

Appetizers, Condiments, Sauces and Dips

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Holiday Cranberry Sauce

Ingredients:

8 ounces fresh organic cranberries
1/2 cup spring or filtered water
Stevia to taste
1 good squeeze of lemon, lime or orange
Lemon, lime or orange peel (if desired) to taste
Cinnamon, freshly ground to taste
Nutmeg, freshly ground to taste
Cloves, freshly ground to taste

Rinse and drain the cranberries and place in a small pot. Add the water and a squeeze of fresh lemon, lime or orange. Add some of the grated peel if desired. Bring to a simmer and add stevia to taste. Stevia is a concentrated sweetener. I use a knife point rather than a measuring spoon to add the smallest possible increments and taste it until it is just right. Stirring frequently, simmer for five minutes or until the cranberries burst and form a sauce. Add additional water if desired. Place in serving dish, cover and refrigerate until chilled.

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Party Cheese Dip

Ingredients:

1 1/2 cups cheddar cheese, grated
1/4 cup soft butter
1/4 teaspoon dry mustard powder
1/3 cup dry white wine
Sliced fruit or raw vegetables

Cream the butter; blend in mustard powder and white wine.
Add the grated cheese and blend thoroughly.
Chill overnight, if possible, to blend flavors.
Allow to stand at room temperature for 1/2 - 1 hour.
Use with fruits or vegetables.

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Basil Pesto

Ingredients:

4 cups fresh basil leaves, washed and patted dry
1/2 cup extra-virgin, cold pressed olive oil
3-4 cloves of garlic
1/3 cup pine nuts
1/4 teaspoon sea salt
1/4 teaspoon black pepper (optional)
Process all ingredients in a food processor until smooth.

Substitution: Pine nuts can be replaced with any nut of choice. Basil leaves can be replaced with cilantro or parsley and used in combinations of herbs. Serves 4.

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Basic Tomato Sauce Recipe

Ingredients:

2 tablespoons cold pressed olive oil
1/2 medium onion, finely chopped
1 small carrot or 1/2 large carrot, finely chopped
1 small stalk of celery, including the green tops, finely chopped
2 tablespoons fresh parsley, chopped
1 clove garlic, minced
1/2 teaspoon dried basil or 2 tablespoons fresh basil, chopped
1 28 ounce can whole tomatoes, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped
1 teaspoon tomato paste
Sea salt and freshly ground black pepper to taste

Heat olive oil in a large wide skillet on medium heat. Add the chopped onion, carrot, celery and parsley. Stir to coat. Reduce the heat to low, cover the skillet and cook for 15 to 20 minutes, stirring occasionally until the vegetables are softened and cooked through.

Remove cover and add the minced garlic. Increase the heat to medium high. Cook the garlic for 30 seconds. Add the tomatoes, including the juice and shredding them with your fingers if you are using canned whole tomatoes. Add the tomato paste and the basil. Season with salt and pepper to taste. Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 minutes. If you want you can push the sauce through a food mill to give it a smooth consistency (or use a hand held immersion blender).

Makes 2 1/2 cups of sauce.

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Ketchup

Ingredients:

6 medium tomatoes, diced
1/2 small onion, sliced
1 clove garlic, crushed
1 tablespoon cold pressed olive oil
1-3 tablespoons aged balsamic vinegar
Stevia to taste
1 Bay leaf
Sea salt, to taste
Ground black pepper, to taste

Heat pan with olive oil to a medium heat. Add onion to the pan and reduce the heat to medium low. Cook onion slowly until caramelized (lightly browned).

Mix all additional ingredients in pan except Stevia and simmer on stove until thick, stirring often to prevent sticking.

When desired thickness, add the Stevia and remove from heat.

Puree and ladle into sterilized jars and seal immediately or place in small containers and freeze.

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Guacamole

Ingredients:

3 ripe avocados
2 garlic cloves, minced
2 tablespoons lemon juice
Sea salt to taste
Black pepper to taste
2-3 tablespoons fresh cilantro, minced (optional)
1/2-1 small onion or 1 green onion, minced (optional)

Mash avocados with lemon juice. Add remaining ingredients and mix well. If you allow it to sit for 1/2 hour, the tastes really come together.

Substitution: Optional vegetables to add to the guacamole are chopped green pepper, chopped mild or medium pepper, onion, chopped lettuce or bean sprouts. Serves 6.

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Tomato Salsa

Ingredients:

8 plum tomatoes, seeded and chopped
4 scallions, minced
2 cloves garlic, peeled and minced
4 tablespoons fresh cilantro, minced
2 tablespoons lime juice, fresh squeezed
1/2 teaspoon sea salt
1/4 teaspoon black pepper, freshly ground

In a large bowl, stir together the tomatoes, scallions, garlic, cilantro, lime juice, salt, and pepper. Serves 4.

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Sweet Potato Chips

Ingredients:

1 large sweet potato (about 9 ounces), peeled
Sea salt (to taste)
Black pepper, fresh ground (to taste)
Stevia or Xylitol (to taste)

Heat oven to 200 degrees. Line two baking pans with parchment paper and set aside. Slice potato crosswise as thin as possible (peeler works great). Arrange the slices on the prepared sheets and keep chips from touching as much as possible. Sprinkle lightly with sea salt, black pepper and Stevia. Cook for 50 minutes. Slices will dehydrate and shrink; turn chips over, and rotate baking sheets if needed for even cooking. Cook until slices are crisped and fluted around the edges and the centers are still orange, not brown, 30 to 40 more minutes. Transfer to cooling racks and cool chips on baking sheets. (Chips will be soft when removed from oven and will crisp as they cool.) Store in an airtight container at room temperature for up to 3 days.

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Almond Curry Hummus

Ingredients:

3 cups cooked garbanzo beans
1/4 cup liquid from garbanzo beans
1/3 cup tahini (sesame paste)
3 garlic cloves, minced or pressed
1/4 cup plus 1 tablespoon fresh lemon juice
3 tablespoons filtered water
1/2-1 teaspoon sea salt, or to taste
1/2 cup almond butter
2 teaspoons curry powder
Paprika for garnish
Parsley for garnish

Blend all ingredients in blender until smooth.

Garnish with parsley and paprika. Serve with rice crackers, sesame seed crackers or fresh vegetables.

Substitution: You can omit the almond butter and curry to make a plain hummus. From the plain base, you can add different seasonings and vegetables, for example, black olives, artichokes, spinach, or roasted red pepper. Serves 6-8.

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Rosemary Walnuts

Ingredients:

2 cups walnuts
2 tablespoons dried rosemary
1 teaspoon sea salt
1/2 teaspoon cayenne pepper

Melt butter with rosemary, salt and cayenne pepper. Toss with walnuts, spread on cookie sheets and bake at 350 degrees for 10 minutes. Let stand until cool and store in an airtight container in the refrigerator. Makes 2 cups.

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Sunflower Sesame Crackers

Ingredients:

1 cup raw, shelled sunflower seeds
1/2 cup sesame seeds
1/2 teaspoon sea salt
1/4 cup water

Preheat oven to 350 degrees.

In a food processor, grind the sunflower seeds to a fine meal. Add sesame seeds and salt and pulse food processor just long enough to combine.

Add water and pulse to make dough.

Cover a cookie sheet with parchment paper. Turn the dough out onto the parchment paper and cover with an additional sheet of parchment paper.

Through the top sheet of parchment paper, use your hands or a rolling pin to press the dough as thin as you can. The thinner the better without making holes in the dough. Pull off top sheet of parchment paper and using a thin sharp knife, score the dough into diamonds. Sprinkle with additional sea salt and gently press into dough.
Bake for 30 minutes or until they're a light golden color.
Let them cool, peel off parchment paper, and break along scoring lines.
Makes approx. 4 dozen crackers.

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Hummus
Ingredients:

- 2 cups cooked and chilled garbanzo beans
- 2 tablespoons tahini (fermented sesame seed paste)
- 1 teaspoon sea salt
- 4-5 tablespoons ground cumin
- 2 tablespoons cold-pressed olive oil
- 1/2 tablespoon garlic powder
- 1 tablespoon fresh squeezed lemon juice

Combine all ingredients into a blender and blend together until creamy, or you can put all ingredients into a large mixing bowl and use a hand-held blender. Then just refrigerate for 15-20 minutes. Serve with rye bread or crackers.

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Black Olive Spread
Ingredients:

- 1 cup nicoise or kalamata olives, pitted
- 3 cloves garlic, peeled
- 2 tablespoons cold-pressed olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh oregano, chopped (1/2 teaspoon dried)
- 2 tablespoons flat-leaf parsley, chopped

Combine all of the ingredients in a food processor and, pulsing the machine on and off, process until they are just pureed. The spread should retain a bit of texture. Store, covered, in the refrigerator, up to a week.

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Triple Threat Tomatoes
Ingredients:

- 8 large tomatoes, 3 inches in diameter
- 3/4 cup Hummus (see above recipe)
- 3/4 cup Black Olive Spread (see above recipe)
- 3/4 cup Basil Pesto (see above recipe)
- 1 fresh basil leaf, for garnish

Cut each tomato into three 1/2 inch slices. Spread 8 of the slices with about a tablespoon each of Hummus. Dress 8 other tomato slices with Black Olive Spread. Top the remaining tomato slices with Basil Pesto. Arrange all the tomato slices on a decorative platter garnished with the basil leaf.

Vegetables and Salads

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Savory Lemon Asparagus

Ingredients:

2 bunches asparagus (about 1 pound)
Juice of 1 medium lemon
3 tablespoons cold-pressed olive oil
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1/4 teaspoon ground nutmeg
1 tablespoon ground cashews, pecans or almonds (for garnish)

Wash the asparagus, cut off the ends, and steam until the stems are cooked but still a little firm.

In a bowl mix together lemon juice, olive oil, sea salt, pepper, and nutmeg. Arrange the asparagus on a serving dish and drizzle with the lemon juice mixture.

Garnish with ground nuts and serve immediately. Serves 4

Substitution: You can use green beans in place of the asparagus. You can replace the nutmeg and nuts for 2 tablespoons capers and 1 teaspoon of minced garlic.

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Stuffed Zucchini

Ingredients:

6 zucchini squash
1 garlic clove, crushed
1 1/2 cups ground beef
1 cup cheddar cheese (or other hard cheese), grated
2 organic eggs, slightly beaten
4 tablespoons, melted butter
Sea salt and pepper taste
1 tablespoon fresh basil, chopped

Pan fry the ground beef in a little butter until cooked through.

Cut the zucchini squash in half lengthwise and carefully hollow out the flesh to within 1/4 inch of the skin.

Set the shells aside.

Chop the zucchini flesh, the press with the back of a wooden spoon to extract as much juice as possible and drain it away.

Set the flash aside.

Preheat the oven to 400 degrees.

Combine the zucchini flesh, garlic, ground beef, basil, cheese, seasoning, eggs and half the melted butter until they are thoroughly blended.

Arrange the zucchini shells skin-side down in a well-greased shallow baking pan.

Stuff with the beef mixture and pour the remaining melted butter over the stuffed squash.

Place dish in oven and bake for 20-30 minutes or until the top is brown and bubbling.

Serve at Once.

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Garlic Green Bean Salad

Ingredients:

1 pound green beans, blanched and cooled
2 tablespoons cold-pressed olive oil
2 teaspoons apple cider vinegar
1/2 teaspoon thyme
1 garlic clove, minced
1 small shallot, minced
Sea salt and pepper to taste

Prepare the beans by blanching in steam for 2-3 minutes until they are bright green. Set aside to cool. Whisk together remaining ingredients, and toss with cooled green beans. Place in refrigerator to marinate for 1 hour before serving.

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Sweet Potatoes

Ingredients:

8 medium sweet potatoes
1 teaspoon vanilla
1/2 teaspoon sea salt
1/2 teaspoon nutmeg, freshly ground
1 teaspoon cinnamon
1/4 cup butter, melted
1/4 cup coconut cream, melted
1 cup pecans, chopped
Stevia or xylitol to taste

Preheat oven to 375 degrees. Wash sweet potatoes and place on a cookie sheet and bake in oven for 1 hour. Remove from oven, cool, peel and slice. Arrange sweet potatoes in the bottom of a baking dish.

Melt butter and coconut cream on low heat. Add vanilla, sea salt, nutmeg, cinnamon and stevia to the mixture. Stir in and pour over the sweet potatoes. Sprinkle with the chopped nuts. Cover and bake in 375 degree oven for 35 minutes. Serve warm.

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Italian Carrot Salad

Ingredients:

- 1 pound carrots, cut into 3-inch-long, thin sticks
- 2 tablespoons red wine vinegar
- 2 tablespoons cold pressed olive oil
- 1 teaspoon dried basil
- 3 garlic cloves, minced fine or pressed
- Sea salt to taste (optional)
- Pepper to taste

Steam the carrot sticks until crisp-tender.

In a small bowl, whisk together remaining ingredients.

Toss together carrots and dressing in a sealable container. Allow carrots to cool, seal container, and invert a few times. Store in refrigerator until serving (at least 1 hour, preferably overnight). Periodically invert the container. Enjoy.

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Oriental Cabbage Salad

Ingredients:

- 1/2 small head green cabbage, chopped
- 3 scallions, chopped
- 2 tablespoons dark sesame oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons sesame seeds, toasted

Combine the cabbage, scallions, oil, and vinegar. Toss well and chill until ready to serve. Add the sesame seeds and toss again before serving. Serves 4.

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Zucchini & Mushroom Skillet

Ingredients:

- 1 tablespoon of butter
- 1/2 tablespoon of cold-pressed olive oil
- 1 zucchini, thinly sliced
- 1/2 sliced bell pepper
- 8 ounces mushrooms, sliced
- 1/2 medium red onion, sliced
- 1 clove garlic, minced
- Sea salt & pepper to taste
- Raw parmesan cheese, grated

Heat butter and oil in a large skillet over medium heat. Add all ingredients stirring well. Cook for about 15 minutes or until vegetables are tender, stirring often. Sprinkle with some parmesan cheese and serve.

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Cucumber, Kalamata Olive, Tomato & Red Pepper salad

Ingredients:

2 english cucumbers, sliced
1 large tomato, diced
1/2 cup kalamata olives, sliced and pitted
1 red pepper, diced
1 teaspoon salt
3 tablespoons cold-pressed olive oil
3 tablespoons squeezed lemon juice

Put all ingredients into a large bowl. Mix thoroughly. Chill & marinate for 1 hour. Serves 4.

You can add chopped, dry roasted almonds or crumbled goat cheese for extra flavor.

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Greek Salad Dressing

Ingredients:

1/2 cup cold-pressed olive oil
1/2 cup fresh-squeezed lemon juice
4 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon black pepper
1 teaspoon sea salt (or to taste)

In a small bowl, combine all ingredients and mix well.
Pour over salad or cucumbers and serve immediately.

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Vegetable Marinade for Grilling

Ingredients:

1 cup cold-pressed olive oil
2 tablespoons red wine vinegar
5-7 cloves garlic, finely chopped
1/2 teaspoon ground cayenne
1/2 teaspoon ground onion powder
1/2 teaspoon oregano
1/2 teaspoon black pepper
1 teaspoon sea salt

Whisk ingredients together with a fork until well blended. Paint vegetables with the marinade before and during the grilling process. Serves 6.

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Mashed Garlic Cauliflower Alternative for Mashed Potatoes

Ingredients:

1 head cauliflower (chopped)
3-4 crushed cloves roasted garlic
2-3 tablespoon freshly chopped basil
1 teaspoon sea salt
1 teaspoon pepper
1/2 cube butter
1/2 cup chicken broth

Combine chopped cauliflower, garlic, salt, pepper & chicken broth into medium sized pan. Cover and cook on medium heat for 15-20 minutes. Remove lid and mash cauliflower. Let sit for 5 minutes. Stir in butter and chopped basil. Serves 3.

Entrees and Main Dishes

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Pepper Steak

Ingredients:

4 small beef tenderloin steaks, cut at least 1-inch thick, or 2 rib eye or T-bone steaks
1 tablespoon dried green peppercorns, crushed
Juice of one lemon
1 teaspoon cold-pressed olive oil
2 tablespoons butter
4 shallots or 1 bunch green onions, finely chopped
1/2 cup red wine
2 cups beef stock
1/2 cup shredded zucchini or 1 tablespoon gelatin (optional)
Sea salt and pepper to taste

Crush the peppercorns and mix them with lemon juice. Rub into the steaks and marinate for several hours. Brush a cast-iron skillet with olive oil. Pat the steaks dry, leaving as much pepper adhering to the steaks as possible. Heat the pan and cook steaks in two batches over medium-high heat about 5 minutes to a side or until medium rare. Transfer to a heated platter and keep warm in the oven while making sauce. Pour out any grease from the pan. Add butter and gently sauté the shallots or green onions. Add wine and bring to a rapid boil. Add stock and optional gelatin or zucchini and skim. Boil rapidly, until sauce is reduced to about 2/3 cup. Season to taste. Transfer steaks to individual plates and spoon sauce over each. Serves 4.

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Turkey Sausage with Peppers and Onions

Ingredients:

- 2 large yellow or sweet onions, thinly sliced
- 4 green or red bell peppers, julienned
- 1/4 cup cold pressed olive oil
- 12 hot turkey sausages (or your favorite antibiotic, preservative and sweetener free sausage, i.e.: Trader Joe's Italian Sausage)

In a large saute pan over medium heat, cook the onions and peppers in olive oil, stirring frequently until the peppers are soft and the onions are caramelized, about 30 minutes. Cook the sausages on a grill or brown them in a skillet and serve them atop a heaping mound of peppers and onions. Serves 6.

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Broccoli and Olive Frittata

Ingredients:

- 1 medium yellow bell pepper
- 1 medium red bell pepper
- 2 broccoli crowns, cut into bite-size pieces
- 1/2 cup pitted olives, halved
- 6 organic eggs, softly beaten
- 1/2 cup milk or rice milk
- 2 tablespoons chopped fresh sweet basil or 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Sea salt and black pepper to taste
- 1/4 cup cashews, almonds or pecans, ground fine for garnish

Quarter and seed peppers, then broil them for 5 – 10 minutes or until lightly charred. Place in a closed brown paper bag, and let cool for 5 minutes. Peel and thinly slice. (If you don't mind the peel, leave it on and just slice the roasted peppers into thin slices.)

Heat oven to 400 degrees.

Grease a 9-inch round pan. Place broccoli, peppers, and olives in the pan, making sure to arrange them evenly. Beat remaining ingredients together in a small bowl and pour over vegetables.

Bake for 35-40 minutes or until the center has set. Broil for the last two minutes to brown the top. Cool, slice into wedges, and serve warm or cold garnished with ground nuts.

Substitution: Try using any combination of vegetables you like. You can also top with raw parmesan cheese if you don't have a dairy sensitivity. Serves 4.

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Zucchini Pancakes

Ingredients:

1 large zucchini, grated
3 organic free range eggs
3 tablespoons fresh parsley, chopped
3/4 teaspoons sea salt
1/2 teaspoon white pepper
2 tablespoons butter
1/4 cup basic tomato sauce (see recipe)
2 tablespoons fresh parmesan, grated

Preheat broiler. In a bowl, combine zucchini, eggs, parsley, salt and pepper. In 2 small skillet, melt 1 tablespoon of butter each over medium heat. Put half of zucchini mixture in each skillet. Reduce heat. Gently cook, shaking pan occasionally. Pancake should be loose in the center but set around the edges (about 3 minutes). Transfer pancakes to an ungreased cookie sheet with uncooked sides facing up. Place under broiler. Cook until firm in center (about 2 minutes). Slice each pancake into 4 wedges and center on serving plates. Top with warmed tomato sauce. Serve immediately.

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Blackened Salmon

Ingredients:

1-2 fillets wild salmon (approximately 12 ounces total)
1 tablespoon garlic powder
1 tablespoon dried parsley flakes
1 tablespoon dried basil
2 teaspoons thyme
1-2 teaspoons cayenne pepper
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1 tablespoon olive oil (for cooking)

Mix seasonings together and spread onto a flat plate. Invert the salmon into the seasoning, then flip over, making sure to coat all areas. Heat olive oil in a skillet over medium-high heat. Before the oil begins to smoke, place salmon flesh-side down in the pan. Turn the salmon after about 3 minutes. Continue cooking until flesh is still a little rare in the middle when tested with a small knife, about 2-3 more minutes. Serve over fresh spring greens. Serves 3.

Substitutions: Use this basic blackening season for fish, chicken, or turkey.

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All-Day Beef Stew

Ingredients:

3 pounds stew beef, cut into 1-inch pieces
1 cup red wine
3-4 cups beef stock
4 tomatoes, peeled, seeded and chopped or 1 can tomatoes
4 tablespoons tomato paste
6 whole cloves
1/2 teaspoon black peppercorns
Several sprigs fresh thyme, tied together
2 cloves garlic, peeled and crushed
2-3 small pieces orange peel
8 small red potatoes
1 pound carrots, peeled and cut into sticks
Sea salt and pepper to taste

Marinate meat in red wine overnight. Place all ingredients except for potatoes and carrots in a flameproof casserole dish and cook gently in a 250 degree oven for about 12 hours. (You may also use a crock pot set at medium temperature.) Add carrots and potatoes during the last hour. Season to taste. Serves 6-8.

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Slow Cook Spicy Beef Stew

Ingredients:

3 pounds beef, cut into 1-inch cubes
Juice of 2 lemons
4 tomatoes, peeled, seeded and chopped or 1 can tomatoes
2 tablespoons tomato paste
2 medium onions, chopped
3 cups beef stock
1/4 teaspoon ground coriander
2 cloves garlic, peeled and chopped
1/2 teaspoon dried green peppercorns, crushed
1/2 teaspoon ground allspice
2 teaspoons chili powder
1/4 teaspoon cayenne pepper
Sea salt to taste

Marinate beef overnight in lemon juice. Place all ingredients except salt in a flameproof casserole or crock pot and cook gently in a 250 degree oven for about 12 hours. (You may also use a crock pot set at medium temperature.) Season to taste. Serves 6-8.

Turkey Meatloaf

Ingredients:

1 pound ground organic turkey
1/4 cup chicken or vegetable broth
1 organic egg
1/2 cup onion, finely chopped
1/2 cup grated carrot
1/2 cup parsley or cilantro, minced
1/4 cup finely chopped celery
1/2-1 1/2 teaspoon onion powder
1/2-1 1/2 teaspoons garlic powder
1/2-1 1/2 teaspoons dried oregano
1/2-1 1/2 teaspoons dried sage
1/2 teaspoon sea salt
1/4-1/2 teaspoon pepper

Preheat oven to 350 degrees

Mix all ingredients in a bowl, making sure to blend well. (I use my hands because that's the most effective way to get everything well blended, so dive in and have fun.)

Pat mixture into a greased 9 x 5-inch loaf pan.

Bake for 1 hour. Drain juices and serve by the slice. Serves 4.

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Chicken-Pistachio Salad

Ingredients:

(Salad)

1/2 cup shelled pistachio nuts, finely ground
3/4 teaspoon sea salt
1/2 teaspoon = 1 pinch black pepper, freshly ground
4 chicken breast halves, boneless and skinless
2 tablespoons extra virgin cold-pressed olive oil
1/2 cup diced sweet white onion
1 head romaine lettuce

(Dressing)

1 teaspoon sweet white onion, grated
1 large ripe avocado, pitted and peeled
3 tablespoons extra virgin cold-pressed olive oil
3 tablespoons fresh lime juice
1 tablespoon water

Preheat the oven to 375 degrees. Mix the nuts in a pie plate with 1/2 teaspoon salt and 1/2 teaspoon pepper. Press the chicken into the nuts. Heat 1 tablespoon of the oil in a skillet and cook the coated breasts, 2 minutes per side. Place the breast in a baking dish and bake for 15 minutes or until a thermometer inserted in the thickest portion registers 160 degrees and the juices run clear.

Heat the remaining tablespoon of oil in a skillet over medium-high heat. Add the diced onion, 1/4 teaspoon salt, and a pinch of pepper. Cook until the onion is browned.

Line 4 serving plates with lettuce. Slice the chicken breasts and arrange 1 breast on top of the lettuce on each plate. Serve with the dressing.

To make dressing: Puree the onion, avocado, oil, lime juice, and water in a blender. Pour over chicken breasts.

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Savory Chicken Saute

Ingredients:

- 2 tablespoons extra virgin cold-pressed olive oil
- 4 chicken breast halves, boneless and skinless
- 1 large onion, sliced
- 2 cloves garlic, peeled and minced
- 1 tablespoon fresh rosemary leaves, chopped
- 1/2 cup chicken broth
- Sea salt to taste
- Black pepper, freshly ground, to taste

Heat the oil in a large skillet over medium heat. Saute the chicken breasts in the oil for 4 minutes, then turn them over and add the onion. Cover and cook for 3 minutes longer, stirring occasionally. Add the garlic, rosemary, and chicken broth. Cover and cook until the onion is tender-crisp, about 5 minutes longer, stirring occasionally. Season with salt and pepper to taste. Serves 4.

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Marinated Flank Steak

Ingredients:

- 1 small red onion, quartered
- 1/3 cup balsamic vinegar
- 1/4 cup capers, drained
- 2 tablespoons fresh oregano, chopped
- 3 cloves garlic, peeled and minced
- 1 1/2 pounds flank steak
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper, coarsely ground

Sliver one-quarter of the onion and set aside. Chop the rest of the onion. Mix it in a bowl with the vinegar, capers, oregano, and garlic. Combine 1/4 cup of this mixture with the slivered onions and set aside.

Sprinkle both sides of the steak with the salt and pepper; prick well with a fork. In a large zip-top food storage bag, combine the steak with the remaining onion mixture.

Marinate for 1 hour or overnight.

Heat the grill or the broiler, positioning the oven broiler rack so that the meat on the rack in the pan is 4" from the heat source. Remove the meat from the marinade, and place on the grill over direct heat or on an oven rack set in the broiler pan. Discard the marinade. Grill or broil for 4-5 minutes per side for medium-rare. Let stand for 5 minutes before slicing.

Place the meat on a platter and pour the reserved onion mixture over the steak.

Serves 6.

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Egg Crepes or Lasagna Noodles

Ingredients:

10 organic eggs
1/2 cup heavy cream
1/2 teaspoon sea salt

Combine ingredients and mix very well with a mixer.

Grease a frying pan or skillet.

Pour mixture 1/4 cup at a time onto pan.

Cook on medium low heat for a few minutes or until slightly golden, turning once. Let cool in fridge.

Use a pizza cutter or sharp knife to cut them into a lasagna noodle shape. You can use these the same way you would use lasagna noodles, and it's great!

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Marinated London Broil

Ingredients:

2 tablespoons extra virgin cold-pressed olive oil
1/2 cup dry red wine
3 cloves garlic, peeled and minced
3 tablespoons fresh parsley, minced
1 tablespoon fresh oregano, chopped
1 1/2 teaspoons black pepper, freshly ground
1 1/2 pounds sirloin, top round, or eye round London broil

In a small mixing bowl, whisk together the oil, wine, garlic, parsley, oregano, bay leaf, and pepper. Place the steak in a deep bowl and pour on the marinade. Turn once to coat both sides, cover, and refrigerate for at least 4 hours, preferably overnight.

When ready to serve, preheat the broiler or prepare a charcoal grill. Discard the marinade and bay leaf. Broil the meat for about 5 minutes on each side or until a thermometer inserted in the center registers 145 degrees (for medium-rare).

Cut the meat into thin, diagonal slices across the grain. Serve warm or cold. Serves 8.

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Zucchini Noodles

Ingredients:

6-8 medium zucchini
(or 1-2 medium zucchini per person)

Peel zucchinis and remove stem tops.

Using the vegetable peeler, scrape strips off the entire length of each zucchini. For easier peeling, insert a metal shish kebob skewer down the center, and hold onto the skewer while scraping the “noodles” from the zucchini.

Keep peeling until the entire zucchini is in shreds. Or, if zucchini seeds are a problem, stop when you reach the seeds.

Pile the zucchini “noodles” on a buttered baking sheet and cook in a preheated 215 degree oven for about 25 minutes. The objective of the low temperature is to cook the zucchini while evaporating as much of the excess water as possible.

Serve topped with plain butter and a little sea salt, or with any of your favorite sauces.

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Zucchini & Chicken Salad

Ingredients:

1/4 cup cold-pressed olive oil
1/4 cup fresh lemon juice
Sea salt & pepper to taste
1 1/4 pounds zucchini, thinly sliced
1 pound boneless chicken breast
8 ounces leaf lettuce, chopped
1/2 red onion, thinly sliced
3/4 cup pecans, chopped
1/4 cup raw parmesan cheese, grated

In a large bowl, whisk together olive oil, lemon juice, sea salt and pepper. Add zucchini; toss to coat. Season chicken with salt and pepper and grill or sauté until cooked thoroughly. Cool and slice into strips. Toss chicken with zucchini mixture. Then add spinach, onion, pecans and cheese. Mix everything together. Serves 4.

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Almond Chicken

Ingredients:

1/2 cup almond meal (found at Trader Joe's)
2 chicken breasts, cooked and cubed
4 tablespoons balsamic vinegar
2 1/2 tablespoons butter
1/2 teaspoon sea salt
1 teaspoon ground pepper
3 garlic cloves, crushed
3 tablespoons fresh basil, chopped

Heat medium saucepan on medium heat. Melt butter in bottom of pan. Stir all ingredients together in a bowl and then toss into pan. Stir as it cooks for about 10 minutes. Grill some asparagus & red peppers to serve with it. Serves 2.

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Pot Roast with Chiles

Ingredients:

3 pounds rump roast, chuck roast or other cut suitable for pot roast
1-2 cups red wine
2 tablespoons butter
2 tablespoons extra virgin cold-pressed olive oil
2 cups beef stock
2 ounces dried red chiles (hot or mild)
8 cloves garlic, peeled and chopped
3 tablespoons red wine vinegar
2 tablespoons tomato paste
1/4 teaspoon cinnamon
1/2 teaspoon dried green peppercorns, crushed
1/2 teaspoon dried oregano
Several sprigs fresh thyme, tied together
Sea salt and pepper to taste

Marinate meat in red wine for several hours or overnight. Remove from wine and dry off well with paper towels. In a heavy, flameproof casserole, brown the meat on all sides in butter and olive oil. Transfer meat to a plate and pour out browning fat. Remove stems and seeds from chiles. (Use rubber gloves for this.) Add all ingredients (except salt and pepper) to the casserole, bring to a boil, skim and return the roast to the pot. Bake in a 300 degree oven for several hours or until meat is tender. Remove roast to a heated platter and keep warm in the oven. Run the sauce through a food mill or food processor. Return sauce to the casserole and reheat. If it is too thin, boil down for a bit; if too thick, add a little water. Season to taste. To serve, slice the beef and ladle sauce over each slice. Serves 6.

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Spaghetti Noodles vs. Shredded Zucchini

Ingredients:

5-6 whole raw zucchinis
1/2 cup kalamata olives, sliced
3 tablespoons cold pressed olive oil or butter
3 tablespoons basil, freshly chopped
1-2 teaspoons sea salt
1 teaspoon pepper
2 teaspoons garlic powder

Simply take whole and raw zucchini and grate it on a cheese grater. Heat a frying pan or skillet to medium-high heat. Pour 3 tablespoons of cold-pressed olive oil (or butter) in the pan along with the shredded zucchini and spices. Stir while it cooks. Let cook for 15 minutes until zucchini is tender. When zucchini is done, pour on marinara sauce and olives. Serves 2.

For a healthier marinara sauce, sweeten with Stevia instead of sugar. Stevia is very strong, so carefully add until it tastes right. (A little Stevia goes a long way).

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Bean Pancakes

Ingredients:

1 cup soaked, cooked and well drained white beans
1 small onion
1 organic egg
1/8 teaspoon baking soda
Sea salt to taste
Organic sugar free yogurt as needed

A food processor, blender or electric mixer may be used. If using a blender, place egg in blender first so that blades can turn easily. Place all ingredients in bowl or blender and blend until batter is smooth.

If batter is not a consistency which can be poured easily (as for pancakes), add yogurt, a teaspoon at a time, and blend in well. Using a well-buttered frying pan, pour batter as you would pancake batter.

Using medium heat, turn pancakes after about 8 – 10 minutes. Cook an additional 8 minutes on other side.

The above ingredients make 4 medium-sized pancakes.

Do not use beans that have not been drained well as batter will be too watery. A large batch of beans can be prepared in advance and can be frozen in suitable sized containers.

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Almond Flour Bread

This bread resembles a moist whole wheat bread. It slices nicely, can be toasted and can be used for grilled sandwiches.

Ingredients:

2 1/2 cups blanched, ground almonds (almond flour)
1/4 - 1/3 cup melted butter
1 cup *dry curd cottage cheese (press down as you measure)
1 teaspoon baking soda
1/4 teaspoon sea salt
3 organic eggs

Preheat oven to 350 degrees

Place eggs, melted butter, dry curd cottage cheese, baking soda, and salt in food processor using metal blade. Process until the mixture is thick and resembles butter in texture.

Add almond flour and process until mixed thoroughly. If the stiffness of the mixture stops the processor, remove the dough with wet hands and knead by hand until almond flour is thoroughly mixed into other ingredients.

Grease a loaf pan (about 4" x 8") generously with butter and coat bottom with ground almond flour.

Using wet hands, shape dough into a loaf shape and press into greased pan. Bake at 350 – 375 degrees for about 1 hour until lightly browned on top. There will be a crack on the top of the loaf. Check by inserting a metal kitchen knife; it will come out clean when bread is done. Remove from oven and run a metal spatula around the sides of the pan pressing gently against the loaf to loosen it at the corners and bottom of pan. Remove bread by inverting the pan onto a cake rack. Allow to cool thoroughly before you cut it. Don't cut it while it is piping hot. It needs to firm up its texture.

Variation: Add 1 tablespoon caraway seeds with the flour and you will get bread that resembles rye bread.

*If you are unable to find the dry cottage cheese, use one cup of the drained homemade cream cheese recipe.

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Chicken Royale

Ingredients:

2 pounds chicken breasts or thighs
1 cup sliced or diced carrots
1 cup fresh cauliflower pieces
1 whole tomato, diced
2 whole green onions, including stems, sliced
4 cloves fresh garlic
1 tablespoon cold pressed olive oil or organic coconut oil
1/2 teaspoon paprika
Sea salt to taste

Wash and drain chicken parts.

Heat oil, add garlic and green onions and sauté for 2 minutes.

Add chicken and cook for 5 minutes.

Add paprika and tomato, cover and cook for 10 minutes on medium heat.

Add cauliflower, carrots, and salt and cook for another five minutes.

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White Bean Poultry Stuffing (For a large bird)

Ingredients:

2 cups dried white beans (navy beans)
1 cup chopped onion
1/2 cup chopped celery
1 teaspoon ground sage
1 teaspoon ground thyme
Chopped parsley (optional)
Sea salt and pepper to taste

Soak beans overnight and throw away the water.

Cover with fresh water (do not salt before cooking or beans will be tough) and cook until tender. Drain.

Mix chopped onion, celery, and herbs with beans and mash with a potato masher.

Season to taste with sea salt and pepper.

Fill cavity of turkey or chicken with bean mixture and roast.

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Marinated London Broil

Ingredients:

2 tablespoons extra virgin cold-pressed olive oil
1/2 cup dry red wine
3 cloves garlic, peeled and minced
3 tablespoons fresh parsley, minced
1 tablespoon fresh oregano, chopped
1 1/2 teaspoons black pepper, freshly ground
1 1/2 pounds sirloin, top round, or eye round London broil

In a small mixing bowl, whisk together the oil, wine, garlic, parsley, oregano, bay leaf, and pepper. Place the steak in a deep bowl and pour on the marinade. Turn once to coat both sides, cover, and refrigerate for at least 4 hours, preferably overnight.

When ready to serve, preheat the broiler or prepare a charcoal grill. Discard the marinade and bay leaf. Broil the meat for about 5 minutes on each side or until a thermometer inserted in the center registers 145 degrees (for medium-rare). Cut the meat into thin, diagonal slices across the grain. Serve warm or cold. Serves 8.

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Fish Casserole

Ingredients:

1 pound fresh halibut, flounder, sole, shrimp, lobster or crabmeat.
1/2 pound cheddar cheese, grated
1 cup organic unsweetened yoghurt
1 teaspoon dry mustard powder
1 tablespoon parsley, chopped
1 tablespoon lemon juice

Poach fresh fish for a few minutes until cooked through.

Cool poached fish, and using fork, break into bite-size pieces.

Mix remaining ingredients thoroughly and add to fish.

Bake in ovenware at 375 degrees until brown on top. This should take about 30-40 minutes.

This recipe may also be used as an appetizer. Bake as instructed and serve in small portions.

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Vegetable Meatloaf

Ingredients:

1 1/2 pounds ground beef
1 organic egg
1 medium fresh tomato
1 medium onion, cut in pieces
Sprig of parsley
1 stalk of celery, cut in pieces
1/2 green pepper, cut in small pieces
1 carrot, cut in pieces
Sea salt, to taste
Ground black pepper, to taste

Place tomato into blender first. Push down on tomato to release juices so that blender blades will turn easily.

Add egg and blend for a few seconds.

Add remaining vegetables and blend until fairly smooth.

Empty blender contents into bowl and mix well with ground beef..

Season to taste with salt and pepper.

Form mixture into a loaf and place in a shallow pan.

Spread top with homemade ketchup (see recipe) or sugar free ketchup.

Bake at 350 degrees for about 1 hour.

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Cheese Bread

Ingredients:

2 1/2 cups ground blanched almonds (or other allowable nut flour)
1/4 cup butter, softened
1 cup bland cheese (brick colby, or mild cheddar), cut into very small pieces
1 teaspoon baking soda
1/8 teaspoon sea salt
3 organic eggs, beaten

Mix butter, nut flour, and cheese in bowl.

Add eggs, baking soda, and salt.

Preheat oven to 350 degrees.

Pour into a well buttered loaf pan (approx. 4 x 8) and bake until golden brown on top.

Variation: This bread can be sliced and dipped in beaten egg and fried in butter.

Soups and Stews

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Broccoli & Cheese Soup

Ingredients:

4 cups free range and organic chicken broth
5 cups broccoli, freshly chopped
3/4 pound raw cheese cut into cubes
Sea salt & pepper to taste

Bring broccoli and broth to a boil, simmer for 5 minutes, add cheese cubes. Heat on low until cheese melts, add sea salt and pepper. If soup is too thick, add heavy cream to thin to desired consistency. Serves 6.

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Slow Cooker Chicken Mediterranean Stew

Ingredients:

1 1/2 pounds boneless chicken breasts, cut into 1 inch pieces
2 teaspoons cold-pressed olive oil
2 teaspoons garlic salt
1/4 teaspoon pepper
1 tablespoon dried oregano leaves
4 cups stewed tomatoes
3 cloves garlic, crushed
1 cup onions, chopped
1/2 cup artichoke hearts, sliced
1 cup kalamata olives, pitted

Heat olive oil in 12 inch skillet over med-high heat. Sprinkle chicken with garlic salt, pepper and oregano. Cook chicken in oil for 8 minutes until brown on all sides. Place chicken, tomatoes and artichokes in slow cooker. Cover and cook on low for 6 hours. Stir in olives.

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Carrot Soup

Ingredients:

2 pounds carrots, scrubbed and quartered lengthwise
4 cups organic chicken stock
1 cup finely chopped onion
2 small cloves garlic, crushed
1 cup organic unsweetened yoghurt
1/3 cup chopped almonds
3 -4 tablespoons butter
1/2 - 1 teaspoon fresh Thyme, chopped
1/2 - 1 teaspoon fresh Basil, chopped
Toasted almonds as optional garnish
Parsley as optional garnish
Cress as optional garnish

Salt chicken stock to taste.

Parboil carrots in chicken stock about 12-15 minutes. Cool.

Saute the onion, garlic, chopped almonds in 3-4 tablespoons butter until tender but not browned.

Puree carrots, stock, sautéed mixture, and yoghurt in a blender until smooth.

Add 1/2 - 1 teaspoon chopped fresh thyme and 1-2 - 1 teaspoon chopped fresh basil.

Heat very slowly in a double boiler or chill and server cold.

Garnish with toasted nuts, parsley and cress.

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Tomato, Mushroom and Ham Soup

Ingredients:

1 small onion, chopped
1/4 cup sliced mushrooms
3 ounces diced ham
1/4 teaspoon extra cold-pressed olive oil
1 clove garlic, peeled and minced
1/8 teaspoon sweet paprika
Dash allspice
2 cups organic free-range chicken broth
1 3/4 cups chickpeas
3 whole large tomatoes, peeled

Mix the onion, mushrooms, ham, oil, garlic, paprika, and allspice in a large pot. Cook for 1 minute. Add the chicken broth, chickpeas, and tomatoes. Cover and simmer for 15 minutes.

Puree the soup in a blender and serve. Serves 2.

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Creamy Mushroom Soup

Ingredients:

16 ounces mushrooms, sliced
1 tablespoon fresh lemon juice
2 cloves garlic, peeled and minced
2 tablespoons butter
1 tablespoon cold-pressed olive oil
2 cups free range & organic chicken broth
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1/2 cup heavy cream

Preheat oven to 300 degrees.

Spread sliced mushrooms onto a shallow oven proof baking dish in a double layer. Add lemon juice, garlic, butter, olive oil, salt and pepper. Bake for 1 hour or until they are completely cooked and the juice is thick and dark. Set aside a few mushrooms for garnish and put the rest in blender add broth and blend smooth. In a heavy saucepan, heat the soup for about 5 minutes; add the cream and cook stirring for about 5 minutes.

Do not allow soup to boil. Serves 6.

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Desserts

Gluten-Free Mocha Frappuccino Shake

1 cup Skim Milk, 1% Milk, or Unsweetened Almond Milk
1 TB Blue Diamond Creamy Almond Butter
1 tsp Nescafe decaf coffee
1 TB Saco Premium Cocoa Powder, unsweetened
28 grams Now Sports Whey Protein Isolate Powder or Usana Health Sciences Soyamax
1 Tb. Fructose or Xylitol
Ice (optional)

Place milk and remaining ingredients (except ice) in blender and process until smooth. Add ice if desired and process on high until ice is crushed. Pour into cup and enjoy.

Makes 1 serving.

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Rice Pudding

Ingredients:

6 cups filtered water
2 cinnamon sticks
1 cup rice
3 cups milk, whole
2/3 cup sugar equivalent of Stevia or to your taste
1/2 teaspoon sea salt

Put water and cinnamon sticks in medium saucepan. Bring to a boil. Stir in rice and cook on low heat for 30 minutes until rice is soft and water has evaporated. Add milk, Stevia and sea salt. Cook for another 15 minutes until mixture thickens (stir often). Place in refrigerator to chill for at least 1 hour before serving.

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Low-Carb Cheesecake

Pie Crust Ingredients:

2-3 tablespoons butter
1/2 cup almond meal

Place enough almond meal on the bottom of a pie pan with enough melted butter to moisten the almond meal until it sticks together. Spread the butter and almond meal evenly over the bottom of the pie pan.

Filling Ingredients:

2 pounds softened cream cheese (4-8 ounce packages)
Sweeten with Stevia to taste
1 1/2 tablespoons fresh squeezed lemon juice
Pinch of sea salt
4 large organic eggs
2 tablespoons sour cream

Preheat Oven to 350 degrees.
Beat cream cheese, sour cream, and sweetener until well mixed and smooth. Add lemon juice, salt and beat until smooth. Add 1 egg at a time beating into mixture. Pour filling over crust and bake 50-60 minutes or until slightly firm to touch. Let cool 15-20 minutes before placing in the refrigerator. Then put in refrigerator and let cool thoroughly for 5-6 hours before serving. Serves 5-6.

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Cream Cheese Frosting

Ingredients:

3/4 heavy cream, chilled
8 ounces of cream cheese, softened
Stevia or Xylitol to taste
1 1/2 teaspoons pure vanilla extract

Whip heavy cream until it's stiff.

In a separate bowl, beat cream cheese until very smooth, then beat in vanilla and sweetener. Turn mixer to lowest speed and blend in whipped cream. Turn off the mixer quick!

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Cinnamon Spiced Nuts

Ingredients:

- 1 pound dry roasted or raw almonds, pecans or walnuts
- 1/2 cube butter
- 2-3 tablespoons cinnamon
- 1/2 teaspoon nutmeg
- 2-3 tablespoons pumpkin pie spice seasoning
- Sweeten with Stevia or Xylitol to taste
- 1 pinch sea salt
- 1/2 teaspoon pure vanilla extract

Clarify butter in saucepan on a medium heat. Add nuts, cinnamon, nutmeg, pumpkin spice seasoning, pure vanilla extract, and salt. Stir everything until nuts are thoroughly coated with the spices. If nuts are raw, then cover and keep the saucepan cooking on a low heat for 15-20 minutes. If nuts are roasted, cover and cook on low heat for 10 minutes. When the nuts are done cooking in spices, remove pan from burner, add sweetener and stir every 2-3 minutes until mixture begins to thicken up. Stir one more time (Making sure nuts are coated). After stirring, put the nuts in fridge. Let cool for 20-30 minutes.

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Coconut Macaroons

Ingredients:

- 1 cup unsweetened shredded coconut
- Stevia to taste
- 2 organic egg whites
- 1/2 cup heavy cream
- 1/4 teaspoon pure vanilla extract
- 1/2 teaspoon pure almond extract

Mix cream with sweetener and extracts. Add coconut and mix very well. Let stand for 1 hour. If mixture feels dry to touch after 1 hour, add a little more cream.

Preheat oven to 350 degrees.

Whip egg whites until peaks form. Fold into coconut. Using a teaspoon place a small amount of the coconut mixture onto a well greased cookie sheet, repeating to make approximately 16

cookies. Make for 12-15 minutes or until slightly browned. If tops have not browned in 15 minutes, you can place them under a broiler for a few minutes (watch them carefully). Allow to cool before serving.

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Pumpkin Custard

Ingredients:

2 organic eggs
1/2 teaspoon Stevia or to taste
1/2 teaspoon sea salt
1 cup canned or home-cooked pumpkin puree
Dash of ginger
1/2 teaspoon cinnamon
1 tablespoon hot water
1 cup cream
1/8 teaspoon orange rind, grated

Preheat oven to 325 degrees. Butter the inside of 4 or 5 custard cups, then arrange in a 9-inch iron skillet or a glass or enamelware baking pan. Add water to the pan to the level halfway up the custard dishes.

Beat eggs slightly with rotary beater, then beat in Stevia, sea salt and pumpkin. Mix spices to a paste in hot water and beat paste into the egg mixture. Use wooden spoon to stir in cream and rind. Pour into cups. Bake on top oven rack for delicate browning about 40 minutes, or until custard tests done (insert knife into center of custard. If it comes out clean, it's done). Serve as is or with plain whipped cream. 4 to 5 servings.

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Instant Blender Ice Cream

Ingredients:

2 cups homemade yoghurt or organic unsweetened yoghurt
1 quart frozen fruit (do not thaw fruit)
Stevia, to taste

Place 1/2 cup yoghurt in blender.

Gradually add frozen fruit and the remaining yoghurt alternately.

Add Stevia to taste.

Blend until thick.

Store in freezer until ready to eat.

This ice cream is thick and smooth and should be eaten soon after making.

If it is refrozen, it will crystallize.