

FOODTALK4YOU.COM 2016 RECIPES



GLUTEN-FREE, DAIRY-FREE, SAVORY AND CHEESY KALE CHIPS

Soak $\frac{3}{4}$ cup (preferably raw, unprocessed) cashews in water for at least one hour.

Assemble the following ingredients and put into a food processor:

1 large clove of garlic, peeled, and sliced

2 Tbs. coconut aminos (a gluten-free version of soy sauce or you can use wheat-free tamari)

2 Tbs. avocado oil or coconut oil

$\frac{1}{3}$ cup nutritional yeast

1 lemon, juiced

$\frac{1}{8}$ tsp. smoked paprika

$\frac{1}{8}$ tsp. salt

Process soaked, drained cashews and the ingredients listed in a food processor until a smooth paste is formed.

Evenly distribute paste over one bunch of cleaned and prepped kale leaves, and massage leaves with paste to work in the goodness and to break down the kale a bit.

Evenly space prepared-chips onto parchment-covered baking sheets and bake in 180-degree oven for 1 hour; turn leaves over; continue baking about 45-60 more minutes, until all leaves are crispy. Store in a zip lock bag.



GINGER TEA

Green tea

Fresh ginger

Fresh lemon juice

Honey

For two cups of tea, boil water, add about an inch of fresh ginger peeled and sliced, juice from ½ lemon, a teaspoon of local honey, and three green tea bags.



APPLES ‘N’ ONIONS

Apples – 3 to 4 apples

Onion (I used a Vidalia onion) – medium-sized

Coconut oil- 1-2 Tbs. of coconut oil to coat the pan well.

Method:

In order to activate the beneficial anti-inflammatory enzyme, allicin, slice up the onion first so it has 10 minutes to rest before heating.

Peel, slice, and core the apples into desired shape. I use an old-fashioned hand crank apple peeler/slicer/corer and just cut the slices into smaller pieces.

Melt 1-2 Tbs. coconut oil into large sauté pan on medium heat and add prepared apple and onion slices. You may want to add a pinch of salt.

Stir occasionally and gently cook until browned and tender. Serve warm.



BAKED APPLES/PEARS WITH BENEFITS

Preheat oven to 350 degrees; grease 8 x 8-inch glass dish with coconut oil

Prepare mixture used to “dust” the cut fruit. Any extra may be stored in air-tight container for next time. Quantities may vary as you may even need to mix up just a bit more if you run out.

Stir together:

¼ cup brown sugar

½ cup arrowroot

¼ cup collagen hydrolysate

1 tsp. cinnamon/apple pie spice, or to taste

Prepare fruit by peeling, coring, slicing apples and possibly pears.

Today I used:

3 Golden Delicious apples and

1 Anjou pear

Gradually add sliced fruit to bowl and sprinkle with dusting mixture, stirring to coat after each addition.

When all fruit is prepared, transfer into prepared glass dish.

Topping:

Into large fry pan on medium heat put:

2 Tbs. coconut oil

1 cup chopped activated nuts (I used the last of my walnuts, some pecans, and almonds)

¼ cup brown sugar

1/3 cup ground flax seeds

1/3 cup hemp seeds

2-3 tsp. cinnamon/apple pie spice

Pinch of salt, if desired

Stir to combine, and continue to stir occasionally as the topping heats and browns – about five minutes. Do not let this burn. When browned and warm, spread on top of apple mixture.

Cover dish with foil and bake for 40-45 minutes until bubbly. Serve warm or at room temperature.

You can easily change-up the fruits; for instance, use a handful of blueberries. A scoop of this is a great way to flavor nightly chia seeds stirred into hot water, too!



HEALTHY GREEN SMOOTHIE

With the basis of frozen fruit, yogurt, protein, and a handful of greens, commit to having an ENJOYABLE SMOOTHIE every morning this week!

Today's concoction included:

- A generous handful of frozen cantaloupe
- A modest handful of baby kale
- A half cup of coconut milk
- A tablespoon of chia seeds
- At least a half cup of vanilla yogurt
- A scoop of protein powder
- A half cup of water

Tomorrow I may change out the protein for a handful of almonds. This is very drinkable and I am being rewarded with good fats, fiber, probiotics, and a serving of powerfully beneficial greens!



GOOD – BETTER – BEST BUTTERNUT SQUASH SOUP

The day before, slice a butternut squash lengthwise, scoop out the seeds, and put the cut sides down on to a rack in a baking dish with about ½ inch of water in the bottom. Bake the two halves at 350 degrees or until tender enough to easily poke with a cooking fork in the thicker neck section of the squash – about 50 minutes. When cooled enough to handle, scoop out the flesh and stored it in a container overnight.

Into a large soup pot on medium heat add:

- 1 yellow onion, chopped*
- ½ BULB of garlic (that's about 5-6 cloves), peeled, smashed, and chopped*
- Extra Virgin olive oil to cover the bottom of a soup pot
- A dollop of grass fed butter for an extra yummy factor (about a Tablespoon or so)

Slowly sauté veggies until clear. Reduce heat and add a tablespoon or two of water to continue cooking to caramelize veggies. This may take 7-10 minutes.

(*) Make sure to let these prepared allium family vegetables rest at least ten minutes before cooking. See my book, *Toolkit for Wellness, page 162*, to learn why.

Add the following seasonings and ingredients:

- 2 teaspoons of curry
- 1 tablespoon of turmeric
- Salt to taste
- Pepper to taste
- ½ can full fat coconut milk (if the cream is solid, scoop out about half to use and pour about half of the clear fluid into soup pot)
- ¼ cup of Great Lakes unflavored gelatin, evenly sprinkled over the top of the ingredients
- 1 – 8-ounce free range chicken broth with about ½ cup of water to rinse out container
- Flesh of one baked butternut squash

Use an immersion blender, or other appropriate utility, to blitz the cooked soup ingredients until it is creamy.



BREAKFAST COOKIES

Preheat oven to 350, or 325 if using convection. Both of my large baking sheets fit nicely into my oven which will accommodate the twenty-nine cookies this recipe makes with just one baking cycle.

In a food processor, (Mine has a 11-cup capacity which works perfectly), place the following ingredients and pulse 2-3 times for 15 seconds each, until the dates are in very small pieces and the bananas are smooth:

1 Tbsp. lemon juice or juice from ½ lemon

3 large, ripe bananas broken into chunks

7 medium-sized pitted dates /or/ 5 large Medjool dates, soaked in warm water for 15 minutes and drained

2 Tbsp. ghee /or/ palm shortening

1 cup unsweetened applesauce (two of those individual serving applesauce cups)

Pour this mixture into a mixing bowl containing the following ingredients that have been whisked together:

½ cup hazelnut flour

½ cup almond flour

¼ cup coconut flour

¼ cup ground flax seed

¼ cup hemp seed hearts

¼ cup Great Lakes gelatin

3 tsp. Ceylon cinnamon

2 tsp baking soda

1 cup unsweetened coconut flakes

½ cup dried fruit of choice (I use blueberries)

Add 2 tsp. of vanilla to mixture as you combine the wet and dry ingredients with a spoon or stirring spatula. The resulting dough should be soft but not sticky. If it seems too soft, add more coconut flour at 1 Tbsp. at a time, stirring after each addition.

Using a golf ball-sized cookie scoop – mine measures just a bit less than 2 inches in diameter – scoop out dough and place cookies onto parchment paper-covered baking sheets.

Dampen your first two fingers in water and gently press each cookie down a bit. Cookies do not spread out much.

Bake in preheated oven (350; 325 if convection) for 20-25 minutes. Cookies will still be a little bit soft but not mushy when done. Place cookies on a cooling rack where they will firm up.

A couple of these with your favorite breakfast brew will do the trick. Just warm them up a bit in a toaster oven while your coffee or tea brews.



CRANBERRY SAUCE

I actually recommend doubling this recipe – trust me, you’ll want to – in which case, in addition to doubling most ingredients, still use just the one orange but use the rind from half of it.

Ingredients

12-ounce bag of fresh cranberries, rinsed and culled of soft berries

½ cup unsweetened applesauce (or one whole cup if not using grated fresh apple)

½ apple, peeled, grated

1 orange – cut rind off top and bottom, quarter, and peel three of the sections and slice cross ways; thinly slice the remaining section with the peel remaining (*see photo*)

Secret ingredient: 1 cup of raspberries or 2-3 Tbs. of Penzey’s Spices Raspberry Enlightenment

½ cup sugar

½ cup water

Whole cloves – about 10 buds removed from cloves

1 cinnamon stick

Dash of nutmeg

Method

I actually precooked my raspberries using half of the sugar and then pressed them through a sieve to yield a perfect seedless raspberry essence!

Using a large sauce or soup pot, add all ingredients and cook over medium heat. As the berries heat up, they will pop. Stir occasionally. As things heat up, you can lower the temperature a bit and “smush” the berries against the pan to assist in “popping.” Continue to cook until ingredients meld into a thick sauce.

Transfer into a serving or storage dish, remove cinnamon stick, and cool. The resulting sauce more closely resembles a jam.

In addition to being offered as a colorful relish to accompany turkey, chicken, or pork, this sauce/jam can be spread on top of nut butters (almond is my favorite) as a twist on PB and J.



ROASTED BRUSSELS SPROUTS WITH CRANBERRIES AND PECANS

INGREDIENTS

1 lb. fresh Brussels sprouts, trimmed and cut in half lengthwise

Optional: 1-2 cups broccoli florets

1 cup pecans, roughly chopped (see the recipe chapter of my book **Toolkit for Wellness** to learn how to make all nuts more digestible and better for you)

½ - 1 cup fresh or frozen cranberries, coarsely chopped or cut in half

4 Tbs. olive oil (use more if also adding broccoli florets to the recipe)

1-2 shallots, thinly sliced

3-5 cloves of garlic, minced or put through a garlic press

1 tsp. salt

½ tsp. pepper

METHOD

Preheat oven to 375 degrees.

Using a large baking pan or baking sheet, toss all ingredients until mixed, evenly distributed, and are covered with oil. Turn the Brussels sprouts cut side down. Roast for 25 minutes or until edges of sprouts start to turn golden and crispy. Serve.