

# Simple Recipes for Strength and Stamina

## Wholesome Breakfast

### Simply Delicious Granola

MIX in a large bowl:

- 14 c. rolled oats
- 2 c. shredded unsw. coconut
- 1 c. raw sunflower seeds
- 1 c. raw chopped nuts, opt.

BLEND until smooth:

- 1 ½ c. pitted dates
- 2-3 bananas \*
- ¾ c. water
- ½ c. almonds, sesame seeds  
OR walnuts
- 1 T. vanilla powder
- 1 ½ t. salt

MIX dry ingredients in a large bowl.  
BLEND remaining ingredients until smooth.  
POUR into dry ingredients and mix well.  
SPREAD evenly onto two cookie sheets.  
BAKE at 200° for 6-7 hours, stir, and let cool in oven.

OR

BAKE at 250° for several hours, stirring occasionally until crisp.  
ADD 2 cups raisins, or other chopped dried fruit (such as raspberries, apples, dates, or pineapple) before storing, if desired.  
FREEZES well.

\*VARIATIONS:

1. May use 1- 12 oz. can apple juice concentrate and ½ c. water.
2. May use ½ c. fruit concentrate diluted with 1 ½ c. water.



### Popcorn

Popcorn makes a quick, nutritious, and tasty dish. It is an excellent source of dietary fiber, complex carbohydrate, and protein.

Enjoy it dry, or as a cereal with milk or fruit juice. It also makes a good topping for fruit smoothie. You may serve it with pizza or soup, or even in a sack lunch.

#### If using an air popper:

MIX in a mist spray bottle:

- 1 c. hot water
- 2 ½ T. salt

SPRAY popcorn lightly with the spray bottle as soon as the corn pops into the bowl, shaking the bottle occasionally. (Be careful not to soak the popcorn).

BAKE in oven at 350° for 10 minutes in a large stainless steel bowl or on a cookie sheet. (Don't let it burn!)

TO REVIVE leftover popcorn, place in oven at 250° for 30 minutes.

#### For old-fashioned stovetop hand-crank popcorn popper: (6 quart)

- ¾ t. cold-pressed safflower oil
- ½ c. un-popped popcorn
- 1/3 t. finely ground salt

PLACE ingredients in bottom of popper.  
TURN stove on 7 (medium-high heat)  
TURN crank slowly until you hear the corn begin to pop.  
TURN crank as fast as you can until the corn stops popping.  
IMMEDIATELY pour popcorn into a bowl.

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## Wholesome Breakfast

### Rice Fruit Breakfast

BLEND until smooth:

- 1 c. hot pineapple juice and water
- ¼ c. raw cashews OR almonds
- 1/8 t. salt, opt.
- 1 T. vanilla powder
- 2 T. fruit concentrate
- 1 ripe banana, opt.

COMBINE in 7x11 casserole dish

- 4 c. well-cooked brown rice
- ½ c. raisins
- 1 ½ c. pineapple chunks (save juice)  
(lightly blend to crushed style)

ADD hot water to the saved pineapple juice to equal 1 cup.

BLEND the first six ingredients until smooth.

ADD blended ingredients to rice mixture in casserole dish.

MIX together well.

GARNISH with sliced almonds and/or raisins or peaches.

BAKE at 350° for 20 minutes.

SERVE warm or cold.

YIELD: 2 quarts

### Millet Fruit Pudding

- 2 c. *Simply Delicious Granola*
- 4 bananas, sliced\*
- 1 qt. peaches, sliced
- 2 c. blueberries
- 1 can (20 oz.) unsw. canned pineapple chunks OR 2 c. fresh pineapple
- ½ c. shredded coconut

BLEND until very smooth:

- 2 T. cashews OR almonds, opt.
- 2 c. well-cooked millet, hot

- 1 2/3 c. fruit juice (pineapple is best)
- 1 t. vanilla powder
- 1/8 t. salt, opt.

SPRINKLE granola on bottom of dish.

PLACE half of fruit on top.

POUR blended mixture over everything.

PLACE rest of fruit on next layer.

BLEND another batch of millet and pour on top.

REPEAT as desired.

SPRINKLE very top with coconut after it has set for a few minutes.

CHILL at least several hours before serving.

SERVE with a fruit platter. Makes a very nice treat for a change!

\*NOTE: May use any fruit desired instead of any of these listed. Keep in mind color variety and flavor combination. Fruit quantity listed above is for a 3 qt. casserole dish. Make pudding recipe 3 times.

### Fruit Crisp Crumble Topping

- 3 c. rolled oats
- ½ c. shredded unsw. coconut
- ½ c. chopped walnuts
- ½ c. whole grain flour
- 1 t. salt
- 1 t. coriander
- 1 t. vanilla powder
- 1 c. apple juice OR diluted fruit conc. (1-1 ratio)

WHIZ oats in blender briefly, 1 ½ cups at a time.

MIX all but juice together in a bowl.

ADD the juice last for a nice crumbly feeling.

COMBINE well and set aside.

MAKE *Fruit Crisp Filling* (#1 OR #2)

# Simple Recipes for Strength and Stamina

## Wholesome Breakfast

### Fruit Crisp Filling # 1

12-16 Golden Delicious apples  
6-8 oz. apple juice conc.  
OR 1/3 c. fruit concentrate

THINLY slice apples into 3 or 4 quart baking dish until nearly full.

POUR fruit concentrate over apples.

SPREAD *Fruit Crisp Crumble Topping* on top, pressing well on edges.

BAKE at 350° for 45-60 minutes or until golden brown.

COVER the last 15 minutes.

MAY SERVE with *Cashew Rice Topping*.

VARIATION: Add 1 cup of raisins or blueberries.

### Fruit Crisp Filling # 2

2 qt. canned fruit\* (berries, peaches pears, apricots, etc.)  
6 T. fruit concentrate  
1/3 c. arrowroot powder OR  
1/4 c. tapioca granules  
1 t. vanilla powder  
1 t. lemon juice

\*NOTE: If using fresh/frozen fruit add:  
2 c. water  
3 T. fruit concentrate

DRAIN juice from canned fruit into saucepan.

ADD last 3 ingredients.

COOK over medium heat, stirring until nearly thick.

ADD fruit, stir and remove from heat.

POUR into 2 1/2 quart baking dish.

BAKE at 350° for 15 minutes.

TOP with *Fruit Crisp Crumble Topping* OR *Cobbler Topping*.

BAKE at 350° for 30 minutes until lightly browned and apples are soft.

MAY SERVE with *Cashew Rice Topping*.

### Blueberry Corn Cakes

1/3 c. cashews OR almonds  
1 c. water OR *Soy Milk* OR *Grain Milk*  
1/2 t. salt  
1 c. cornmeal  
1/4 t. vanilla  
1 banana  
1 c. blueberries, fresh or frozen

BLEND first three ingredients until smooth.

ADD remaining ingredients (except blueberries) and blend well.

POUR into a bowl and gently fold in the blueberries.

SPOON onto oiled cookie sheets.

BAKE at 350° for approx. 40 minutes.

SERVE immediately. Taste best warm.

Yield: 1 dozen.

*Eat at the same mealtime each day and allow at least 5-6 hours from the end of one meal to the beginning of the next. This includes any items with caloric value such as juice, mints, chewing gum, fruits, etc. as they will delay the digestion of food already in the stomach from the previous meal.*

# Simple Recipes for Strength and Stamina

## Wholesome Breakfast

### Multigrain Waffles

BLEND until very smooth:

- ¼ c. almonds, cashews, OR  
sunflower seeds
- 3 T. date sugar OR  
½ c. dates, pitted
- 3 T. flax seed
- 1 c. water
- ¼ c. shredded coconut, opt.

MIX in large bowl:

- 2 c. oat flour OR rolled oats
- 1 c. spelt, buckwheat OR corn flour
- 1 c. barley flour
- 1 t. salt
- 1 ½ t. vanilla powder
- 3 - 3 ½ c. water

MIX all ingredients together in large bowl and let sit for 5-10 minutes.

BLEND 5 cups of batter at a time for 1 minute.

PREHEAT waffle irons and spray with oil for the first waffle just before pouring in the batter. (May need to spray between waffles)

COOK 10-12 minutes until golden brown.

(If waffles stick, batter may be too thin.

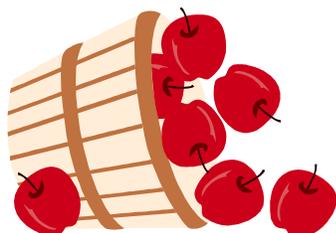
Thick batter will make heavier waffles.

Experience will get it just right.)

SERVE with fruit or sauce.

LEFTOVERS freeze well.

SERVES 4



### Soy Oat Waffles & Pancakes

- 1 c. sprouted soybeans
- ¼ c. raw cashews OR  
sunflower seeds
- 2 ½ c. water
- 2 c. oat flour OR rolled oats
- 1 t. salt
- ½ t. vanilla, opt.

BLEND soybeans and nuts/seeds with 1 cup of the water.

ADD remaining ingredients and blend well. LET stand 5-10 minutes while waffle iron is preheating.

POUR into sprayed waffle iron.

COOK 10-15 minutes.

DO NOT PEEK WHILE BAKING!

FOR pancakes, keep batter thin and bake well on both sides.

### Whole Grain Crepes

- 1 ½ c. whole wheat pastry OR spelt flour
- 1 ½ c. oat flour
- ¾ t. salt
- 1 T. date sugar
- 4 c. *Soy Milk*

MIX together.

LET stand 10 minutes.

STIR well.

SLOWLY pour scant ¼ cup of batter per crepe on hot griddle or frying pan.

COOK until golden brown.

SERVE warm with fruit sauce.

YIELD: 22 crepes.



# Simple Recipes for Strength and Stamina

## Wholesome Breakfast

### Blueberry Topping

- 2 c. grape, apple,  
OR pineapple juice\*
- 5 T. minute tapioca OR  
1/4 c. arrowroot
- 6 pitted dates
- 3 c. blueberries
- 1 t. vanilla powder, opt.
- 1 t. fresh lemon juice, opt.



COMBINE first three ingredients in saucepan.  
LET sit 10 minutes (minute tapioca only).  
BOIL together, stirring until clear and thick.  
STIR in blueberries, vanilla and lemon juice.  
REFRIGERATE or SERVE on top of waffles, pancakes, toast, etc. (It thickens more as it cools.)

NOTE: Make juice more concentrated.  
12 oz can = 24 oz. juice.

### Fruit Salad

- pineapple chunks, fresh or canned
- bananas, sliced
- apples, diced
- strawberries, halved
- peaches, sliced
- grapes

MIX together in a bowl.  
MAY serve with *Fruit Cream* or *Cashew Rice Topping*

### Fruit Cream

- BLEND:
- 20 oz. pineapple chunks, no juice
  - 1 banana, ripe

MIX with favorite fruit. (berries, pears, peaches, etc.)

### Cashew Rice Topping

- BLEND until very smooth:
- 1 c. hot water
  - 2 1/2 T. shredded coconut
  - 1/3 c. raw cashews
  - 1/3 c. dried pineapple, ch.\*  
OR 1/2 c. dates
  - 1 1/2 c. well-cooked brown rice  
OR millet, warm
  - 1/8 t. salt
  - 1 T. vanilla powder

CHILL.  
KEEPS approximately 4-5 days.  
SERVING IDEAS: Can be used as a topping for fresh or frozen fruit, fruit salad, waffles, desserts, pies, and *Fruit Crisp*.

\* NOTE: Soak in the hot water for 15 minutes for easier blending.



# Simple Recipes for Strength and Stamina

## Milks and Bread

### Soy Milk

8 c. boiling water  
1 c. sprouted soybeans (see pg. 2)  
2 t. vanilla  
½ t. salt  
sweetener of choice, opt.

BRING the water to a boil.

BLEND the soybeans and 1 cup of the water together.

ADD more water from pot as mixture thickens during blending, until blender is full.

POUR blended mixture through a fine strainer into the pot.\*

SIMMER together for 45 minutes.

ADD vanilla and salt.

COOL quickly, pour into containers, and refrigerate.

KEEPS 1 week.

### Grain Milk

2-3 T. raw almonds OR cashews \*  
2 c. well-cooked brown rice,  
oatmeal, OR millet  
8 dates  
¼ t. salt  
½ t. vanilla powder  
2 c. hot water  
2-4 c. cold water

BLEND nuts, cooked cereal, dates, and some water together several minutes until smooth.

ADD remaining ingredients and blend.

POUR into containers and chill.

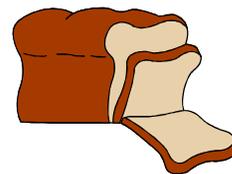
KEEPS refrigerated approximately 4 days.

YIELD: 8 cups

\*NOTE: May also use sunflower seeds.

### Basic Whole Wheat Bread

¼ c. soybeans, dry  
9 c. hard Montana wheat berries,  
red or white\*  
1/3 c. applesauce  
2 T. honey  
1 T. salt  
1 T. lemon juice, opt.  
6 c. hot water (120°)  
1 T. instant dry yeast  
2 T. gluten flour, opt.\*\*



GRIND soybeans and wheat into flour.

POUR applesauce, salt, lemon juice, honey and water into Bosch bowl or mixing bowl (if kneading by hand).

ADD several cups of flour and mix.

KEEP adding flour, while mixing in between, until mixture has some body to it.

ADD yeast and gluten flour and mix.

KEEP adding flour until dough feels the right consistency (a little sticky, but not too sticky), and cleans the sides of the Bosch bowl.

KNEAD on speed 2 for 8-10 minutes (or 15 minutes by hand).

PLACE on lightly oiled counter and form into 4-5 loaves.

PLACE in oiled bread pans, cover with a damp cloth, and raise to desired height.

BAKE at 325° for 1 hour and 30 minutes.

When done baking, take out of pans, place on cooling racks and spray tops with water. Cover with a damp cloth and let cool for 1 hour.

PLACE in plastic bags. Do Not Close The Bags! Leave at room temperature for 2 days. Close the bags and store in freezer until ready to use.

# Simple Recipes for Strength and Stamina

## Breads and Crackers

KEEPS about a week in refrigerator.

\*Makes approx. 16-17 cups of flour.

\*\*If you don't have Montana wheat, or if you have wheat that has less than 16-17 % protein, you will need gluten flour.

### Cornbread



BLEND until smooth:

1/2 c. sprouted soybeans  
1/3 c. sweetener  
2 c. water

MIX together in large bowl:

2 c. cornmeal  
1 c. barley or oat flour  
1 c. whole wheat flour  
1 T. instant dry yeast, scant  
1 1/2 t. salt  
1 t. vanilla, opt.

POUR blender mixture into dry ingredients and mix well.

POUR into prepared 2 qt. casserole dish.

LET sit in warm place for about 30 minutes.

BAKE in preheated oven at 400° for 25 min.

COOL 10 minutes and remove from pans.

LET sit in cool place for 2 days before eating, so the yeast can release it's gasses.  
SERVE warm or cold.

\*NOTE: Or 3 T. cold pressed oil.

VARIATION: Makes 18 muffins.

Bake at 375° for 45 minutes.

SERVING ideas:

1. Serve with *Chili Beans* or Soup.
2. Serve with *Soft Spread*.
3. Serve with fruit sauce or jam.

### Thin Corn Bread

4 -5 T. raw cashews / almonds  
OR sunflower seeds

3 c. water or *Grain Milk*

2 c. corn flour, fresh

1/3 c. pitted dates

1 t. vanilla

3/4 t. salt

BLEND first two ingredients until smooth.

ADD remaining ingredients and blend.

POUR onto an oiled, 10x15 pan (with sides).

SPREAD evenly, making sure edges are not thin or they will burn.

BAKE at 375° for 40 minutes.

CUT into squares before completely baked.

TURNS out to be thin cornbread.

PERFECT for breakfast, soup, or sack lunch.

VARIATION: for crunchy cornbread add

1/4 cup sunflower seeds (don't blend them).

### Millet - Sesame Crackers

2 1/2 c. dry millet

1/4 c. unhulled sesame seeds

1 1/2 - 2 t. salt

10 c. hot water

COOK in crock-pot on low overnight OR on high for 3 hours.

SPOON onto sprayed cookie sheet while hot and creamy.

PAT DOWN to desired size with a fork dipped in cold water.

BAKE at 400° for 30 minutes until golden.

SERVE them hot from the oven OR dry them out at low heat (200°-250°) for an hour or two.

# Simple Recipes for Strength and Stamina

## Sandwiches, Spreads & Sauces

### Oat Burgers

5 c. water  
3 T. dried onion OR  
    1 ½ c. fresh onion, finely chopped  
    1 bay leaf  
2 t. sage  
¾ t. salt  
2 T. *Country Style Seasoning*  
    1 t. onion powder  
    1 t. garlic powder  
¼ t. marjoram  
¼ t. thyme  
½ c. chopped walnuts OR pecans  
½ c. sunflower seeds  
2 c. grated raw potato, opt.

ADD later:

4 c. rolled oats

BRING water and all ingredients except oats, to boil in a 6 quart pot.

ADD oats, cook five min. stir occasionally.

COVER and let sit at least 1 hour.

CHILL.

MAKE into burger patties. (a wide-mouth jar lid and ring works well to form patties.)

PLACE on oiled cookie sheet.

BAKE at 350° for 35 minutes.

TURN patties over and bake approximately 15 more minutes.

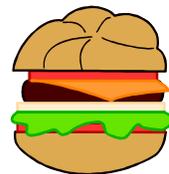
OR you may cook them on a large, non-stick skillet, or griddle.

FREEZES well.

### Peanut Butter Sandwich Loaf

15 oz. tomato sauce  
1 c. water  
1 c. peanut / almond butter,  
    fresh ground

½ c. whole wheat flour  
1/3 c. soy flour  
¼ c. corn flour  
1 t. salt  
1 t. onion granules  
¼ t. garlic granules  
½ t. sage



MIX first three ingredients in 1 ½ quart casserole dish.

ADD rest of ingredients and mix well.

COVER and bake at 295° for approximately 2 hours or until done.

COOL.

SLICE thin for sandwiches.

VARIATION: May cook in a double boiler for 3 hours, or until middle is nearly set.

### Garbanzo Sandwich Spread

4 c. cooked garbanzos, mashed  
½ c. onion, finely chopped  
1 c. *Sunny Dressing/Topping* OR  
    *Cashew Mayonnaise*  
½ c. chopped olives OR  
    *Lemon Dill Pickles*

1 ½ t. onion granules

½ t. garlic granules

1 t. celery salt

1 ½ t. dill weed, opt.

1 c. celery, finely chopped, opt.

MASH garbanzos in a bowl with a dough blender or potato masher.

MIX all ingredients together and place in serving bowl.

SERVE as a filling for sandwiches or on crackers.

KEEPS for one week in refrigerator.

# Simple Recipes for Strength and Stamina

## Sandwiches, Spreads & Sauces

### Lemon Dill Pickles

TO 1 QUART JAR ADD:

- 1/4 c. lemon juice
- 1 T. salt (Real Salt is best)
- 2-3 garlic cloves, peeled
- 1 fresh dill, stem and head

PLACE ingredients in bottom of jar.

PACK jar with cucumbers.

FILL jar with water up to the neck, and screw on lid and band.

PUT jar in water bath and bring to boil for 12-15 minutes.

REMOVE and let cure 2-4 weeks before using.

USE sparingly.

### Veggie Roll-ups

Roll up with your own creation using warm whole grain chapatis or tortillas .

Ideas:

1. Avocado, tomato, cucumber, sprouts and *Sunny Dressing/Topping*.
2. Leftover *Holiday Nut Loaf*, moistened with *Spaghetti Sauce*, or *Homemade Ketchup*.
3. Mashed *Chili Beans*, olives, tomato, lettuce, "*Cheese*" *Dip or Spread*.
4. Nut butter with fruit, topping, or jam.



### Soft Spread

- 2 c. hot polenta OR millet, well-cooked
- 1/4 c. raw cashews
- 3 T. unsw. shredded coconut
- 1 T. raw carrot (until desired color)\*
- 1 c. hot water
- 3/4 t. salt
- 1 t. lemon juice, fresh

BLEND for several minutes until very smooth.

POUR into containers and chill.

SERVE with bread, crackers, waffles, potato, winter squash, etc.

KEEPS one week.

\*NOTE: carrot only needed if using millet.

### Garlic Herb Spread

ADD to *Soft Spread* recipe:

- 2-3 t. garlic granules OR
- 4-5 garlic cloves
- 1 t. onion granules
- 1/2 t. salt
- 1 t. lemon juice
- 1 T. dried parsley OR
- 1 t. dill weed, don't blend

BLEND until smooth, pour into containers, and chill.

SPREAD on bread slices.

BAKE at 350° for 10-15 minutes until lightly toasted.

SERVE immediately.

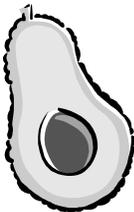
# Simple Recipes for Strength and Stamina

## Sandwiches, Spreads & Sauces

### Herb Soft Spread

ADD to *Soft Spread* recipe:

- ½ t. garlic granules
- 1 t. onion granules
- 1 t. lemon juice
- 1 t. dill weed
- ¼ t. oregano
- 1 t. parsley, opt.



BLEND everything except last three ingredients until very smooth.

ADD herbs and stir.

POUR into desired containers and chill.

SERVE with vegetable meals as a flavorful spread on bread or crackers.

### Avocado Spread

- 2 med. avocados\*, ripe
- ½ t. salt
- 1 ½ t. onion granules
- ½ t. garlic granules
- 1 T. fresh lemon OR lime juice

PEEL AND MASH avocados.

ADD seasoning as desired and mix.

MAY add ¼ cup of *Sunny Dressing/Topping* OR *Cashew Mayonnaise*

SERVE as a spread for bread and crackers, a chip and veggie dip, or with *Taco Salad*, *Haystacks*, etc.

VARIATION: Add diced fresh tomato and increase seasonings as desired.

\*NOTE: Approximately 1 heaping cup of mashed avocado.

### Avocado Salad Dressing

BLEND until smooth:

- 1 c. water
- ¼ c. cashews
- 2 med. avocados, ripe
- 3 T. lemon juice
- 1 t. salt
- 1 t. garlic granules
- 2 t. onion granules

### Hummus

BLEND until very smooth:

- 2 c. cooked garbanzos
- ¼ c. lemon juice, fresh
- ½ c. ground sesame seeds/tahini
- 2 garlic cloves
- 1 t. onion granules OR 1 sm. shallot
- 1/3 c. water
- 1 ½ t. dried parsley OR  
1-2 T. fresh parsley
- 1/8 t. summer savory
- ½ t. salt
- ¼ t. cumin, opt.

KEEP refrigerated.

USE as a spread for sandwiches, crackers and pita pockets, OR as a dip for veggies and tortilla chips.

*“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”*

*Genesis 1:29*

# Simple Recipes for Strength and Stamina

## Sandwiches, Spreads & Sauces

### Spaghetti Sauce

- ½ c. green bell pepper, chopped
- 2 c. onion, diced
- 1 qt. canned whole tomatoes
- 3 cans (6 oz.) tomato paste
- 1 T. dried parsley
- 1 T. sweet basil
- 2 t. oregano
- ½ t. marjoram
- 2 garlic clove OR  
1 ½ t. garlic granules
- 1 t. salt
- 1 T. sweetener
- 2 c. water
- 1 t. lemon juice



SIMMER all ingredients together for 1 ½ - 2 hours, mashing tomatoes and stirring occasionally.

SERVE over rice, past, lasagna, spaghetti, or pizza.

USE as ketchup on sandwiches, oven fries, burgers, and patties.

FREEZES well.

YIELD: 2 ½ quarts

Variation: 6 oz. sliced black olives

### Tofu Mayonnaise

BLEND until very smooth and creamy:

- 14-16 oz. firm tofu
- ½ c. water
- ¼ c. cashews
- 2 t. salt
- 1 T. onion granules
- ½-1 t. garlic granules
- ¼ c. lemon juice

Chill. Keeps one week.

### Creamy “Cheese” Sauce

- 1 c. well-cooked rice, millet OR  
¼ c. sunflower seeds or cashews
- ½ c. raw cashews OR almonds
- 2 T. sesame seeds
- 1 ½ c. hot water  
(1 c. for thicker cheese)
- ½ lg. red pepper\* OR 4 oz. pimento
- 2-3 t. onion granules
- 1 t. garlic granules
- 3 T. lemon juice, fresh\*\*
- 1 ½ t. salt
- ¼ t. celery salt, opt.
- ¼ t. dill weed, for vegetables
- ½ t. oregano, for Italian dishes  
(add greenery after blending)

BLEND until very smooth.

POUR into desired containers.

CHILL or use in recipe.

\* until desired orange color.

\*\*NOTE: Decrease lemon and seasonings if using less water.

SERVING IDEAS:

1. Can be used as a cheese sauce in Lasagna, Pizza, Corn Tortilla Casserole, Enchiladas, *Potatoes Au Gratin*, etc. Add 2 T. arrowroot powder. (The arrowroot cooks when you bake it.)
2. For a sauce for broccoli, cauliflower, beans, etc. use 1 ½ - 2 cups of water.
3. For a veggie or chip dip, OR as a spread for sandwiches, burgers, pita pockets, etc. use 1 cup of water.
4. For a salad dressing, or *Taco Salad* topping, use the 2 cups of water.

# Simple Recipes for Strength and Stamina

## Sandwiches, Spreads & Sauces

### Melty “Cheese”

BLEND until smooth:

- ½ c. raw cashews\*
- 2 c. water
- ½ lg. red pepper OR  
½ c. pimento OR tomato paste

- 2 ½ t. salt
- 1-2 t. onion granules
- ½ t. garlic granules
- ¼ c. lemon juice
- 6 T. arrowroot powder

ADD and blend:

- 2 c. water

SIMMER until thick, stirring constantly.

CHILL.

SERVE with veggies, spaghetti, or potatoes.

YIELD: 5 ½ cups.

### Golden Sauce



BLEND until very smooth:

- ¼ c. cashews or almonds
- 1 ½ c. cooked potato, peeled
- ½ - ¾ c. cooked carrots
- 1 ½ c. water
- 1 t. salt
- 1 t. onion granules
- ½ t. celery salt OR
- ¾ t. *Country Style Seasoning*
- ½ t. garlic granules
- ¼ c. lemon juice

SERVE warm. (Do Not Boil)

Serving ideas: Delicious on broccoli, cauliflower, potato, etc.

### Sunny Dressing / Topping

BLEND until very smooth:

- 2 c. hot water
- ¾ c. sunflower seeds/cashews
- 1 c. well-cooked brown rice, millet, oats  
OR cornmeal

- 1-2 t. salt
- 1 T. onion granules
- 1 t. garlic granules OR 1-2 garlic cloves

ADD last and blend briefly:

- ½ c. lemon juice, fresh
- 1 t. dried parsley, opt.
- 1 t. sweet basil, opt.
- 1 t. dill weed, opt.

POUR into containers and chill.

USE for salad dressing, potato topping, vegetable topping, mayonnaise, etc.

YIELD: 4-5 cups.

VARIATION: Whiz a tomato or avocado with the above ingredients and adjust the seasoning to taste.

### French Dressing

BLEND until very smooth:

- ¼ c. cashews or sunflower seeds
- 6 oz. tomato paste
- 1 ½ c. water
- ¾ t. salt
- 1 t. onion granules
- ½ t. garlic granules
- 1 T. honey
- ¼ c. lemon juice

Chill and serve. Keeps one week.

# Simple Recipes for Strength and Stamina

## Sandwiches, Spreads & Sauces

### Cashew Miracle Mayonnaise

BLEND until very smooth:

- 1/2 c. raw cashews
- 1 c. cooked cornmeal or millet, hot
- 1 c. water
- 1 t. salt
- 1 t. garlic granules
- 1 t. onion granules
- 2-4 T. lemon juice

POUR into container and chill.

YIELD: 3 cups.

### Salad Dressing

BLEND until very smooth:

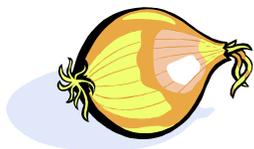
- 1 c. well-cooked brown rice
- 1/2 c. cashews
- 2 c. water
- 1/3 c. lemon juice, fresh
- 1/4 c. pitted dates OR  
2 T. honey
- 2 t. onion granules
- 1/2 t. garlic granules
- 1 t. celery salt
- 1 t. *Country Style Seasoning*
- 1 1/2 T. potato flour, opt.

ADD and mix:

- 1 t. dill weed

CHILL.

USE for *Potato Salad* and *Pasta Salad*, etc.



### White Gravy

BLEND until smooth:

- 1/2 c. cashews or blanched almonds
- 2 c. well-cooked rice
- 2 1/2 c. hot water OR potato water

ADD and blend briefly:

- 3 T. arrowroot powder\*
- 4 t. onion granules OR  
2 T. dry minced onion
- 1/2 t. garlic granules
- 1 t. salt to taste
- 2 t. *Country Style Seasoning*\*\*  
(add after blending)
- 1 1/2 T. lemon juice, opt.

POUR blended mixture into a sauce pan.

ADD 1 1/2 cups additional water (use to rinse out the blender).

COOK on medium-high until thick, stirring frequently.

SIMMER about 5-10 minutes.

SERVE over peas, toast, potatoes, patties, pasta, or asparagus.

YIELD: 6 cups.

\*NOTE: If you do not want to cook,  
REDUCE water to 2 c. and  
omit arrowroot

\*\* If you do not have *Country Style Seasoning*, use:

- 1 t. onion granules, 1/4 t. garlic granules,  
1/2 t. salt, and 3/4 t. celery salt.

VARIATIONS:

May add chives, parsley, or paprika. Adjust seasonings to your preference.



# Simple Recipes for Strength and Stamina

## Sauces and Salads

### Homemade Ketchup

- 12 oz. tomato paste
- 12 oz. water
- ¼ c. lemon juice
- 2 T. honey OR date butter
- 2 t. onion granules
- 1 t. garlic granules
- 1 t. salt
- 1 t. sweet paprika
- ½ t. sweet basil
- ½ t. oregano
- ½ t. Italian seasoning, opt.
- ½ t. dill weed, opt.

MIX together well.

CHILL. Freezes well.

SERVE with *Oven Fried Potatoes*,  
*Hashbrown Potatoes*, *Oat Burgers*, etc.

### Homemade Salsa

- 4 tomatoes, diced OR  
28 oz. canned diced tomatoes
- 2-3 mild peppers (i.e. banana), diced
- 1 medium onion, chopped
- 1-2 garlic cloves, minced
- ½ bunch cilantro, fresh OR  
1 t. dried cilantro
- 1 t. salt
- 2 T. lemon OR lime juice
- 1 t. honey
- ½ t. cumin, opt.

MIX all ingredients together and store in refrigerator.



### Sprout Salad

- 4 c. alfalfa and/or clover sprouts
- 1 cucumber, diced
- 3 tomatoes, diced
- 1 avocado, diced
- ½ c. green peas
- ¼ t. salt
- ¼ c. diced green onion, opt.
- ¼ c. sunflower seeds, opt.
- ½ c. sliced olives, opt.

Toss and serve with *Sunny Dressing/Topping* OR  
*Avocado Salad Dressing*.

### Pasta Salad

- 8 c. Whole Grain Vegetable Pasta Spirals,  
cooked

ADD your choice of veggies from below:

- 1 c. celery, chopped
- 1 c. carrots, grated
- 1 c. onion, diced
- 2 c. green peas
- 6 oz. black olives, sliced
- 1 t. dill weed
- ½-1 t. sweet basil
- 2 t. parsley
- 1 ½ t. salt to taste
- 2 tomatoes, diced, opt.
- ¾ c. zucchini, grated, opt.
- 1 c. broccoli, bite sized, opt.

ADD *Salad Dressing* and mix together.

CHILL several hours to help it season the pasta.



# Simple Recipes for Strength and Stamina

## Salads

### Potato Salad

- 10 med. potatoes, cooked
- 1 c. celery, diced
- 6 oz. can black olives, sliced
- ½ c. diced *Lemon Dill Pickles*
- 1 c. green onions, diced
- ½ c. chopped fresh parsley OR  
1-2 T. dried parsley
- ¼ c. diced radishes, opt.
- 1 T. salt to taste
- 1 t. onion granules
- 3 ½ c. *Salad Dressing* as needed

SCRUB potatoes and cook until tender.

COOL.

PEEL potatoes and dice into a large bowl.

ADD remaining ingredients and mix.

CHILL overnight to allow flavors to blend.

KEEPS 2-3 days.

### Taco Salad (One Dish Meal)

LAYER or toss according to your preference:

1. 1/3 bag whole grain chips, broken
2. 2 c. corn
3. 2 c. *Chili Beans*
4. *Homemade Salsa*, opt.
5. 1 large tomato, chopped
6. ½ head lettuce, torn
7. 2 green onion, diced
8. ½ c. cucumber, diced
9. ½ can (6 oz.) olives, sliced
10. 1 diced green or red bell pepper, opt.
11. shredded carrots, opt.

REPEAT for the other layers.

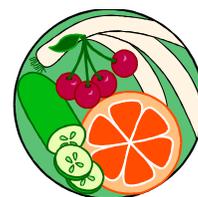
SERVE immediately!!!

TOP with, sliced avocado, *Avocado Salad Dressing*, and/or *Sunny Dressing/Topping*, and rest of the bag of chips. SERVE with side dishes of carrot sticks, chips, and *Homemade Salsa*.

### Wonderful Vegetable Salad

#### SALAD Base:

Leaf lettuce  
Spinach  
Green or Purple Cabbage  
Napa Cabbage  
Alfalfa / Clover Sprouts



#### COLOR & taste enhancers:

Carrots, shredded or sliced  
Cucumber, diced  
Avocado, diced or sliced  
Tomato, diced  
Red or Green Bell Pepper, diced  
Celery, diced or sliced  
Broccoli, bite sized  
Cauliflower, bite sized  
Zucchini, shredded or sliced  
Yellow, Purple, or Sweet Onion, diced or sliced  
Green Onion, diced  
Fresh Herbs of your choice, chopped  
(e.g. Parsley)

#### SPRINKLE on top for flavor:

Sprouted Sunflower Seeds  
Sesame Seeds

CHOOSE a couple vegetables from each category.

KEEP in mind color appeal.

VARY your vegetables from day to day.

WASH and tear lettuce.

# Simple Recipes for Strength and Stamina

## Main Dishes

CLEAN and prepare the vegetables in such a way that they will not fall to the bottom of your salad.

TOSS or layer all ingredients together according to amount desired.

SERVE with *Sunny Dressing/Topping* OR *Avocado Salad Dressing*.

### Delightful Burger

PUT in 3 qt sauce pan:

2 c. cracked wheat

2 c. water

BLEND until smooth:

1 c. walnuts, pecans OR  
sunflower seeds

½ med. onion, chopped

1 c. tomato juice OR  
thin tomato sauce

1 med. garlic clove

2 T. *Country Style Seasoning*

SOAK the cracked wheat in the water for at least 1 hour.

ADD blended mixture to sauce pan and mix together with cracked wheat.

SIMMER 20 minutes on low heat with cover on.

SPREAD out evenly on large shallow pan.

BAKE 170° overnight or 200° 4-6 hours. Do not overcook.

REMOVE before completely dry.

FREEZES well.

SERVING ideas: Add to Spaghetti, Lasagna, Tacos, Sloppy Joe's, Burgers/Patties, and *Chili Beans*.

### Chili Beans

4 c. pinto or kidney beans, dry

2 T. onion granules OR

2 lg. onion, chopped

2 t. garlic granules OR

4 garlic cloves, minced

2 c. green bell pepper, chopped

2 T. sweetener

1 T. cumin

¼ t. summer savory

2 t. paprika

2 t. sweet basil

1 T. salt

1 t. parsley

2 t. oregano

1 bay leaf

1 can (28 oz.) whole or diced tomatoes

1 can (15 oz.) tomato sauce

2 c. corn, opt.

2 5 inch seaweed, cut up, opt.



SORT, wash, and soak beans in water 24 hours.

RINSE approximately every 6-8 hours during that time.

FREEZE for later use OR use right away.

This will help to reduce intestinal distress.

### CROCK POT instructions:

PUT soaked beans into 5 quart crock pot.

COVER with 1 ½ inches of water above beans.

TURN crock pot on high and cook overnight.

REDUCE to low setting, in the morning, when beans are tender.

SAUTÉ vegetables in ¼ c. water and add to the beans.

ADD remaining ingredients.

SIMMER together on low for 2 hours.

# Simple Recipes for Strength and Stamina

## Main Dishes

### STOVETOP instructions:

PUT soaked beans and fresh vegetables (if using) into 6 quart pot.  
COVER with water approximately two inches above beans.  
BRING to a boil.  
REDUCE heat.  
SIMMER 4 hours until tender.  
ADD remaining ingredients.  
SIMMER together 1 hour to blend flavors.

### Savory Lentils

1 c. dry or sprouted lentils  
3 c. water  
1 med. onion, chopped  
¾ t. garlic granules OR  
1 lg. garlic clove  
1 bay leaf  
½ t. sweet basil  
¼ t. oregano  
½ t. salt

BRING to boil in a saucepan.  
SIMMER on lowest setting for 2 hours until lentils are soft.  
REMOVE bay leaf.  
SERVE plain, over rice or use in *Haystacks*

### Haystacks

Cooked brown rice \*  
*Savory Lentils* OR *Chili Beans*  
*Homemade Salsa*  
torn leaf lettuce  
diced tomatoes  
diced cucumber  
sliced olives

*Creamy "Cheese" Sauce*  
*Sunny Dressing/Topping*  
sliced avocado OR *Avocado Spread*

PLACE ingredients on the table.  
LET each person build their own haystack.

\*NOTE: If using Chili Beans, may use whole grain tortilla chips in place of cooked rice.

### Creamy Macaroni

COOK in 6 quart pot:  
4 c. dry macaroni, sesame or wheat

BLEND until smooth:  
½ c. raw cashews/almonds  
2 T. sunflower seeds  
2 c. well-cooked brown rice  
2 ½ c. hot water  
4 t. onion granules  
1-2 t. garlic granules  
3 T. arrowroot powder  
2 ½ t. salt  
½ t. celery salt  
1 c. red pepper, 4 oz. pimento  
OR tomato  
¼ c. lemon juice, fresh  
2 c. water, add to pot last\*

BRING 5 quarts of water to a boil with salt and add macaroni noodles.  
COOK until tender (approx. 15 minutes).  
POUR into a colander and rinse.  
BLEND the other ingredients while noodles are cooking.  
COMBINE noodles and blender mixture.  
ADD the 1-2 cups of water, if using (see note below) and mix.  
POUR into casserole dish.  
COVER with foil. BAKE at 400° for 20 min.  
REMOVE cover and BAKE additional 25 min.

# Simple Recipes for Strength and Stamina

## Main Dishes

THICKENS as it cools.  
FREEZES well (unbaked).  
YIELD: 4 quarts

### VARIATIONS:

1. Top with 2 cups of bread crumbs (made by blending slices of bread in blender).
2. Add 2 cups of peas.
3. Add ½ c. sliced black olives.
4. Add 2 c. zucchini, sliced.
5. Add 2 leeks, chopped small and reduce onion granules to 1 T.

\*NOTE: Omit if you want it thick and are eating it immediately after it is baked.

### Vegetable Fettuccini

COOK in 6 qt. pot until soft:  
7-8 c. sesame, soy OR Jerusalem artichoke  
noodles

1 T. salt

### STEAM in separate pot:

5 c. broccoli, carrot, cauliflower comb.  
frozen OR fresh

4 garlic cloves, minced

1 c. diced celery, opt.

### BLEND until very smooth:

½ c. cashews OR almonds

1 ½ c. cooked rice

3 dates OR 1 T. honey

2 ½ c. water

1 T. salt

1 T. onion granules

½ t. garlic granules

¼ c. lemon juice

DRAIN noodles.

ADD cooked vegetables to noodles.

POUR blender mixture over the top and mix.

PLACE in 4 quart casserole dish and cover.

BAKE at 350° for 20 minutes.

UNCOVER and bake for another 10 minutes, or until done.

THICKENS more as it cools.

### Spaghetti Casserole

Uncooked Spaghetti Noodles  
(Whole Wheat, Sesame, OR  
Jerusalem Artichoke)

Salt

Onion Granules

Garlic Granules

Dried Parsley

*Spaghetti Sauce*

*Creamy "Cheese" Sauce, opt.*

FILL your pot ¾ full with water.

ADD 1 t. salt for every 2 quarts of water and bring to a boil.

ADD noodles and stir.

COOK on med.– high heat for 15 minutes, stirring occasionally.

TEST to see if noodles are tender. (They should not be chewy, or so soft that they fall apart.)

POUR out water, and rinse noodles briefly in warm water. Drain and pour into a large bowl.

SPRINKLE seasonings on as desired and stir briefly with wooden spoons. *Don't over-stir*

POUR *Spaghetti Sauce* on and mix together.

PLACE in casserole dish, and decorate with sliced olives. May dribble *Creamy "Cheese" Sauce* on top.

BAKE at 350° for 30 minutes.

COOL slightly before serving.

# Simple Recipes for Strength and Stamina

## Main Dishes

### Country Style Seasoning

- 1/2 c. salt
- 1/4 c. celery salt
- 1/4 c. onion granules
- 1/4 c. parsley flakes
- 1 t. garlic granules
- 1 t. paprika
- 1/2 t. summer savory
- 1/2 t. marjoram
- 1/2 t. sage
- 1/4 t. chervil, opt.

MIX together and store in a jar.  
USE as a seasoning in gravies, soups, patties, etc.

### Country Style Noodle Soup

- 8 c. wheat OR sesame noodles (16 oz.)
- 2 t. salt
  
- 1 lg. onion, chopped
- 2 c. celery, chopped
- 2 T. *Country Style Seasoning*
- 1 1/2 t. salt
  
- 12 c. water
- 4-6 c. corn
- 4 c. garbanzos, with juice
- 2 T. dried parsley, add last

COOK noodles (in separate pot) in boiling water and 2 t. salt until nearly done. DRAIN and set aside.  
SAUTÉ vegetables and seasonings in bottom of 8 quart pot with a little water. ADD cooked noodles, water, and corn when nearly tender.  
BLEND 3 c. of garbanzos in their own juice and enough water to blend until smooth.

ADD to pot.  
ADD remaining garbanzos, and parsley. STIR together.  
SIMMER 10-15 minutes on low heat to allow flavors to blend.  
ADJUST water and salt as desired.

### Creamy Tomato Soup

- 3 c. grain, soy, or nut milk
- 1 T. onion granules
- 1/2 t. garlic granules
- 1 1/4 t. salt
- 1/4 t. oregano
- 1/2 t. basil
- 1 1/2 T. sweetener
- 1 1/2 T. arrowroot
- 1 c. tomato sauce, crushed, or puree\*



- 8 c. whole canned tomatoes

BLEND lightly all ingredients except the tomatoes.  
POUR into a 6 quart pot.  
BLEND tomatoes on high for 3 seconds. ADD to pot and mix together.  
BRING to a boil, stirring constantly.  
COOK on medium heat about 15 minutes.

Variations:

1. Add cooked rice
2. Add uncooked ABC pasta before cooking soup.

\*NOTE: May also use 3 oz. tomato paste and 1 cup water.



# Simple Recipes for Strength and Stamina

## Main Dishes

### Savory Grain Milk

BLEND until very smooth:

1/3 c. cashews OR blanched almonds\*

2 c. well-cooked brown rice  
OR millet

1 1/2 t. salt

1 t. *Country Style Seasoning* \*

2-3 c. hot water or potato water\*

1/2 t. garlic granules

2 t. onion granules

ADD just enough water to blend nuts and rice.

THEN add remaining water and ingredients.

REFRIGERATE or USE in recipe.

YIELD: 5 - 6 cups.

\*NOTE: For **Soup Base**:

INCREASE *Country Style Seasoning*  
to 1 T.,

ADD 3 T. arrowroot.

USE only 2 cups of water.

MAKES enough for 8 quarts of  
vegetable soup.

### Baked Potatoes

SCRUB potatoes thoroughly and trim as necessary.

PIERCE each potato with a knife and place in oven.

BAKE at 450° for approximately 1 hour or until you can poke a fork through them.

Smaller potatoes get done faster.

SERVE with *White Gravy*, *Soft Spread*, *Creamy "Cheese" Sauce*, or *Sunny Dressing/Topping*.

BROCCOLI, cauliflower or corn along with a green fresh salad makes a delicious meal.

### Hashbrown Potatoes

SCRUB potatoes thoroughly and trim as necessary.

GRATE one medium potato.

PLACE in hot, oiled waffle iron.

SPRINKLE with salt and onion granules.

COOK 12 – 15 minutes.

REPEAT as necessary for amount of waffles desired.

BEST for serving 1-2 people.



### Mashed Potatoes

10-12 med. potatoes, boiled

2 c. *Savory Grain Milk*.

2 t. salt to taste

SCRUB potatoes thoroughly and trim as necessary, leaving partially peeled.

BOIL potatoes in a 6 qt. pot.

MASH cooked potatoes until smooth.

GRADUALLY add *Savory Grain Milk* until desired consistency and salt to taste.

YIELD: 4-5 quarts.

### Oven Fried Potatoes

6 c. potatoes, French cut OR wedges

1 1/2 t. salt to taste

2 t. onion granules

1/2 t. garlic granules

SCRUB potatoes thoroughly and trim as necessary.

CUT potatoes lengthwise in thin strips or wedges. May use a French fry cutter.

SPREAD out on oiled, sided cookie sheets.

SPRINKLE with seasonings according to the quantity of potatoes.

# Simple Recipes for Strength and Stamina

## Main Dishes

BAKE at 425° for 35-45 minutes or until golden brown. Stir once during baking. SERVE immediately.

### Potatoes Au Gratin

8-10 c. cold boiled potatoes, sliced  
2 c. sliced onions  
3 c. Creamy "Cheese" Sauce  
salt to taste

PUT ½ c. sauce in bottom of 3 quart casserole dish.  
LAYER potato slices, onion rings, salt, and sauce.  
GARNISH with broccoli pieces and sliced olives.  
COVER with foil and Bake at 350° for 30 minutes.  
UNCOVER for an additional 15 minutes to allow browning.

### Scalloped Potatoes

8 med. boiled potatoes  
1 sm. thinly sliced onion  
4-5 c. *Savory Grain Milk*  
2 T. lemon juice, opt. (add to milk)  
salt to taste

SCRUB potatoes thoroughly and trim as necessary.  
BOIL potatoes, cool, and slice thin (leftover potatoes work great).  
MAKE *Savory Grain Milk*.  
ADD lemon juice.  
PUT ½ c. milk in bottom of 9x13 casserole dish.  
LAYER all ingredients.  
SPRINKLE with paprika.

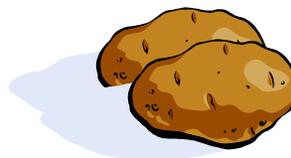
COVER with foil and Bake at 350° for 45 minutes.  
UNCOVER for an additional 20 minutes to allow browning.

### Vege-Rice Casserole

6 c. cooked brown rice  
2 c. celery, diced  
1 lg. onion, diced  
2 c. frozen peas OR 3 c. broccoli, cauliflower, carrot combo.  
½ c. sliced almonds  
1 t. salt  
2 t. *Country Style Seasoning*  
½ t. garlic granules  
½ t. celery salt  
1 c. grain or nut milk (may not use all)

SAUTÉ onion and celery in a 5 quart pot until nearly tender.  
ADD vegetables to pot and sauté until nearly cooked.  
ADD remaining ingredients and moisten with milk.  
PLACE in 3 qt. casserole dish and cover.  
BAKE at 350° for 30 minutes.  
REMOVE cover and bake 15 more minutes.

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." III John 2*



# Simple Recipes for Strength and Stamina

## Main Dishes

### Holiday Nut Loaf

#### SAUTÉ:

- 2 ½ c. celery, finely chopped
- 2 c. onion, finely chopped
- ¼ c. water

#### COMBINE in bowl:

- ¾ c. chopped walnuts or pecans\*
- ¾ c. sunflower seeds
- 2 c. well-cooked brown rice
- 1 ½ t. salt
- 1 T. onion granules
- 1 ¾ t. sage
- ½ t. marjoram
- 1 ½ t. sweet basil
- ¾ t. garlic granules
- 1 ½ c. *Soy Milk* or *Grain Milk*

#### ADD last:

- 4 c. whole grain bread crumbs
- OR waffle crumbs\*\*

ADD sautéed ingredients to mixture in bowl and stir.

ADD bread crumbs and stir together.

PLACE in a 2 qt. casserole dish or loaf pan.

BAKE at 350° for approx. 1 ¼ hours.

COVER top near end of baking if it gets too brown.

SERVE with *White Gravy* OR tomato sauce (*Spaghetti Sauce*, *Homemade Ketchup*, etc.) or use as a sandwich loaf.

#### Variation:

- 1 ¼ c. chopped pecans OR walnuts  
(OMIT sunflower seeds)
- REDUCE bread crumbs to 2 c.
- INCREASE rice to 4 c.

\* The quickest way to chop the nuts is in the blender

\*\* For waffle crumbs, may decrease liquid.

### Millet Patty Squares

- 3 c. well-cooked millet,\* hot
- 1/3 c. peanut OR almond butter
- 1 ½ T. onion granules
- ½ t. garlic granules
- ¾ t. *Country Style Seasoning*
- OR ½ t. celery salt
- 1 T. dried parsley

COMBINE all ingredients.

SPREAD in prepared 9x12 glass baking dish, while mixture is still warm.

BAKE at 350° for 50-60 minutes, until nicely browned. Cut into squares.

SERVE with tomato sauce, *White Gravy*, or *Homemade Ketchup*.

\*MAY use 1 ½ c. cracked wheat and 1 ½ c. cooked millet instead.

### Baked Soybeans

- 3 c. soaked soybeans
- 2 c. tomato sauce
- 1 lg. onion, chopped
- 1 sm. bay leaf
- 2 t. salt
- ½ t. garlic granules
- ¼ t. sage
- 3 T. sweetener
- 1 T. lemon juice



PLACE all ingredients into a 4 quart pressure cooker.

POUR water on top until it covers the top of the beans ½ inch.

BRING to pressure for 20-25 minutes (top weight rocking).

SHUT off burner, and let it stand on burner until pressure is released (approx. 30 minutes). They should be soft and tender.

# Simple Recipes for Strength and Stamina

## Special Desserts

### Nutty Oatmeal Cookies

MIX in a bowl:

- 4 c. oat flour OR rolled oats
- 2 c. whole wheat pastry, spelt  
OR barley flour
- 1 t. salt
- 1 ½ c. raisins OR  
dried pineapple, diced
- 1 c. unsw. shredded coconut
- 1 c. chopped walnuts  
OR pecans, opt.
- 1 t. coriander, opt.

BLEND until very smooth:

- 2 c. pitted dates
- 1 ½ c. hot water OR milk substitute
- 1 c. peanut/almond butter
- ½ c. apple or white grape juice
- ¾ c. pure maple syrup\*
- 1-2 T. lemon juice, fresh
- 1 T. vanilla powder

ADD blender mixture to dry ingredients and mix well.

DROP on oiled cookie sheets.

BAKE at 350° for 20-25 minutes until golden.

COOL on cooling racks.

STORE in refrigerator or freezer.

YIELD: 6 dozen.

VARIATIONS :

1. May use 8 oz. crushed pineapple with juice instead of juice.
2. Add ¾-1 cup carob powder, adjust liquid.

\*NOTE: instead of maple syrup, add ½ c. fruit juice concentrate.

### Crunchy “Sugar” Cookies

- 1 c. almond butter
- ¾ c. maple syrup
- 2 t. vanilla
- ¼ t. salt, opt.
- 1 c. oat OR spelt flour
- 1 c. whole wheat OR spelt flour
- 1 c. walnuts, chopped



MIX ingredients together well. (Mixture will be stiff.)

ROLL into Ping-Pong sized balls

FLATTEN with fork on prepared cookie sheet. Dip in water to keep from sticking.

BAKE at 325° for 25 minutes or until slightly golden.

YIELD: 2 ½ dozen.

### Carob Date Squares

- 2 c. date butter\*
  - ¾ -1 c. unsw. shredded coconut
  - 1 ¼ c. chopped walnuts or pecans
  - 1 c. crumbled rice cakes, opt.
  - ¼ c. raw carob powder
  - 2 t. vanilla powder
  - 1/8 t. salt (rice cakes are unsalted)
- MIX all ingredients thoroughly with hands.  
SPRINKLE additional coconut lightly on bottom of 7 x 11 dish (2 qt.).  
PRESS mixture into dish with a rubber spatula.  
SPRINKLE top with more coconut.  
REFRIGERATE.  
CUT into small squares. (about 36)  
STORE in refrigerator or freezer.

VARIATION: For balls, form mixture into balls and roll in additional coconut.

# Simple Recipes for Strength and Stamina

## Special Desserts

### Date Butter

2 c. pitted dates  
3/4 c. water

SIMMER over medium heat until soft  
STIR together.

### Carob Treats

2/3 c. raw honey  
1/2 c. raw carob powder  
1 T. water OR *Grain Milk*  
2/3 c. peanut OR almond butter  
(fresh ground is best)  
1/8 t. peppermint extract, opt.  
1 t. vanilla powder  
2 T. sunflower seeds  
1 c. shredded coconut  
1 1/2 c. crushed rice cakes OR\*  
Barbara's Brown Rice Crisps

HAVE all ingredients ready to assemble.  
LIGHTLY boil honey and carob two minutes,  
stirring.

**QUICKLY** combine all ingredients with the  
hot honey and carob.

PRESS into 2 quart (7x11) glass casserole  
dish.

CUT into small squares.

REFRIGERATE or freeze.

YIELD: 35 – 1 1/2 inch squares.

\*NOTE: May use 1/2 cup chopped nuts  
instead of puffed rice.



### Cobbler Topping

2 c. barley flour  
1 c. spelt flour  
1 c. whole wheat pastry flour  
1 1/2 t. salt  
1 t. vanilla  
1/3 c. date sugar  
1/2 c. coconut  
1/3 c. almond butter  
1 c. water  
1/2 c. chopped walnuts, opt.

MIX first 7 ingredients together in a bowl.  
CUT in almond butter with a fork.  
GENTLY stir in water and nuts.  
CRUMBLE topping over thickened fruit with  
hands.  
BAKE at 350° for 30 minutes, until golden.

### Berry Topping

12 oz. apple juice concentrate  
1/4 c. arrowroot powder OR  
5 T. tapioca granules  
3-4 c. berries of choice  
2 T. honey, opt.

POUR half of the fruit juice into sauce pan.  
MIX in the arrowroot powder and add the  
rest of juice.

HEAT together over medium high heat,  
stirring constantly until nearly thick.

REMOVE from burner.

ADD berries and stir.

VARIATION:

INSTEAD of apple juice concentrate use:

1/3 c. peach, pear, pineapple concentrate  
1/2 c. water

DECREASE arrowroot to 2-3 T.

# Simple Recipes for Strength and Stamina

## Special Desserts

### Delightful “Cheesecake”

- 1/3 c. cashews OR blanched almonds
- 1/3 c. lemon juice, fresh
- 1/3 c. pure maple syrup
- 1 t. vanilla
- 2 c. cooked millet, hot
- 1/4 t. salt, opt.

BLEND first four ingredients until very smooth. Use the “start/stop/stir/start” method.

ADD the hot cooked millet and process until very smooth.

POUR onto baked *Quick Nutty Oat Pie Crust*.

CHILL until firm.

TOP with fresh or frozen fruit or *Berry Topping*.

### Lemon Pineapple Pudding

BLEND until smooth:

- 2 T. cashews
- 10 oz. canned pineapple, unsweetened
- 3 unsweetened dried pineapple rings, cut up
- 2 c. well-cooked millet, hot
- 1-2 t. vanilla powder
- 2 drops lemon oil
- 1/8 t. salt, opt.
- 1/4 c. additional pineapple juice as needed for easier blending

MAKE one recipe at a time.

SOAK dried pineapple pieces with the canned pineapple chunks (including juice) for at least 15 minutes in sauce pan.

HEAT for a few minutes to help soften fried pineapple.

POUR into blender. (A Bosch blender or Vita

Mix works the best.)

ADD other ingredients, and blend until very smooth.

SPRINKLE coconut on bottom of dish.

POUR pudding on top.

LET set for about 15 minutes and sprinkle top with coconut.

REFRIGERATE for at least several hours until set.

SERVING IDEAS:

1. Pour into a nice dish, and sprinkle with coconut.
2. For a nice fruity dessert, sprinkle bottom of dish with granola, pour in pudding, and top with thickened berries after it sets up. (See *Berry Topping*)
3. This recipe can be poured into little individual serving cups for a delicious light desert. After it sets up, sprinkle with coconut and put a strawberry on top for decoration.

### Blueberry Pie



- 6 oz. apple juice concentrate
- 4 oz. grape juice concentrate
- 1 T. honey, opt.
- 5 T. min. tapioca (soak in juice 15 min.)
- 1 1/2 t. vanilla
- 1/8 t. salt
- 1-2 t. lemon juice
- 4 c. fresh or frozen blueberries

MIX together all ingredients except berries in a saucepan.

COOK over medium heat until thick, stirring constantly.

GENTLY fold in berries. Let cool 10 minutes.

POUR into **BAKED** pie shell.

CHILL at least 4 hours.

MAY serve with Cashew Rice Topping.

# Simple Recipes for Strength and Stamina

## Special Desserts



### Carob Pudding Pie

BLEND until very smooth:

- 1/3 c. cashews or almonds
- 1 1/2 c. hot, well-cooked brown rice  
OR millet
- 1 c. pitted dates
- 1 3/4 c. water or *Grain Milk*
- 1-3 drops peppermint, opt.

ADD and blend briefly:

- 2 t. vanilla powder
- 1/4 t. salt
- 3 T. arrowroot powder
- 3-4 T. carob powder
- 1-2 t. Roma, opt.

POUR into a sauce pan.

BRING to boil, stirring constantly until thickened.

POUR into 2 baked pie shells.

DECORATE with coconut.

CHILL.

TASTY by itself or with *Cashew Rice Topping* and fresh strawberries.

YIELD: 1 pie

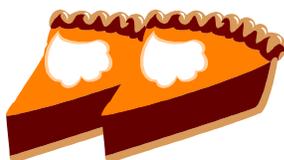
### Baked Pumpkin Pie

BLEND until smooth:

- 1 3/4 c. hot water
- 3/4 c. pitted dates
- 1/2 c. cashews

ADD and blend:

- 2 c. cooked pumpkin\*



ADD:

- 1 1/4 t. coriander
- 2 t. vanilla powder
- 3 T. arrowroot powder
- 3 T. pure maple syrup
- 1/2 t. salt
- 2 t. lemon juice, fresh
- 1/16 t. cardamom, opt.

BLEND all ingredients together until very smooth and mixed thoroughly.

POUR into unbaked pie crust.

BAKE at 325° for 1 hour or until center has set.

MAY decorate or serve with pecans and *Cashew Rice Topping*.

YIELD: 1 pie

\*NOTE: Winter squash (i.e. Sweet Meat, etc.) and yams work great also. Adjust water and dates as desired.

### Quick Nutty Oat Pie Crust

- 1/2 c. finely chopped walnuts
- 1 c. oat flour OR rolled oats
- 1/2 c. W. W. pastry flour
- 1/2 t. salt
- 1/2 c. water

MIX all ingredients together with a fork as little as possible.

DOUGH will be slightly sticky.

PRESS into 2 pie pans with a damp rubber spatula.

BAKE at 350° for 30 minutes until lightly browned.

YIELD: 2 pie crusts

# Simple Recipes for Strength and Stamina

## Special Desserts

### Whole Grain Pie Crust

MIX in a bowl:

1/3 c. almond butter

3/4 c. water

1 t. salt

ADD:

1 c. WW pastry OR spelt flour

1 c. oat OR barley flour

MIX as little as possible with a fork for a tender crust.

ADD a little more flour if it is too sticky.

DIVIDE into two balls and roll out.

CAREFULLY place in a sprayed pie pan and poke with a fork.

FOR a pre-baked pie crust, Bake at 350° for 25 minutes.

YIELD: 2 pie crusts



### German Carob Cake

MIX in large bowl:

3 1/4 c. whole wheat pastry flour

1/2 c. raw carob powder

3/4 t. salt

1 T. Roma

1/2 c. peanut OR almond butter

1 T. instant active yeast

BLEND:

4 med. peeled apples

(Golden Delicious is best)

1 c. pitted dates

1/4 c. pure maple syrup

2 T. vanilla powder

1 T. lemon juice, fresh

1 c. warm fruit juice

MIX together, add blended mixture and stir. POUR into oiled and floured bundt pan and let raise approximately 30 minutes.

BAKE at 350° for 35-40 minutes.

COOL. Place in open plastic bag.

LET sit in cool room 2 days before frosting.

CUT cake in half length-wise and frost with *Coconut Frosting*.

### Coconut Frosting

1 c. water OR milk substitute

6 T. pure maple syrup

1/2 c. unsw. coconut, heaping

1/8 t. salt

1 1/2 t. vanilla

3 T. arrowroot

6 T. pecans or walnuts,  
finely chopped



BLEND all ingredients except nuts.

POUR into a pot and heat until thick, stirring constantly.

MIX in nuts and cool for about 20 minutes.

SPREAD over cake before it thickens too much.

DECORATE with additional coconut, if desired.

*Too much sugar increases the blood fat levels and tends to clog the arteries. This lowers the body's resistance to disease. Sugar plays a significant role in the buildup of cholesterol. Rich, heavy desserts cause irritation of the stomach, mental dullness, and obesity. Natural sweets can satisfy the "sweet tooth" while furnishing vitamins and minerals.*