk crops and products. GM crops that are in our food and should be avoided are:

- Corn (corn oil, cornmeal, cornstarch, corn syrup, hominy, polenta, and other corn based ingredients)
- Cottonseed (cotton seed oil)
- Sugar Beets
- Soybeans (soybean oil, soy protein, soy milk, tofu, soy lecithin, and other soy-based ingredients)
- Alfalfa (Fed to livestock. The best way to avoid this is to look for grass-fed and non-GMO labels.)
- Potatoes
- Papaya (from China and Hawaii)
- Apples
- Aspartame (in artificial sweetener and in diet soft drinks)
- Yellow squash and zucchini
- rBGH (look for dairy products labeled with “rBGH-free” or “bST-free” or even better, pastured or certified organic)
- Canola (canola oil)

REFINED WHITE SUGAR

Refined sugar is a robber and a leach to our systems. It steals calcium and other minerals and vitamins from our bones. Remember Pottenger and his Cats? Sweetened condensed milk was like poison to the system. The cats were not able to reproduce and deformation and decay were the outcome. Dr. Weston A. Price learned that when processed and manufactured foods were introduced into the diets, physical degeneration, tooth decay and disease began. There are so many wonderful alternatives to refined sugar which do not rob health. Health tastes way better than any “treat.”

The following is an excerpt by Dr. Frank Lipman in an article entitled, “Sugar: Public Health Enemy Number One” :

“Some areas of nutritional eating and wholesome living can be confusing, but not when it comes to sugar. Dr. Frank Lipman has this to say,

“It’s the worst toxin we expose ourselves to daily in the conventional American Diet. Its capacity to disrupt and degrade your natural balance is notorious. It alters your hormones so you don’t register hunger the way you normally should, making you eat more. It spikes your dopamine, requiring you to eat more sugar to get that “sugar high” effect. Worst of all, when it’s in the form of fructose, it affects your liver the same way that alcohol does. Ingesting it consistently sets you up for inflammation and weight gain, leads to insulin resistance (the precursor to diabetes and heart disease), and lays the groundwork for every flavor of modern distress, from cancer, dementia, and depression, to infertility, acne and more. When combined with the underactive modern lifestyle, sugar changes your metabolic functioning - you go from a new sports car to an old, broken down jalopy. To make matters worse, sugar also fuels candida - an unwanted fungus that can colonize the microbiome and throw it out of balance. Given sugar’s insidious presence in the modern food system, and its highly addictive nature, you have to be on your game-and poised to push back. Sugar is everywhere, and nobody can say “no” to it but you. Sugar is an extraordinarily destructive substance that most people eat far too much of.”

FOOD ADDITIVES TO AVOID

- Aceulfame potassium - sugar substitute and flavor enhancer
- Aluminum - used as a stabilizer, a preservative
- Artificial flavors - chemical mixtures that mimic a natural flavor
- Ascorbic acid - preservative and color stabilizer
- Aspartame - artificial sweetener, sugar substitute
- Astaxanthin - coloring agent to make meat look a natural pink
- Azodicarbonamide - flour bleaching agent, dough conditioner
- Brominated vegetable oil - keeps flavor oils in soft drinks suspended

- Butylated Hydroxyanisole (BHA) - a preservative in flavoring and used to extend shelf life
- Calcium disodium EDTA - preservative for color and flavor, chelating ingredient removes toxic metals that could have entered food during canning process
- Canthaxanthin - coloring agent for golden yellow appearance
- Caramel color - coloring agent
- Carrageenan - thickening agent used to replace fat
- Diacetyl - flavor enhancer for butter taste and flavor
- Disodium guanylate - flavor enhancer
- Disodium inosinate - flavor enhancer
- Disodium phosphate - used to enhance food characteristics like nutritional value and cooking performance
- Modified food starch - made by altering starch to change its inherent properties, thickening
- Monosodium glutamate (MSG) - flavor enhancer

Other names for MSG:

- Anything hydrolyzed
- Any hydrolyzed protein
- Calcium caseinate
- Sodium caseinate
- Yeast extract
- Torula yeast
- Autolyzed yeast
- Textured protein
- Whey protein
- Whey protein concentrate
- Whey protein isolate
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Anything protein fortified
- Soy sauce
- Soy sauce extract

- Anything enzyme modified
 - Anything containing enzymes
 - Anything containing protease
- These are foods that can contain a lot of free glutamate formed during processing:
 - Any flavors or flavoring
 - Natural flavor
 - Maltodextrin
 - Oligodextrin
 - Citric acid, citrate (E 330)
 - Anything ultra-pasteurized
 - Barley malt
 - Malted barley
 - Brewer's yeast
 - Pectin (E 440)
 - Malt extract
 - Carrageenan (E 407)
 - Commercial bouillon, broth, and stock
- Natural Flavors - The U.S. Food and Drug Administration (FDA) defines natural flavor as: "...The essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional."
- Nitrates and nitrites - used as coloring agents, preservatives and flavoring
- Sodium nitrate - used to stop bacterial growth in processed meats
- Olestra - alternative for use of natural fats in some snack foods
- Phosphates - reduce acid and improve moisture retention and tenderness in processed meats

- Phosphoric acid - used to acidify foods and beverages
- Polysorbate 60 - used as a thickener
- Potassium Bromate - strengthens dough and to allow higher rising, strengthens bread and cracker dough
- Propyl gallate - a preservative in foods that contain edible fats
- Propyl paraben - used as a preservative
- Propylene glycol - also known as antifreeze, thickening agent
- Recombinant bovine growth hormone (rBGH) - genetically engineered natural growth hormone
- Refined vegetable oil - includes safflower oil, peanut oil, canola oil, soybean oil, and corn oil
- Sodium benzoate - food preservative
- Sodium carboxymethyl cellulose - used as a thickener
- Sodium phosphate - used for thickening, and leavening baked goods
- Sorbic acid - food preservative
- Soy protein isolate - is made by soaking in hexane (a gasoline byproduct)
- Theobromine - has effects similar to caffeine
- Titanium dioxide - anti-caking, coloring, and textural additive
- Xanthan gum - used as a thickening and stabilizing agent
- Yeast extract - flavor enhancer
- Food altering or food coloring
 - Annatto
 - Blue #1
 - Blue #2
 - Brown HT
 - Caramel coloring
 - Citrus red #1
 - Citrus red #2
 - Green #3
 - Norbixin
 - Orange B: bixin
 - Red #2

- Red #3
- Red #40
- Yellow #5
- Yellow #6

WHAT'S THE BIG DEAL? A WORD ABOUT FOOD ADDITIVES...

The great majority of the additives listed below are known carcinogens (substances which can cause cancer in human and animal tissues). If we are not careful and deliberate about the products we bring into our homes and yards, we will likely be surrounding ourselves with harsh chemicals widely accepted as safe. Inhalation, ingestion, and topical use allow these toxic ingredients to enter our systems.

Monosodium glutamate (MSG), is widely accepted as a neurotoxin and an excitotoxin (damages nervous system and brain cells). I have listed only a small number of fake substances which are lurking in our foods, cosmetics, cleaning products, and yard care products, etc.

Many of these ingredients have been linked to obesity, autism, cancer, diabetes, hyperactivity, ADD, ADHD, and the list goes on. Let us be watchful and guard our homes from these intruders.

For more information, check out:

- *How to Be Well: The 6 Keys to a Happy and Healthy Life* by Frank Lipman, M.D.
- *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* by Sally Fallon and Mary G. Enig
- *Medical Medium Liver Rescue* by Anthony William
- Square One Healing Cancer Program - chrisbestcancer.com



CREATING A standard

STANDARD noun

/ˈstændərd/

That which is established as a rule or model.

To have an Honest Kitchen - A Nourishing Place, means that a standard has been set, a banner raised as an ensign (mark of distinction) to all who enter my home. In my home, a line has been drawn (beginning in my mind and heart), and only that which is real and wholesome make it into our sacred space. I know that I am growing men and women who are now only seedlings on a journey capable of becoming great oaks. I will not allow the bobbles, bling, and entrapments offered by the world in the form of food or anything else, enter in to my space to steal away their hearts and minds, thus leading them away from who they are capable of becoming and what they are capable of achieving.

The standard: "Mine is a Nourishing Place."

Join me and others who are excited to draw the line!

MY FAMILY'S *standard*

Dated: _____

What will you bring into your home? What will you NOT bring into your home? Only YOU can decide.



PURGE



PURGE VERB

/pərj/

To cleanse or purify by separating and carrying off whatever is impure.

There is one word that comes to mind when I think about helping others successfully live a whole-food lifestyle.

Purge.

If these statements below are true - which they are - then it just makes sense.

Our bodies and minds are amazing.

We only get one.

They are gifts to us from God.

Nature's laws must be obeyed.

Whole-foods are made with building blocks for health.

What we put in, on, and around our body affects our health.

What we do or do not do to our body today, writes our health story fifty years from now.

Fake food has nothing of value to offer.

Fake food degrades health.

Fake food can be dangerously addictive.

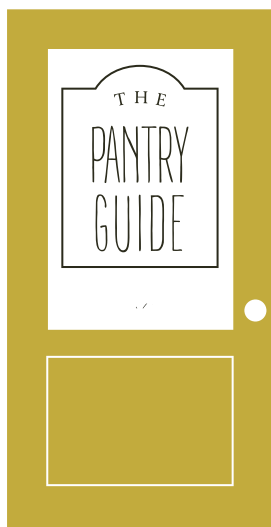
When given a choice between fake and real food, children do not know any better than to choose the one that is more enticing and exciting, fake is always the first choice. If fake, cheap, enticing, easy foods are readily available children learn to go to fake to take care of themselves. Their feet are being placed on a path where they are led to experience potentially unnecessary physical, mental and emotional hardships that could be avoided had real food been taught as a priority and the only way to care for the body.

Most foods can be re-created with supportive and real ingredients, which is why fake is so ridiculous! If you care about health, you must create an Honest Kitchen where you KNOW what is in your food, therefore what you are putting into your body. Real and wholesome food is the standard.

If you will take massive action, you will get massive results. This is the time to purge your kitchen of unsupportive foods. If you do, your life will never be the same again, you are preparing for better things all around to come to you!

I am cheering for you!

Annie



A WELL-STOCKED Pantry for an HONEST KITCHEN

Welcome to a Well-Stocked Pantry for an Honest Kitchen!

I want you to succeed in reaching your health goals. I want you to feel successful and powerful - and you will. I could not do what I do in my kitchen if I did not have a well-stocked pantry. I am feeding a large family, so it is advantageous for me to buy foods in bulk.

My cupboards are full of 1 quart and 2 quart mason jars filled with grains, nuts, seeds, dried fruits, legumes, and sprouts. My spices are in smaller glass bottles. I have a cool room in my basement where I keep larger amounts of some of these foods in 5 gallon buckets, to re-fill my quart jars. The foods I buy in bulk include: grains, seeds, dates, raisins, different varieties of legumes, and spices. It is a wise idea to have at least 3 months of the staples on hand, no matter the size of your family. There have been countless times in my life when we have depended heavily on the food we had stored.

This is a dream list, and my pantry never has everything on this list at one time. I wanted to include all of these things so you would get a feel for many good things you could have in your pantry. Please do not get discouraged or overwhelmed thinking all of this is essential to succeed.

Quality Reminder: I like to follow the “Good, Better, Best Rule.” I may not always be able to have the best, but I can almost always choose better.

Certified Organic is what I prefer, but I cannot always afford it or obtain it. I am satisfied if I can get Biologically Grown (chemical-free method) or certified non-GMO (Genetically Modified Organisms). In certain cases, such as dried raisins, we won’t buy non-organic because this almost always means the fruit is sulfured or heavily sprayed.





GRAINS

- Barley
- Brown rice (I like short grain)
- Buckwheat
- Kamut
- Millet
- Oat
- Groats
- Popcorn
- Quinoa
- Spelt
- Wheat

LEGUMES

(There are many varieties, so I have listed some of my favorites. I like to have a few varieties on hand at a time.)

- BEANS: Black Pinto Pink Red White Cranberry Kidney Fava
- LENTILS: Red Yellow Green Black
- PEAS: Split Peas Garbonzo (chick peas)

SPROUTING SEEDS

- Adzuki
- Alfalfa
- Broccoli
- Clover
- Fenugreek
- Mung bean
- Radish
- Sunflower
- Cabbage

SWEETENERS

- Coconut sugar (dried coconut nectar) - raw
- Honey - raw
- Maple syrup - pure
- Molasses - unsulphured blackstrap

SPICES

- Anise
- Basil
- Bay leaves
- Black pepper
- Cayenne Pepper
- Chili powder
- Cinnamon
- Cloves
- Cumin
- Curry powder
- Dill
- Garlic powder
- Ginger
- Mustard powder
- Nutmeg
- Onion powder
- Oregano
- Parsley
- Sage
- Thyme
- White pepper

HERBS

- Alfalfa
- Chamomile
- Fennel
- Ginger root
- Lavender
- Lemon balm
- Licorice root
- Mullein
- Nettles
- Peppermint
- Red clover
- Red raspberry
- Red rooibos
- Rose hips
- Spearmint
- Yarrow

OILS

- Coconut oil - extra virgin cold pressed
- Olive oil - extra virgin cold pressed
- Sesame oil - raw and unrefined
- Safflower oil (use with olive oil for mayonnaise)
- Palm oil - may replace shortening (I have it because it stores well, but I rarely use it.)

RAW NUTS & SEEDS

- Almonds - whole, sliced or slivered
- Brazil nuts (I eat a couple a day because of selenium content)
- Cashews - whole or pieces
- Chia seeds
- Flax seeds
- Hemp seed hearts
- Pecans - whole or pieces
- Pine nuts
- Pumpkin seeds
- Poppy seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

DRIED FRUITS

- Apples
- Bananas
- Cranberries (apple juice sweetened)
- Currants
- Coconut - shredded or chipped (unsweetened and without preservatives)
- Dates
- Figs
- Mangoes
- Pears
- Pineapple
- Prunes
- Raisins

FROZEN FRUITS

- Bananas
- Berries
- Cherries
- Peaches

MISC.

- Apple cider vinegar
- Cacao powder
- Coconut aminos
- Nutritional yeast

EQUIPMENT FOR *Success* IN THE KITCHEN

There are many wonderful and useful kitchen gadgets, and many that clutter up our kitchens which I feel are not essential. I have excluded from these lists basic kitchen tools I assume most people have such as: measuring spoons, measuring cups, peelers, graters, knives, and other common things. I keep it pretty simple as far as gadgets and equipment is concerned, but I am glad I do have all of these things for certain occasions.

ESSENTIAL TO HAVE:

- High-quality Blender (I use a Blendtec®)
- Large mixing bowls
- Stainless steel pots and pans
- Stock pot
- Skillet

NICE TO HAVE:

- Kitchen shears
- Cast iron pan
- Crock pot
- Food processor (I use a Cuisineart®)
- Pizza stone
- Garlic press
- Lemon/lime squeezer
- Salad King (hand grater)
- Instant Pot®

ADDS VARIETY:

- Juicer
- Spiralizer
- Mandoline slicer
- Julienne peeler
- Dehydrator (I like Excalibur® because I can adjust the temperature and comfortably fit quart jars for yogurt making.)

• NO MORE • PICKY MICKY

THE WISE FARMER

Once there was a wise farmer who had a field of alfalfa. Every summer he grew a most rich and bounteous alfalfa crop. One day a neighbor asked him what he did to grow such a beautiful crop. The wise farmer told him, “I know when to open and close the head gates.” He used headgates, which allowed or stopped irrigation water from coming through, to steer the water where it would be best used by his crops.

As parents, we are like farmers. If we are wise, we will know which headgates to open or close at certain times for our children. For example, I want my children to love good books, but if I have TV, video games, friends, movies available to them all the time, they will rarely choose to sit and read a book for pleasure. It is human nature to choose that which is easy, entertaining, and enticing rather than hard work or delayed gratification. Children are not usually wise enough to see the ill consequences of movies or video games all day long. We must step in to protect them as a wise farmer would protect his crop.

The headgate principle also applies to food. It is natural for us to choose easy and enticing, over effort. Because we want health and

happiness for our children, we must help them choose wisely. One of the big keys, is to help them eat real, clean food. Children can hardly eat too many veggies, but with an abundance of "fun" and flashy, children are less likely to choose - or even try - the foods that nourish their bodies. Because of the present over-used sentiment that "sugar is love," and the pervasive advertising campaigns to which children are exposed, they are unaware of the dangers of leaving this head gate wide open.

Wise parents will teach their children to be careful of playing with matches, of buckling their seat belts, and staying out of busy streets. What about the dangers of daily taking into the body toxic man-made ingredients? Are there consequences to the neon-colored, artificially flavored products we today accept as "treats?" Because danger is not obvious and imminent, it is often overlooked and even accepted as normal. The truth is, abnormal things are increasingly happening to children's health. Consider the rates of autism and children's diabetes, cancer, depression - things that generations back were almost unheard of. Because of the changes of environment and eating habits by present society, parents must be ever more careful to stand guard at the headgates.

God has given us treats which are real and nourishing. He has also provided real and nourishing ingredients which can be combined to replace the artificial.

Let us use the power of good, clean food in building our children's bodies, minds and characters. Good food has such power to bring warmth and comfort in a home. As mothers, let's reclaim our privilege as guardians of the kitchen, making sure we are using delicious food that is both real and nourishing, not simply enticing.

MUSINGS FROM AN HONEST MAMA

Experts say that if you want to raise a kid who eats healthy, you should feed them what you eat - assuming YOU ARE eating a diet of real and wholesome foods. So-called kid foods like pop tarts, chicken

nuggets, cold cereal, pizza and french fries are widely accepted as appropriate for consumption. Unfortunately, because American culture accepts this message, parents send their children the message that “The foods I provide for you have no consequences on your health.”

While, unfortunately, this mindset is spreading, it is not accepted by all cultures.

For many Hindus in India and elsewhere, it all starts with a ceremony called Annaprasana. The ceremony marks baby’s first taste of solid foods. Relatives and friends gather for the occasion. They bless the child, essentially saying, “From this point onwards, you’re eating something else that is not your mom’s milk and you are blessed, be confident that this will agree with you and this nutrition is going to make you grow.” In other words, it’s a blessing for a healthy eating—and a healthy life. We would be wise to adopt this mindset.

Here’s what Research Psychologist and author Leann Birch has to say about picky eaters:

“ Parents should expect their kids to reject new foods at first. That’s really just an inbuilt response to something that’s new. It’s called neophobia. But if you expose kids enough times to different flavors – including sour, bitter, and even spicy ones, but don’t force it – they typically will learn to eat a lot of new things.

Exposing kids to a variety of flavors early in life tends to produce kids who are more willing to try other things.

Babies are really born predisposed to learn to eat the diets of what the people around them are eating.

If you think about what the food industry puts out for children between the ages of 2 and 12 as things that are appropriate for them to eat, they’re really making it difficult for parents to promote consumption of fruits and vegetables and a healthy,

non-processed kind of diet, and that is the bigger battle.

All children would eat whatever their parents eat from the time they start solid foods (mashed up at first, of course). ”

A Pediatrician, Eric Ball, gives the following advice:

“ It’s very, very tempting to just give them something else — you know, make them a peanut butter and jelly sandwich or chicken nuggets. It’s OK if you do that once in a while, but over time, that gets worse and worse and worse...

...Parents need to be role models for their kids at the dinner table. In other words, parents have to eat what they want their children to eat, and if you don’t want your kid to demand chicken nuggets and ice cream, don’t bring those foods home. Once the food is brought into your house, the child is either going to eat it or you can have a fight about it, so you’re going to lose either way. But if you’ve made a nutritious meal and your kid still won’t eat it? Don’t stress about it. Your kid won’t starve. I very firmly believe that children do a really good job of eating when they’re hungry and not eating when they’re not hungry. ”

DO YOU HAVE A PICKY MICKEY?

My grandmother called anyone who left something on their plate Picky Mickey. We grandchildren did not want her to think we were picky, so most of us chose to eat everything she served. I have learned through the years that it is OK if our children really do not like some vegetables.

Most families have a Picky Mickey who will not eat something one way or another. I have learned that forcing them to eat what they dislike is counterproductive. Instead, I have learned some suggestions.

PICKY HUSBAND

Tell him there is hope and that you are learning to prepare vegetables so they taste amazing! You might even carefully try the sneak-it-in method you need for the children. Do petition him (in private) that he does not bias the children against foods he has not yet learned to like. Ideally, parents will support one another in the rearing of children who are respectful and grateful for their amazing bodies. The best way to teach is to model it to them by your actions.

Does he have an understanding that his food choices matter, if he wants to be “healthy, wealthy, and wise?” There is no other way to health, Mother Nature’s laws must be obeyed. Start some meal-time conversations about how much this food will help your body. With my first child, I tried guilt and force out of fear, which has left him with some negative memories concerning some foods. Fortunately, he is allowing me a redo. Guilting and shaming are counterproductive. Stay positive: no force - just persuasion, education, and example - are powerful.

PICKY MICKEY VERSIONS:

1. I don’t want to try it.
2. I’ve tried it and I don’t like it.

If you have picky eaters who will not try anything new, you might need to close some headgates. Are crackers, chips, cereal, candy, boxed drinks, and granola bars readily available in your home? If so, they will likely choose those over trying anything new. I keep this headgate closed at home so when mealtime comes, my children are ready to eat, and they do. Closing those “easy food” headgates may take some willpower, but it is an essential and powerful step in bringing in more nutritious foods for our families.

STRATEGIES TO TRY

TACTIC #1: Make veggies appealing.

For those who say they have tried it and don't like it, vegetables have likely been an afterthought thrown on the plate at the last minute from the freezer or from a can. How about making the vegetable the focal point of the meal? You might be surprised to see what happens with your picky eaters. That is one of the main goals of this course: to show how to make vegetables taste incredible!

Teach your loved ones why eating a variety of vegetables is so important. Help them understand that there is a direct connection between what we eat and how we look and feel. (Remember Pottenger's Cats and Weston Price.)

Involve them! Allow them to help choose and prepare new veggies. It might be fun to display a family "bucket list" of new vegetables to try.

TACTIC #2: "SALI" (Sneak A Little In)

The following page includes a list of ideas you can begin trying. Record on your Picky Mickey Log what you have tried to sneak in, what has worked, and what has not. If they ate it and did not say anything negative, you both win!

If snack foods are not the problem, and they still don't want to try anything new, you might have to try the "SALI" method (sneak a little in.) Since vegetables are nonnegotiable essentials for health, SALI will be helpful.

For example, in my home, we rarely eat just scrambled eggs. I try to incorporate Veggies in all my meals. I typically sauté' onions and other veggies like, cabbage, kale or zucchini and scramble the eggs into the saute'. If you are just starting with SALI, don't overwhelm the eggs. Add a little finely grated beet to your pancake batter or tuna fish mix and see how fun it is to have "Pink Panther" cakes or "Rosy Tuna."

And lastly...

“NO THANK YOU” HELPING

My husband grew up having “No Thank You” helpings, which means just a taste or something you are unsure about. Sometimes, when given a “No Thank You” helping, they discover they like it. Remember, do not make a power struggle out of it. Do it with good humor.

SALI

(SNEAK A LITTLE IN)

SMOOTHIES I use these a lot in smoothies because the flavors are mild and they do not make it too fibery.

- Kale
- Spinach
- Beets
- Carrot
- Avocado
- Ginger
- Turmeric
- Lemon or lime

MUFFINS OR PANGAKES

Add finely grated or pureed:

- Zucchini
- Winter squash
- Beets
- Carrots

SCRAMBLED EGGS Add finely shredded/pulverized in food processor with “S” blade:

- Cabbage
- Zucchini
- Onion
- Bok choy
- Carrot
- Bell pepper

- Cauliflower
- Jalapeño

PUREED SOUPS

- Zucchini
- Onion
- Winter Squash
- Crookneck squash
- Celery
- Kale
- Carrot
- Bell paper
- Broccoli
- Cauliflower
- Sweet potatoes
- Tomatoes
- Leeks

SPAGHETTI SAUCE Add finely shredded/pulverized in food processor with “S” blade:

- Kale
- Carrot
- Tomato
- Onion
- Zucchini

TACOS Add finely shredded/pulverized in food processor with “S” blade:

- Zucchini
- Cabbage, cooked or raw
- Onion
- Leeks
- Carrot
- Sweet potatoes



LOG

DATE	CREATION	SALI (SNEAK A LITTLE IN)	WIN?

GRANDMA CATHERINE'S *Recipe Cards*

Ultimately, the goal of the Honest Kitchen Project is to teach you to cook in your kitchen without recipes as you learn about bases, flavoring, and consistency. I want to help you unlock the creativity of the chef within! Developing the confidence to do this takes time and practice though. These recipes - given to me by my mother-in-law - can help fill in some of the gaps as you are starting out. You can begin to get ideas and see the underlying patterns. This is where my my journey to an Honest Kitchen began, with the principles previously taught - and these recipe cards!

GRANDMA CATHERINE'S Recipe Cards

BREADS

STAFF'S 4-3-2-1 REUNION PANCAKES

4 c. whole wheat flour
3 eggs
2 T. baking powder
1 t. salt
¼ c. olive oil
4 c. milk

Mix and pour into a milk jug (3 batches fill a gallon jug).

Cook both side on a griddle till golden brown. Serves 8 if that's all they eat and up to 15 if in combination with hash browns and eggs. Keep refrigerated.

MIRIAM'S CRANBERRY- ORANGE MUFFINS

1 ¾ c. flour
2 ½ t. baking powder
¼ t. nutmeg
¾ c. sugar
¼ t. salt
1/3 c. butter, melted
1 egg, beaten
1 t. vanilla
1 t. orange zest
½ c. milk
½ c. chopped cranberry
½ c. grated apple

Preheat oven @ 400°F.

Mix dry ingredients in a bowl. Mix dry ingredients with wet (don't overmix).

Bake 13-17 minutes.

Optional: spread butter and sprinkle sugar on top.

CRANBERRY FRUIT NUT BREAD

2 c. whole wheat flour
¼ c. butter
1 c. sucanat
¾ c. orange juice
1 ½ t. baking powder
1 T. grated orange rind
½ t. soda
1 egg, beaten
1 t. salt
½ c. chopped nuts
2 c. chopped fresh cranberries

Bake @ 350°F for 45 min.

PUREED FRUIT MUFFINS

½ c. butter or coconut oil
¾ c. (or less) sucanat
1 c. pureed fruit, fresh or bottled
1 ½ c. whole wheat flour
1 t. soda
½ t. salt

Bake @ 400°F for 10-15 minutes or for
crusty top bake @ 350° F for 20 minutes.

CATHY DABELL'S CORN BREAD

1 c. melted butter (use half to cut
down on fat)
1 c. coconut sugar
Add 4 eggs
Stir in 2 ½ c. buttermilk
or sour milk
Add ½ t. soda
Add 2 t. baking powder
1 c. organic corn meal
3 c. whole wheat flour
2 t. salt

Stir all ingredients just until
moistened.

Bake in 9x13 pan @ 350°F for
30-35 minutes.

Check with toothpick - it should
come out clean when inserted into
center. You may need to cook longer
depending on your oven.

GRANDMA CATHERINE'S Recipe Cards

BREAKFASTS

RAW GRANOLA

- 10 c. oats
- 1 c. each flax seeds, sunflower seeds, coconut, almonds, pumpkin seeds
- ½ c. sesame seeds
- 1 c. raisins
- 2 t. cinnamon
- ½ t. salt
- ½ c. coconut or olive oil
- ½ c. honey or agave

Combine all ingredients in a mixing bowl.

This is really “heavy” food. I think it is better to use as a topping with yogurt or with lots of shredded or chopped apple, banana, pear, etc. than to eat a whole bowl of it.

LOUISE'S SWISS MEUSLI

Blend into a powder:

- Flax seeds
- Sesame seeds
- Oat bran

Store in bottle in freezer until you are ready to use.

In bowl, put some:

- Rolled oats
- Pumpkin seeds
- Sunflower seeds
- Almonds, chopped (optional)

Just before serving, add any or all:

- Chopped apples
- Sliced bananas
- Frozen berries

Sprinkle a spoonful of the seed powder over and serve.

May add milk, almond milk, rice milk, or yogurt.

APPLE BREAKFAST

Combine:

- Grated apple, with peel
- Raw oats
- Plain yogurt
- Raw almonds, ground or chopped
- Crushed pineapple, optional

Other options:

- Dates
- Sunflower seeds
- Grated lemon peel
- Sprouted wheat

Mix together in a large bowl. Enjoy!

STEAMED WHOLE WHEAT

Put 1 c. wheat berries in quart thermos.

Add boiling water to fill. Let stand overnight, capped.

Drain water. (You may save it for soup.)

Serve with butter and honey or cream and raisins or dates.

POTATO PANCAKES

Grate a potato or yam.

Add a raw beaten egg and mix with potato.

Spoon pancake-size patties into buttered skillet, salt, and brown and turn like pancakes.

RAW BERRY OATS

2 c. (whole) oat groats, soaked overnight

1 c. pitted dates, chopped

½ c. fresh berries or fruit of choice

Drain soaked oats and blend in a blender with dates and fruit. Serve with milk, almond milk, etc.

GRANDMA CATHERINE'S Recipe Cards

MAIN DISHES

SPANISH RICE

Fry rice in a very large pot until most kernels are light brown.

- 8 c. jasmine or large white rice
- 1 c. classic olive oil (not extra virgin because of strong flavor)

Blend and add the following all at once and bring to a good boil:

- 4 quarts water
- 2 c. tomato sauce (I also added a raw tomato to blender)
- 2 T. garlic powder (raw, too, if desired)
- 2 T. salt

Stir and turn down to low and cover 13-15 minutes (until liquid is absorbed) without stirring or lifting lid.

Stir in chopped green onions, tomatoes, and/or fresh peas and carrots.

Can pour out onto cookie sheets to cool, which is supposed to make it serve more. Serves 35-40.

TABOULLEH

- 1 c. bulgur wheat
- 1 2/3 c. hottest tap water poured over bulgur

Cover bowl with plastic wrap and let soak at least 30 minutes. Then add:

- Lemon juice to taste (at least 1 big lemon--good a little tart)
- Olive oil
- Salt
- Chopped flat leaf parsley and/or cilantro (2 c. or more)
- Chopped cucumber
- Zucchini
- Chives or onions
- Red pepper
- Chopped tomatoes
- Avocado

Variations: Add Tabasco, pesto, garbanzo beans, lentils, or mint leaves. May be made a day ahead except the tomato and avocado. Try cooked quinoa in place of wheat.

CHICKEN 'N RICE OVEN DINNER

- 1½ c. brown rice
- 2 ¼ c. water
- 1 small can mushroom stems and pieces with juice
- ½ c. chopped onion
- 1½ t. salt
- 1 good sized chicken, cut in medium pieces

Place all ingredients, in order, in a casserole dish. Sprinkle with soy sauce and paprika. Dot with butter, cover with lid or foil and cook at least one hour at 350°F or 2 hours at 300°F.

SHIRLEY'S ASPARAGUS PASTA

Sauté in olive oil:

- Chicken chunks (opt.)*
- Shallots (or onions)
- Red pepper
- Asparagus cut in 2" pieces,
- 2 cloves garlic (at the last minute)

Toss with rice pasta—a bit undercooked, more olive oil, cream, parmesan cheese, and a little pepper. Add fresh tomatoes after cheese is

melted. Serve immediately.

*Note: If using chicken, cook first and set aside while you sauté the veggies. Then add to pasta.

ROSARIO'S POZOLE

Cook 1 large chicken with 1 onion, 2 garlic cloves, and 1 bay leaf in about 2 gallons water—for about one hour. Remove chicken to cool.

Meanwhile, cook at least 1 pound (4 large or several small*) tomatillos with 1 jalapeño chile (or ½ serrano chile) for 30 minutes in just enough water to cover. *Note: Smaller tomatillos are more flavorful.

Put in the blender: 1 large bunch cilantro (washed and woody ends cut off), the cooked onion, and the tomatillo/chile mix. Blend and add to chicken broth. Bring to a boil.

Add a 5 lb. bag of potatoes, chopped and boiled. Cook 15 more minutes and add the chicken meat, cut or shredded. Add salt to taste. Serve with tostadas and a choice of lime wedges or juice, finely chopped onion, dried oregano, very finely sliced cabbage or iceberg lettuce, chopped cilantro, and avocado.

Note: Rosario slices the cabbage ahead and keeps it in ice water if she's feeding a large group because it takes some time to slice a lot. Drain before serving.

GRANDMA CATHERINE'S Recipe Cards

SOUPS

ELISABETH'S SAVORY TOMATO SOUP

- 6 T. butter
- 2 garlic cloves, minced
- 2 medium onions, quartered
- Carrots
- Celery
- Green Pepper, zucchini, or any other vegetables
- 1 quart tomatoes
- 2 t. salt
- ¼ t. ground pepper

Sauté the garlic and onions in butter until clear. Add the other vegetables—you can add a lot of whatever you have—and cook down. Season, blend and serve warm.

Annie's Variation: Add basil, oregano and a small amount of cream and blend. May add cheese, also.

ANNA'S SQUASH SOUP

Steam yellow squash until soft in a steamer basket or with a small amount of water. Blend with milk, butter, and salt. Pour into bowls and serve.

Or peel butternut squash, chop and steam with water about 1/3 of the way up the squash. Add milk, salt, and butter and put in blender. (Can also use buttercup squash.)

Banana squash goes soft enough you don't need to add much milk. Just bake it in the oven and put the Bamix wand in the baking dish and mix and add butter and salt.

Note: I use zucchini squash or crookneck. First I sauté a half onion and then add the squash and steam in a tiny bit of water. Then puree adding milk, butter and salt.

RED LENTIL SOUP

1 large onion, chopped
2 cloves garlic, minced
2 ribs celery, chopped
or 1 t. celery salt

Sauté, then add:

1 t. cumin
Pinch of red pepper flakes

Sauté 1 more minute, then add:

6 c. water
1 1/3 c. red lentils

Cook about 20 minutes until tender.

Then add:

1 can or 1 qt. tomatoes, diced
2 tsp. salt
1 tsp. sage
1 tsp. onion powder

Blend $\frac{3}{4}$ of soup and mix back with lentils or blend all for a more smooth texture. Garnish with green onions, avocados, sliced radishes or almonds.

LYNNETTE'S POTATO CHOWDER

Sauté:

2 cubes butter, melted
3 c. onion, chopped
4 c. celery, chopped

Add:

1 qt. water or as little more as possible to steam veggies
2 qt. carrots, chopped
3 qt. potatoes, chopped

Cook until barely tender. In separate bowl mix:

3 qt. whole milk (which is about 1 qt. cream and 2 qt. milk)
 $\frac{3}{4}$ c. corn starch or $\frac{1}{2}$ c. arrowroot powder in cold milk

Stir into pot to thicken. Salt to taste. Will scorch easily, so stir often and then remove from heat.

AMY THOMPSON'S KALE-SAUSAGE SOUP

Cook ground beef (or wild meat).
Season with sage, garlic, pepper, and salt.

Sauté:

½ onion
3-4 cloves garlic

Add:

3-4 c. organic chicken broth or water
2 c. chopped kale
2-3 red potatoes or cauliflower

Cook until tender. Season to taste with above spices and a splash of vinegar. You may also add white beans.

FRAN BRYSON'S BEET SOUP

Sauté:

1-2 cloves garlic, minced
1 T. olive oil

Add:

2 cans organic chicken broth (14 oz. each)
1 ¾ lb. small beets, peeled
1 large Russett potato, peeled and diced (about 1 ½ c.)
Salt and pepper

Cook in broth and blend. Serve warm with a dollop of sour cream and heart bread.

GRANDMA CATHERINE'S Recipe Cards

DRESSING

CREAMY TOMATILLO DRESSING

- 1 c. mayonnaise
- 1 c. buttermilk
- 2 cloves garlic
- ½ tsp. onion powder
- 1 tsp. parsley
- 5-6 medium tomatillos
- 6 green onions (I use the whole onion
except the very tips of the green)
- 1 bunch cilantro
- Juice of 1 lime (or more)
- About 1 tsp salt (I usually salt to
taste)
- *I sometimes add a jalapeno
(without seeds) for zing

Blend all ingredients together in
blender. Chill until served. Yields a
little over a quart.

GRANDMA CATHERINE'S Recipe Cards

BASICS

It's very important to learn how to prepare these staples in a natural, unrefined manner, without additives. Learn these and you'll be prepared to make an unlimited variety! (See "Do Not Despair" by President Ezra Taft Benson, Ensign, October, 1986)

POTATOES

Baked Russet or Red: Scrub well, prick with a fork or knife, bake at 350 for one hour.

Maybe put a squash or yams in to bake at the same time in a glass pan. (Yams or sweet potatoes--start baking an hour earlier if they're good size. Use a baking dish like squash, as they drip.)

Serve potatoes with sour cream, butter, green onions, chopped onions, chili, broccoli, shredded cheese, or chopped veggies and ranch dressing. Yams are delicious plain or with

butter.

MEAL IDEAS:

Warmed Potatoes: Use leftover cooked potatoes, cubed and warmed with butter and parsley.

Hashbrowns: Warm leftover mashed potatoes with chopped onions and serve with eggs.

Mashed Potatoes: Mashed potatoes can be made with any kind of potatoes. Scrub well, cut in pieces and cook with small amount of water. Then salt and mash in the pan (with skins and cooking water) using milk, butter, or sour cream. Try garlic powder or diced green onions after mashing.

See **Potato Pancakes** recipe under Breakfast Section.

BEANS

(Pinto, Black, Pink, Kidney, Red, White, etc.)

1 quart beans, any kind, (pintos are good to start with)

3 quarts cold water

3 garlic cloves, peeled and cut small or crushed

3 bay leaves, optional

Bring to a boil and then reduce heat to simmer. If beans are new, they will cook in 2-3 hours. Allow more time if they're older or it's your first try. Add salt (1-2 Tablespoons) when cooked.

Adding tomatoes, salt, or anything acidic before they're fully cooked keeps them "rocky."

Beans freeze very well (leave expansion room) but will also stay good in the refrigerator for several days to a week, especially if stored in glass and not left out for hours.

Option: before cooking, soak overnight or for several hours, pour off the water, rinse, and add new water. Some say this makes them more digestible and shortens the cooking time.

MEAL IDEAS:

Mexican Hay Stacks: Serve beans and juice in a bowl. Add finely chopped cabbage, sour cream (can thin with buttermilk), fresh lemon or lime juice, and tortilla chips.

Brazilian style: Spoon beans over cooked brown rice and top with a fried egg, salsa, cheese, or chopped fresh veggies.

Chili: Add sautéed chopped onions, canned tomatoes, chili powder, cumin, and oregano, and salt, if needed to your pot of beans. Use over a baked potato or serve with cornbread or corn tortillas.

Chili (Speed Method): Add a can of canned chili to part of the beans. It usually improves the taste and texture of canned chili. Look for chili with no monosodium glutamate.

Refried Beans: Add beans to blender or food processor and enough juice to help them blend up smooth. Then add sour cream and salsa or green chilis to taste. Use with eggs, to make burritos, or to make six-layer dip (with tomatoes, onions, guacamole, sour cream, and grated cheese).

Bean and Cheese Burritos: Fill warmed corn tortilla with beans, grated cheese, salsa, sour cream (get Daisy brand sour cream or the most real you can find), chopped lettuce, onions, cilantro, etc.

Bean Salad: Mix two or more types beans (black and kidney, for example). Drain, add canned or frozen corn, canned or fresh diced tomatoes, fresh chopped cilantro, chopped avocado and/or red or green pepper. Toss with Italian dressing. Keep in fridge for a snack with tortilla chips or as a salad.

WHOLE RICE

1 c. whole brown rice*
2 ¼ c. cold water
1 t. salt

Bring all ingredients to a boil, then reduce heat and cover. Cooks in 45 minutes to 1 hour. Don't lift the lid often or time and moisture will be lost.

Note: to warm cooked rice, put a small amount of water with rice in saucepan and cover for a few minutes at medium heat.

*Usually the health food store rice is much tastier than store rice; whole rice goes old quickly because it still contains the natural fiber, oils and vitamins, while white rice has all the nutrients polished off to leave just the starch.

MEAL IDEAS:

Veggie Loaded: Top warm rice with chopped veggies--avocado, tomato, onion, and cucumber with a little lemon juice and salt is a good combination. Top with grated cheese and a bit of Ranch, Italian, or Caesar dressing.

(Ranch Dressing: 1 c. mayonnaise, 1 c. buttermilk, 1 t. each of salt, parsley

flakes, vinegar, ½ t. each of onion powder, garlic powder, and dill weed. Note: no MSG!)

Broccoli, Chicken and Rice:

Combine raw rice, salt, water, chopped onion, and sliced mushrooms in the oven with chicken pieces on top. Put a bit of butter, soy sauce or salt, and paprika on the chicken. Top with cooked broccoli, lemon juice, and cheese. Cover and bake 1½ to 2 hours at 350°F. Avoids using canned soups with MSG and other additives.

Rice Cereal: Eat cooked rice as a cereal with butter and honey or bananas, dates, or raisins and milk.

Hawaiian Haystacks: Rice topped with your choice of chopped nuts, grated cheese, diced green or finely diced regular onions, unsweetened coconut, pineapple tidbits, chopped chicken, and gravy, etc., etc. Be creative!

Complete Protein in a Pot: Cook ½ c. rice, 1 t. salt, and ½ c. black turtle beans with 2½ c. water for one hour or until done. Serve with salsa or sour cream or veggies and fresh lime juice.

Another option is to cook ½ c. rice, 2 ½ c. water, 1 t. salt, and add ½ c. red lentils the last 20-30 minutes. Serve with salsa, veggies, etc. In South America, they slice radishes very thin

and add a little vinegar and unrefined salt.

Stir Fry: Sauté any combination of thinly sliced vegetables—onions, broccoli, carrots, snow peas, celery, yams, asparagus, etc—in olive oil or coconut oil. Add soy sauce and grated fresh ginger, and serve over rice.

Fried Rice: Sauté green or regular onions, red pepper, and green pepper in butter. Add rice, and stir to heat and mix. Add a beaten egg and stir quickly until cooked.

Rice Pudding: Use like cooked white rice in your favorite recipe.

GRANDMA CATHERINE'S Recipe Cards

DESSERTS

MIRIAM'S HUCKLEBERRY DESSERT

Crust:

- 1/4 c. brown sugar
- 1/2 c. nuts, finely chopped
- 1 c. whole wheat flour
(Don't over cook it.)
- 1/2 c. soft butter

Mix, press into bottom of pan, and cook at 400 for 10-20 minutes.

Blend:

- 1 package cream cheese
- 1 t. lemon juice
- 3/4 c. powdered sugar
- 1 t. vanilla

Fold in 1 c. cream, whipped. Put into crust. Refrigerate.

Combine:

- 1/2 c. sugar
- 1 1/2 T. cornstarch
- 1/2 c. water
- dash of salt
- 1 c. berries

Cook until thickened. Add 1/2 T. butter and 1 more cup of berries on top.

Cool. Refrigerate 4-6 hours.



REAL FOOD *lifestyle*

— with Annie Miller —

THE MAIN COURSE - PART 2



The Main Course Part 2: Real Food Lifestyle with Annie Miller

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Introduction

TO THE MAIN COURSE - PART 2

Yes! You have made it to Part 2. You are ready to make yours a Nourishing Place. You are serious about taking control over your kitchen, your health and your life!

In this section, I am going to help you break free! You will learn how to create the most delicious foods you've ever made by learning how to season food with herbs and spices and learn the principles of combining ingredients together to form various creations. When you learn these two things you will start to break away from needing recipes and cooking really gets fun! I will also show you how I have learned to simplify meal planning and preparation for stress free meal time.

Choose to Nourish!

Annie Miller



BY THE HONEST KITCHEN PROJECT

I am so glad to bring you this Spice Guide to help you prepare delicious meals. I meet women often who do not like cooking because they feel intimidated by how to make things taste good; therefore, they rely on pre-packaged foods and spices.

My confidence and creativity as a cook began when I no longer had to depend on recipes. I remember feeling great satisfaction when I made my first ranch dressing from scratch, without help!

Learning how to make and flavor your own food means cleaner eating for you and your loved ones and no more preservatives, chemicals and flavor enhancers. (Also, more delicious food and a more confident cook!)

This Spice Guide is my gift to get you started. With just a little time and experimenting you'll outgrow the need for it. Until then, happy cooking!

ANNIE'S TIPS FOR COOKING with spices

A not on herbs and spices: Herbs are typically made from leaves and flowers of a plant. Spices are made from roots, bark, and seeds.

Tip # 1 Use Organic Spices - You will be able to taste a difference in your cooking if you use high-quality spices and herbs. Most grocery stores have a bulk section in which you can purchase many of these spices I have listed. I have also ordered from Mountain Rose Herbs, Starwest Botanicals, Oregon Spice, and Frontier Herbs.

Tip # 2 Do Not Cook Your Spices - For more flavor and greater medicinal potency add spices once food is cooked and let steep with the lid on. Let sit a few minutes and stir.

Tip # 3 Keep Spices Dry - To keep spices fresher longer do not hold jar over a hot pot of food. Instead, I like to scoop it out with a spoon.

Tip # 4 Combined or Separate - Use spices on list all together, individually, or in any combination.

Tip # 5 Use High Quality Salt - For richer flavor I like Pink Himalayan, Celtic, or Real Salt.



Roasted-Vegetable Medley

Basil • Dill
Garlic/Garlic powder
Onion/Onion powder
Rosemary • Thyme

Legumes

Bay leaf
Garlic/Garlic powder
Onion/Onion powder
**Garam Masala
Anything from Mexican list

Beef

Black pepper
Garlic/Garlic powder
Onion/Onion powder
Thyme

Chicken

Bay Leaf
Garlic/Garlic powder
Onion/Onion powder
Parsley • Rosemary
Sage

Tomato Based

Basil • Black pepper
Garlic/Garlic powder
Onion/Onion powder
*Herbs de Provence
Oregano • Parsley • Thyme

Ranch Dressing

Black Pepper • Dill
Garlic/Garlic powder
Onion/Onion powder
Thyme

Salmon

Black pepper • Dill • Rosemary
Garlic/Garlic powder
Onion/Onion powder
Lemon juice/zest
Lemon pepper • White pepper

Italian

Basil • Black pepper
Garlic/Garlic powder
Onion/Onion powder
Oregano • Thyme
Parsley • White pepper

Thai

Basil • Coriander • ***Curry
Galangal • Garlic/Garlic powder
Onion/Onion powder • Green chilies
Kaffir Lime • Green peppers
Lemongrass • Red chilies

Pasta

Basil • Thyme
Garlic/Garlic powder
Onion/Onion powder
Anything from Italian list

Potatoes

Black Pepper • Dill
Garlic/Garlic powder
Onion/Onion powder
Oregano • Rosemary • Thyme
White Pepper

Lamb

Black pepper
Garlic/Garlic powder
Onion/Onion powder
Rosemary

Mexican

Cayenne pepper
Chili • Cumin
Garlic/Garlic powder
Onion/Onion powder
Oregano • Lime

Indian

Black pepper • Cardamom
Clove • Cinnamon • ***Curry
Cumin • Garlic/Garlic powder
**Garam Masala • Mustard seeds
Nutmeg • Turmeric

*Herbs de Provence is a Mediterranean spice blend often containing savory, marjoram, rosemary, thyme, and oregano.

**Garam Masala is an Indian spice blend often containing peppercorns, mace, cloves, cinnamon, cardamom, curry leaf, cumin, and coriander.

***Curry is an Indian spice blend often containing coriander, turmeric, cumin, fenugreek, and chili peppers. It can vary in heat.

Flavoring — WITH THE — THE FOUR S'S

I am so excited for you to begin your Real Food and Creative Cooking journey! When you learn to cook without recipes, boxes, and spice mixes, you will be truly free...but first, you will need to learn about what I call “The Four S’s.”

Flavoring with “The Four S’s” is one secret I discovered to make food taste amazing! When foods have the right balance of “The Four S’s,” your food will taste more rich and delicious! I use this trick when flavoring all my dressings, sauces, soups, sautés, and some desserts.

WHAT ARE “THE FOUR S’S”?

“The Four S’s” are four basic flavor types that taste good in all foods when balanced well. They are:



SALT



SWEET



SOUR



SPICE

BALANCE IS KEY

When choosing how much of each of these flavors to use in your creations, keep in mind what it is you are making before you start dumping in flavors. If the dressing is raspberry vinaigrette, it will need more sweet than you would use in garlic-herb dressing.

Let me show you an example. When making my version of a savory garlic-herb salad dressing, I need a base and Four S's (in other words, four flavors will be present). Since the dressing is savory, we want the salt, sour, and herbs to be the flavor we taste most. The sweet needs to be present, but not overpowering. In a vinaigrette, the basic ingredients will be the same except the sweet will be more powerful, and I may add berries and use less garlic.

SOME PRINCIPLES TO UNDERSTAND

Now that you know that food tastes richer and more delicious with the Four S flavors present, you will need to learn how to use herbs and spices confidently. Cooking will become fun, freeing, and your food will be more delicious and nutritious. All cultures have flavors unique to their food. Also, certain foods pair well with certain herbs and spices: tomatoes like basil, chicken likes sage, beef is good with black pepper and thyme. Vegetables are good with all herbs and spices! See The Spice Guide for more details.

THE FOUR S'S

& THE CLEAN INGREDIENTS I USE



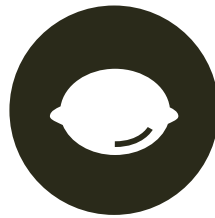
SALT

Pink
himalayan
Redmond
real salt
Celtic grey
Bragg's
liquid
aminos
Organic soy
sauce
Coconut
aminos



SWEET

Dates
(whole or
pieces)
Coconut
sugar
Raw honey
Prunes
Figs
Bananas
Apples



SOUR

Raw apple
Cidar
vinegar
Fresh
lemon juice
Fresh lime
juice
Sauerkraut
juice
Raw pickle
juice



SPICE

All herbs
& spices
(see Spice
Guide for
specific
dish.)

TIPS FOR FLAVORING SALAD DRESSINGS



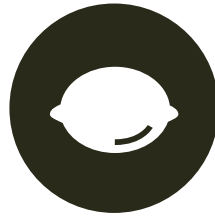
SALT

Approx.
1-2
teaspoons
per cup
of oil.



SWEET

Approx. 1
Tablespoon
to 1 cup
(for
dressing,
any of
the sweet
options
work well
because
they will
be blended
smooth).



SOUR

Approximately $\frac{1}{2}$
the amount
of oil
(any sour
options
work well).



SPICE

Be creative,
there are
no rules!

NOTES FOR DRESSINGS:

- Asian likes big sour, spice, and sweet
- Vinaigerettes like more sweet and fruit
- Garlic & herb like a balance of all four
- Mexican likes spice and sour
- All dressings like salt

TIPS FOR FLAVORING SAUCES



SALT

Salt to
taste.



SWEET

$\frac{1}{2}$ - 1
Tablespoon
per quart.



SOUR

$\frac{1}{2}$ - 1
Tablespoon
of vinegar
per quart
of sauce.



SPICE

Use
according
to what
you are
creating.
(See Spice
Guide.
Again...
there are
no rules,
just trying.)

NOTES FOR SAUCES:

All sauces will taste better with “The Four S’s” present. The herbs will be determined by what kind of sauce you are making. Most sauces taste great if started with sautéed onion. If I am making spaghetti sauce, I will also sauté many other veggies, add base, and mix with cooked vegetables. Add “The Four S’s” and let herbs steep with lid on for 10 minutes. Stir and final taste test.

TIPS FOR FLAVORING SOUPS



SALT

1 - 1½
Tablespoons
per gallon



SWEET

1½ - 2
Tablespoons
(honey is my
favorite to
use in soup)



SOUR

Approx.
¼ cup



SPICE

Again,
check out
the Spice
Guide
for your
specific
dish.

NOTES FOR SOUPS:

All soups will taste better with “The Four S’s” present. When adding herbs, follow the same method as sauces.

Soups are a great place to start experimenting with flavors and growing confidence in your skills. Have fun!

TIPS FOR FLAVORING **SAUTÉS**



SALT

Salt to taste.



SWEET

To taste.
Honey or coconut sugar work well. Coconut aminos are good on Asian-type stir-fry.



SOUR

Fresh lemon or lime work great.



SPICE

The Spice Guide is your best friend!

NOTES FOR SAUTÉS:

Sautés are less wet than soups, dressings, and sauces, and I usually need LESS sour and sweet.

TIPS FOR FLAVORING

DESSERTS



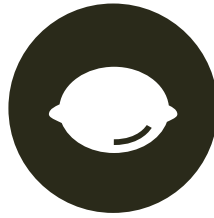
SALT

All desserts taste more balanced with salt.



SWEET

More sweet will be used than any other flavor.



SOUR

I usually use lemon or lime juice when making desserts, but there are some desserts that I do not use anything sour.



SPICE

Many desserts use spices, but not always.

DRESSINGS CONDIMENTS

Ideally, it is handy to have a creamy and an oil-vinegar dressing made up at all times. Many of my meals are whipped up with leftovers of one kind or another and topped with a tangy or creamy dressing. My husband especially loves dressings because they “dress-up” everything and add variety and zing.

I try to get the best I can when using animal products. When using dairy, I like to use organic, non-GMO, grass-fed, or locally grown/raised products. I also switch it up so I am not using dairy every time. (I use nuts, seeds and coconut, too.) Just do your best. Anything you do at home without preservatives, additives, etc. will be better than what you can buy.

THREE PARTS TO DRESSINGS & CONDIMENTS

- BASE
- CONSISTENCY
- FLAVORING WITH THE FOUR S'S

CREAMY DRESSINGS AND CONDIMENTS

CREAMY BASE

To make dressings, begin with a base. The base gives the dressing thickness or substance.

At first, begin practicing with 1/2 c. creamy base. If you need more, you can easily expand by adding small amounts of creaminess and dilute with small amounts of liquid until consistency is right. Flavor with Four S's when you have reached the consistency you want.

The ingredients for bases listed below may also be combined. For example, sometimes when I make ranch, I combine sour cream and mayo, or yogurt and mayo. I add creamy options until I have enough to get the amount I need and dilute to get the consistency I want. My dressings rarely come out the same way twice. It depends on what is in my pantry and refrigerator. Follow the basic principles.

- Yogurt
- Sour cream
- Buttermilk
- Homemade mayonnaise
- Feta cheese
- Sunflower seeds (soaked and blended)
- Pumpkin seeds (soaked and blended)
- Nuts (soaked and blended)
- Tomatoes- When I use tomatoes as a base for ketchup and BBQ sauce, and some dressings, I add oil because it adds substance.

CREAMY CONSISTENCY

Creamy dressings usually requires consistency adjustments. (Oil-base dressings are already pourable and do not need adjusting like creamy dressings do).

Use the following ratios:

- ½ c. creamy something
- 1 Tbsp.-¼ c. liquid (this can vary a lot, depending on whether you want a dip or a dressing)

Adjust by adding little amounts of liquid at a time.

Liquid possibilities:

- Water
- Sour liquid (pickle juice, sauerkraut kraut juice, apple cider vinegar, lemon/ lime juice)
- Milk
- Coconut milk
- Buttermilk
- Oil (olive, sesame, safflower)
- Juice (orange, apple, tomato)

CREAMY FLAVORING

Go to the Spice Guide and choose a category. Try one, a few, or all herbs on the list and add to the base. For example:

MEXICAN

- Cumin
- Onion powder
- Garlic powder
- Chili powder
- Oregano
- Salt

RANCH DRESSING HERBS

- Dill
- Parsley flakes
- Onion powder
- Garlic powder
- Thyme
- Salt

OIL-VINEGAR DRESSINGS AND CONDIMENTS

OIL-VINEGAR BASE

Consider the following ingredients for your oil-vinegar base:

- Avocados (use only when you will use up the dressing within a day or two)
- Avocado oil
- Olive oil (organic, extra virgin, cold-pressed)
- Sesame oil (raw)
- Safflower oil (for making mayo)
- Yogurt
- Sour cream
- Buttermilk
- Sunflower seeds (soaked and blended)
- Nuts (soaked and blended)

OIL-VINEGAR BASE CONSISTENCY

Use the following ratios:

- 1 c. olive oil
- ½ c. (or a little less) raw apple cider vinegar
- 2 tsp. salt
- 1-2 tsp. herbs
- 2-4 cloves fresh garlic
- May also add 1-3 Tbsp. of something sweet

It is easiest if made in a blender.

OIL-VINEGAR BASE FLAVORING

Again, use “The Four S’s” as laid out above in the ratios. Remember, flavoring food is something that you will get better at with practice. Refer to the “Flavoring with the Four S’s” guide for tips. Don’t be afraid to try!

CONSIDER YOUR OILS WISELY

For the greatest health outcome, you must consider the oils you are cooking with and pouring onto your food. The oils you use and the way you use them matters to your health. I keep a variety on hand because each one has a different use. In the early twentieth century man-made fats were introduced because they allowed for mass-produced fast foods to be made cheaper and easier. Throughout the years many have recognized the damaging effects on health (heart disease, diabetes, cancer and more) and have learned to be wiser. In recent years a new threat to our health is lurking in the oil realm made from GMO plants, typically processed using harsh, petroleum-based chemicals to increase their shelf life. Even worse, they degrade when heated to release toxic compounds of all kinds, including a group of volatile and very inflammatory compounds called aldehydes. Aldehydes are linked to heart disease, gastric damage, cancer and neurodegenerative diseases. Choose good quality oils for better health.

BETTER CHOICE OILS

- Beef tallow (100% grass-fed): medium-high heat
- Goose and duck fat: medium-high heat
- Grass-fed butter: medium-high heat or as a spread
- Grass-fed ghee: medium-high heat or as a spread
- Coconut oil (cold-pressed, organic): medium-high heat
- Palm oil (unrefined): medium heat
- Olive oil (EVOO): low heat, raw
- Avocado oil: withstands high-heat. Good in homemade mayo.
- Flaxseed and hemp oil: raw only
- Sesame oil: raw only

NO-GO OILS

- Vegetable oil: chemically extracted industrial seed oils, especially GMO soybeans
- Margarines and Spreads: fake, chemically processed, do not use these ever!
- Canola: extremely refined
- Corn Oil: highly chemically processed, highly inflammatory, usually GMO.
- Safflower and sunflower Oil: typically extracted with hexane (believed to be a neuro-toxin), high in inflammatory fatty acids.
- Peanut oil: inflammation causing

BONUS RECIPE

HOMEMADE MAYO

If you have access to local farm-raised eggs, (preferably non-GMO fed) you might like to make homemade mayonnaise. It is so easy.

In blender combine:

- 2 whole eggs (room temperature)
- 2 egg yolks
- 1+ tsp. salt
- 2 tsp. vinegar
- 1 tsp. honey
- 1 c. oil (½ safflower and ½ olive, or all safflower)
- Large pinch of mustard powder.

Begin to blend with lid on at medium speed. Slowly drizzle oil into mixture until it looks thick and creamy.

7 POSSIBILITIES FOR *servicing up sustenance*

SOUP

A liquid dish, typically made by boiling vegetables, legumes, or meat in stock or water.

SAUCE

A thick liquid served with food, usually savory dishes, to add moistness and flavor.

SALAD

A cold dish of various mixtures of raw or cooked vegetables or fruits, and cooked grains, usually seasoned with oil, vinegar, or other dressing.

STEAM

Steaming works by boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the nearby food and cooks it.

SANDWICH

Food consisting of a “vehicle” (tortilla, bread, rice paper, pizza crust, etc.) filled or topped with any combination of veggies, legumes, grains, or meat.

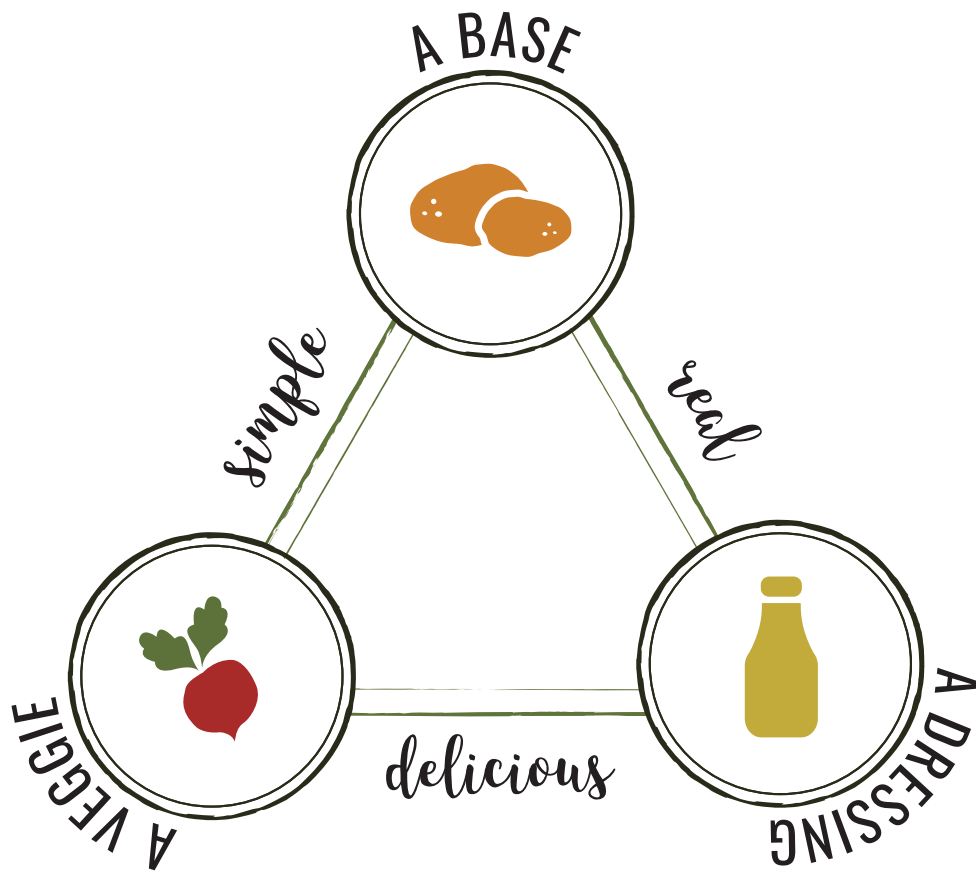
SAUTÉ

Veggies fried quickly in a little med-hot fat.

SLOW

Cooked by prolonged exposure to heat in an oven, crock pot, or other heat source. This includes roasting, slow cooking, and simmering.

Give it an HONEST “TRI”



If you are just beginning your Honest Kitchen journey, it might be helpful to begin with some of these simple, Honest “Tri” meals. I made this little guide so you could easily dive in with some practical ideas for making wholesome and delicious creations. Embellish any of these meals by adding organic corn chips, or more than one veggie, or seeds (raw or toasted). If you use these ideas as a starting place, you will be amazed at the joy you feel as your creativity begins to flow!

STEP 1 | BASE

Stock your pantry with whole-food base staples.

Beans: pinto, pink, white, black, garbanzo, fava, lima beans

Lentils: green, red, yellow, black

Grains: brown rice, pasta (brown rice, whole wheat, buckwheat or other whole grain pasta) organic corn tortillas, buckwheat, barley, bulgar wheat, wheat berries, millet, quinoa

Potatoes: white, golden, red, purple, sweet potatoes

Choose a base and cook/heat as necessary to prepare.

STEP 2 | FRESH VEGGIE

Begin adding fresh veggies as toppers.

Veggie Ideas: cucumber, radish, onion, green/purple cabbage, tomato, avocado, sprouts, chopped green onion, bell peppers, finely chopped celery, grated carrot, grated zucchini, grated beet, chopped snow peas, jicama, chopped lettuce

STEP 3 | DRESSING

Choose a clean store bought dressing or learn the principles I teach in “The Main Course” to make homemade dressings. A good dressing will “dress up” every meal!

STEP 4 | KEEP CREATING AND EXPERIMENTING

Now see what happens when you reverse the roles of the veggie and the pantry staple. Start with a bowl full of veggies with a topping of pantry staple.

Experiment by combining two or more veggies.

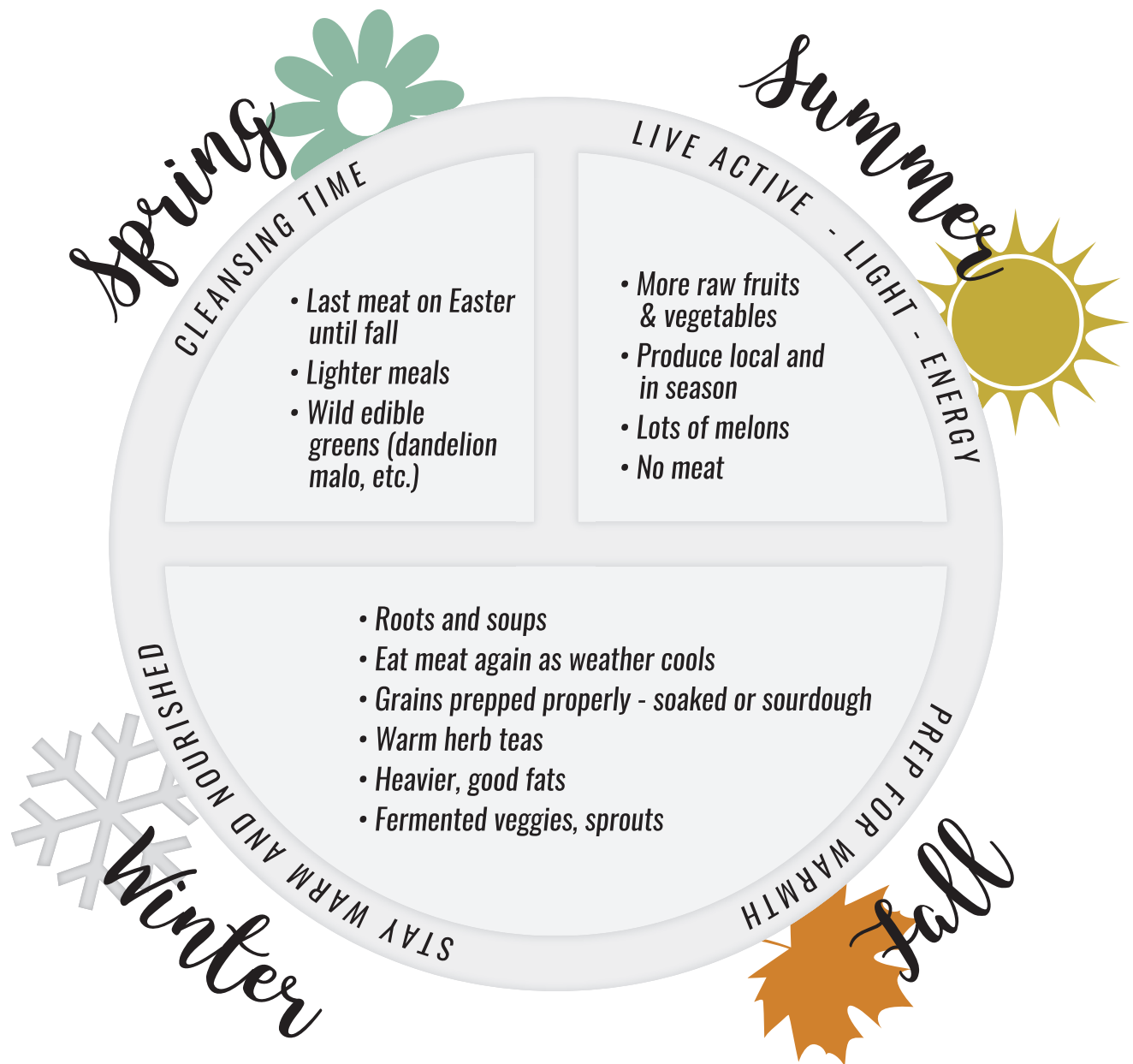
Switch out the dressing to create a completely new dish. The possibilities are endless!

HONEST "TRI" Ideas

BASE	VEGGIE	DRESSING
Pinto beans	Chopped onion	Ranch dressing, organic sour cream, or quality shredded cheese
Cooked lentils	Finely shredded cabbage	Asian ginger dressing
Baked potatoes	Chopped cucumber	Herb-garlic dressing
Brown rice	Chopped tomatoes	Sweet mustard dressing
Garbanzo beans	Avocado	Sweet onion dressing
Cooked black beans	Red bell pepper	Herb-garlic or ranch dressing
Cubed and steamed sweet potato	Green onion	Ranch dressing

Seasonal WISDOM

THE
HONEST KITCHEN
PROJECT



**Application of these principles is dependent on climate.*

Our meal plan


(ANNIE'S EXAMPLE)



SEASON: MONTH:		BACK TO THE ROOTS	MEXICAN	ITALIAN	ASIAN
MONDAY	SOUP	Vegetable Barley Soup	Posole	Minestrone	Curry Lemongrass
TUESDAY	SAUCE	Creamy Golden Potato Casserole	Chilaquiles	Loaded Spaghetti	Stir Fry with Citrus Basil Sauce
WEDNESDAY	SALAD	Basic Green Salad	Ceviche and Sweet Potato	Herb-Garlic Dressing & Greens	Amy's Asian Salad
THURSDAY	STEAM	S T E A M E D R O O T S			
FRIDAY	SANDWICH	Arugula Pizza	Street Taco	Sushi	Sprouted Tortilla Pizza
SATURDAY	SAUTÉ	Sautéed Veggie Combo	Spinach Enchiladas	Fried Rice	Veggie Lasagne
SUNDAY	SLOW	H A Y S T A C K S			

Our meal plan



SEASON:   MONTH:  		BACK TO THE ROOTS	MEXICAN	ITALIAN	ASIAN
MONDAY	SOUP				
TUESDAY	SAUCE				
WEDNESDAY	SALAD				
THURSDAY	STEAM				
FRIDAY	SANDWICH				
SATURDAY	SAUTÉ				
SUNDAY	SLOW				

HONEST COOK *log*

This log is for you to keep a record of what kitchen creations work and which ones do not. Expect to make food that does not taste good...at first. Your ability to succeed faster will increase if you record what you do...I promise. Enjoy the journey! You will become amazing at this!

HONEST COOK *log*



DATE	CREATION	SPICES USED	WIN?

BACK TO THE roots

VEGGIES & GRAINS

In this section, I will teach some basic skills about how to cook and flavor vegetables and grains. These meal and salad ideas are simple, yet foundational. Veggies cooked and flavored well, and properly prepared grains are what will truly nourish our bodies.

GRAINS, NUTS, SEEDS, AND LEGUMES

These dense, power-packed foods are a real blessing. When properly prepared (soaked, rinsed, drained, or fermented for sourdough), they will keep us full longer, curb cravings, provide sustainable energy, be more easily digested, and resolve blood sugar issues.

BASIC SPROUTING CARE

Cover with water, soak for time recommend on soaking chart, rinse, and drain well.

These come with a special protective layer which is designed to keep the little kernels safe from premature sprouting, insects, and fungus. It is intended to allow them to be stored for long periods. Soaking dissolves the protective coating, awakens the life within, and helps

release the phytic acid that otherwise may prevent the absorption of minerals.

Once soaked, rinsed, and completely drained, the sprouts need to stay moist and be allowed to breathe (not packed too tightly in the jar). They will need to be rinsed morning and night and drained adequately. When the tail appears they are ready and may be stored in the refrigerator.

Soaked foods may then be cooked, eaten raw, or dehydrated.

Equipment for Soaking:

- A clean mason jar with a small amount of seed will do for soaking and sprouting
- A perforated lid (preferably non-metal) may be purchased at a health food store or online. Even a clean piece of cotton or nylon stocking secured with an elastic band around the top of the jar will do.

BASIC SPROUTING

SOAK AND SPROUTING CHARTS

SOAK 4-6 HOURS	SPROUTING TIME
Alfafa	4-6 days
Buckwheat	2-3 days
Cabbage	4-5 days
Clover	4-5 days
Mustard	4-5 days
Radish	4-5 days
Sesame	1-2 days
Watercress	4-5 days

SOAK 12-16 HOURS	SPROUTING TIME
Adzuki	3-5 days
Chick pea	2-3 days
Corn	2-3 days
Green pea	2-3 days
Oats	2-3 days
Rye	2-5 days
Triticale	2-5 days
Wheat (all varieties)	2-5 days

SOAK 8-12 HOURS	SPROUTING TIME
Barley	2-4 days
Fenugreek	3-5 days
Lentil	3-5 days
Millet	3-5 days
Mung bean	2-5 days
Pumpkin	1-2 days
Quinoa	1-2 days
Rice	3-5 days
Sunflower	1-2 days

TIPS ON COOKING GRAINS

Most grains cook with 2 parts water to 1 part grain. Legumes typically require more like 3:1. Brown rice usually requires 2 ¼ c. water to 1 c. rice.

Word to the Wise:

It is wise to store extra grains, seeds, and legumes. Our family has been significantly blessed on many occasions because we had food stored. A few months supply can contribute to peace of mind and be handy for the unexpected.

In the list below the things I store ahead, the few things I do not soak have an asterick. I include white rice because it stores longer, having been refined. However, much nutrition is removed in the refining process. With a big family, occasionally we eat it because it is budget-friendly and makes a fun change.

GRAINS TO STORE:

- Barley
- Brown rice, (short or long grain)
- Buckwheat*
- Farina*
- Kamut
- Millet
- Popcorn*
- Quinoa
- Rolled oats
- Spelt
- Steel cut oats
- Wheat
- White rice, (organic, basmati)*
- Whole oats

COOKING WITH VEGETABLES AND GRAINS

The intention is that, through these meal examples, you will learn how to make vegetables and grains the focal point of your family's dinner table!

The following are the recommended herbs and spices for cooking the vegetable and grain based meals in this module. Make sure to have on hand: ginger, parsley, dill, oregano, thyme, onion powder, garlic powder, herb de provence, paprika.

See the course for video demonstrations for each of the following meal ideas.

And let's begin!

1 - ROOTS

Roots prepared three ways:

- Steamed in a pot all together
- Baked in a casserole dish
- Steamed separately -- whole, in large chunks, chopped or grated

STEAMED ROOTS

The many options:

- Beets
- Red/golden potatoes
- Carrots
- Sweet potatoes
- Parsnips

*Note: All the above pair well with onion and green cabbage.

Spice: salt, oregano, or thyme

Dressing: herb-garlic or sunflower ranch

Any combination of these is good.

In a large pot, place large chunks of roots with ½ inch water in bottom of pan. Bring to a boil and turn to low. Let simmer with the lid on until tender, about 20 min.

SAVORY BAKED ROOTS

- Winter squash (any kind)
- Beets
- Onion

Spice: salt, thyme, garlic, onion powder

Place cubed beets, winter squash, and chopped onion in a large casserole dish. Mix chicken broth or other liquid with sour cream and pour over veggies. Stir in with salt and thyme. Bake at 350°F degrees for about an hour or until tender.

INDIVIDUAL ROOTS

BEETS OR CARROTS

You can grate, cube, or steam whole. Put in pan and add 1/2 inch water, (if cooked whole they need about an inch of water so they do not boil dry). Bring to a boil and turn to low. Let simmer with lid on until tender. (After whole beets are cooked run them under cold water and slip the skins). Then slice, grate, or cube, and season.

Condiment: Add dressing, mayo, or butter, and salt to taste. A Russian variation on shredded beets calls for mayo, finely chopped parsley, chopped walnuts, a little vinegar, fresh garlic, and salt.

Spice: For carrots, may add grated or powdered ginger.

POTATOES

Cube and put in pan with small amount of water. Cook until tender. For whole potatoes, cook in a little more water, no need to immerse. Bring to a boil and cook with lid on until tender.

Spice: parsley or rosemary, butter, and salt, or any dressing

2 - VEGGIE STACK

Start With: cooked brown rice or baked potato

Toppings: make a salad of most or all of the following chopped veggies - tomato, onion, red bell pepper, cucumber, avocado. Top with shredded sharp cheese.

Dressing: herb-garlic dressing

3 - RICE 'N BROCCOLI

Top cooked rice with fresh steamed broccoli florets.

Add dressing and grated parmesan or medium or sharp cheese. (Especially pretty if the broccoli retains its bright green color and is not overcooked).

Condiment: herb-garlic dressing or butter and salt

4 - SALMON PATTIES WITH SWEET POTATO FRIES



SALMON PATTIES

In a bowl, mix together 2 small cans of salmon with 3 eggs.

Add chopped green onions, grated carrot, chopped parsley, and soaked sunflower seeds.

Spice: dill, onion powder, salt, lemon juice

Fry patties on buttered griddle.

SWEET POTATO FRIES

Peel and slice into strips or rounds. Toss in large bowl with warmed coconut oil, salt, and spice. Bake on cookie sheet at 350 degree F until edges are golden, about 15-20 min. Serve with homemade fry sauce.

Spice: salt, nutmeg, onion powder, coconut sugar, cinnamon, or paprika

HOMEMADE KETCHUP

Base: apples, tomatoes in any form - fresh, sauce, paste, stewed (drained), or sun-dried

Consistency: depending on tomato option, add water or real apple juice.

Four S's Options: honey or dates, salt, apple cider vinegar, onion powder, garlic powder, cloves

5 - CHICKEN VEGETABLE BARLEY SOUP

SOUP

Cook meat “low and slow.” Meats cooked too hot and fast may create carcinogens.

ROASTING CHICKEN

Place thawed, whole chicken in a cast-iron pan. Sprinkle with onion powder, garlic powder, crushed rosemary, sage, salt, and paprika or a little cayenne pepper. Put lid on and cook in oven at 325°F about 2 hrs. until top is golden brown and slightly crispy.

BROTH

Let cool, remove meat. Put skin, bones, and drippings into a crock pot. Fill with water. Add 2 Tbsp. apple cider vinegar and 3 bay leaves. Simmer 24 hours. Cool, strain, and refrigerate.

SOUP

Basic sauté Instructions: in a small amount of coconut oil or butter, cook onion until transparent. Then add garlic, celery, leeks, or any vegetable desired. Sauté chopped onion, celery, carrot, and kale until tender. Add chopped potato and cover with broth (not too soupy). Bring to boil and let simmer 20 min. or until veggies are tender. Add chicken, spices, and other Four S's.

Spice: sage, rosemary, parsley, onion powder, garlic powder, and a little nutmeg. Add a spoonful of honey and vinegar.

6 - CREAMY GOLDEN POTATO CASSEROLE



This casserole easily replaces the canned soup versions I used to make in the old days. This is a valuable meal idea to know about if you are weaning off canned soups.

6-8 medium golden potatoes, scrubbed, boiled with skins, and grated (unless old and tough)

1 c. sour cream, yogurt, or cashews (soaked and blended)

Salt to taste (it takes more than you think).

Chopped green onions

Extra-sharp cheese, grated

Cool and grate potatoes (large grate). Add ingredients, reserving some cheese, and mix. Put in casserole dish. Sprinkle more cheese on top. Bake 350°F for 20-30 min. until heated through.

ANNIE'S TIPS FOR SUCCESSFUL Soups



Oh, the endless possibilities! When you learn to use your creativity in the kitchen, the combinations are endless. Create savory soups that are chock full of vegetables and nutrients. Let's go!

PROCESS FOR SOUPS

1. Sauté: Onion, celery, leeks, garlic
2. Add bulkier veggies: Carrots, potatoes, beets, cabbage, green beans, corn, kale, cauliflower, yams/sweet potatoes, zucchini, squash (I add peas at the very end when I add Four S's because I like peas to maintain a bright green color.
3. Salt Sauté: Toss veggies with salt for a more flavorful veggie in the soup.
4. Add liquid: water, tomatoes, or broth. Thicken if desired.
5. Flavor with Four S's: Follow Spice Guide for herb usage and adjust to your liking.

1 - SAVORY-PUREED GARDEN SOUP

In stock pot, begin a basic sauté with onion, garlic, and celery. Add medium-large pieces of any combination of these veggies: winter squash, carrot, zucchini, bell pepper, or yellow squash. Salt, and sauté a few minutes.

Add water just to the top of the veggies. Bring to a boil and turn to low and let simmer until veggies are tender. In a blender, blend cooked veggies until smooth. Return cooked blended veggies to the pot. May add extra creaminess, (for options see below) or a can of tomatoes to the mix, and Four S's.

Four S's: salt, honey, vinegar. Spice options: onion powder, basil, thyme, nutmeg, black/white pepper, curry, Garam Masala, cumin

May Also Add: Soaked and blended cashews or coconut milk/cream for a more creamy base. (Refer to Potato Leek Soup below.)

2 - POTATO LEEK (ANY CREAMY WHITE) SOUP

In a stock pot, heat oil and sauté onion, leeks, and garlic. (For a creamy vegetable soup, may add: carrots, red/golden potatoes, corn, kale, spinach, cilantro, or green beans.) Salt veggies and stir. Add water to cover and bring to a boil. Cover with lid, turn to low and let simmer until veggies are soft.

CREAMINESS

Soak cashews 1-4 hours (I use about 1 cup), rinse, and drain. Blend with enough water (about 2 c.) and some of the softened veggie mixture with liquid (about 2 c.) until creamy. Pour into pot and stir until well mixed. Flavor with Four S's.

Four S's: Salt; honey; vinegar; crushed rosemary and black/white pepper or nutmeg

3 - BEAUTIFUL BEET BORSHT

This purple colored soup is beautiful and seasonally perfect for Fall/Winter. It is also very healing, delicious, and Russian!

In a large stockpot sauté onion and garlic for a few minutes and add shredded beets, grated carrots, and sliced green cabbage. Salt veggies and stir.

Add cubed potatoes and cover with enough water to cover the top of the vegetables. Add bay leaves, cover with lid and bring to boil. Turn to low and let simmer with the lid on, until potatoes are tender. Remove from heat, add Four S's, put lid on and let steep 5-10 minutes.

Four S's: salt; honey; lemon juice; thyme, parsley, honey, onion powder, clove (Be careful- do not add too much clove, it can be too strong).

Garnish: horseradish, sour cream, or sunflower ranch dressing.

ANNIE'S TIPS FOR SUCCESSFUL Salads



You can make salads that delight with flavor beyond what you previously thought was possible!

The most successful salads are often a combination of several kinds of greens—dark and pale green, crisp and tender, bland and tangy. Some shredded red cabbage and available fresh herbs add interest.

ELEMENTS OF DELIGHTFUL SALADS

1. Crisp Greens: wash ahead and put in the fridge in a sealed container to crisp up. I wash my lettuces when I get home from the store or garden so they are ready for easy use.
2. Thinly sliced onion: they add awesome flavor and nutrition. Thick slices are usually too strong for most people.
3. Two ready-to-go dressings: one savory and one sweet (my men really like sweet dressing on their salads.)
4. Toasted seeds: these add crunch, flavor, and fun to salads and soups! My family loves toasted seeds.
5. Cooked lentils, garbanzo, or other beans: salad topped with cooked lentils makes a hearty meal.
6. Parmesan cheese: I buy parmesan cheese wedges and grate it myself because it tastes more fresh. Typically I like cheese

as an embellishment, not an ingredient. Even a little bit adds richness to the salad.

1 - DELICIOUS TOASTED SEEDS

(The seed ratio you use really does not matter, but here is one that works.)

- 2 c. raw sunflower seeds
- 2 c. raw pumpkin seeds
- 1 c. raw sesame seeds
- 2-3 Tbsp. water (seeds need to be slightly moist so the herbs and salt will stick. If they are too wet, they take a long time to crisp up.)
- 2 Tbsp. Salt

Spice: onion powder, nutritional yeast, crushed rosemary, thyme, nutmeg, garam masala, curry, Mexican herbs, coconut sugar, paprika. (Experiment to see which herbs or combinations you like.)

In a bowl mix all seeds together. Toss with water and salt. May toast as is, or add herbs.

Bake at 350°F, 40-50 minutes, stirring often, until seeds are golden.

2 - MIXED GREENS AND GRAPEFRUIT-PARMESAN SALAD

Salads can be made so simply with very few toppings. Sometimes the simpler the better. With a really good dressing, toasted seeds, and a little grated parmesan cheese you can make every salad more interesting.

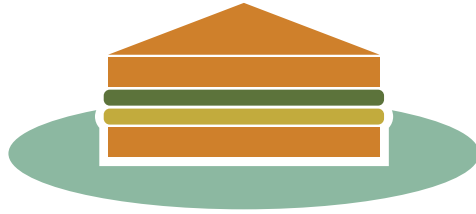
Salad: Tossed romaine and arugula greens, sliced radishes, grapefruit pieces, sliced onion, and grated parmesan cheese.

Toss salad and dressing together in a large bowl. Add toasted seeds (opt.).

Dressing: Make your own dressing an olive oil-vinegar base add Four S's.

Four S's: salt; honey; grapefruit juice; garlic and parsley (adjust until it tastes balanced)

ANNIE'S TIPS FOR SUCCESSFUL Sandwiches



Build sandwiches that are fulfilling and dynamic. Using these tips, you can have delicious AND nutritious when it comes to stacking it.

ELEMENTS OF DYNAMIC SANDWICHES

1. Hearty bread: toasted is best, it helps the bread not go soggy with mayo, veggies, and lime juice.
2. Good quality mayo: Homemade or made with high quality oils (not sweet mayo).
3. Thinly sliced veggies: they are easier to layer and manage if sliced thinly. If onions are really hot, put in dish and sprinkle with vinegar, let sit a few minutes.
4. Squeeze with lime or lemon juice: brings out the flavor of the veggies and tastes amazing!
5. High quality cheese: it just makes sense!
6. Raw sauerkraut: give it a try—it makes a sandwich so flavorful and the health benefits are also well worth it! (Make your own or in refrigerated section.)
7. Real meat: roast your own meat or poultry and slice thinly. I never buy lunch meat!

1 - THE VEGGIE SANDWICH

Hearty bread, toasted (much better when toasted) and spread with mayo. Also, I like to squeeze fresh lemon or lime over top; a hearty toasted bread will not go mushy as easily.

Topping Ideas: avocado, tomato, sliced steamed beet, sauerkraut, thinly sliced onion, cucumber, cilantro leaves, raw pickle, red bell pepper, sprouts

We oftentimes like to add a slice of good quality cheese.

Four S's: salt; fresh squeezed lime/lemon

2 - THE ONION SANDWICH

The onion sandwich, done right, is out-of-this-world amazing and so simple! Do not be fooled by the simplicity of this sandwich—give it a try! It pairs well with a cup of peppermint tea.

Begin with a hearty, good quality bread. Toast and spread with good quality mayo.

Preparing the Onion: Begin by thinly slicing a sweet onion. If it is not sweet, you may lessen the heat by rinsing in hottest tap water for a few seconds in a colander (“sweating” the onion), and then in cold water to crisp back up. Then place sliced onion in a little bowl and drizzle with raw apple cider vinegar. This makes the onion delicious and lessens any bite it may have.

Layer thinly sliced onion on bread. Squeeze fresh lemon juice over onions, and salt. May be eaten open face or topped with another toasted/mayo bread.

3 - SPROUT AND CHERRY TOMATO PITA

This is a “walking sandwich,” also known as a pita. Pitas are like a sandwich—everything you might put on a piece of bread you may also put in a pita.

Toast pita, open, and spread with mayo. (If you wait too long to spread with mayo, the inside of the pita will stick together.)

Salad Stuffing: greens of your choice. I like Romaine mixed with arugula and/or mixed baby greens. Add sprouts (broccoli, alfalfa, or sunflower). Add sliced cherry tomatoes and cucumber.

Dressing: add a tangy dressing. This is good with the herb-garlic dressing, but feel free to create your own, too.

ADDITIONAL SANDWICH IDEAS:

MELTED PARMESAN CHEESE AND KRAUT TOAST

Put grated parmesan cheese on toast or pita. Melt in oven and top with sauerkraut and avocado.

TUNA MELT

Mixed, loaded (lots of veggies mixed in) tuna spread on a hearty bread and topped with a slice of good cheese. Lay out on a cookie sheet. Bake at 350°F until cheese is melted.

Spice it up with MEXICAN

Welcome to Honest Annie's way of creating Mexican food: simple, honest, and bursting with flavor! I grew up living in New Mexico, which means I ate a lot of authentic Mexican Food. I was not satisfied with some of the traditional cooking methods, so I learned to create many of my favorite meals in a more supportive way. I am excited to share them with you.

My intention in this section is to empower you to freely and confidently use the Mexican herbs and spices, to help you unlock your own creativity. You will practice some of the skills you learned in regards to dressings, sautés, slow roasted meat, sauces, soup—all with a Mexican flare.

We'll start out with learning how to properly prepare beans and rice, the perfect sides for any Mexican main dish.

COOKING BEANS

If beans are soaked ahead, they will swell (absorb water) in the soaking process, therefore will not need as much water in the cooking process.

Unsoaked Ratio

- 1 cup dry beans
- 1 qt. water (I like my beans a little soupy.)
- 3-4 bay leaves
- 3-4 garlic cloves

Soaked Ratio

The night before you cook the beans, put them in a bowl and cover with water. Next day, rinse and drain.

- 1 c. soaked beans
- 3 c. water
- 3-4 bay leaves
- 3-4 garlic cloves

On Stovetop

Bring uncovered pot to a boil, (when water first boils, the foam can easily boil over the top) turn to medium low, cover, and let simmer about 3 hours. (Older beans take longer to cook.)

Instant Pot

I use 4 cups of beans and 5 quarts water, 4 cloves minced garlic and 3-4 bay leaves. Beans will cook well in 33 min. When soft, salt to taste (I use 2-3 Tbsp.) Follow owner's manual, for specifics to your equipment.

COOKING RICE

- 2 c. Brown Rice
- 2½ c. Water
- 1 tsp. Salt

Bring water to a boil. Cover and simmer 40 minutes or until water is absorbed. Add lime and chopped cilantro to cooked brown rice.

1 - MEXICAN HAYSTACKS

Start With: cooked pinto, black, pink, or red beans

Once cooked and salted, combine in a bowl:

- About ½ c. beans with about ¾ cup bean juice
- 1 c. finely shredded green cabbage
- a handful of crushed organic blue corn chips
- 1-2 Tbsp. diluted sour cream or sunflower ranch dressing
- 1 tsp. freshly squeezed lemon or lime juice

(We have come to also enjoy chopped cilantro, tomato, onion, and/or cucumber if we have them on hand.)

2 - ROSARIO'S POZOLE (MEXICAN SOUP)

4 STEPS TO POZOLE

1. Roast chicken and make broth.
2. Make green sauce to add to the broth.
3. Assemble soup ingredients and flavor with 4 S's.
4. Chop fresh ingredients as toppings.

Spices: onion powder, dried oregano

1. Roast Chicken and Make Broth

To begin Pozole, you will need to roast a chicken and make broth. Once broth is made, add 1 chopped onion, 3-4 cloves of garlic, and 2 bay leaves (for flavoring broth). Simmer 15 min.

2. Green Sauce

In a saucepan, add peeled tomatillos (about 10) and 1 jalapeño with enough water to cover. Bring to a boil, turn to low, and simmer until soft.

In blender combine 1 large bunch cilantro (cut off woody ends) and the tomatillo/jalapeno mix. Blend and add to chicken broth. Bring to boil, turn to low ,and let simmer a few minutes.

3. Assemble

Add 1 large can of hominy (white corn) without juice and add the chicken meat, cut or shredded. (I substitute hominy with potatoes because of the GMO issue.)

4. Toppings

Pozole is eaten a little on the soupy side. Serve with finely chopped onion, finely sliced cabbage, chopped cilantro, and avocado. Sprinkle with dried oregano and fresh lime.

If the flavor seems boring adjust with the Four S's. (Typically a little more salt, onion powder, honey, and a little sour help the flavor pop.)

This dish is traditionally served with tostadas (fried corn tortillas) and I make my own from tortillas. Lightly oil (butter or coconut oil) tortillas and bake at 350°F until crisp, or let sit on griddle longer, turning occasionally.

3 - STREET TACOS

Tacos are favorites at our house! I love them because they are a great way to use leftovers, so our tacos are never the same twice.

4 COMPONENTS OF STREE TACOS

- Corn Tortillas
- Filling: pantry based staple
- Something fresh
- Flavorful dressing

1. Corn Tortillas

Warm griddle or frying pan and lightly oil with butter or coconut oil. Warm tortillas on both sides. Cover to keep warm.

2. Filling: Pantry Based Staple

Anything goes! Cooked veggies, legumes, grain, or meat are some ideas—any combination will do.

Meat: roasted low and slow. Sometimes we have meat on the taco and sometimes we do not. I will slow cook a roast, usually venison or elk, in red chili sauce. Shredded chicken is good too. My favorite way to cook a roast is in a cast iron pot (see the course videos). Bake at 325°F for about 3 hours. While roast is cooking, make red chili sauce (see below).

Veggies: shredded and sautéed carrot, sweet potato, zucchini, yellow squash, and/or red/golden potato. (Season with any combination of the Mexican spices. Start with small amounts of spice and gradually increase to desired taste.)

Legumes: cooked beans or lentils whole or mashed

Grains: cooked brown rice, quinoa or millet

3. Something Fresh

My favorite ideas for filling it fresh are chopped lettuce, onion, radish, green onions, tomatoes, cilantro, avocados, and/or shredded green or purple cabbage

Fruits are fun too! Try mango, grapefruit, etc.

4. Flavorful Dressing

Dressings, sauces, and salsas make the taco so delicious!

Dressing ideas: creamy cilantro ranch, creamy cumin and lime, salsa ranch, sweet sunflower seed jalapeño, sweet olive-oil chili and lime, (I am making up most of these dressings in my head as I type them. Is your mind starting to understand how you would go about creating these dressings? Take a look at the Dressings & Condiments section.)

Red chili sauce: (may be added to cooked meat or poured over top of the taco.) To make sauce, remove the stems off the chili pods (see

video for this meal), place in blender with water enough to cover pods, and Four S's (onion powder, garlic, salt, vinegar, honey or dates and cumin). Blend together until smooth. Once roast is finished, allow to cool and place in crock pot, then pour red sauce over top and simmer on low as long as you like. Shred and enjoy.

Basically, the street taco can be a big pile of goodness starting with a tortilla.

4 - EASY OPEN-FACE ENCHILADA



Pour 1 large can of tomato juice in a pan and add:

- 2 Tbsp. arrowroot powder
- 1 tsp. each cumin, chili, and oregano
- cayenne to taste
- ½ tsp. salt

On medium-high, bring sauce to a boil and stir. Turn to low and simmer 10 minutes.

Butter tortillas and warm both sides on a griddle. Dip each tortilla in the sauce and put on plate.

Top with:

- Cooked beans
- Shredded romaine lettuce
- Grated cheese (opt.)
- Finely chopped onion
- Avocado sprinkled with lime or lemon juice and salt
- Chopped tomatoes
- Sour cream (opt.)

Drizzle warmed sauce over top to warm and flavor everything!

5 - SPINACH ENCHILADA WITH BEANS AND BROWN RICE



Prepare cooked beans and brown rice as sides.

GREEN CHILI SAUCE

- 2 small cans diced green chili
- 2 bunches cilantro
- 8 tomatillos
- Piece of jalapeño
- Garlic (2 cloves)
- Onion powder
- Honey
- Lime juice from 2 limes
- Arrowroot Powder

Bring tomatillos, jalapeño, and garlic to a boil (just enough water to cover) and let simmer until tender. Pour tomatillo contents (water included) into blender and add cilantro, onion powder, salt, honey, and lime juice. Blend until smooth. May be served as is, or heated and thickened with arrowroot powder (2 Tbsp.)

To Thicken: Add blended ingredients to saucepan, turn to medium, stir in arrowroot and continue stirring until thickened.

ROLLED SPINACH TORTILLA

Chop bell pepper and one medium onion finely, (I put them in my food processor and chop with the S blade), and add to spinach.

Warm coconut oil or butter in skillet, and about 8-10 cups of chopped spinach (it shrinks a lot). Add chopped onion and red bell pepper.

Sauté until tender.

Add:

- 1 tsp. cumin
- ½ tsp. onion powder
- Salt to taste

Crumble ¼ c. queso fresco (white Mexican cheese) into mix, and stir.

On lightly oiled griddle, warm tortilla on both sides. (Butter, or coconut oil)

Fill warmed tortilla with spoonful of spinach mixture and roll it up.

Serve with side of beans and side of rice, and pour warmed green chili sauce over the top. Sprinkle with white cheese.

6 - CHILAQUILES

I learned about this meal from my Mexican friend, Rosario. She serves this meal as a breakfast, but it works as a dinner too. My kids love it! They like the crispy little tortilla pieces.

TORTILLAS

Spread butter or coconut oil on about 10-12 corn tortilla, stack and cut into 1 inch squares, bake at 350°F until slightly crispy, or cook on a griddle or skillet.

SAUCE

In a blender, combine tomatoes, piece of jalapeño, garlic, and salt. Add enough water until veggies are almost covered. Blend until consistency is thick, but pourable. In a skillet heat coconut oil or butter. Add blended sauce to heated oil and simmer for 5-10 minutes (opt.).

Place tortilla pieces on plate, pour a serving of sauce on tortilla pieces, add beans, finely chopped onion, chopped cilantro, and queso fresco or sour cream on top. May also be served with an egg over top.

7 - CEVICHE AND SWEET POTATO

SALAD

SANDWICH

I love the flavors in this salad. I make it without the traditional seafood it usually calls for. I bake my own tortillas and spread with steamed, mashed sweet potato with ceviche salad on top.

SALAD

Finely shredded green cabbage, and chopped cilantro, green onion, cucumber, tomatoes, jalapeño, and avocado.

DRESSING

In a little bowl, combine honey, lime, olive oil, cumin, onion powder and salt. Stir until smooth and pour over cabbage. (This dressing is delicious when you can really detect the sour, sweet and salt.)

Spices: cilantro, onion powder, honey, salt

MASHED SWEET POTATO

Peel, chop, and steam until tender. Mash and salt.

HOMEMADE TOSTADA

Lightly oil tortilla and bake until crispy.

ADDITIONAL MEXICAN MEAL IDEAS:

CREAMY BLACK BEAN AND SWEET POTATO ENCHILADAS WITH GREEN CHILI SAUCE



Filling made with creamy (soaked, blended) cashews, black beans, onion, kale, sweet potato, and spices. Cover with green chili sauce. Bake until warm. (May cover lightly with sharp cheese.)

BLACK BEAN AND SWEET POTATO CILANTRO BURRITOS



Mashed sweet potato mixed with cooked black beans, cilantro, and spices. Fill tortillas and enjoy!

HUEVOS RANCHEROS



Tortillas dipped in red sauce, topped with egg, pinto beans, lettuce, and onion, with green chili sauce on the top. (May cover lightly with sharp cheese.)

NYGREN TACOS



Tortillas filled with mashed potatoes mixed with cooked hamburger, topped with salsa and lettuce. (May cover lightly with sharp cheese.)

LENTIL BOWL



Cooked lentils served with finely chopped cabbage, avocado, and a dressing.

Asian

ANNIE'S WAY



Asian Annie's way means a lot of veggies with a lot of yummy sauces over rice or noodles.

In this section, I will:

First, share the ingredients I recommend having on hand with which you can make many different Asian meals.

Second, teach you the foundational principles for making Asian sauces.

Third, share my top 8 meal ideas for "Asian - Annie's Way!"

Let's get started!

ASIAN SAUCES

The sauce you create makes all the difference in how the dish turns out. The Four S's will apply here and each one will want to stand out equally. Start with a base of soy sauce, Bragg's aminos, peanuts, cashews, or raw sesame oil. Then balance the consistency and flavor.

THREE TYPES OF SAUCES:

1. Runny juice base which is a more clear sauce (like jelly) which will need thickening with arrowroot.
2. Thick and pasty (like the peanut plum) will not need to be simmered on the stove top and is usually made in a blender.
3. Drizzle over the top—no need to make ahead in bowl or blender, just add as you go.

SZECHUAN SAUCE (RUNNY JUICE BASE)

(After doing some “hacking” of a commercial szechuan sauce bottle label I know the base and the process of how to achieve the consistency and flavor of this type of sauce.)

Base: red chile pods (with seeds discarded), tomato (any form) and onion. Blend pods, onion, tomato and garlic in a little water until pureed (like we did in Mexican module). Saute puree in a little oil until it thickens a bit. You may also add the sauce to a sauce pan and add a little arrowroot to thicken it, depending on the consistency you want.

Add Four S's: salt or soy sauce; honey, coconut sugar; vinegar, lemon or lime juice; ginger powder or grated ginger.

ORANGE SAUCE (RUNNY JUICE BASE)

(I hacked this one too, it's easier than you may think!)

Base: fresh squeezed orange juice (½ -1 cup), onion, and garlic. Blend in blender until well mixed. You may sauté minced onion and garlic lightly before adding to juice. Add arrow root (to thicken). Simmer on low until arrowroot is well mixed and sauce thickens.

Add Four S's: honey, salt, soy sauce, lemon juice

PLUM-PEANUT SAUCE (THICK AND PASTY)

Base: soaked, pureed plums mixed with a few Tablespoons of peanut butter. Dilute with water, lime, lemon juice, soy sauce, or coconut aminos so it pours nicely.

Add Four S's: spice it up with garlic powder, onion powder, ginger, salt, honey, soy sauce. All of these listed here would make a really good sauce! If it is a little thicker, it makes a great spring/egg roll dipping sauce. If it is pourable (more thin) it would be delicious on any stir-fry.

PEANUT CURRY SAUCE (THICK AND PASTY)

Base: peanut butter, coconut milk, coconut or sesame oil

Four S's: salt, soy sauce or coconut aminos; honey, dates or coconut sugar; curry powder

PEANUT OR CASHEW GINGER SAUCE

Same as above, just add ginger instead of curry.

OTHER SAUCE IDEAS:

- Pineapple chile
- Spicy mango
- Your favorite store-boughten sauce—hacked! Start with a base, add the flavors, and adjust consistency. You can create anything!

1 - FRIED RICE

Traditionally white rice is used for fried rice. I use short grain brown and I like it just fine. Cook rice and set aside.

Sauté: In a skillet sauté shredded carrots and garlic on medium low

until tender. Salt sauté to taste.

Egg Patty: In a separate bowl, beat several eggs well mixed with a little water. Salt and pepper eggs. Add to sautéed carrots in the pan (you do not want the pan to be too hot)! Let eggs slowly cook (about 6-8 minutes). Do not scramble! Flip the patty in one piece, or cut in two and turn each to the opposite side so both sides have a chance to fry. When cooked through, egg patty should be able to come out all in one piece (or two pieces). Place on a cutting board and cut egg patty into strips. Cut strips into three or four pieces.

“Fry” Rice: Warm coconut oil (1-2 Tbsp.) in skillet and toss cooked rice in the oil. Let “fry” a few minutes stirring occasionally. Add chopped green onions, peas, corn, and egg strips.

Add Four S’s: coconut aminos, grated or powdered ginger, soy sauce, small amount of lime juice, honey or coconut sugar. May add these separately, or make a sauce in a little bowl.

2 - SNOW PEA BASIL STIR-FRY

(You may serve this over your favorite Asian noodle or steamed rice.)

This stir-fry can be adapted to using any vegetable combination you choose. Try broccoli, bok choy, carrots, cauliflower, and/or bell pepper.

Cook Rice Noodles according to cooking instructions.

Sauté: In a skillet, sauté chopped onion. Add snow peas (1 or 2 bags). Do not overcook! Veggies should remain a little crispy.

Sauce: Drizzle with any sauce you create (see sauce ideas). You may try adding just soy sauce mixed with a little grated ginger, honey and sesame seeds.

Add a large handful of fresh basil to the snow peas and toss. Serve.

3 - SPRING ROLLS/ LETTUCE WRAP



You can make a sautéed or a raw filling which may go in either of these wraps.

Spring roll wrappers are made of rice and not cooked. For the spring roll, follow instructions on wrapper. For lettuce wraps, choose Romaine. I like these options better than egg rolls because I am not a big fan of the deep fry.

Sautéed Filling: Sauté finely chopped onion, finely shredded cabbage, grated carrots, bean sprouts, celery, bok choy, basil, and/or garlic (use any or all of these) until tender.

Four S's: salt, soy sauce or coconut aminos; ginger; honey

Raw Filling: Finely shredded (julienned works best) carrots, cucumber, green or purple cabbage, bean sprouts, alfalfa or broccoli sprouts, apple, bell pepper, cilantro, onion, zucchini, and/or yellow squash.

Drizzle with coconut aminos or Bragg's liquid aminos.

4 - MASMAN CURRY



Chop carrots, potatoes (golden or red), red bell peppers, pineapple (canned or fresh), onion, and lemongrass (if available)

Make a creamy curry base.

Creamy Curry Base: Coconut milk (thick), steamed and pureed winter squash/ pumpkin (optional, adds nutrients), soaked blended cashews, broth

Sauté: In a medium stock pot sauté onion and garlic to release fragrance. Add carrots and potatoes. Salt the veggies. You may also add a little broth, water or pineapple juice and cover with lid to allow the carrots and potatoes to steam cook for a few minutes. When they

are tender, add the chopped bell pepper, pineapple, and lemongrass. Add base to the cooked veggies.

Add Four S's: salt; curry powder, tamarind paste or lime juice; ginger (grated or fresh); honey

5 - VEGGIE SUSHI

Cook short grain brown rice. When finished, add a little salt, and some sour and sweet. A good combination is rice vinegar and a few drops of liquid stevia (brown kind), but other sours and sweets work too.

Spoon rice in seaweed paper and add veggies on top and roll. I like julienne carrots, thinly sliced cucumber, and thinly sliced avocado.

Dip in soy sauce or Bragg's Liquid Aminos. I also like wasabi (without additives) and pickled ginger (without additives). Find these at a health food store or health food section of grocery store. Conventional wasabi and pickled ginger have additives.

6 - SWEET STICKY RICE

Best "sticky" rice is actually called glutinous rice. Black rice is very good too.

Cook rice and add a little salt. In a bowl, mix together coconut cream, vanilla, and maple syrup or honey. Top rice with sliced mango, black sesame seeds and drizzle with sweet coconut cream mixture.

7 - CURRY-LEMONGRASS OR CREAMY PUMPKIN LEMONGRASS SOUP

All soups use the same process. In this case, flavor with Asian spices. Begin with a sauté, add liquid (base) and flavor with Four Ss. This is a great soup to use up veggies in refrigerator (celery, onion, carrot, green beans, asparagus, bok choy, cabbage, sweet potatoes, kale).

Sauté: Sauté as usual and salt. Add broth or water and simmer. Add creaminess if desired (blended cashews, pumpkin/squash puree, coconut milk/cream).

Four S's: salt; something sweet and something sour; lemongrass essential oil (1-3 drops), curry, ginger, garlic, onion powder

When adding essential oils to food, use high quality essential oils, look for organic.

8 - ASIAN SALAD

This salad is inspired by my friend Amy. It may be created with a bed of greens with the raw veggies on top, or just a plate of raw thinly sliced, shaved or julienned, veggies.

Veggie possibilities: asparagus, zucchini, red/green bell pepper, carrot (julienned), snow peas, celery, onion, green onion, radish, cilantro

ZINGY GINGER DRESSING BY AMY CHOATE

I am giving you my friend Amy's dressing, so you can make it and see what a delicious Asian dressing tastes like. Try it, then use the ideas below and create you own.

- 2 Tbsp. white sesame seeds

- ¼ cup raw sesame oil
- ¼ cup honey
- ¼ cup coconut aminos
- ¼ cup fresh lime or lemon juice, plus zest from lemons or limes
- 1 tsp. ginger powder
- 2 tsp. apple cider vinegar, raw
- black sesame seeds (for garnish)

Put everything except sesame seeds in blender and blend until mostly creamy. Add additional coconut aminos to thin dressing, if desired. Keeps 7 days in refrigerator.

ANNIE'S ASIAN DRESSING

Here's another dressing idea.

Base: white sesame seeds (1-2 Tbsp.), sesame oil

Four S's: salt or coconut aminos; lime/lemon juice or apple cider vinegar; honey; ginger, garlic, onion powder

RECREATING ITALIAN



Favorites

This Italian section is going to show you how easy it is to add veggies into everything and how to re-create a few traditional Italian dishes.

Spices to have on hand:

- Basil
- Thyme
- Oregano
- Garlic/garlic powder
- Onion/onion powder
- Black pepper
- White pepper
- Parsley

1 - LOADED SPAGHETTI SAUCE



This is called Loaded Spaghetti Sauce because it is loaded with lots of veggies. My family likes it as a veggie sauce, but they like when I add meat too. (When using ground meat, I typically do not use pork. My preference is to use ground beef seasoned to taste like sausage. Here are the seasonings I use: sage, salt, garlic, onion powder and black pepper. This tastes like sausage and is a much healthier option.)

Sauté: Begin by sautéing onion, garlic, grated zucchini, chopped kale, grated carrots, and grated beets. Salt and stir sauté.

Make a Base: Use stewed tomatoes or blended fresh tomatoes mixed with tomato paste. The paste will help make the consistency less wet. Lightly simmer veggies in tomato base until veggies are tender (10-15 minutes). Then add the Four S's.

Four S's: salt; vinegar; honey, coconut sugar or blended dates; basil, thyme, oregano, onion powder

2 - VEGGIE LASAGNE



Sauté Veggies: use any of the following. All are delicious together, but use what you have. Chopped onion, garlic, chopped kale, grated carrots, grated zucchini, and grated beets. Salt sauté. Cook until almost tender.

Add tomato base to the cooked veggies. (Base should be a little thicker.) Let simmer several minutes with lid off if it is too wet or just remove some of the water. Allow to simmer a few minutes and flavor with the Four S's.

In a casserole dish, line the bottom with cooked lasagne noodles. (I like the organic brown rice noodles.) Layer with veggie sauce and organic cottage cheese.

Continue layering noodles, sauce and cottage cheese until pan is filled, and top with either freshly grated parmesan or other good quality cheese. Bake at 350°F about 30 minutes or until layers are warmed through.

Remember, if you spend more for good quality cheese, you may use it more sparingly, which is easier on our bodies. Cheese can be difficult to digest and make our lymph system sluggish.

3 - ZUCCHINI ALFREDO

Alfredo sauce is definitely a favorite and the traditional way to make it is not one with which I am satisfied.

Many people have never heard of using cashews as a creamy base in cooking. So for this meal idea I am giving you an approximate recipe I use. Of course, you will experiment with it and make it your own way.

CREAMY CASHEW ALFREDO SAUCE

- 2 cups raw cashews, soaked at least 1 hour
- 2 cups water
- 1-2 Tbsp. arrowroot powder
- 2 tsp. salt
- 1 tsp. onion powder
- ¼ tsp. white pepper
- 1/8 tsp. nutmeg
- ½ tsp. honey
- ½ tsp. lemon juice
- Dash of cayenne pepper

(Also good with little pieces of sun-dried tomato for a creamy sun-dried tomato sauce.)

Rinse and drain cashews. Combine all ingredients in blender and process until creamy and smooth. Cook sauce over medium heat, stirring constantly (will stick to the pan). If sauce appears too thick, may stir in water until desired consistency is reached. Add Four S's.

Serve over zucchini and/or noodles (you know I always like to get the veggies in!)

4 - MINESTRONI SOUP

Italian soups are like any other soup we have learned. They are loaded with veggies of sorts and either pasta or beans. The same guidelines apply to Italian soups as any other soup: 1) begin with a sauté and salt the sauté, 2) you will create a soup base and adjust consistency, 3) flavor with the Four S's.

Sauté: onion, garlic, celery, carrots, chopped kale, and cabbage. Salt sauté and add tomato base (see below) and water until veggies are covered. Bring to a boil, then turn to low and let simmer until veggies are tender.

Tomato Base: You may use stewed tomatoes, crushed tomatoes, soaked and blended sun-dried tomatoes, watered down tomato paste, or blended fresh tomatoes. Any combination of these tomato options make a great base. Just use tomatoes.

Add: cooked garbanzo beans, cooked red beans, and your choice of pasta (usually macaroni). Flavor with Four S's.

Four S's: salt; honey; vinegar; basil, oregano, garlic powder, onion powder, black pepper

5 - MACARONI AND "NO" CHEESE PLEASE

This dish is so fun and kids love it!

"No" Cheese Sauce: Begin by steaming a couple of peeled golden potatoes and a few pieces of orange vegetable (acorn squash, sweet potato, yam, carrot) in about an inch of water. For extra creaminess, may also add ½ cup soaked cashews, rinsed and drained. Steam until tender. Blend until smooth and creamy (may thin with water the veggies were steamed in if it is too thick). Add Four S's to blender and mix well.

Four S's: salt; vinegar, lemon juice or sauerkraut juice; onion powder, black or white pepper, nutmeg; honey or coconut sugar (not much).

Pour over cooked macaroni noodles and stir until well incorporated. Garnish with paprika and fresh parsley.

6 - SPROUTED TORTILLA PIZZA

Anything pizza is a favorite at our home! I love this meal because it is so fun, fast, and delicious! I buy my sprouted tortillas at a health food store, or the health food section of the grocery store.

Line a cookie sheet with parchment paper. Place tortillas on cookie sheet and spread with sauce (try white sauce, sunflower seed pesto, or red sauce). Sprinkle with grated parmesan cheese and other toppings. Bake at 350°F until the edges are slightly crispy.

TOPPING IDEAS

Traditional: thinly sliced onion, bell pepper, tomatoes, spinach, olives, pineapple, artichoke, mushroom, arugula, plum, fresh organic corn, kale, sun-dried tomato, avocado, roasted garbanzo beans, soaked-roasted cashews, steamed-sliced beets, cauliflower, thinly sliced zucchini, green chili, cilantro

Mexican Pizza: green chilies, sun-dried tomato sauce, organic fresh corn, green chili, cilantro, tomato

Fresh Garden Pizza: pesto sauce with a fresh arugula salad on top



Our standard American breakfasts are quick and easy, but usually not supportive of good health. So our family breakfasts are often non-traditional: maybe lentils, beans, soups, steamed veggies, sourdough toast with mashed hard-boiled egg, avocado and sauerkraut, even salads. (Since we basically eat real food three times a day, I am not opposed to eating a loaded waffle, pumpkin pancakes or parfait for dinner.) Morning is an important time to nourish the body with real food, teas, and fresh juices. Give veggies for breakfast a try; you may like 'em!

1 - FRESH JUICE

Drinking fresh juice infuses your cells with plant nutrition. It is cleansing, healing, and refreshing to drink fresh vegetable and fruit juices.

Try these combinations or come up with your own. Amounts do not matter, just hydrate, cleanse, and infuse life by putting live juice into your body. (May even hide ½ clove of garlic in the juice too.)

JUICE COMBINATION IDEAS:

- Watermelon, lime/ lemon
- Cucumber, melon
- Melon, orange
- Carrot, celery, apple
- Carrot, beet
- Apple, celery
- Apple, ginger, turmeric
- Orange, grapefruit
- Carrot, lime/ lemon
- Beet, ginger, carrot
- Carrot, ginger, turmeric
- Carrot, kale, apple
- Celery
- Cucumber
- Carrot
- Apple

2 - SAUTÉED OR BROILED VEGGIES

These are great on a tortilla or with an egg!

Broil: Begin with chopped veggies. May toss with oil (olive, coconut, butter), salt, and herbs. Broil on cookie sheet until tender.

Sauté: Saute in a little oil, add a little water to steam, cook until tender. Add salt and herbs.

Four S's: salt; lemon/lime juice or raw vinegar; coconut sugar; thyme, oregano, garlic powder, onion powder, black pepper, olive oil, chili powder, curry, mustard powder,

Try these fun vegetable combinations (single veggies are also good).

VEGGIE COMBINATION IDEAS:

- Brussel sprouts, winter squash, onion
- Zucchini, carrot, asparagus
- Broccoli, bok choy, onion
- Sweet potato, green bean, onion
- Beet, green bean, onion
- Spaghetti squash, mushroom, onion
- Bell pepper, potato, onion
- Snow pea, carrot, beet, onion

3 - BREAKFAST PIZZA

Line a cookie sheet with parchment paper. Place sprouted tortillas on cookie sheet and spread with sauce (try white sauce, sunflower seed pesto, or red sauce). Sprinkle with grated parmesan cheese and other toppings. Bake at 350°F until the edges are slightly crispy.

Try a green salad on top of a baked tortilla crust.

You could also try alfredo sauce with cubed, steamed, and salted potatoes. Add blackberries and onion, and then lightly drizzle with maple syrup. Bake until golden.

Any other steamed veggie on a baked sprouted tortilla would be great!

4 - SIMPLE APPLE BREAKFAST

I gave you this recipe in Part One. Now you get to revisit it, using your own creativity.

Combine:

- Grated apple, with peel
- Raw oats (optional)
- Crushed pineapple, drained
- Plain yogurt (optional)
- Coconut, shredded, unsweetened
- Raw almonds, ground or chopped

Continue to add whatever you'd like as you unleash your creativity. Additional options include: chopped dates, sunflower seeds, grated lemon peel, sprouted wheat.

5 - BREAKFAST SOUP

I do not like to eat too heavy in the mornings. I love a pureed soup or other light vegetable soup for breakfast!

6 - RAW GRANOLA

This is a generic recipe to use as a guideline. Amounts do not matter.

Ingredients:

- 10 cup oats
- 1 cup flax
- ½ cup sesame seeds
- 1 cup raisins
- ½ tsp. salt
- Cinnamon to taste
- ½ cup coconut or olive oil
- ½ cup honey, maple syrup or coconut sugar

This is not cooked. Toss everything in a large bowl. Adjust wetness with the honey/maple syrup and oil. Toss with cinnamon, seeds, nuts, salt and any other dried fruits. Store in refrigerator.

Serve with nut or seed milk and berries.

7 - GINGER OR CHOCOLATE CHIA PUDDING

There are many methods for cooking squash but here is one: cut a squash in half (hubbard or buttercup squash is best). Scrape out seeds and place both halves face down on cookie sheet. Bake squash until tender. You may also steam the squash.

Place in a blender with coconut milk and coconut oil (optional) and add the Four S's.

Ginger Version Four S's: ginger, pumpkin pie spices and a little lime juice

Chocolate Version Four S's: vanilla, cacao powder, and salt

Blend until smooth and add chia seeds. Chill and serve.

8 - LOADED WAFFLES

I mix dry ingredients ahead of time and store covered in a cool place.

Pre-Mix:

- 5 cups wheat berries
- 2 cups sunflower seeds
- 2 cup raisins
- 1 cup whole oats
- 1 cup coconut
- 1 cup flax seeds

When ready to mix, add:

- 2 cups pre-mix
- 2 Tbsp. coconut or olive oil
- ½ tsp. salt
- 1-3 tsp. cinnamon
- 2 Tbsp. honey or maple syrup
- 2 cups water

Blend until smooth. Pour onto a hot, well-oiled waffle iron.

9 - BREAKFAST VEGGIE BOWL

Make a base layer with cooked beans, cubed- steamed sweet potatoes or red/golden potatoes.

Next add dark greens (baby spring mix, romaine, cilantro, parsley, finely chopped kale).

For top layer add finely chopped onion, radish or cucumber. Garnish with salsa (mango, tomato, green tomatillo), guacamole, and dressing.

10 - PORRIDGE

We eat all kinds of grains for breakfast. They are made more digestible if you pre-soak them overnight with a little plain yogurt or buttermilk added to the water.

Try any of these with a little salt, honey, nuts/seeds, fruit, spices, and coconut or almond milk.

BROWN RICE

Cook 1 cup rice to about 2½ c. water 45 minutes or until water is absorbed.

WHOLE WHEAT BERRIES

Cook 1 cup wheat to 2 c. water for 60 minutes.

MILLET

Cook 1 cup millet to 2½ c. water for 30 minutes.

BUCKWHEAT

1 cup buckwheat to 2 c. water for 20 minutes.

QUINOA

1 cup quinoa to 1 c. water for 10 minutes.

OATS (WHOLE, STEEL CUT OR ROLLED)

1 cup oats to 2 c. water until soft and water is absorbed.

BARLEY

1 cup barley to 2 c. water for 30 minutes.

CREAM OF MILLET

Blended dry millet and/or oats stirred into boiling water like cream of wheat. Cook and stir until desired consistency. Blended brown rice is also great this way.

BLUE CORN MUSH

Stir blue corn flour into boiling water until desired consistency.

11 - ETHIOPIAN BREAKFAST



*Not plant-based

This meal is so very delicious! A family favorite for sure because it is unique!

In each bowl, make a pile of: cooked, salted pinto beans; a scoop of plain yogurt; and scrambled eggs next to each other. Top with finely chopped cherry tomatoes and onions. Drizzle with Ghee and spices.

So simple and yummy!

12 - SIMPLE WHOLE WHEAT MUFFINS

Ingredients:

- 1½ cups Whole wheat flour
- 1 cup fruit puree (fresh or bottled fruit)
- ½ cup oil
- ½ cup coconut sugar
- 1 tsp. soda
- ½ tsp. salt

Mix gently until just combined.

Bake 350°F for about 18 minutes.

SIMPLE IS ENOUGH



snacks

Whether you need an easy to-go snack for traveling or a little something to add to your kids' lunch, these snacks will show you that you don't have to compromise health for convenience.

1 - DATES WITH CINNAMON CREAM CHEESE

Cut whole dates in half. Take out pit, and fill each half with a dollop of cream cheese. Top with an almond, walnut or pecan. May sprinkle with cinnamon or nutmeg. For dairy-sensitive folks, just the date with a nut is delicious and satisfying.

2 - CHEESE HONEY TOAST

Do not be fooled by the simplicity of this little snack. My children love this! This makes a good snack for car trips, hiking, or picnics.

Start with a quality bread. Toast. Spread with butter or coconut oil and honey. Top with a slice of quality medium cheese. (I like Kerrygold or any other organic brand.)

3 - BROWN RICE CAKES

Lundberg brand are good rice cakes. I usually buy the lightly salted variety. Add variety with some of these spread ideas.

RICE CAKE SPREADS:

- Honey, cashew cream, and cinnamon
- Hummus, cucumber
- Hummus, sliced onion
- Organic cream cheese mixed with honey, raisins, and pecans
- Good butter and slice of quality cheese

4 - POPCORN IDEAS

I buy organic popcorn to avoid genetically modified corn. It's delicious simply tossed with only melted butter or coconut oil and salt.

ZIP-A-DEE-DOO-DAH POPCORN SALT - VERY GOOD!

Make up a batch and keep in pantry labeled as Zip-a-Dee-Doo-Dah Popcorn Salt. I acquired this recipe from my sister-in-law—it's a must try!

Ingredients:

- $\frac{3}{4}$ cup salt
- 4 tsp. paprika
- 2 tsp. dry mustard
- 1 tsp. garlic powder
- 1 tsp. celery seed
- 1 tsp. thyme
- 1 tsp. marjoram
- 1 tsp. curry powder
- 1 tsp. dill weed

Put in blender and blend until fine. Sprinkle on hot popcorn. Even better a day later!

MORE POPCORN TOPPING IDEAS:

- Butter or coconut oil, coconut sugar, nutmeg, lemon essential oil or zest, and salt
- Butter or coconut oil, salt, and nutritional yeast
- Braggs liquid aminos, herbs of choice, and nutritional yeast
- Butter or coconut oil melted with honey or coconut sugar; stir in nuts, coconut, dried apples, cinnamon, and vanilla

5 - VEGGIES AND DIP

Make your own delicious ranch, sunflower seed ranch, or cheesy Mexican dip (no dairy). These are awesome dips for all veggies! They are also good with baked tortillas (corn, flour, rice, wheat, sprouted wheat) and of course, they would be good with store bought corn chips.

CHEESY MEXICAN DIP

Begin with a base. Use sunflower seeds or cashews. Soak, drain and add to blender with a carrot, red bell pepper and small piece of onion. Add Four S's.

Four S's: Salt; honey or date; lemon, lime, or vinegar; garlic (fresh or powdered), onion powder, cumin, cayenne, chili powder, oregano, thyme, black pepper, turmeric. (Use any combination of a few, or all of these combined; just begin lightly).

VEGGIES IDEAS:

- Cauliflower
- Olives
- Cherry tomatoes

- Celery
- Carrots
- Pickles
- Cucumbers
- Radishes
- Jicama

6 - CARAMEL DATE DIP AND APPLES

Soak 7-8 dates. Drain water off dates and add to processor with a little coconut oil, salt, lime (just a wee bit), lucuma powder (tastes like caramel), nutritional yeast (little bit). Blend until a soft chunky texture. Serve with sliced apples. Stores well in refrigerator.

7 - FRUIT N' NUT BARS

Soak dried fruit (about 1 cup) and 4-5 dates in water. After 5-10 minutes, drain and put in processor.

Add: about 1 cup of flour (almond or hazelnut). May add a little coconut flour, but coconut is very dry alone. Add chopped nuts (pecan, walnut, almond). Add Four S's.

Four S's: salt; cinnamon, vanilla, almond extract (very good with dried cherries) nutmeg, clove, ginger, cardamom, lavender, chili, cayenne

Press into pan and sprinkle with coconut. Chill until hardened and cut into bars or squares, or cut with cookie cutters.

8 - WHOLE WHEAT TORTILLA VEGGIE ROLL

Spread whole wheat tortilla with organic cream cheese or hummus and add a layer of thinly shaved carrot, pickles or cucumber cut

lengthwise, green onion, and chopped olives. Roll tortilla and slice into 1½ inch pieces. (Other veggies may be substituted.)

9 - APPLES & SPICE

Sliced apples sprinkled with cinnamon or nutmeg.

10 - CHIPS WITH SALSA AND CREAM CHEESE

Pour tomato salsa over softened cream cheese (organic). Serve with organic blue corn chips.

11 - BAKED CINNAMON RICE TORTILLAS

Lightly spread brown rice tortillas with water. Sprinkle with cinnamon and coconut sugar. Cut into strips and put on cookie sheet lined with parchment paper. Bake at 350°F until crisp.

12 - FRUIT KABOBS

Kids love this! You cannot go wrong with fruit on a stick: grapes, strawberries, pineapple, apples, banana, blueberries, kiwi, etc.

13 - TRAIL MIX

Combine any or all: raisins, pecans, walnuts, dried cranberries (apple juice sweetened), chocolate chips, pumpkin seeds, almonds.

Mix and store in cool place.



Desserts should and can be prepared from REAL foods such as fruits (fresh or dried), seeds, grains, nuts, whole grains and wholesome sweeteners (honey, maple syrup, dates, stevia leaf, and coconut sugar).

In an Honest Kitchen, there is no place for foods made primarily with refined, denatured, dead, and fake ingredients. I like for desserts to be a special treat, not a daily expectation.

This section is meant to give you some staple desserts to go to for fun and celebrations. When I make treats I live by a couple of rules:

1. I never use refined white sugar.
2. I never use cheap oils (vegetable, shortening, or canola oils).
3. I sometimes use white flour (if it is organic) for special treats a couple times a year (cinnamon rolls).

1 - DELICIOUS CAKES

Bake up one of these options with NO REFINED SUGAR OR FLOUR!

CARROT CAKE

Ingredients:

- 3 cups whole wheat flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- $\frac{3}{4}$ cup soft or melted butter
- $1\frac{1}{4}$ cups coconut sugar
- 3 large eggs
- 2 tsp. canilla
- 1 cup crushed pineapple

Mix dry ingredients and add to mixed wet ingredients.

Stir in:

- 3 cups or more finely shredded carrots
- 1 cup Nuts, optional

Bake for about 45 minutes at 350 degrees F.

Top with either Cream Cheese Frosting or Cashew Cream (see recipes).

CREAM CHEESE FROSTING

Beat cream cheese (organic) with 1 Tbsp. butter. Dilute slightly with coconut milk. Add honey, lemon juice, vanilla and salt to taste.

CASHEW CREAM

Soak cashews for 1-4 hours. Drain and blend in blender. Add coconut oil, maple syrup, salt, and vanilla.

PERFECT PLAIN WHOLE WHEAT CAKE (THIS CAKE IS SO DELICIOUS!)

Ingredients:

- 2 cups whole wheat flour
- 3 tsp. non-aluminum baking powder
- ½ tsp. salt
- ½ cups butter or coconut oil
- 1½ cups coconut sugar
- 2 tsp. vanilla
- 1 cup milk or thick coconut milk
- 3 large egg yolks

Mix dry ingredients and add to mixed wet ingredients.

Fold in egg whites, beaten to soft peaks.

Bake 30-35 minutes at 350°F.

Top with real whipped cream or coconut cream with a little vanilla and honey.

This cake makes a wonderful strawberry, peach, raspberry, mango, or banana shortcake.

OATMEAL CAKE WITH BROILED TOPPING

Boil 1½ cups of water. Add 1 cup oatmeal. Wait 5 minutes and add ½ cup of butter.

Meanwhile, cream together:

- 1½ cups coconut sugar
- 3 large eggs
- 1 tsp. real vanilla

Mix and add alternately with oatmeal mixture:

- 1 1/3 cups whole wheat flour
- 2 tsp. baking powder
- 1 tsp. cinnamon

- ½ tsp. salt
- ½ tsp. nutmeg
- 1 cup raisins (optional)

Bake at 350°F about 30 minutes. Pour on the following topping immediately and place under broiler until topping is bubbling (2-3 minutes). Leave the door ajar to monitor it.

BROILED COCONUT TOPPING

Ingredients:

- ½ cup (1 cube) butter
- ½ cup coconut sugar
- 1 cup unsweetened coconut, medium flake
- ½ cup chopped nuts
- ½ cup milk or thick coconut milk.

Bring butter, sugar, and milk to a boil for 1 minute. Stir in coconut and nuts, and spread on cake. Both cake and topping freeze well.

2 - BLONDIES

Cream the following, one at a time, beating well:

- 2 cups coconut sugar or honey
- 2/3 cup butter or coconut oil
- 3 eggs

Then add:

- 2 cups whole wheat flour mixed with 1 Tbsp. baking powder
- 1 tsp. real vanilla
- ½ tsp. salt
- 1 cup nuts
- chocolate chips (if desired)

Bake in 9x13 pan at 350 degrees F for 17-18 minutes. Cut into bars. These are very good topped with cream and berries.

3 - COOKIE BALL OR CRUMB CRUST (PLANT BASED)

Combine:

- 1½ cups shredded coconut (unsweetened)
- ½ cup raw cashews
- ½ cup pecans
- ½ cup flour (almond and coconut flour, or buckwheat flour)
- 1 tsp. lucuma powder (optional, tastes like caramel)
- ¼ tsp. salt
- 1/3 cup maple syrup or honey
- 1-2 Tbsp. coconut oil
- water (not very much, just to adjust consistency)

Add dry ingredients to food processor, blend with “S” blade until crumbly. Add wet ingredients and may need to drizzle small amount of water until consistency allows a ball to form.

Roll into small balls and gently press to flatten slightly. Top with whole pecan and press into the middle.

Bake at 350°F for 12-15 minutes. Do not overcook. Cookies are delicate when warm. Let cool, then serve.

To Make into Crumb Crust: Spread into a 9x13 dish and press flat. Bake at 350 degrees F until golden.

When cooled, drizzle with melted dark chocolate and top with cranberries, other dried fruits, seeds or nuts. You may also top with large chunks of Celtic salt on top of the chocolate.

4 - PANTRY SURPRISE (RAW AND PLANT-BASED)

I make a different version of these every time I make them. When making these, think of base, consistency & texture, and flavor.

These are raw and do not have egg or leavening agents—just a chewy/chunky ball or bar. Truly this cannot go wrong. Just make a sticky ball beginning with a base, adjust stickiness by adding something dry or wet, and make it taste delicious (Four S's). In the consistency & texture category, you can be super clever—add grated or small pieces of vegetables (carrot, zucchini, kale or anything else you can sneak in).

Make into balls or bars.

BASE	CONSISTENCY & TEXTURE	FOUR S'S
Nut or seed butters - Almond - Sunflower - Hazelnut - Peanut	Wet: Coconut oil Butter Coconut cream Water Coconut milk Chunky: Nuts Seeds Dried fruits Cacao nibs Coconut shreds or chunks, Veggies Dry: Flour Coconut Buckwheat Almond Cacao powder	Salt Honey Maple syrup Dates Dried Fruits Lemon juice/oil/ zest Cinnamon Nutmeg Ginger Lucuma Cacao Lemon Oil Lavender Anise Chili Cayenne Curry

5 - CHOCOLATE CHIP COOKIES

THE SIMPLE

- 1 cup butter or coconut oil
- 1 cup coconut sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups whole wheat flour
- 1 tsp. baking powder
- ½ tsp. salt
- 3 cups rolled oats
- slivered almonds
- dark chocolate pieces (mini chips or chopped bar)

Mix dry and wet ingredients separately, then combine.

Bake at 350°F for 8-10 minutes.

THE NEW

- 1 cup butter
- ¼ cup coconut oil
- 1 can cooked garbanzo beans, rinsed
- 2 2/3 cups coconut sugar
- 2 eggs
- 4 cups flour (use whatever unrefined flours you have, may blend some too)
- ½ tsp. salt
- 2 tsp. soda
- ½ cup cocoa
- 2 cups oatmeal
- 2 cups mini dark chocolate chips

Puree beans in blender and add to the wet ingredients. Mix dry ingredients and add to the wet mixture. Bake at 350°F for 8-10 minutes.

6 - FROZEN TREATS

On occasion, we buy Alden's or Julie's organic ice cream. As a family, we usually finish the box in one sitting. I do not like to have ice cream available all the time. I like for it to be a special treat. Cheaper ice creams are loaded with yucky ingredients so I am happy to spend more on the occasions we eat the better stuff. I really like to make my own ice cream or other frozen treats as well. Try out some of these ideas! They are all plant-based...no dairy!

BANANA CINNAMON ICED CREAM

Place several frozen bananas in food processor. Add a little salt, vanilla, and cinnamon. Process with the "S" blade while you drizzle coconut milk (not much) so it has enough wetness to process well. Serve while it is still cold. (If you wait too long it will melt.)

BANANA CACAO

Frozen bananas in blender with cacao powder, a little salt and homemade coconut milk.

COCONUT LIME ICE CREAM

I like to buy coconut milk vanilla ice cream (1 pint and in the health food section). In blender, add ice cream, fresh lime juice, and 1 avocado. Blend until smooth.

COCONUT MANGO-LIME

In blender, combine frozen mango chunks, coconut cream, vanilla, lime juice, maple syrup or honey, and turmeric. Blend until thick and creamy.

7 - LUCY'S LIME CHEESECAKE

This is a plant-based recipe. You can make the most delicious cheesecakes with a base of cashews, coconut oil, coconut milk, and maple syrup or honey. The cashews are the base and the coconut oil and milk add creaminess and help it set up firm.

This is a recipe I made for you, but it is not rocket science. You can play with it and make it your own way. You could add cacao, cayenne and red chili for a Mayan cheesecake. Add pumpkin, cinnamon, ginger, and nutmeg for a pumpkin spice cheesecake. If you add more wet ingredients like pumpkin, you will need a little more coconut oil so it sets up in the refrigerator. You could add unflavored gelatin to help to firm things up as well.

Crust:

- 6-8 dates
- 1-2 Tbsp. coconut oil
- ½ cup unsweetened coconut
- ½ cup almond flour
- 1 tsp. lucuma powder
- ¼ tsp. nutritional yeast flakes
- ¼ tsp. salt

Add soaked and drained dates to a food processor with everything else and process with the “S” blade until blended thoroughly. Press into a lightly oiled pan. Freeze.

Cream Filling:

- 1½ cups raw cashews, soaked at least 1 hour
- ½ cup coconut cream
- ½ cup pure maple syrup
- ½ lime juice
- ¼ coconut oil
- 1 tsp. vanilla
- ¼ tsp. salt

Drain and rinse cashews. Combine all of the cream ingredients in the blender and blend until smooth. Pour into the frozen crust and place back in freezer until firm. Serve with fresh berries. Keeps well in refrigerator.



WHOLESOME Holidays

Greetings! Holiday celebrations would not be complete without delicious foods. Because the holidays are so food-centric we should be especially mindful to increase the quality of the foods and treats we will be eating, so as not to overburden our bodies. These ideas below are intended to help you incorporate healthier options into your festivities.

1 - ROSEMARY-APRICOT WILD RICE

Cook 2 c. wild rice in 4 c. water. Add 1 tsp. salt and simmer about 45 minutes until water is absorbed.

Sauté onion and celery in coconut oil until onion is translucent. Sprinkle with ground sage or crushed rosemary, nutritional yeast (optional), and salt.

Stir this mixture into cooked rice and add festive extras, cover and steep until ready to serve.

Festive Extras: chopped dried apricots, chopped parsley, chopped walnuts, slivered almonds, dried cranberries

2 - WHITE CHOWDER

Soak cashews for 1-4 hours (I use about 1 cup).

In a stock pot, heat oil and sauté onion, celery, and garlic. Add carrots, red/golden potatoes, corn, green beans, and salt. Cover with water and bring to a boil. Cover pot, turn to low, and let simmer until veggies are soft.

Rinse and drain cashews. Blend with water (about 2 cups) until creamy. Pour into pot.

Four S's: salt; honey; vinegar; crushed rosemary, white pepper, nutmeg

3 - BAKED APPLES

Ingredients:

- whole apples
- melted grass-fed butter or coconut oil (2-3 Tbsp.)
- nutmeg
- cinnamon
- lemon juice
- salt
- honey
- coconut sugar or maple syrup
- chopped walnuts

Preheat oven to 350°F.

Place cored apples into muffin papers in a cast iron skillet or muffin pan.

In a medium bowl, mix remaining ingredients together.

Fill cored apples with mixture. Cover with a piece of parchment paper and bake 45 minutes, or until apples are soft, but not mushy.

4 - HONEY GLAZED CARROTS



Cut carrots in half lengthwise, place flat side down on a cookie sheet lined with parchment paper.

Make a glaze by starting with a base. I use about ¼ cup of a clean brand of mustard.

Next, adjust consistency with melted coconut oil or olive oil until it is pourable.

Adjust flavor with the Four S's (a little vinegar, honey, onion powder, salt).

Glaze carrots and bake 30-40 min. at 350°F.

5 - PUMPKIN PUDDING OR PIE FILLING

Ingredients:

- 3 eggs
- ½ c. honey or coconut sugar
- ½ tsp. ginger
- ½ tsp. nutmeg
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 ¾ c. pumpkin or winter squash (pureed)
- 1 c. milk

Put all ingredients in blender and blend until smooth. Pour into a 9x13 baking dish.

Bake 45 minutes or until a knife comes out clean, at 350°F.

6 - RAW CRANBERRY SAUCE

SAUCE

SALAD

Ingredients:

- 2 c. cranberries (raw or frozen)
- 1 orange
- 2 Tbsp. orange zest
- 1 large apple
- honey to taste
- cinnamon (optional)
- salt, just a little

Add cranberries, apple, and orange pieces to the food processor and pulse with the “S” blade until well mixed (not pulverized). Move fruit to a small mixing bowl and stir in honey, salt, and cinnamon to taste.

7 - WHOLESOME-AWESOME SET SALAD

SALAD

Start With:

- 2 Tbsp. gelatin (I like Great Lakes brand) softened in a little juice
- 2 c. fruit juice, heated to boiling (pineapple, orange, apricot, pear, peach, or whatever you have)

Add:

- 2 c. cold juice (a little less because you used some to soften the gelatin)

Diced Fruit Options: bananas, canned pineapple (not fresh, it will “digest” the gelatin), oranges, berries, apples, pears, peaches, grapes (kiwi may also ruin your gelatin)

Chill 3 hours or so to set, unless you replace some of the cold juice with ice cubes or add frozen fruit, which shortens the time.

Topping: Good with real whipped cream or coconut cream with vanilla and maple syrup.

8 - REAL HOMEMADE STUFFING

I use about 2 parts homemade whole wheat or whole wheat sourdough bread and 1 part homemade cornbread.

Cut bread into ½ inch squares and let it dry out thoroughly. (Dry the bread pieces in dehydrator or on a cookie sheet in the oven (325°F) until crunchy.

Sauté chopped onion and celery in 2 cubes of grass-fed or organic butter. I use generous amounts of each, celery and onion. I do not sauté too long because I like the onion and celery to still be a little on the firm side. Add plenty of sage to the onion and celery and pour over dried bread. Toss with salt and possibly more sage. I like to add turkey drippings (if available) to the bread crumbs (just before warming in the oven), it moistens and flavors nicely. Stuffing uses more salt than normal because the bread soaks up a lot.

9 - NUTMEG SWEET POTATOES/YAMS

Peel and chop sweet potatoes into large pieces. Add to pot with 1 inch water. Bring to a boil and turn to low. Let simmer until tender. Drain off water and mash.

Add: coconut oil or grass-fed butter

Spice: salt and nutmeg

10 - TEMPTATION CARAMELS OR TOFFEE

Ingredients:

- 1 c. raw almonds (slivered, pieces, or shaved), walnuts, or pecans
- ½ c. honey
- ¼ c. coconut oil or grass-fed butter

- ¼ tsp. nutritional yeast (Use only if you choose coconut oil because it has a buttery undertone and makes the coconut oil taste more rich.)
- ½ tsp. salt

CARAMEL

Line a 9x13 baking dish with parchment paper and sprinkle with nuts evenly. Place the remaining ingredients in a saucepan over medium heat. Stir continuously until color changes to golden brown and mixture becomes frothy and bubbly, about 3-5 minutes.

As soon as color changes, pour over chopped nuts. Cool in refrigerator or allow to cool at room temperature. When caramel is cool enough to set, cut with an oiled knife into squares. This is fun wrapped in parchment squares and tied with twine.

TOFFEE

For harder toffee candy, let the syrup cook on medium low heat, stirring occasionally for 8-10 min. The color will change to a darker brown. Follow the rest of the recipe as for caramels.

11 - CHRISTMAS CRANBERRY PUDDING

Since I am a lover of all things nostalgic and traditional, I adore this very simple Swedish steamed pudding. My husband's grandmother made it each year on Christmas Eve for her family, and now I carry on the tradition in my own home. A beautiful dessert, so full of richness and memories.

Ingredients:

- 2 c. cranberries—wash well and discard soft and black ones
- 1 c. whole wheat flour, sprinkled through cranberries
- ¼ c. molasses

- ¼ c. honey
- 2 tsp. baking soda in 1/3 c. boiling water

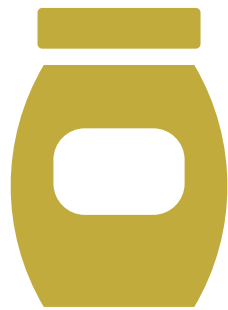
Mix wet ingredients and pour over floured berries.

Mix and spoon into wide-mouth bottles about 2/3 full. Use perforated lids, (poke holes in regular metal canning lids). Cook in a pan with a rack or mason jar rings to keep bottles off bottom. Water should come about 1/3 of the way up the bottles. Steam for about 3 hours. Two batches would make about 3 quarts and would serve 12-16. May be frozen.

BUTTERCREAM SAUCE

- 1 c. honey
- ½ c. butter
- 1 c. whipping cream or coconut cream

Boil 5 minutes. Serve over pudding. (Note: The sauce goes a long way because it is very rich.) For a festive look, serve with holly sprigs.



FERMENTATION

A Boost FOR YOUR HEALTH

Fermenting and sprouting our food increases the nutrition. Fermented foods are rich in probiotics or good bacteria which promote healthy gut flora. A healthy gut flora is crucial for overall health, improving digestion and boosting immunity.

Sprouting unlocks the life within the food and turns it into a little powerhouse of nutrition.

Because I know the importance of including fermented and sprouted foods in our diets, I have learned how to prepare some things, although I am not expert. I am excited to show you how to make some of the basics I have learned.

1 - SOURDOUGH CRACKERS-ABIGAIL'S OVEN

- 2 cups flour
- 1½ cups activated start
- ½ cup butter, coconut oil or olive oil
- 1 tsp. salt
- optional add-ins, see below

Mix and let dough sit overnight or 6-8 hours. Roll dough onto a lightly greased cookie sheet to desired thickness (Thinner the better). Cut in squares with pizza cutter. Bake 20 min. at 350°F. Make sure to check often as some ovens are hotter than others. Crackers are done when golden brown.

Add-ins:

For Wheat Thins: add ½ cup honey

For Cheddar Thins: add 1 cup of shredded cheese

for Seed Thins: ¼ cup each flax, pumpkin and sunflower seeds

2 - PUMPKIN SOURDOUGH MUFFINS

Mix dry and wet ingredients separately.

Dry Ingredients:

- 4 cups whole wheat flour
- 2 tsp. cinnamon
- 2 tsp. allspice
- 1 tsp. salt
- 1 tsp. ginger
- ½ tsp. cloves
- ½ cup chia seeds

Wet Ingredients:

- 1 cup sourdough start
- 2 cups pumpkin or squash puree
- 1 cup buttermilk
- 1 cup milk
- 1 cup pecans or walnuts
- 1 cup raisins
- 1 1/2 cup honey

Combine wet and dry ingredients. Leave overnight, covered.

Next morning add:

- 4 eggs
- 1 Tbsp. baking soda

Mix well and bake 400°F for 20 minutes.

3 - SOURDOUGH PANCAKES/WAFFLES

Th night before mix:

- 1 cup activated start
- 6 cups whole wheat flour
- water to adjust consistency

The next morning add:

- 2 Tbsp. coconut sugar or honey
- 2 Tbsp. coconut or olive oil
- 1½ tsp. salt
- 1 tsp. baking soda

Cook as pancakes or waffles as usual.

4 - SOURDOUGH WHOLE WHEAT BREAD

The night before:

- 1 cup activated start
- 5 cups warm water
- 2 Tbsp. salt
- 2 Tbsp. honey
- Add whole wheat flour until dough pulls away from sides (about 8-10 cups)

When kneaded, put in a well-oiled bowl and cover with a piece of lightly oiled plastic wrap and again with a light cloth. Put in a warmish place overnight. The next morning dough should be about doubled in size. Punch down and divide into 4 loaves. Put in well-

oiled bread pan and let rise about an hour or until dough has slightly risen above the top of the pan. Put in oven when up to temperature, and bake about 30 minutes at 375°F.

TIPS ABOUT SOURDOUGH

1 packet of yeast = about 1 cup healthy sourdough start

Sourdough has an acidic element to it and will not need to be mixed with other acidic elements (like buttermilk). Add wet ingredients (like water, milk, coconut milk, etc.) but not acidic (like buttermilk, vinegar, etc.) that will react with the baking soda.

Baking Soda is alkaline and needs an acidic element to react with (buttermilk, vinegar, etc.).

Baking powder contains both an acid and alkaline component.

You can adapt recipes, with a bit of trial and error, to use your sourdough start. First, you need to determine if your recipe calls for yeast, like a bread loaf, or a quick bread (like pancakes, muffins) calling for baking soda or baking powder.

Hydration Level means the ratio of water to flour in the start. Different recipes may suggest different hydration levels.

A lower hydration (under 100%, meaning more flour and less water) is often used to create a thicker dough and stiffer baked good.

A higher hydration (over 100%, meaning less flour and more water) is more watery and can contribute to a wetter, stickier dough.

If you feed 1 cup of start with 2 cups flour and 1 cup water, the starter will be at 100% hydration. If you feed your 1 cup of start with 2 cups flour and 1/2 cup water, the starter will be at 50% hydration

BASIC SAUERKRAUT **Andrea Choate, GAPS Practitioner**

- 3 pounds Organic cabbage, finely chopped
- 1 tablespoon + 2 teaspoons Himalayan Pink Salt (or other high mineral salt)

Always add salt in the ratio of about 1 Tablespoon and 2 teaspoons per 3 pounds veggies. Chop cabbage finely using a sharp knife or food processor. Stir the salt into the chopped cabbage, stirring evenly. Then smash the juices out of the salty cabbage with a smashing tool of your creativity, or squeeze with your hands (or feet if you dare!). Sometimes I let the cabbage sit with the salt stirred into it for an hour or so before trying to smash the juices out. Squish it down into a clean jar and submerge it well below its juice. Place a cabbage leaf on top to press it down and a shot glass or a rock on top of that to keep the kraut completely below the liquid. Place the lid on and let it ferment at room temperature for 6-10 days. It should bubble and start to smell vinegary.

FERMENTED PICKLES **Andrea Choate, GAPS Practitioner**

The first step to great pickles is great cucumbers. I grew my own Boston Picklers from my heirloom seed starts. I also bought some organic pickle cucumbers from the farmers market when I was disappointed with how many I grew.

The next step is to soak the cucumbers in ICE WATER for a few hours until they are very chilled and crunchy. Then wash thoroughly and pick off all the stems. This is important because the stems can actually alter the flavor of the ferment.

Shove down in the bottom of each of your HALF GALLON jars (alter recipe if using a bigger or smaller batch):

- 1 big bunch of dill or 1 tsp. dried dill
- 1 large garlic clove
- ½ tsp. of both coriander and mustard
- a sprinkling of peppercorns

Fill the rest of the jar tightly with the chilled and de-stemmed cucumbers. The spices will all be squished on the bottom.

Prepare a brine of 3 Tablespoons SEA SALT (I used Pink Himalayan) to one quart FILTERED water. It is VERY important that it is good salt and filtered water or it will not ferment. This brine should be room temperature when you pour it over the cucumbers.

Pour the brine over the cucumbers. If you packed them in tightly, then one quart of brine might be enough. Sometimes I had to make another pint of water (with 1½ T salt) to top off the jar. The cucumbers have to be covered completely with brine.

On the top of the jar, you need one horseradish leaf, cut into two lengths, crossed in an "X" pattern. When these leaves are placed properly over the top of the cucumbers, they will be stiff enough to hold the cucs below the water level. THE CUCUMBERS MUST STAY BELOW THE LIQUID LEVEL while fermenting. The horseradish leaves can accomplish this if done correctly.

3 WAYS TO CULTURE

1. Wild Ferment - where the bacteria on the cucs naturally is what did the culturing
2. Lactoferment - where whey from yogurt is added to ensure the lactic acid bacteria do the fermenting
3. Culture Start - where a packet of bacteria is purchased and added to the pickles to culture. At this time, you would add the culture medium to the top of the jar and seal the lid. Use very strict methods to make sure the cucumbers stay below the water. This prevents mold from growing.

SOAKED NUTS

Soaked nuts produce “Soaks” (they do not grow roots, although soaking unlocks more nutrition and releases phytates). I love to snack on soaked and dehydrated nuts.

Try soaking the following nuts:

- Almonds
- Brazil nuts
- Cashew
- Macadamia nuts
- Pecans
- Walnuts

HEALING *with* HERBS

“ KNOWING AND USING YOUR OWN LOCAL
PLANTS IS THE SINGLE MOST IMPORTANT
AND EMPOWERING PRINCIPLE OF BOTANICAL MEDICINE. ”

- Dr. Patrick Jones

In my experience, Dr. Jones is right. I have been using natural methods for my family for the last 18 years with great success. The formula for getting well is really quite simple. I never cease to be amazed that these natural remedies along with wholesome foods help us overcome sickness. The body responds beautifully. In 18 years, not one of us has been treated at the hospital for sickness, although I do believe there is an important place for medicine and trained medical doctors, when necessary. God is the great creator of herbs. There are some scriptures I love and remember whenever I doctor my children which say:

“All wholesome herbs God hath ordained for the constitution, nature, and use of man.” D&C 89:10

"Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving."
D&C 89:11

Also, "because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject." Alma 46:40

I have seen miraculous things happen when I follow the Four Steps outlined below. May you also be blessed as you move forward with courage and faith. Expect miracles.

“ MY FIRST RULE WITH ALL OF MY PATIENTS
WAS TO GET THEIR BOWELS CLEANED OUT.
THEN THE HEALING BEGINS. ”

-Dr. Richard Schulze, Herb Doc

FOUR SIMPLE SICKNESS-FIGHTING STEPS:

Step 1: Stop solid foods

Step 2: Clean out quickly

Step 3: Take in healing, herbal teas, fresh squeezed juices and light fruits or veggies

Step 4: Use powerful infection-fighting herbs, oils, and healing foods

MORE ON THE FOUR SIMPLE STEPS

Step 1: Stop eating regular food. The body wants to use its energy to heal, not to digest. Most times sickness is a result of congested or blocked blood, lymph, colon, etc.

Step 2: Use one or all of these methods until you see results.

- Dr. Schulze Formula #1 (follow package instructions, typically taken after dinner)
- Soaked prunes or prune juice
- Garlic water enema (Do not be afraid of this; it is very effective and doable.)
- Dr. Schulze Formula #3 (typically for children)
- Smooth Move herb tea made by Traditional Medicinals

Step 3: Drink plenty of clean water (no flouride, chlorine, etc.). Also drink herb teas and fresh-squeezed fruit and vegetable juices (see breakfast module for ideas). If food is desired, keep it light: cooked squash, steamed veggies, raw fruit, veggie soups.

Step 4: Strengthen your immune system! Give your body the tools necessary to fight the battle. See the chart for my favorite products, herbs, tinctures, oils, etc.

The following page contains a chart for the most common ailments you may encounter in your household and the remedies I would recommend.

HEALING *with* HERBS

	HORERADISH/GARLIC TINCTURE	ZIP	LIQUID KYOLIC	FIREWATER	ONION JUICE	ONION/MUSTARD POULTICE	LOBELIA TINCTURE	GINGER BATH	GINGER-LEMONADE-CAYENNE TEA	HARMONY TEA	CHEST OILS*	INFECTION OILS**	BOWEL CLEANERS**	STOMACH HELPERST	HEADACHE OILS †	FEVER OILS & TEA ‡	YARROW OIL	BURN HELPERS∞	ALOE	CAYENNE PEPPER
ASTHMA	✓	✓	✓	✓		✓	✓		✓	✓	✓	✓								
COLD/FLU	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓								
CROUP/RSV	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓								
FEVER									✓		✓	✓		✓	✓	✓				
SORE THROAT	✓	✓	✓	✓				✓	✓	✓	✓	✓								
SINUS INFECTION	✓	✓	✓	✓			✓	✓	✓		✓	✓								
BODY ACHES	✓	✓	✓	✓					✓											
HEADACHE												✓		✓	✓					
EARACHE	✓	✓	✓	✓	✓															
STOMACHACHE								✓	✓			✓	✓							
BURNS																		✓		
CUTS																			✓	✓
BRUISES																✓				✓

CHEST OILS*: Peppermint, Marjoram, Tea Tree, Eucalyptus, OnGuard/Thieves

INFECTION OILS**: Thyme, OnGuard/Thieves, Oregano, Tea Tree

BOWEL CLEANERS***: Formulas #1&3, Prunes/Juice, Smooth Move Tea, Enema

STOMACH HELPERS†: Peppermint Tea, Chamomile Tea, Digest Zen Oil, Enema

HEADACHE OILS †: Peppermint, Frankencense, Lavendar

FEVER OILS & TEA ‡: Peppermint-Yarrow Tea,

Peppermint Oil, Lavendar Oil

BURN HELPERS∞: BF&C Salve, Aloe, Lavendar Oil

HORSERADISH-GARLIC TINCTURE

When I make this, I do not worry about ratios too much. Typically the horseradish is the base and you add from there.

- Horseradish root
- Raw apple cider vinegar
- Ginger root
- Garlic
- Onion
- Cayenne pepper

ZIP

Peel, crush, and fill 1 quart jar $\frac{3}{4}$ full of garlic.

Cover with apple cider vinegar and add 1 c. honey. Shake it daily for 2 weeks. Strain and keep refrigerated. Keeps forever if cool and dry.

HERB TEA RATIO

Ratio:

- 1 cup hot water
- 1 tsp. dried herb

Bring water to almost a boil and add dried herb. Let steep 6-10 minutes, covered. Strain. May sweeten with honey.

RESOURCES

PRODUCTS

- Dr. Christopher's BF&C Salve www.schoolofnaturalhealing.com
- Harmony Blend Herb Tea www.redcloverherbs.com
- Lobelia tincture (health food stores)
- Formula #1 and #3 may be purchased from www.herbdoc.com
- Liquid Kyolic (fermented garlic, may be bought at health food stores)
- Herbs and Spices www.mountainroseherbs.com

ESSENTIAL OILS

Some of these companies do not have yarrow oil. I do know that Butterfly Express and Primavera Life do sell yarrow oil.

- DoTerra
- Young Living
- Purify
- Butterfly Express
- Primavera Life - www.goddessofspring.com

BOOKS

- Beyond Wheat and Weeds by Claudia Orgill
- 10 Essential Herbs by Lalitha Thomas
- The Homegrown Herbalist by Dr. Patrick Jones (I love this book!)

WEBSITES

- Dr. Richard Schulze - www.herbdoc.com
- Dr. Patrick Jones - www.homegrownherbalist.net
- Anthony William - www.medicalmedium.com
- Dr. Christopher - www.schoolofnaturalhealing.com

DISCLAIMER

I am not a trained doctor or medical person. I cannot diagnose or treat disease. Use these methods with wisdom and at your own risk. These remedies may not have been proven to treat disease, but they have worked for my family.

Conclusion

The Honest Way is much more than food—it is powerfully accepting the stewardship you have been given to nurture and nourish the amazing minds and bodies of your children by providing the building blocks necessary for life to build men and women who are prepared to fulfill their divine missions and callings on this earth. It is a beautiful partnership with God. He has provided all we need and we just need to learn how to use it well! I am excited for you and for your family.