

Cashew Pear Cream



Cashew -Pear Cream (cream or whipping cream substitute)

This is the healthiest, most delicious replacement available for whipping cream. Use in a breakfast bowl, on fruit salad, on pumpkin pie, apple crisp, baked or grilled fruit or other desserts.

1 x 15 oz can or jar of pears in water or juice or about 2 cups home canned pears with juice

1 1/2 cups raw cashews (soaked for 2-4 hours* and drained)

1/2 tsp vanilla

Directions

1. Blend ingredients at high speed until very smooth.
2. Pour into a jar and refrigerate. For a thinner cream sauce, use 1-1 1/4 cup cashews, for a thick whipping cream consistency, use 1 3/4-2 cups cashews.

Notes:

Use home canned pears if available.

To make a raw pear cashew cream, use ripe fresh pears (2-3 large pears) and 1/4 cup water or coconut water with 1 1/2-2 cups cashews.

*Soaked cashews blend more easily, but raw cashews (well rinsed) can be used.

Plain Cashew Cream (no pears)

1 cup raw cashews (soaked for 2-4 hours* and drained or just rinsed)

1/4-1/2 cup water or coconut water (depending on thickness desired)

2-3 medjool dates (other other dates – double amount if using small dates)

1/2 tsp vanilla

Directions

1. Blend ingredients at high speed until very smooth.
 2. Pour into a jar and refrigerate.
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Mighty Carrot Raisin Muffins (gluten-free, sugar-free, oil-free)



Commercial muffins are like little cakes with lots of fat, sugar and white flour. They are typically super-sized containing 400-500 calories. These muffins do not qualify as a healthy breakfast choice. They don't even qualify as a decent dessert. However, if you enjoy a muffin from time to time, bake a batch and freeze any you aren't

using within two days. You might want to slice them, add some almond butter and wrap them individually so you can easily take pack them for lunch or a snack. Enjoy a muffin for breakfast with fruit, non-dairy yogurt and some nuts or seeds sprinkled on top. Add a muffin to a salad lunch to make your meal more filling.

These muffins are very dense and hearty so if you are expecting cake, you might be disappointed. They are whole food muffins – we use dried and fresh fruit for sweetness and nut or seed butter instead of oil. although any flour can be used, we use oat flour, so they can be gluten-free if you prefer.

Using a blender makes these muffins fast and easy! They are best right out of the oven, but they are also great cold with a little nut or seed butter and sliced bananas.

Makes 12 muffins.

2 cups (500 ml) rolled oats

1/4 cup (60 ml) ground flaxseed

2 tsp (10 ml) baking powder

1/2 tsp (2 ml) baking soda

2 tsp (10 ml) cinnamon

1/2 tsp (2 ml) ginger

1/4 tsp (1 ml) cloves

1/4 tsp (1 ml) nutmeg

1/2 tsp salt (optional)

1 1/2 cups (375 ml) non-dairy milk

1/3 cup (85 ml) tahini or almond butter

1 large, 2 medium or 3 small carrots, coarsely chopped (about a cup/ 250 ml)

1/2 cup (125 ml) unsweetened applesauce

3/4 cup dates (185 ml) (soften with boiling water or steam if very hard)

1 Tbsp (15 ml) lemon juice or apple cider vinegar

1 tsp (5 ml) vanilla

3/4 cup (185 ml) raisins

1 cup (250 ml) coarsely chopped walnuts

Blend Dry Ingredients

In a blender, combine oats, ground flaxseed, baking powder, baking soda, salt, cinnamon, cloves, nutmeg and ginger. Pour into a large bowl.

Blend Liquid Ingredients

Place non-dairy milk, nut or seed butter, dates, applesauce, carrots, lemon juice or apple cider vinegar and vanilla in blender and process on low speed, gradually increasing speed until smooth.

Stir wet ingredients into dry ingredients just until mixed. Fold in raisins and walnuts. Spray muffin tin and divide dough into muffin cups. Bake at 350 degrees F for about 25-30 minutes or until toothpick comes out clean.

Remove from pan, and place on cooling rack. Serve warm or cold.

Apple Cinnamon Buckwheat Cereal



Makes 4-6 generous servings

This breakfast cereal is a raw, gluten-free breakfast that sticks to your ribs.

2 cups (500 ml) raw buckwheat, soaked and sprouted (see note)

1/4 cup (60 ml) sunflower seeds, soaked 4 to 6 hours, rinsed, and drained

1/4 cup (60 ml) pumpkin seeds, soaked 4 to 6 hours, rinsed, and drained

1/4 cup (60 ml) hempseeds

1 teaspoon (5 ml) cinnamon

2 apples, coarsely chopped

1 cup (250 ml) non-dairy milk

2 Tbsp (30 ml) chia seeds or ground flax seeds

1/3 cup (85 ml) raisins, chopped prunes or other dried fruit

1. In a food processor, coarsely chop the seeds (excluding the chia or flax).
2. Add the buckwheat, apples non-dairy milk and cinammon, and pulse until apples are chopped finely.
3. Add the dried fruit and pulse to distribute throughout the cereal.
4. To serve, sprinkle with chia or ground flaxseeds.
5. Store in an airtight container in the refrigerator for up to 2 days.

Note: To sprout raw buckwheat, soak in water to cover for 8 hours or overnight. Drain and rinse well. You will notice that the water gets very thick and pinkish so rinse until the water is fairly clear. Put the buckwheat in a colander over a plate, to catch any water. Sprout for 12 to 24 hours, rinsing every 12 hours.

Variations:

1. Replace apples with other fruit.
2. Add other spices such as freshly grated nutmeg.
3. Replace some of the seeds with walnuts or almonds.
4. Replace the buckwheat with soaked oat groats (soak for at least 24 hours).
5. Sprinkle some granola on top for crunch.

Great Granola



Makes 12 cups (3 l)

Granola is an old breakfast staple, but tends to be much higher in fat and sugar than what one would expect. In this recipe, concentrated sweeteners like brown sugar, maple syrup, honey, etc. are replaced with fiber and nutrient-rich fresh and dried fruits. Concentrated oils are replaced with much healthier nut and seed butters. The granola is dehydrated instead of baked so the products of oxidation such as acrylamide are minimized. The almonds, sunflower and pumpkin seeds can be soaked or soaked and dehydrated to increase mineral availability. Double the recipe if you prefer to make a large batch.

1 cups (250 ml) pitted dates

3/4 cup (180 ml) boiling water

1/2 cup (125 ml) almond butter (or other nut or seed butters – use up to 1/4 cup (60 ml) tahini)

2 bananas, chopped

1 tablespoon (15 ml) cinnamon

1 teaspoons (5 ml) vanilla

6 cups (1.5 L) large-flaked rolled oats

1 cup (250 ml) pumpkin or sunflower seeds (or half and half)(preferably soaked for 4-6 hours or soaked and dehydrated)

1 cup (250 ml) whole or coarsely chopped almonds or other nuts (preferably soaked for 6-8 hours or soaked and dehydrated)

1/2 cup (125 ml) shredded, unsweetened coconut (optional)

1/2 cup (125 ml) flaxseeds or chia seeds (or half and half)

Soak the dried fruit in almost boiling water for about 10-15 minutes. Place dried fruits and water, almond butter, vanilla, bananas and cinnamon in the food processor and process to form a paste. You may need to scrape down the sides of the processor once more.

In a large bowl, mix together oats, seeds, nuts, coconut (if using). Add the wet ingredients and stir until well combined. Spread the granola onto 3 x 14 inch (35 cm) square dehydrator trays lined with nonstick sheets and dehydrate for about 24 hours at 115 degrees F (46 degrees C) or until dry and crispy. Break the granola apart or crumble it into chunks. (Or spread 2 cups (500 ml) of the granola mix over each of 6 dehydrator trays and you will not have to break it apart.) If you do not have a dehydrator, you can bake this granola using 2-3 lined cookie sheets at 250 degrees for about 2-3 hours or until dry. Store in airtight containers or zip lock bags in the freezer, keeping out just enough for a few days.

Variations

1. Replace half the dates with prunes and/or other dried fruits.
 2. Replace the bananas with apples or oranges. Use one banana and one apple or orange, if desired.
 3. Add 1/2 cup (125 ml) of raisins or dried cherries or blueberries after dehydrating or baking.
 4. Replace the rolled oats with buckwheat. Use about 4 cups raw buckwheat, soaked and sprouted. To sprout buckwheat, soak in water to cover for 8 hours or overnight. Drain and rinse, and put in a colander over a plate, to catch any water. Allow them to sprout for 12 to 24 hours, rinsing every 12 hours.
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Suberb Smoothies



I am not a smoothie person. Not because I don't think they have value, or because I don't like the taste. I just enjoy eating and chewing so much, I prefer a solid food to a smoothie. However, I do think smoothies can be convenient, nutritious and very quick and easy, so it is a reasonable choice for many people. In addition, blending breaks down plant cell walls making many of the valuable nutrients even more digestible.

I am not terribly impressed with commercial smoothies as they tend to be very sweet. Sometimes they have fruit juice or fruit juice concentrates added, so READ the label or ask the restaurant or smoothie bar to skip these ingredients or any other concentrated sweeteners. I am also less than enthusiastic about smoothies that are meant to replace a meal but contain only fruits, vegetables and water. These smoothies lack the protein, essential fatty acids and trace minerals that you need from a meal. Adding seeds, nuts, seed or nut butters, tofu or non-dairy yogurt can help to boost nutritional value and provide some fat to help maximize the absorption of fat-soluble nutrients.

Basic Berry Breakfast Smoothie

1.5 cups (375 ml) non-dairy milk (use 1 cup non-dairy milk and 1/2 cup non-dairy yogurt if desired)
1 cup (250 ml) fresh or frozen berries
1 frozen banana, chopped
1/4 cup (60 ml) hempseeds
1-2 Brazil nuts

Variations

1. Replace berries with 1 cup fresh or frozen mango and/or pineapple
2. Replace the berries with 1 cup fresh or frozen nectarines or peaches
3. Decrease the hempseeds to 2 Tbsp (30 ml) and add 1 1/2 Tbsp (22.5 ml) almond butter, tahini or other nut or seed butter
4. Replace hempseeds with 2 Tbsp (30 ml) chia seeds or ground flaxseeds and 2 Tbsp (30 ml) sunflower seeds (best to soak them first)

Boosters

There are several “boosters” you can add to make your smoothie even more nutritious.

1. GREENS – add 2 cups baby kale, spinach or your favorite greens OR 2 Tbsp powdered greens.
2. PROBIOTICS – add the contents of one probiotic cap or 1/4 tsp (1 ml) probiotic powder.
3. AVOCADO – add 1/4-1/2 an avocado.
4. WHEAT GERM – add 1 Tbsp wheat germ

Smoothie Smarts

Here are some simple tips to help you avert smoothie disasters.

1. If you add flaxseed, drink your smoothie right away so it doesn't get gummy.
2. Freeze your banana before adding. Smoothies are just better cold.
3. Make sure your fruit is ripe before adding or freezing it for smoothies. This is especially important for bananas.
4. Do not add sugar, syrup or dried fruits to your smoothie.

You get enough sugar from the fresh fruit.

5. Don't bother adding ice – it just dilutes the fabulous flavors. If you want your smoothie colder, just freeze all the fruit!

Oat Groat Cereal



At the very top of the whole grain hierarchy are intact whole grains. Using intact grains to make your breakfast cereal is more nutritious and economical than what comes out of boxes and bags. Intact grains are grains that look very similar to how they looked when they were picked off the plant. They have not been cut or rolled, ground, flaked or puffed. They have nothing added and little, if anything, taken away. There are many ways of incorporating them into your diet, from breakfast to dinner. If you like rolled oats and steel cut oats, you will likely enjoy oat groats as well. Store cooked groats in the refrigerator and enjoy cold or heat up before eating. Lasts for about 5 days in the refrigerator.

Pressure Cooker

2 cups (500 ml) oat groats, rinsed and drained

3 1/2 cups (875 ml) water

1/4 tsp (1 ml) salt (or to taste), optional

Cook on high pressure for about 5-6 minutes.

Slow Cooker

2 cups (500 ml) oat groats, rinsed and drained

6 cups (1.5 l) water

1/4 tsp (1 ml) salt (or to taste), optional

Place ingredients in slow cooker. Cook on low heat for about 6-8 hours. In the morning, add 1-2 cups (250-500 ml) of non-dairy milk to add creaminess, if desired.

Stove Top

2 cups (500 ml) oat groats, rinsed and drained

6 cups (1.5 l) water

1/4 tsp (1 ml) salt (or to taste), optional

Method One

Bring water (and salt, if using) to boil. Add oat groats and simmer on low heat for 45-60 minutes or until liquid is gone.

Method Two (my favorite)

Bring water (and salt, if using) to boil. Add oat groats and simmer on low heat for about 10-15 minutes. Turn off heat and let sit for about 3 hours or overnight.

Variations

1. Vary the grains – you can use another grain such as kamut or spelt or mix in some other grain such as quinoa or amaranth.

2. Add nuts and/or seeds – add 1/4-1/2 cups (60-125 ml) hempseeds, chia seeds or other seeds after cooking.

3. Add dried fruits – add 1 cup (250 ml) of dried chopped prunes, apricots, nectarines, peaches, apples, raisins or

other dried fruit. It can be add at the end of cooking or at the beginning (pressure cooker), about 20 minutes before eating (slow cooker or stove top) or right after boiling (stove top method two).

4. Add fresh fruits – sliced bananas, grated or diced apples, berries, peaches and other chopped fruit are excellent additions. Apples are great cooked with the cereal.

5. Add spices and flavorings – add any desired seasonings vanilla, cinnamon, nutmeg, cloves, allspice, etc.

Sprouted Grain Breakfast Bowl



This is Brenda's favorite breakfast cereal. Sprouted grains are at the top of the whole grain hierarchy (see article in the general nutrition section). They have all the goodness of intact whole grains are more digestible and more nutritious. They are also very economical – even when they are organic. Purchase grains in bulk for extra savings.

Growing Grain Sprouts

Soak $\frac{1}{2}$ cup grains (kamut, spelt, triticale, rye, quinoa, etc.) in a mason jar for 24 hours. Drain and rinse (save all rinse water for your plants or garden!). Put a sprouting lid on the jar or piece of mesh or cheesecloth and secure with a wide elastic band. Place the jar on its side on a saucer (to

collect any water that may run off). Rinse the grains 2 or 3 times a day. Grains are ready to use when they have a short tail – usually after 1-2 days of sprouting. If the tails get very long and turn green, they will taste like grass (they are good for you, but may be less palatable for some people). Once the sprouts have a short tail, store them in the refrigerator to slow the tail growth.

Ingredients

1/4 -1/2 cup (60-125 ml) sprouted grains

1 1/2 cups (375 ml) fresh and/or stewed fruits*

2 Tbsp chopped nuts and seeds (ground flax, hemp, chia and pumpkin seeds, walnuts, almonds)

1 Brazil nut

1/4 cup non-dairy yogurt or pear cream (see recipe in the dessert section)

1/4 tsp cinammon (optional)

1/4 cup dehydrated granola (optional)

Preparation

Mix ingredients in your favorite bowl or layer in a mason jar. Top with non-dairy milk. Enjoy!

*My favorite combination is blueberries, raspberries, peaches and stewed plums, however, any and all fruits can be used. I stew Italian prune plums by quartering the fruits, removing their pits and stewing very slowly over a very low heat until they are covered in liquid. They need no sweetener and no liquid, although you can add a quarter cup of water just so they don't stick when they begin cooking. The cooking time is usually about an hour or more.

Makes 1 serving.