



DEEP

01

HEALTH

HEALTH—BEAUTY—JOY—VITALITY—PEACE

12
Tips

Creative ‘n’ Clever Chemical-Free Living

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Secrets to surviving modern madness...

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Creative 'n' Clever Chemical-Free Living

Some tips might seem extreme; but they are just tried-and-proven common sense for excellent health, temperament and beauty. I'm telling you secrets. I'm not trying to sell something or get you to "like" me; I can afford to speak truthfully.

FOOD FOCUS 1-12

Note: These tips are for the average adult body, with average work to do. Children, pregnant women, elderly or infirmed persons need appropriate care.

—1—

Drink nothing but pure water—and plenty of it: 2-3 litres a day for an adult and older child; double that if you are pregnant or nursing. It's cheap or free.

Enough water, and skipping liquids that drain your body fluids and minerals in the digesting and processing of them, is the perfect ingredient to great health and beautiful skin.

You will find a calmness replace irritability; your mind can focus better; your teeth more durable; you will have less headaches and a multitude of health issues ranging from the common to the so-called "incurable", and a million more benefits.

Children will enjoy the same benefits.

(Some natural, good herbal teas without sweetener, and freshly made fruit/veggie juice every now and then could work for you—not as a water replacement but an addition to your meal plan.)

—2—

Eat less and eat the best. If you eat or snack on something 4-10 times in a day, and say “I can’t afford to buy all that food from organic shops and fresh food markets (or from farmers), nor do I have the time to cook it myself” so you opt for less healthy and cheaper options, maybe a new idea is needed.

Your wallet can’t grow larger. But you could challenge yourself to only eat as much as your budget can stretch to—of the best and most quality food that you really, deep inside, would like to be eating.

Eating 1-3 good, filling meals and snacks a day, made yourself with natural and fresh, quality ingredients, should be plenty to not only satisfy you but cause you to thrive—once you get used to it.

—3—

Eat nothing that’s made in a factory or food processing place— with the exception of some good oils (olive, coconut, sunflower, sesame seed, etc.) Basically, just buy packages that contain only one ingredient—the good quality one you are buying, whether it is organic quinoa, or pure peanut butter, or a fresh bunch of basil, or a pack of non-GMO nuts or beans.

You can learn how to make nearly everything, and eat it fresh, and not include anything you don’t want to be part of your body’s machine. Everything you put into it will aid or harm; cause good growth or the wrong kind; strengthen or weaken; it will affect you in some way—both immediately and long term.

—4—

The more veggies and fruits and nuts I eat, combined with the skipping of most meat and potatoes as well as other common gluten/dairy fillers, the less uncomfortably hungry I am. My body is getting what it needs in vitamins and minerals, and doesn't have to cry out for more.

When you first start stepping out of the box of what is being consumed everywhere, it is a huge step; but once you break out and begin to discover the unlimited variety of tasty nutrition, it's a whole new and wonderful world. It's awesome here. Come join me!

If you like being creative, and want to invent and make discoveries, this is where the fun begins. You think that giving up gluten, grains, sugar, dairy and eggs will mean you can't sit down with your family on Sunday morning enjoying a delicious breakfast of ice-cream filled crêpes? Think again. (See recipes in this mag.)

There's a world of good health and invigorating joy just outside the conforming boundaries of the modern diet and its drain.

—5—

Plan your meals so that your day or week includes all the needed vitamins, minerals and food qualities that are needed for your body's functions. You can research online about which veggies and fruits and other good foods contain what. For example, your list of calcium foods might include: silver beet, celery, orange, cabbage, carob powder, avocado, tahini, broccoli, nuts, etc.

—6—

Sugar makes you hungry and prone to sickness. It will cost you countless dollars in dental and medical bills. It steals calcium from your body to process it when consumed, weakening your bones; and immune system. It should be avoided at all costs.

White, refined sugar is literally a poison. What is a poison and what is a food? Food promotes health and growth; poisons hinder the natural and proper functioning of your body. Refined sugar does the latter. The sugar that is naturally in fresh fruits and produce is plenty for us and occasionally we also use naturally dried fruits.

All forms of sweetener are taxing on your body and teeth in some way and should be greatly limited. For example occasionally using natural, unprocessed honey in herbal tea has benefits; overuse or even daily use of even the best honey has its downsides. We don't use honey or other manufactured types of sweeteners; but on Easter we eat natural "honey comb" with "broiled fish" for fun! (Luke 24:42)

—7—

Have one or two days in the week for fasting, drinking only water, or herbal tea, or natural fresh, homemade veggie and fruit juice, ending the day with fruit or veggies. Give your belly a rest, and your body time to assimilate and use what you've pumped it with. If you can manage it, an occasional three-day fast with water alone helps your body clean out and burn up old and faulty cells and gives your immune system a renewal. Use that time to focus your prayers on a certain need or situation in your life, and for special Bible study, and you will see results.

There are numerous ways of going about forming dietary methods for maximum health, stamina, and proper weight. Here's a new one to add to the mix of ideas: The 7/12 Plan.

Choose seven full and hearty meals per week—made of only the good stuff; and five freshly made veggie and fruit drinks, or fruit and nuts, or good light snacks made with fresh produce.

If you have the option, you could make each of those main seven meals be balanced with at least 12 good nutritional ingredients: seven of the ingredients fresh produce (eaten cooked or raw), and five of them nuts, seeds, some types of grains, and protein-rich produce (such as avocado), or occasionally organic meats.

A menu example, using 12 ingredients:

Meal #1: Fruit and nut salad with carrot-carob-quinoa cake

*Fruits & veggies used to create these might be: carrot, orange, banana, pear, melon, dates, and some other seasonal fruit.

*Nuts and seeds might be: carob, cashews, buckwheat, sunflower seeds, and quinoa.

Meal #2: Peas and Pea soup, quinoa crackers and almond cheese, along with apple 'n' carrot salad.

*Veggies & fruit used to create these might be: cauliflower, ginger and/or garlic, carrot, apple, red cabbage, broccoli, lemon juice, tomato.

*Protein-rich ingredients might be: yellow split peas, fresh or frozen green peas, peanuts, red quinoa, buckwheat flour, almonds, walnuts.

Drink-Snack #1: Juice of carrots, celery, cucumber, and apple; mixed with freshly squeezed orange juice, and blended with frozen sliced bananas.

Drink-Snack #2: Fresh whole coconut; drink the milk and eat some of the delicious meat. Or make white milk and frozen cookies with it.

(See recipes in this booklet for the above mentioned meals and snacks.)

One way to spread them out could be:

Day 1: one veggie/fruit drink and/or light snack of fresh raw produce; one quality meal

Day 2: one veggie/fruit drink and/or light snack of fresh raw produce; one quality meal

Day 3: fasting with drinking only water for most of the day; ending with fresh fruit and nuts, or veggies prepared simply and/or herbal tea

Day 4: two quality meals

Day 5: one veggie/fruit drink and/or light snacks of fresh raw produce; one quality meal

Day 6: one veggie/fruit drink and/or light snacks of fresh raw produce; one quality meal

Day 7: one big fun feast meal in the middle of the day, relaxed eating and chatting (optional organic chicken or fresh wild fish as part of the menu), and possibly a healthily homemade dessert

It's not that milk, eggs and meat, wheat and corn are bad for humans... in the distant past they might have been just what was needed. But the methods of modern farming and all that goes into mass production farming these days has made it so.

Our bodies need and can manage food. We don't need and can't manage concocted chemicals. So, for those of us who want to survive, we'll have to buoyantly adopt alternatives and blaze new, health-promoting trails, and literally "go back to our roots".

At the beginning of the world, when God created humans He stated the "herbs and fruits" were on the menu.

(See Genesis 1:29.)

When climates drastically changed after the worldwide flood, God knew people would have to survive in a variety of living environments, from arctic conditions to deserts to rocky dwellings. Greenery and a lush thriving garden or farm wasn't always going to be possible. So He expanded the menu to allow meats and such to be consumed. And that's where we are today. (See Genesis 9:2-4; Leviticus 11 & Deuteronomy 14.)

However, farming isn't what it used to be; and bodies are putting up a resistance to things we are definitely not designed to assimilate. Part of the cause is the great demand worldwide for so very much food to be produced—and manufactured!—And much of it unnecessarily, and sadly much is wasted too.

Maybe if we all just cut back a bit, and get back to the simple basics, and have a small backyard or window sill veggie garden, it will make a difference. Food has become a business. Let's get the natural ingredients out of the factories, and into our kitchens alone, where they belong.

—10—

If you want to grow your own fresh and vitamin-bursting, organic food—yet all you have is one glass jar and a spot on a light-filled kitchen shelf to put it on, you can start there!

For a few cents you can produce for yourself a cup or 2 worth of protein-filled veggie sprouts, using mung beans, for example. Research and explore the world of sprouting. It's nearly free food, if you compare the volume it makes and the minimal effort it takes to sprout them, in return for a handful of beans.

Here's what I do:

- a.) Soak a handful of mung beans in a glass jar with filtered water, for 8 hours or overnight, with a lid on.
- b.) Replace the lid with a piece of netting held with a rubber band.
- c.) Pour out the old water, add new water and pour it out again. (It's best to use filtered or spring water, as the chlorine in the tap water doesn't promote growth as much.)
- d.) Two or three times a day rinse it in this way: pour water into it through the netting and pour it out again; it does not need to soak, but just be wet.
- e.) Set it where it can get good light, and watch them grow!
- f.) Put the jar in the fridge when they are as big as you want them to be, and use them as soon as possible. (Ideas: salads, fried with garlic and salt, in soup with ginger and spring onions, with homemade tomato sauce as a noodle replacement, etc.)

Seeds are programmed to grow when they have the right conditions; that's why they just don't sprout anywhere anytime. There's a chemical change when a seed starts to sprout. What is in a seed, making it not grow when the conditions aren't right, can be hard to digest. Edible seeds that have begun to sprout are easier to digest, as well as bursting with new life and vitamins.

I've learned this with raw almonds. When I used to just blend up regular raw almonds to prepare food with, I saw the children were adversely affected—behaving almost as they do when they are exposed to the chemicals we must avoid. I learned how to soak and peel them, and since doing this, there have been no problems. I use them for making almond milk, yogurt or cheese.

Here's what I do:

- a.) Soak a handful of raw almonds in a glass jar in filtered water for a full day or more, or at least over night.
- b.) Drain the cold water and put the almonds into a pot or porcelain bowl and pour boiling water to submerge them.
- c.) I set this aside safely out of reach of children. This sits until the water has cooled down enough to put my fingers in it.
- d.) The peels of the almonds are easily pinched off after that final soak; if not, then I repeat the boiling water step. Once peeled, they are then ready for use.

—12—

Experience the joy of learning from others' experience. With people's ability to post their videos and tips for how to make just about anything for just about any type of diet, as well as the need for better health and happier living driving people to find new solutions, there's a host of far-out facts and tips to be discovered.

When my kids say, "Can we learn to make nut cheese?" I can research it and glean many tips and ways to doing so on the net. I pick and choose what suits me, or use something from it to enhance what I've already discovered.

Learning is a thrill. I especially love those "freedom moments" that I call them; some secret that is shared by others, or that I have discovered myself, that eliminates yet one more "have to buy and have a factory produce" item.

Why didn't anyone tell me this simple solution before? I often wonder. I've been unknowingly programmed in so many ways. I love finding out new and better ways of living—ways that give better health and cost less or nothing!

And I can say, along with Isaac Newton, that my discoveries were made in answer to prayer. Mine might not seem as world-changing, science-enlightening as his were, but life-joy-peace-and freedom-giving discoveries that help make my home and family a happy one.

As great king Nebuchadnezzar of ancient Babylon said, "God is a revealer of secrets." (Daniel 2:47) The creator of our bodies and the world, can reveal secrets and give tips to us as we go about our day, when the time is ripe for it and we are in good communication with Him.

A Word from the Writer

Treadmill or Truth?

I've been on a journey of discovery for nearly 10 years—to find the secrets to my children's unique health needs. Through finding what worked for them I have also gained new health, strength and vigour.

I'm not a doctor or scientist, and since there is abundant information easily accessible online, I'll leave it up to you to find out more—the “why's” behind the tips I've given in this mag.

It would take a book to fill it all in... but there are plenty of those around already. I've kept things here brief, casual and personal. If something helps to give you a shortcut to a happier and healthier life, I'm glad.

As many have discovered, health and living happily is more than just a diet change or a new exercise program. Body, mind and spirit work together—and all three need to be tended to.

Though many have found the first part of the three-piece puzzle and have changed their diets, physical habits and lifestyle, the last two pieces have yet to be correctly fitted. My husband and I always wonder why it seems some health food shops and natural organic living and back-to-nature promoters often include the element of eastern religion. In reality, it's an ill fit. (Pardon the pun)

Deep in those dark areas of Asia where eastern religion rules, there are many, many people greatly afflicted with disease of all sorts, convulsions, fits, and terrible physical difficulties and disabilities.

Yet, when the Christian missionaries go to those distant places bringing the message of Jesus' love, and pray for the healing of those bound with affliction, miracles happen.

People are given joy and hope and are cured of the incurable. They are then free to live normal lives, study or support and care for their families; the light and smiles on their faces show the change.

Rays of light and beauty in their countenance replace the dismal darkness, confusion, and despair. Jesus changes lives for the better; He heals, beautifies, gives joy, renews life, and brings peace to hearts and homes.

When Jesus came to Earth long ago, one of His main missions was to give healing to countless people. And it wasn't just then that healing from God was sent to Earth. The same still can and does happen today, with all who believe and want to give Him a try.

The Bible says, speaking of Jesus Christ, "For of him, and through him, and to him, are all things: to whom be glory for ever." (Romans 11:36) Whatever we are missing in our lives—love, joy, peace, health, strength, inspiration, vitality and vigour, and all those good things—comes only from our Creator. They are gifts.

Trying to find peace and good health, without accepting Jesus as the essential element of our lives, and turning to Him to give us what we need for a happy and healthy life, will find us on a treadmill.

However, letting Jesus heal our hearts, our bodies, and our minds through talking with Him, praying and reading His Words in the Bible, and forming a partnership with Him, will give the breakthroughs needed. We will find the "path of life" and "fullness of joy". (Psalm 16:11)

James says, "Every good gift and every perfect gift is from above, and cometh down from the Father of lights." (James 1:17) A child can ask his father for what he needs, and a good father loves to bestow the best gifts on his children. So it is with us and our Heavenly Father, we can pray and ask for what we need.

This doesn't mean we won't get sick, get hurt, have inner pain or sorrow. That will always be part of this Earthly life. But living with Jesus means the Heavenly Doctor is just a whisper away. He gives the peace and courage to endure the difficulties, and He has the power to heal absolutely anything, when He knows it's best.

Jesus Christ can walk us through the challenges we face, and help to eliminate those that aren't meant to be part of our personal Earth journey. And best of all, Jesus can grant us eternal life with Him in paradise—where sorrow, pain and sickness do not exist—when our days of travelling this world are over.

- Chariane Quille

Vitality Vitamins #1

HEALTH

Romans 8:11—The Spirit of him that ... raised up Christ from the dead shall also quicken* your mortal bodies by his Spirit that dwelleth in you. (*quicken: enliven; revive; arouse; stimulate; stir; invigorate)

BEAUTY

Psalm 90:17a—And let the beauty of the Lord our God be upon us: and establish thou the work of our hands.

JOY

Romans 15:13—Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

VITALITY

John 10:10— [Jesus said:] I am come that they might have life, and that they might have it more abundantly.

PEACE

Isaiah 26:3—Thou [Jesus] wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

(All Bible verses in King James Version)

Quadcey Cooking

12 MEAL MENUS & SNACKS

MENU 1: Pancrepes with carob cream, and fresh fruit

PANCREPES

- a.) Mash and blend bananas to pour and fill 1 cup's worth.
 - b.) Mix in 1 cup of buck wheat flour.
 - c.) Mix in 1 1/2 cups of water (Adapt to create the thickness you desire.)
 - d.) Fry the pancrepes in a well-oiled iron frying pan. More oil may need to be added every couple of pancrepes. (If the pan has just been washed and then oil added, the pancrepes will stick. You need the oil to soak deep in the pours of the iron pan. If that happens, put plenty of oil and heat it, then allow it sit and cool. Proceed to heat it up again for cooking afterwards.)
 - e.) Ladle or spoon in a portion of the batter. Gently use the ladle or large spoon to spread out the batter if you like, to make a thinner, bigger pancrape. Flip to cook them on both sides.
- (Makes about 6-8 pancrepes, depending on the size you make them. And more if you make real small ones. They are very filling. You may only want a couple each.)

CAROB CREAM

- a.) Slice and pre-freeze about 4-5 bananas.
- b.) Blend the frozen sliced bananas a bit before adding new ingredients, to aid in a smoother result.
- c.) Mash and add ½ an avocado to the bananas in the blender or food processor.
- d.) Add and blend: a few table spoons of carob powder, a spoon of pure peanut butter and/or pure sunflower seed butter; a little tahini can be added too.
- e.) Serve on the pancrepes soon after preparation.

*Can serve this meal of pancrepes with fresh fruit on the side, and a glass of freshly squeezed orange and lemon juice, with a little water added.

A fancy serving suggestion:

- a.) Melt coconut oil and mix in carob powder. (3 tbsp coconut oil, 1 ½ tbsp carob powder)
- b.) Roll the pancrepes with the carob cream inside.
- c.) Spread some of the carob and coconut oil on the top of the roll, and sprinkle with crushed nuts or grated coconut.

MENU 2: Delightfully Dressed Salad

DELIGHTFUL SALAD

a.) Wash/ cut/ grate whatever fresh salad veggies you like (carrots, tomatoes, celery, lettuce, mushrooms, cucumbers, capsicums, fresh herbs, cabbage, bean sprouts, etc.) and place them in a large salad bowl.

b.) Add cooked and cooled chickpeas and/or beans, and seeds and/or nuts if desired.

(Soak chickpeas and beans for a day or so before cooking—and pour out the old water. Benefits: The chickpeas cook faster, gain more volume, it removes some gas, and they are healthier to eat.)

c.) Put a bit of freshly squeezed lemon juice, olive oil and natural salt on the salad, and toss it.

DELIGHTFUL SALAD DRESSINGS

1.) Use the almond/lemon/salt creamy liquid from making cheese nut butter (what was squeezed out of the nut milk bag).

2.) Blend avocado with peeled and cut cucumber, lemon juice, olive oil and natural salt for a creamy dressing (if you are only making a small amount, you can save half of the avocado with the seed in it, to eat later on—the presence of the seed helps it to not brown as fast while in the fridge).

3.) If you like raw garlic, you can pound some in the mortar and pestle with olive oil for a stronger taste to add to your salad, with freshly squeezed lemon juice and salt—if those are not already on your salad.

MENU 3: Carrot-carob-quinoa cake and fruit salad

CARROT-CAROB-QUINOA CAKE

- a.) Place several dates in a pan with a little water. Bring water to a boil with the lid on (and then turn off the heat if using an electrical stove, or turn down to low with a gas stove), and let the dates absorb the water to make them soft.
- b.) Blend cashew nuts to make into 2/3rds a cup of crumbs.
- c.) Use saved carrot and apple pulp from making a drink, or finely grate a carrot and half an apple. (About half a cup worth.) Mix these with the cashew nut crumbs and place these in the blender/food processor.
- d.) Finely grate a pinch of orange peel and add it to the mix; finely grate ripe pear and add it too.
- e.) Add 1 a cup of cooked red quinoa, a couple tablespoons of carob powder, and the softened/cooked dates.
- f.) Blend all these together—either once when all is added to the blender, or bit-by-bit as you add new things. Whatever works best for your food processor/blender.
- g.) Place the blended ingredients in a mixing bowl and add a handful of some crushed walnuts or other nuts.
- h.) Sprinkle and mix in buckwheat flour until it's the consistency you want—not able to be poured, but not able to be kneaded; spooning thick.
- h.) Oil a pan (or use baking paper) and pat the batter out flat in it, about 1- 1 ½ cm thick. (If your fingers are wet with water while patting, it helps the batter to not stick as much to them.)

i.) Bake it in a grill or oven; flip carefully. (It might help to cut and then flip portions of the cake/ bars.) Finish baking to the desired level of cooked/moist.

*Can serve a fruit salad with sunflower seeds sprinkled, or homemade ice-cream as a celebration snack.

MENU 4: Soup ‘n’ Salad, Cheese ‘n’ Crackers

PEAS AND PEA SOUP

a.) Boil yellow split peas until very soft. Add a tablespoon of grated ginger if you like.

b.) Cook about ½ a head of cauliflower by putting it in a saucepan with a bit of water on the bottom. You don’t want to boil the cauliflower fully emerged in water, or much of the goodness and vitamins will go out of them into the water. You want there to be a good steam going with the water at the bottom of the pot boiling a way, but not running dry too soon. Put on the lid for speedy cooking. For this soup you want to overcook the cauliflower and make it very soft.

c.) Mash up garlic with olive oil in the mortar and pestle. Then, place it in a frying pan along with whatever flavourings you wish to have in your soup: more ginger, or onions, turmeric, celery, capsicum, etc. You can fry them with the cooked and drained cauliflower, or cut up and cook it with zucchini, if you wish to add more volume and veggie variety to the soup.

d.) Steam some broccoli florets the same way as you did the cauliflower, with a little water in a pan (or in a steamer if you have one). But they cook faster than cauliflower, so keep a watch, and don’t overcook. When they are bright green they are done; the green pales when they are overcooked and too soft.

e.) Blend the cooked yellow split peas; add some of the water from the steamed veggies, if needed, to blend a nice creamy consistency.

f.) Add the cauliflower and cooked flavourings to the blender, with a sprinkle of natural salt.

g.) If you want a thicker soup, steam some frozen or fresh peas and add them to the soup along with the broccoli (these remain unblended), and it is done. If you want a thinner soup with more volume, place it all in a pot with a bit more water or broth, heat it up and add the frozen peas to it.

*Serving suggestion: You can serve it topped with fried onions, fresh herbs (like chives or parsley) and crushed organic peanuts.

QUINOA-PEANUT CRACKERS

a.) Blend peanuts to make into 2/3rds a cup of crumbs, and place this in a bowl. (Blend this first, as it needs a dry food processor/ blender to make it. The wet ingredients are blended next, separately.)

b.) Use saved carrot pulp from making a drink or finely grate a carrot or two. And blend with about 1/2 a cup of cooked red quinoa

c.) Mash up garlic with olive oil in the mortar and pestle, and blend with the mix, and some natural salt can be added.

d.) Mix this with the peanut crumbs in a bowl.

e.) Sprinkle and mix in buckwheat flour until it is the consistency you want. It needs to be able to be gently kneaded if you want firmer, more solid crackers; keep it more moist if you want more breadish type of crackers.

f.) Oil a pan and form the dough into the larger rectangle you want, and pat it out level and flat as well. Chose the thickness you desire. The thinner the crackers, the crunchier and more cooked they will be. Cut lines in the dough in the pan to mark the squares or little rectangles you want the crackers to be shaped into, and that you will break into when it's baked.

g.) Bake it in a grill or oven; flip carefully. Finish baking to the desired level of cooked/moist.

h.) Cool them, uncovered, to give them their crunch. (It works well when left in the grill after being turned off, until cooled.)

*Can serve these with nut cheese butter, sliced tomatoes, and sliced avocado that has been sprinkled with a bit of natural salt, a drop of olive oil, and some lemon juice squeezed on it.

NUT CHEESE BUTTER

Prepare almonds for nut cheese:

a.) After letting raw almonds soak for a day, empty the cold water and pour hot water on them. Soak until the water is cool. Peel them. (For detailed instructions of this step see "Food Focus", point 11, in this booklet.)

b.) Blend the now white almonds with freshly squeezed lemon juice, natural salt and a bit of water, until it's creamy and thick. Use as little liquid as you need, but enough so you will have dressing for salad with what you squeeze out.

c.) Make sure your hands are very clean. Scoop a part of the creamy mix into the nut milk bag (or cheese cloth) at time. It works better when it's not all done at once. Squeeze out the liquid into a clean pot or bowl.

d.) Put the creamy “salad dressing” away in the fridge in a glass jar with a lid.

e.) You can either proceed to make the cheese nut butter right then, or set it where it can drain—all of the pulp in the nut milk bag. (Like a pot under a steamer pot or colander) and place a weight on the bag of almond pulp (glass jar with water), for a day or so to dry it even more, and gives a slightly more “aged” taste. If this is done in warm weather, it will need to be in the fridge. If in cold weather in an unheated kitchen, the counter is fine.

Making the cheese nut butter:

a.) Blend cashew nuts, into crumbs. (About 1/3 the volume of the almond pulp.)

b.) Mix with the almond pulp.

c.) Can add a bit of the oil from pounding the garlic in olive oil, for flavour and to give it a stronger taste, if desired.

d.) Add more salt if needed.

e.) Melt several tablespoons of coconut oil briefly in a pan.

f.) Cut fresh herbs and add them to the coconut oil (can add other spices you’d like for flavouring).

g.) Pour the nut crumbs and pulp into the pan with the coconut oil and herbs and mix well.

h.) Prepare a container of the shape you’d like the cheese to be in (I use a butter serving container.) If you use foil in it, you can remove it more easily, and have a nice rectangular block of nut cheese butter.) Do it before the mix cools too much and coconut oil hardens.

i.) Keep it in the fridge (or freezer) and it will harden a bit into the shape.

h.) If you want it soft when you serve it, allow it to warm up a bit out of the fridge/freezer; if you want it hard and to slice it, keep it in the fridge/freezer until serving it.

APPLE 'N' CARROT SALAD

a.) Grate an apple and squeeze lemon on it to keep it from browning.

b.) Grate a carrot, half a cucumber, and cut a bit of cabbage very thinly; add those with the apple.

c.) Sprinkle in crushed walnuts and raisins; add more lemon juice if needed, and a tiny pinch of natural salt.

*Can serve it on a leaf of lettuce, either as a base on a plate to add colour; or the salad can be rolled up in it, and secured with a toothpick topped with a cherry tomato, to be cut and eaten with a fork and knife. There will be liquid from this juicy salad.

MENU 5: Chicken Nuggets, Soup, Rainbow Rice, and Cheese Cake

CHICKEN NUGGETS

a.) Boil organic chicken until fully cooked (and keep the broth for soup).

b.) Cut into nugget-size pieces

c.) Make a paste with chickpea flour and water (equal parts of each) and a pinch of natural salt (other flavouring if desired)

- d.) Heat a frying pan and add olive oil.
- e.) Dip nuggets in to the paste or put the chicken into the bowl of paste and gently mix until all nuggets are covered with it.
- f.) Fry them on high heat, and flip.

DIPS FOR NUGGETS

Some dips to choose from:

- 1.) Creamy Avocado dressing (See “Delightful Salad Dressings”).
- 2.) Olive oil, garlic, lemon and natural salt, with fresh herbs (prepared in the mortar and pestle or blender).
- 3.) Capchup (See recipe below.)

CAPCHUP

- a.) Cut a red capsicum, part of an onion, some celery, a bit of garlic and a few tomatoes. (Volume depends on the amount you require of the finished product.) The more red capsicum you use, and the less tomato, the less liquid there will be. (*Note for the non-tomato diet: Before, when we didn't eat tomatoes, we made it with only red capsicum and added grated carrot instead, and some separately fried eggplant, added to blend later on.*)
- b.) Fry the listed ingredients in a dry pan without oil or a lid.
- c.) Sprinkle natural salt and squeeze a bit of fresh lemon juice on it. Fresh herbs can be added if you wish.
- d.) Cook it and scrape/stir with a cooking spatula; the longer you cook and let the steam rise, the thicker the capchup will be. If it gets a bit chard in the pan, it will only add more flavour. So that's not a problem, if you like the taste.

e.) Blend the thoroughly cooked ingredients (or cooked as long as you have the time for).

*Can be used as ketchup, chicken nugget dip, tomato paste for pizza, sauce served on cooked bean sprouts that are used in place of noodles, etc.

GINGER-SPROUT SOUP

a.) The broth of boiled organic chicken can be used as a base for this soup, though not essential of course.

b.) Add grated ginger and cut garlic, to the broth (or water, or veggie stock), and bring to a boil.

c.) Finely cut a handful worth of Chinese cabbage; grate a carrot; cut a tomato and add all to the broth.

d.) Add homemade mung bean sprouts or other bean sprouts, and a pinch of natural salt.

e.) Let the new ingredients heat up to a boil for a couple minutes at most; turn it off and let it sit until it is a comfortable temperature to eat. Can add freshly cut spring onions after turning it off, to steep in the soup while it cools a bit.

RAINBOW RICE

a.) Cook brown rice.

b.) Stir-fry the veggies of your choice in olive oil (carrots, onions, zucchini, capsicum, spring onions, broccoli, eggplant, mushrooms, etc.) The more variety in colours the better.

*Tip: Frying eggplant separately with oil and a bit of natural salt, and not cooked together with other veggies that are liquid-filled

gives it a better taste. Water seems to bring out more of a bitter taste; oil more of a sweetness.

A bit of onion added when it is half cooked can add more flavour to it as well. The well-cooked product can then be added to the rice mix. Frying zucchini in oil separately and adding it later to the mix also gives it a better flavour than when it is cooked in water or with watery veggies.)

c.) Add the rice to the pan and mix all together, heating the rice up with it. Some bright peas add a nice colour and shape variety.

d.) Place it all in a serving bowl and put in the rest of the cooked veggies, if cooked separately. Add a sprinkle of natural salt if needed, along with a bit of fresh lemon juice squeezed on it, if desired. Mix well and serve.

CHEESE CAKE WITH FRUIT TOPPING

Making the crust

a.) Follow the recipe and cooking instructions for “Carrot-carob-quinoa cake” but eliminate the carob and crushed nuts.

b.) Pat it out thinner (in an oiled pan) than you would for the cake or bars.

c.) Bake, and cool thoroughly—then chill in the fridge.

Or a simpler version:

a.) Blend cooked red quinoa with finely grated carrot, and a pinch of finely grated orange peel.

- b.) Soften several dates through boiling briefly in a small amount of water in a pan and allow them to absorb the water.
- c.) Blend this with the other ingredients.
- d.) Place in a bowl and mix in as much buckwheat flour as you like—when it’s more like dough, it will be a drier crust; if it is softer and wetter, the crust will be more moist.
- e.) Pat it into an oiled pan to the thickness you wish it to be.
- f.) Bake, and cool thoroughly—then chill in the fridge.

Making the cheese for cheese cake

Prepare almonds for cheese cake:

- a.) After letting them soak for a day, empty the cold water and pour boiling water on them. Soak until the water is cool. Peel them. (For detailed instructions of this step see “Food Focus”, point 11, in this booklet.)
- b.) Blend the now white almonds.
- c.) Add softened dates (see how to in “Making the crust” section above), and finely grated orange peel, and finely grated ripe pear to the blender.
- d.) Blend until as creamy as you can make it. Almonds are hard and dry nuts, and so may not reach a totally smoothly blended texture. But that’s okay.
- d.) Make sure your hands are very clean. Scoop a part of the creamy mix at time into the nut milk bag (or cheese cloth). It works better when it’s not all done at once. Squeeze out the sweet liquid into a clean pot or bowl.

d.) Put the creamy, very light brown, liquid away in the fridge in a glass jar with a lid. This can be used for making ice-cream.

Making the cheese mix:

a.) Blend cashew nuts into crumbs and then blend those with the almond/date/pear pulp.

b.) Add a spoon each of pure natural peanut butter, sunflower seed butter and tahini to the mix.

c.) Melt a few tablespoons of coconut oil in a sauce pan, remove from burner and add the nut cheese cake mix to it.

d.) Mix it all well, and add crushed walnuts to it.

e.) Pat it out level over the cooled or chilled crust, as thickly as desired. Chill in the fridge for freezer to make it more solid.

f.) Top it with blended or sliced or stewed fruit (like strawberries) after it has been made firm through cooling.

*If frozen strawberries are put in a dry saucepan to cook/melt, the liquid can be saved for an ice-cream topping, while the berries are blended for a thicker topping on the cheese cake.

MENU 6: Flat bread with hummus, sticks and dips

FLAT BUCKWHEAT BREAD

a.) Mix cooked red quinoa with finely grated carrot (or carrot pulp from juicing)

b.) Add garlic pounded in olive oil in the mortar and pestle, and a sprinkle of natural salt.

c.) Mix in buckwheat flour to make the dough the consistency that allows you to be able to roll it out thin with a rolling pin. Add water if needed, or more buckwheat flour if too wet.

d.) Roll out balls of dough to use to make flat circles, with a rolling pin.

**Tips for rolling it out:*

-Sprinkle buckwheat flour on the cutting board or clean counter that you are using, to keep the dough from sticking.

-Rub buckwheat flour on the rolling pin and sprinkle more on the dough throughout the flattening process, it to dust it, so it doesn't stick to the rolling pin.

-Every time you roll the dough a bit flatter, flip the circle over and sprinkle buckwheat flour under it and on the top you will be rolling on next, to keep it from sticking.

e.) Fry the flat round bread in a pan that is greased with olive oil, flip and cook on the other side, and then cool on a plate or tray.

*This bread can be served with hummus to spread on to it or to dip the flat bread into; also can be served with almond nut cheese butter; or served with tomato and avocado slices as well.

The flat bread can be broken into chip sizes and any of the salad dressings and dips used—such as garlic and olive oil, avocado creamy dressing, capchup, an eggplant dip, and so forth.

HUMMUS DIP/SPREAD

- a.) Soak chickpeas for a day or so before cooking—and pour out the old water. (Benefits: The chickpeas cook faster, gain more volume, it removes some gas, and they are healthier to eat.)
- b.) Boil chickpeas (optional: with garlic) and cool. (If your pot accidentally runs out of water, and the chickpeas are a bit chard and brown on the bottom, it will only add good flavour.)
- c.) Blend cooked and cooled chickpeas with the juice of half a lemon, salt, olive oil, a spoon or two of tahini—a much as you wish. A capful of natural apple cider vinegar added gives more flavour.
- d.) Add a bit of water (1/2 cup perhaps) to make it creamy and not too thick. (It will seem drier after it is served and has been on a plate, so it's better to err on the side of too thin.)
- e.) Some garlic pounded in olive oil can be added for those who like it strong, or just a bit of the oil that the garlic was pounded with for a medium strength flavour; and no garlic at all for those who prefer not any—like children.
- f.) Optional presentation: Serve it as a spread-out lump on a plate, or in a bowl, with a dribble of olive oil and a few leaves of mint for decoration.

EGGPLANT DIP/SPREAD

- a.) Thoroughly fry eggplant with oil, salt and garlic.
- b.) Prepare and blend it with some “capchup”. (See recipe in this booklet.)

STICKS AND DIPS

(Choose from these ideas—not all will be needed for a single meal:)

- a.) Prepare some savoury dips. (See recipes of salad dressing and dip/spreads above.)
- b.) Cut veggie sticks from ones like: carrots, celery, cucumbers, capsicum, etc.
- c.) Steam lightly broccoli and cauliflower (do not boil submerged in water, nor overcook; you need them to hold together as you dip with them.
- d.) Cut fruit wedges or pieces that can be held with a fork from fruit of your choice and availability.
- e.) Dips for fruit might be: tahini, natural peanut butter, sunflower seed butter, carob blended with banana, lemon juice dip followed by dipping in a bowl of shredded coconut or crushed nuts, etc.

MENU 7: Pizza, Salad, and Ice-cream

PIZZA

- a.) A few hours before cooking put about 1 ¼ cups of chickpea flour in a bowl, sprinkle in a pinch of salt, and slowly whisk in about 2 cups of water. Cover it with a tea towel or plate and let it sit for a few hours.
- b.) When you are ready to cook it, generously oil a round pan and pour the runny batter in about ¾ of a cm thick. Depending on the pan you use, the shape and size, you may get one or two pizza crusts with this amount of batter.

c.) Bake it in the oven or grill. It cooks very fast. Flip it as soon as it's bound enough to do so. If you overcook it, it may seem too dry, so closely monitor.

d.) Make capchup—the tomato paste sauce that will be spread on the pizza crust. For Italian style foods, blending it with fresh basil is nice. (See recipe in this booklet.)

e.) Prepare the toppings for the pizza, and cook on the stove anything that needs to be cooked. (We use fried carrot sticks, mushrooms, steamed broccoli and cauliflower, varied colours of capsicums, pineapple, and so forth. Make colourful choices.

f.) Spread the home-made tomato paste sauce (capchup) on the pizza crust, and decorate with the cooked or raw veggies and fresh herbs, as desired. (My children are the ones that most enjoy doing this job.)

g.) The pizza is ready for serving. If you wait too long the crust may absorb the moisture too much, if the paste is rather wet.

(If you would like to top it with cheese, you can make and freeze nut cheese and grate it or slice it—and put the pizza in the grill for a short while.)

*This can be served with a simple salad, dressed with olive oil, lemon juice and a little natural salt.

ALMOND ICE-CREAM WITH STRAWBERRY TOPPING

a.) In advance, slice several bananas and freeze.

b.) Have on hand in the fridge some recently saved almond/date/pear cream that was squeezed out when making the cheese cake. (See recipe for cheese cake in this booklet.)

c.) Blend the frozen sliced bananas as much as you can. When liquid is required to make it blend creamy, add the sweet almond cream. The consistency should be thick.

d.) Serve in small cups or bowls and pour over it the saved strawberry liquid from making the strawberry topping for the cheese cake. Top each serving with a fresh strawberry and sprinkle grated coconut or crushed peanuts.

SNACK/DRINK 1: Camomile or mint tea and a celer-bration; and nuts/fruit/veggies

CELER-BRATION

a.) Wash and cut a stick of celery to the desired length, with leaves removed.

b.) Fill it with pure natural peanut butter.

c.) Eat it like a celery stick, or it can be sliced to make small bite sized nibbles (if you don't want to deal with celery strings at all).

*Can serve with a selection of nuts and other fresh fruits and veggies of your choice and availability.

SNACK/DRINK 2: Coconut with its milk, or Coconut-pear milk with coconut carob frozen cookies; and other fruit/veggies of your choice and availability.

CRACKING A COCONUT SIMPLY

a.) With the end of a knife poke a hole in the soft spot on the "face" of a coconut. If you can't get the hole all the way open, because there is a lot of meat and small hole, use a chopstick to finish making the hole passage clear.

b.) Pour/shake out the milk into a cup (or drink it right from the coconut if you aren't planning to make something else with it. Check that it is good first, by testing a bit in a cup.)

If you are able to and want to, with a hammer and nail, puncture another of the hard spots on the "face" of the coconut (there are three of them), the milk will flow out more easily. I find it just as fast to shake and pour it out, or set up the coconut over a cup to drain while I do other things.

c.) Kids love this job: Throw the now empty-of-milk coconut down on the cement or a large rock; and repeat a few times if needed, until it cracks open.

d.) Cut out the meat with a knife by slicing little bits as you would a pie, on the edge of the cracked coconut, and scoot the knife over to loosen the bite-size cut piece from the shell.

COCONUT-PEAR MILK

a.) Follow the steps for "cracking a coconut simply", saving the coconut milk in a cup and cutting out about half of the coconut meat.

b.) Blend the coconut meat and add finely grated pear to it and blend it together; add a pinch of finely grated orange peel if you like.

c.) Add a cup or two of water to the blended coconut and pear, and blend.

d.) Take a portion of the blended mix at a time and pour it in the nut milk bag, squeezing the liquid out into a clean containment.

e.) Set the coconut pulp aside, to save for making cookies.

f.) Mix the blended coconut and pear water with the coconut milk. Serve it in a glass.

COCONUT-CAROB FROZEN COOKIES

a.) Grate fresh coconut, or use the coconut and pear pulp from making coconut-pear milk.

b.) Melt a few tablespoons of coconut oil and add a few tablespoons of carob powder to it.

c.) Add the dry and squeezed out coconut and pear pulp (or grated coconut) to it and mix it well.

d.) Shape it into balls, or flatten into round cookie shapes, or put it into the sections of an ice-cube tray.

e.) Freeze the cookies or “chocolates”. If the percentage of the coconut oil was enough for the amount of pulp, it will semi-harden nicely.

(Note: Natural carob is bursting with nutrients. Rather than depleting your health by eating a sugary chocolate bar, you will be doing yourself a favour eating sugarless carob treats. Carob is naturally sweet—it’s like chocolate and sugar all built in one, without negative side effects. Maybe it has a bit of a different taste, but it’s fun cooking with and is excellent in health quality.)

SNACK/DRINK 3: A Veggie/Fruit drink, and nuts/fruit/ veggies

JUICE DRINK

a.) In advance, slice and freeze a couple of bananas.

b.) Peel a couple carrots, and a cucumber, and cut off the ends; peel and remove the seeds of an apple; wash a stick of celery.

- c.) Run the carrots and apple through the juicer and set the pulp aside in a bowl in the fridge for cake or bread making.
 - d.) Run the cucumber and celery through the juicer and discard the pulp. (If you are doing several cucumbers, run them through separately and save the pulp for making avocado salad dressing.)
 - e.) Make some freshly squeezed orange juice, and squeeze a lemon, and add it to the juice from the juicer. (The ratio should be about half-half—half citric juice, and half juicer mix.)
 - f.) Blend the frozen banana slices, and then add the juice mix and blend to a creamy mixture.
- *Serve as soon as possible; and can serve with a selection of nuts and other fresh fruits and veggies of your choice and availability.

SNACK/DRINK 4: Milkado—a powerful liquid meal, and milk substitute; and nuts/fruit/veggies

MILKADO

- a.) Follow the instructions of “Juice Drink” listed above.
 - b.) When blending the frozen bananas, before adding the juice mix, add to the blender: mashed avocado, a couple spoons of carob powder, tahini, pure and natural peanut, and/or sunflower seed butter, and anything else you’d like to be part of your drink.
 - c.) The juice mix can be added to that after the thick ingredients are blended into smooth cream.
- *Serve as soon as possible; and can serve with a selection of nuts, and other fresh fruits and veggies of your choice and availability.

SNACK/DRINK 5: Better-than-a-cupcake and a glass of fruit-ice water; other nuts/fruit/veggies

BETTER THAN A CUPCAKE

- a.) Wash and cut a ripe stone fruit in half (peach, nectarine, plum, apricot, etc.)
- b.) Remove the seed.
- c.) Place a generous spoonful of natural pure peanut butter on each half, in the places the seed was.
- d.) Can top it with a berry, grape, raisin, or “cherry on the top” if you have it available; and sprinkle some freshly grated coconut if you like.

*Serve with a nice glass of fruit-ice water. Can serve with a selection of nuts and other fresh fruits and veggies of your choice and availability.

FRUIT-ICE WATER

- a.) Keep an ice tray filed with orange or lemon juice (squeezed fresh); or freeze bite-size pieces of pear or melon or other fruit.
- b.) Use them like ice-cubes in a glass of water at a meal. It cools the water while releasing extra flavour and vitamins—and looks fun! Eat the fruit chunks when soft enough to do so comfortably.

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