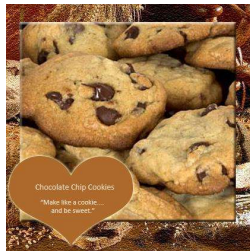




Strawberry Rhubarb Parfaits
"Prepare all food with happy thoughts"



Chocolate Chip Cookies
"Make like a cookie... and be sweet!"



Banana Bread
"Add a pinch of happy thoughts"



Poppy Seed Cake



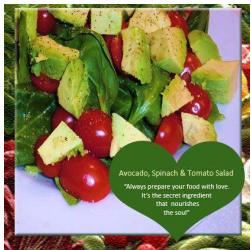
Baked Jam Filled Turnovers
"Love is the secret ingredient"



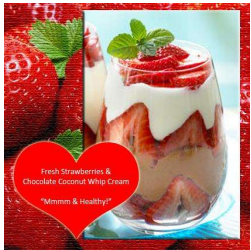
Mango Smoothie
"Minimum..."



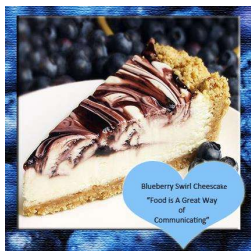
Banana Bread
"Add a pinch of happy thoughts"



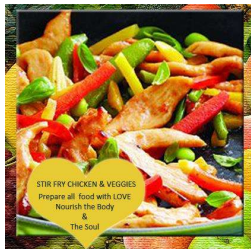
Avocado, Spinach & Tomato Salad
"Always prepare your food with love. It's the secret ingredients that nourishes the soul"



Fresh Strawberries & Chocolate Coconut Whip Cream
"Moments & healthy!"



Blueberry Swirl Cheesecake
"Food is A Great Way of Communicating"



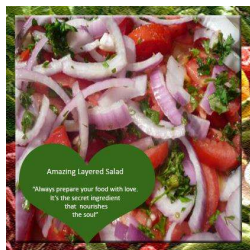
STIR FRY CHICKEN & VEGGIES
Prepare all food with LOVE
Nourish the Body & The Soul



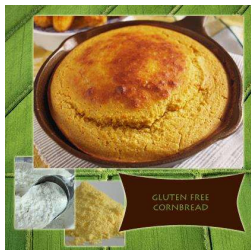
Chicken Stock



Pavlova



Amazing Layered Salad
"Always prepare your food with love. It's the secret ingredients that nourishes the soul"



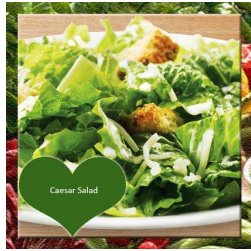
GLUTEN FREE CORNBREAD



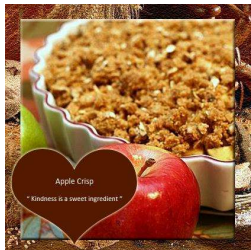
Borscht



Raisin Oatmeal Cookies
"Share a cookie and a smile"



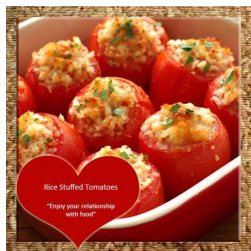
Caesar Salad



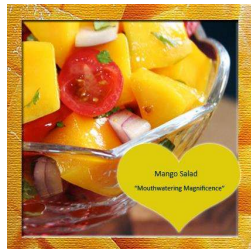
Apple Crisp
"Kindness is a sweet ingredient"



BANANA SPLIT CAKE
Enjoy life with "Everything In Moderation"



Rice Stuffed Tomatoes
"Enjoy your relationship with food"



Mango Salad
"Mouthwatering Magnificence"



Recipes Index

Soups

Granny's Lentil Barley Soup	5
Minestrone Soup	6
Cheesy Potato Soup	7
Ma's Lentil Ham Soup	8
Spicy Bean Soup	9
Grandma's Green Split Pea Soup	10
Vegetable Beef Soup	11
Summer Corn Chowder	12
Borscht	13
Potato Leek Soup	14
Chicken Stock	15
Homemade Noodle Soup	16
Gingery Yam Soup	17

Breads & Salads

Baking Powder Biscuits	18
Cornbread	19
Honey Buttermilk Bread for Machine	20
French Bread for Machine	21
Avocado Spinach Salad	22
Amazing Layer Salad	23
Caesar Salad	24
Potato Salad	25
Mango & Tomato Salad	26

Lunches & Dinners

Black Bean Pasta	27
Bow Tie s & Spicy Chicken Broccoli	28
Chicken Enchiladas	29
Confetti Spaghetti	30
Stuffed Pasta Shells	31
Chicken Breasts with Cream Sauce	32
Grandma's Chili	33
Turkey Tetrazzini	34
Eye of the Round & Flank Steak	35
Breaded Bird	36
Creamy Baked Chicken	37
Sweet & Sour Meatballs	38
Beef Stir Fry	39
Sesame Chicken	40
Stir Fry Chicken & Veggies	41
Chicken Quesadillas	42
Lemon Chicken Breasts	43
Sweet & Sour Chicken Bites	44
Seared Scallops	45
Guacamole	46
Baked Sweet Potato Fries	47
Stuffed Red Peppers	48
Lasagna, The Ingredients	49
Lasagna, The Instructions	50
Rice Stuffed Tomatoes	51
Baked Eggplant Parmesan	52
Perogies	53



Recipes Index

DESSERTS

<u>Basic Pancakes</u>	54	<u>Chocolate Glazed Bundt Cake</u>	75
<u>Fruit Scones</u>	55	<u>The Great Pumpkin Dessert Cobbler</u>	76
<u>Mini Cinnamon Buns</u>	56	<u>Lemon Meringue Pie</u>	77
<u>Bran Muffins</u>	57	<u>Sweet Potato Pecan Pie</u>	78
<u>Banana Chocolate Chip Muffins</u>	58	<u>Banana Bread</u>	79
<u>No Bake Chocolate Macaroons</u>	59	<u>Chocolate Zucchini Cake</u>	80
<u>Hershey Kiss Peanut Blossom</u>	60	<u>Sneaky Dark Chocolate Cake</u>	81
<u>Almond Cookies</u>	61	<u>Carrot Cake & Cream Cheese Icing</u>	82
<u>Peanut Butter Cookies</u>	62	<u>Apple Crisp</u>	83
<u>Monster Cookies</u>	63	<u>Jam Filled Turnovers</u>	84
<u>Chocolate Crinkle Cookies</u>	64	<u>Pavlova With Fresh Fruit</u>	85
<u>Paul Bunyan Cookies</u>	65	<u>Poppy Seed Cake</u>	86
<u>Snickerdoodle Cookies</u>	66	<u>Banana Split Cake</u>	87
<u>Raisin Oatmeal Cookies</u>	67	<u>Blueberry Swirl Cheesecake</u>	88
<u>Chocolate Chip Cookies</u>	68	<u>No Bake Torte</u>	89
<u>Chocolate Almond Butter Balls</u>	69	<u>Mocha Icing</u>	90
<u>Chocolate Nib Cookies</u>	70	<u>Simple Buttercream Frosting</u>	91
<u>Rice Krispie Squares</u>	71	<u>Fluffy White Vanilla Frosting</u>	91
<u>Black Forest Cake</u>	72	<u>Strawberry Rhubarb Parfaits</u>	92
<u>Double Apple Bundt Cake</u>	73	<u>Fresh Berries & Coconut Chocolate Whip Cream</u>	93
<u>Applesauce Fruit Cake</u>	74	<u>Mango Smoothie</u>	94
		<u>Banana Pineapple Smoothie</u>	94

Conversion Chart



F to C Degrees Conversion Chart

225F = 110C
 250F = 120C
 275F = 140C
 300F = 150C
 325F = 160C
 350F = 180C
 375F = 190C
 400F = 200C
 425F = 220C
 450F = 230C
 475F = 240C
 500F = 260C
 550F = 290C

Weight Conversion

1/2 oz = 15g
 1 oz = 25 g
 2 oz = 50 g
 3 oz = 75 g
 4 oz = 100 g
 6 oz = 175 g
 7 oz = 200 g
 8 oz = 250 g
 9 oz = 275 g
 10 oz = 300 g
 12 oz = 350 g
 1 lb = 500 g
 1 1/2 = 750 g
 2 lb = 1 kg

Imperial to Metric

1/4 teaspoon = 1.25 ml
 1/2 tsp = 2.5 ml
 1 tsp = 5 ml
 1 tablespoon = 15 ml
 1/4 cup = 60 ml
 1/3 cup = 75 ml
 1/2 cup = 125 ml
 2/3 cup = 150 ml
 3/4 cup = 175 ml
 1 cup = 250 ml
 1 1/8 cups = 275 ml
 1 1/4 cups = 300 ml
 1 1/2 cups = 350 ml
 1 2/3 cups = 400 ml
 1 3/4 cups = 450 ml
 2 cups = 500 ml
 2 1/2 cups = 600 ml
 3 cups = 750 ml
 3 2/3 cups = 900 ml
 4 cups = 1 liter

Bar Drink Measurements

1 dash = 6 drops
 3 teaspoons = 1/2 ounce
 1 pony = 1 ounce
 1 jigger = 1 1/2 ounce
 1 large jigger = 2 ounces
 1 std. whiskey glass = 2 ounces
 1 pint = 16 fluid ounces
 1 fifth = 25.6 fluid ounces

Cake Pan Size Conversions

20cm spring form pan=8 inch
 20cm square pan=8 inch
 23cm spring form pan = 9 inch
 25cm spring form pan = 10 inc

Cooking Measurement Conversions

1 teaspoon = 1/6 fl. ounce
 1 Tablespoon = 1/2 fl. ounce
 1 tablespoon = 3 teaspoons
 1 dessert spoon (UK) = 2.4 teaspoons
 16 tablespoons = 1 cup
 12 tablespoons = 3/4 cup
 10 tablespoons + 2 teaspoons = 2/3 cup
 8 tablespoons = 1/2 cup
 6 tablespoons = 3/8 cup
 5 tablespoons + 1 teaspoon = 1/3 cup
 4 tablespoons = 1/4 cup
 2 tablespoons = 1/8 cup
 2 tablespoons + 2 teaspoons = 1/6 cup
 1 tablespoon = 1/16 cup
 2 cups = 1 pint
 2 pints = 1 quart
 3 teaspoons = 1 tablespoon
 48 teaspoons = 1 cup
 1 cup = 8 fluid ounces
 2 cups= 1 pint
 2 cups= 16 fluid ounces
 1 quart = 2 pints
 4 cups = 1 quart
 4 cups = 32 fluid ounces
 8 cups = 4 pints
 8 cups = 1/2 gallon
 8 cups = 64 fluid ounces
 4 quarts =1 gallon
 4 quarts = 128 fluid ounces
 1 gallon (gal) = 4 quarts
 16 ounces = 1 pound
 Pinch = Less than 1/8 teaspoon



GRANNY'S LENTIL BARLEY SOUP

Instructions

Heat oil in large, heavy pot over medium high heat.

Add onions and carrots, cook stirring occasionally for 8 minutes.

Add garlic and cook 2 minutes, stirring.

Add cumin and cook 2 minutes longer.

Add the lentils, chicken broth, tomatoes and brown sugar.

Bring mixture to a boil, reduce the heat slightly and cook 5 minutes, partially covered.

Simmer for an additional 45 minutes.

Stir occasionally.

Stir in the parsley and season to taste with salt and pepper.

Ingredients

2 Tablespoons olive oil

2 cups chopped onions

2 cups diced carrots

1 Tablespoon minced garlic

1-2 teaspoons cumin

1 cup dried lentils

4 cups chicken broth

1 can (28oz) plum tomatoes, chopped

1 Tablespoon brown sugar

1/2 cup dried barley

1/2 cup chopped parsley

salt & pepper to taste





MINESTRONE SOUP

Instructions

In a large pot, cook all the ingredients e
except the pasta and peas
Cook for 20 minutes.
Add the pasta and peas and simmer until
warm.

Ingredients

1 jar spaghetti sauce
Use the spaghetti jar sauce to add an
additional 2 jars of water
2 cubes beef bullion
2 onions, chopped
2 stalks celery, chopped
3-4 carrots, chopped
1 can dices tomatoes
1 can kidney beans
1 teaspoon garlic salt
(or 2 cloves fresh garlic finely chopped)
1 teaspoon oregano flakes
1 teaspoon basil flakes
1 bay leaf
1/2 cup frozen peas
1/2 lb cooked small shell pasta
salt & pepper to taste





CHEESY POTATO SOUP

Instructions

In a medium saucepan, combine broth, potatoes, carrots, and celery. Bring to a boil then reduce the heat. Cover and simmer for 10 minutes or until the vegetables are tender. Stir cornstarch into the milk and then add to the soup. Add cheese and stir until melted. Add the bacon bits and the chopped green onions.

Ingredients

2 cups chicken broth
1 cup peeled and diced potatoes
1/2 cup finely shredded carrots
1/4 cup chopped green onions
2 cups milk
2 tablespoons cornstarch
1 cup cheddar cheese
bacon bits
salt & pepper to taste





MA'S LENTIL HAM SOUP

Instructions

Place all the ingredients in a crock pot with the ham bone on top.

Cover and cook on low heat setting for 9 to 11 hours.

Lift ham bone from the bone, chop the meat and return it to the soup.

Ingredients

- 1 lb lentils (about 2 1/3 cups)
- 1 1/2 cups chopped carrots
- 1 cup chopped onion
- 1 cup chopped celery
- 1/4 cup snipped parsley
- 1/4 teaspoon dried, crushed marjoram
- 1/8 teaspoon pepper
- 1 meaty ham bone (about 1 1/2 pounds)
- 7 cups water
- salt & pepper to taste





SPICY BEAN SOUP

Instructions

Saute onion and green pepper in oil.
Add remaining ingredients and bring to a boil.
Reduce heat to low and cover for 5 minutes.

Ingredients

1 Tablespoon oil
1/2 cup chopped green pepper
1/2 cup chopped onion
1 can condensed tomato soup
1 soup can of water
1 can pinto beans
1 can kidney beans
1 teaspoon Worcestershire sauce
1 teaspoon hot pepper sauce
salt & pepper to taste





GRANDMA'S SPLIT GREEN PEA SOUP

Instructions

Combine all the ingredients and cook until tender.

Cooking time is about 1 1/2 hours.

Stir occasionally.

If you used a ham bone, remove when the soup is ready.

Ingredients

1 cup green split peas
2 carrots, diced
2 stalks celery, diced
1-2 large onions, diced
1-2 large potatoes, peeled and diced
4 cups water
ham bone (optional)
very finely diced ham
salt and pepper to taste





VEGETABLE BEEF SOUP

Instructions

Brown and drain the meat.

Put all ingredients except butter and flour into a crock pot and cook for 8 hours on low or 4 hours on high.

Melt butter over medium heat and stir in until smooth.

Add mixture to soup and stir until thickened.

Remove from heat.

Ingredients

- 1 lb ground beef
- 3 cups water
- 1 onion, chopped
- 3 stalks celery chopped
- 2 carrots sliced
- 1 (14.5 oz) can diced tomatoes
- 1/2 teaspoon pepper
- 1 (10 ounce) package frozen mixed vegetables
- 2 teaspoons beef base (or 2 cubes)
- 1/2 cup butter
- 1/2 cup flour



SUMMER CORN CHOWDER

Instructions

Husk the corn.

Carefully remove most of the silk by hand and then rub the ears with a towel to finish the job. Cut the kernels from the cobs and place in a bowl. You should have about 2 cups.

Cut the corn off the cobs.

Heat a 3-to 4-quart heavy pot over low heat and add the cut bacon. Once it has rendered a few tablespoons of fat, increase the heat to medium and cook until the bacon is crisp and golden brown.

Pour off all but one tablespoon of the bacon fat, leaving the bacon in the pot.

Add the butter, onion, thyme, cumin, and turmeric and sauté, stirring occasionally with a wooden spoon, for about 8 minutes, until the onion and pepper are tender but not browned.

Add the corn kernels, potatoes and stock, turn up the heat, cover, and boil vigorously for about 10 minutes. Reduce the heat to medium and season the chowder with salt and pepper.

Stir the cornstarch mixture and slowly pour it into the pot, stirring constantly.

As soon as the chowder has come back to a boil and thickened slightly, remove from the heat and stir in the cream. Adjust the seasoning if necessary.

If you are not serving the chowder within the hour, let it cool a bit, then refrigerate; cover the chowder after it has chilled completely.

Otherwise, let it sit at room temperature for up to an hour, allowing the flavors to meld.

When ready to serve, reheat the chowder over low heat; don't let it boil.

Ladle into cups or bowls and sprinkle with the chopped chives.

Ingredients

3 ears fresh corn or 3 ears bicolor corn
4 ounces bacon, slice into narrow pieces
2 tablespoons unsalted butter
1 medium onion, chopped
1 sprig fresh thyme, leaves removed and chopped
1/2 teaspoon ground cumin
1/8 teaspoon turmeric
1 lb potatoes, peeled and cut into 1/2 inch cubes
3 cups chicken stock
salt to taste
fresh ground black pepper
2 teaspoons cornstarch, dissolved in
2 tablespoons water
1 cup heavy cream
2 tablespoons minced fresh chives
or 2 tablespoons thinly sliced scallions





BORSCHT

Instructions

In your soup pot put 1 tablespoon butter. Heat and add diced onion, sauté until onion is transparent. Add the julienned beets to the soup pot and add enough water to cover beets. Bring to a boil . Now the shredded cabbage and Julienned potatoes & carrots. Add a little more water if needed. Continue to cook at medium heat.

Slice the fresh green bean cut into 1/2 inch pieces and add to the soup pot. Add chopped dill, salt & pepper to taste. Continue to cook on low heat for about 30 minutes. Add the frozen peas. When all veggies are tender add the can of pureed tomatoes. Taste - you may need to add 1/2-1 teaspoon salt to bring to full flavor.

To cream the soup:

In a large measuring cup, using a fork, mix the 2 tablespoons white flour with the cream so it won't be lumpy. With a soup ladle add a ladle full of hot soup juice to the cream mix and stir with your fork and slowly pour this warm mixture back into the soup.

(Or add the sour cream and stir in)
Add the 2 tablespoons of butter.

Bring back up to a boil, stirring continually for 3 minutes. Shut off and let it sit.

The flavor of this soup increases at it sits. It will keep for a few days refrigerated .

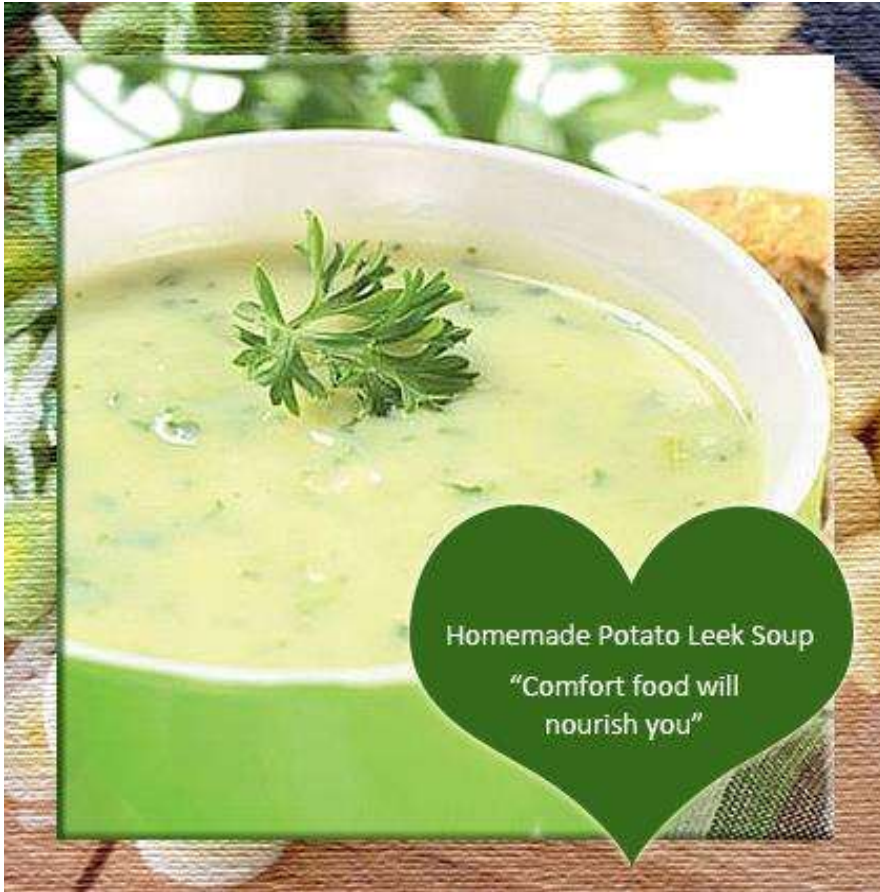
Ingredients

- 4 large beets diced
- 1 diced onion
- 2 large julienned potatoes
- 1 carrot julienned
- 2 cups fresh green beans sliced into 1" pieces
- 1/2 cup shredded cabbage
- 2 Tablespoons fresh dill
- sea salt & pepper
- 1 cup frozen peas
- 1 28oz. can of stewed tomatoes-puree
- 2 tablespoons butter

- 2 Tablespoons all purpose flour
- 2 cups cream or 1 cup whipping cream
- OR
- 1 cup sour cream

Note* If you don't want to julienne cut your vegetables, you can chop into 1/2 inch cubes instead.





POTATO LEEK SOUP

Instructions

Boil together potatoes, celery and leeks in water for about 20 minutes until vegetables are cooked.

Poke the potato pieces with a fork, they will be soft when cooked.

While the veggies are cooking, sauté the onion in butter in a skillet until golden brown.

Add the flour to the sautéed onion mixture continue browning. Combine with the boiled vegetables.

Add 1/2 cup chopped parsley, 2 tablespoons chopped dill, and 2 tablespoons chopped chives. Use fresh herbs for superior flavor.

Next cream the soup.

Measure 1 rounded teaspoon of flour, and 1 tsp. sea salt into 1/2 cup of whipping cream or cream .

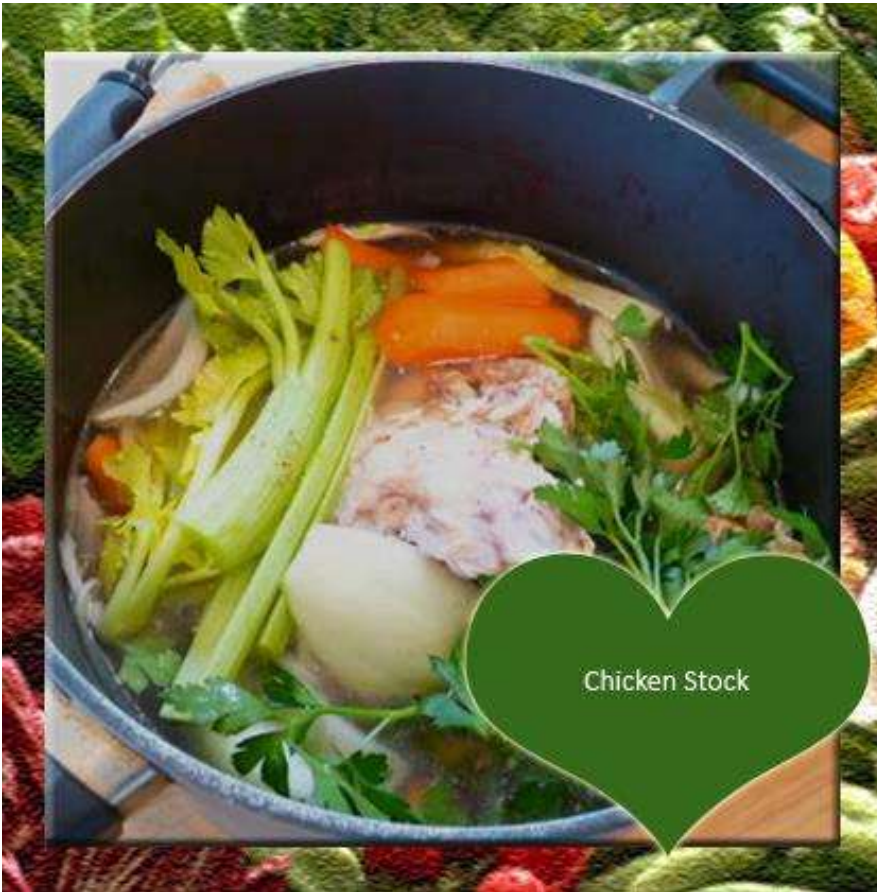
Mix with a fork until smooth. Add cream mixture to the soup. Bring to a boil, stirring.

Turn off the heat once the soup comes to a boil.

Ingredients

6 peeled and diced large potatoes cut into 1/2 " cubes
1 cup thinly chopped celery
1 cup thinly chopped leeks
6 cups water
1 teaspoon sea salt to boil in the stock water
1 small dices onion
sea salt & pepper to taste
1/2 cup chopped fresh parsley
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh chives





CHICKEN STOCK

Instructions

Coarsely cut all vegetables. They are being used to create the stock and will be thrown out after they serve their purpose of creating the stock, so you don't need to get fancy. You will already be retaining the goodness from the veggies, herbs & chicken in your stock.

Place the chicken all the vegetables, garlic, herbs and peppercorns and sea salt in a large, deep-bottomed soup pot.

Add the cold water and bring to the boil, skim froth off, then turn the heat down to a simmer.

Continue to simmer gently for 3-4 hours, skimming as necessary.

Strain the stock through a fine sieve.

Let cool.

If you used a whole chicken, you can pick out the nice white meat and reserve it for your soup.

Once the stock is cold it should look clear and slightly amber in colour.

If you are saving for future use, divide the broth it into small plastic containers and freeze.

The stock will keep in the fridge for about 4 days and in the freezer for 2-3 months.

You can use this homemade stock when making any of your soups.

Try with the homemade noodles.

You can also add some thinly sliced carrots & chopped parsley.

Ingredients

- 4-5 pounds of chicken wings legs or a fryer chicken.
- 2 onions
- 2 carrots
- 2 leeks
- 3 cloves garlic
- 4 celery sticks
- 3 bay leaves
- 1 Tablespoon sea salt
- Fresh parsley
- Fresh thyme
- Fresh Dill
- Peppercorns
- 24 cups water





HOMEMADE NOODLE SOUP

Instructions

Mix together flour, salt and baking powder.
Make a bowl in the flour and break in the eggs.
Using your fingertips work the flour into the eggs, creating a ball of dough. Let rest 20 minutes. Use a rolling pin; roll very thin, once rolled out flat, roll the dough up into a log and cut thinly. When you cut the log, it will form the noodle strips.
Layer some flour between the cut noodles so they don't stick together.
Drop the noodles into boiling water and boil until they float. Strain water from noodles and set in a bowl with a little butter to keep them from sticking together.
You can cut them with a noodle maker if you have one, but this method works very well and has been passed down generation to generation in my family.

Ingredients

This recipe is for the noodles.

- 3 cups all purpose flour
- 5 eggs
- 1 teaspoon sea salt
- Big heaping tablespoon butter
- 1/4 teaspoon baking powder

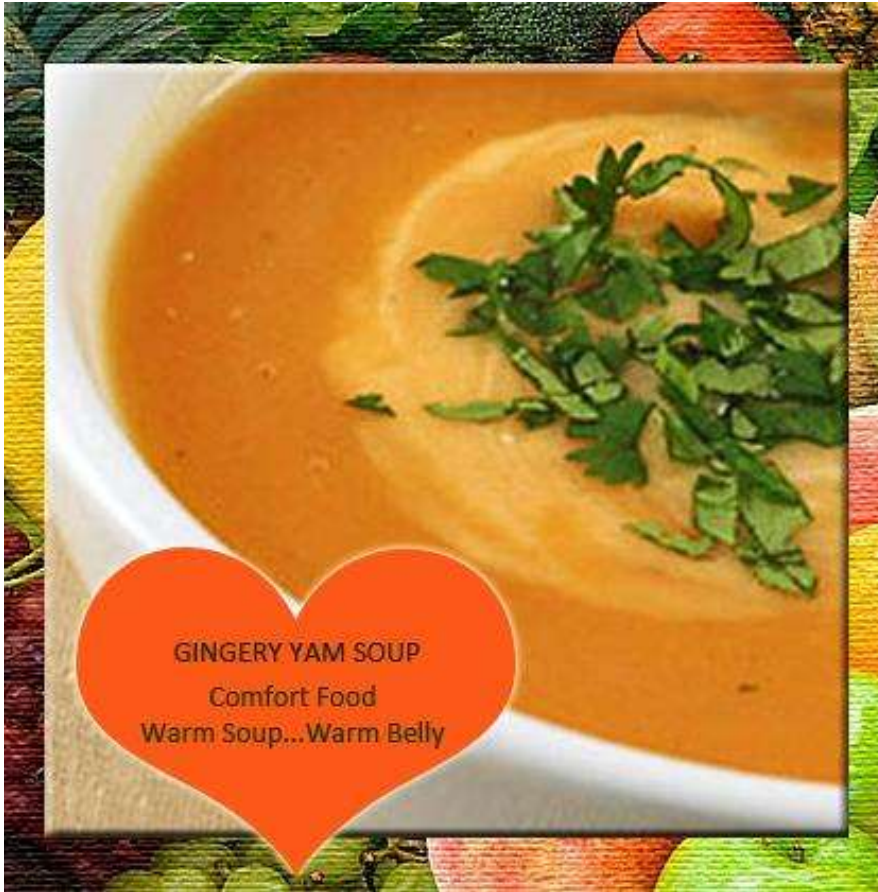
To make the noodles into a soup.

- Put 2-4 cups chicken broth in a pot. Either home made from page (5) or broth from the store.
- Add 1 peeled sliced carrot
- 2 teaspoons chopped parsley
- 1 finely chopped green onion (optional)
- Bring to a boil and simmer for 10 minutes.
- Add some of noodles and serve.
- Salt & Pepper to taste.





GINGERY YAM SOUP



Instructions

In a heavy saucepan bring the yams, stock & ginger to a boil.

Reduce heat & simmer gently for about 10 minutes or until the yams are tender.

Puree until smooth, stir in the coconut milk, lime juice, salt & pepper.

Cook on low heat until heated through.

Soups are known as comfort foods.

Add this one to your recipe list.

It is quick and easy to make.

You can also substitute sweet potatoes for the yams.

Ingredients

6 cups peeled cubed yams (approx. 2 large ones)
3 1/2 cups vegetable or chicken stock
1 Tablespoon fresh ginger – chopped finely
Option* If you don't care for ginger, then omit the ginger
Make it a Yam soup ... still delicious!
1/2 cup unsweetened coconut milk
3 Tablespoons lime juice
sea salt & pepper to taste
Garnish with colorful chopped up parsley.





BAKING POWDER BISCUITS

Instructions

Cut butter (or shortening) into dry ingredients.

Mix in milk with a fork until dough sticks together and follows the fork around the bowl. Shape into a ball and put on a floured board. Flatten with your hands until 3/4 inch thick. Cut with a cutter dipped in flour or cut into squares using a knife.

Bake on an ungreased sheet for 10 to 12 minutes at 450F.

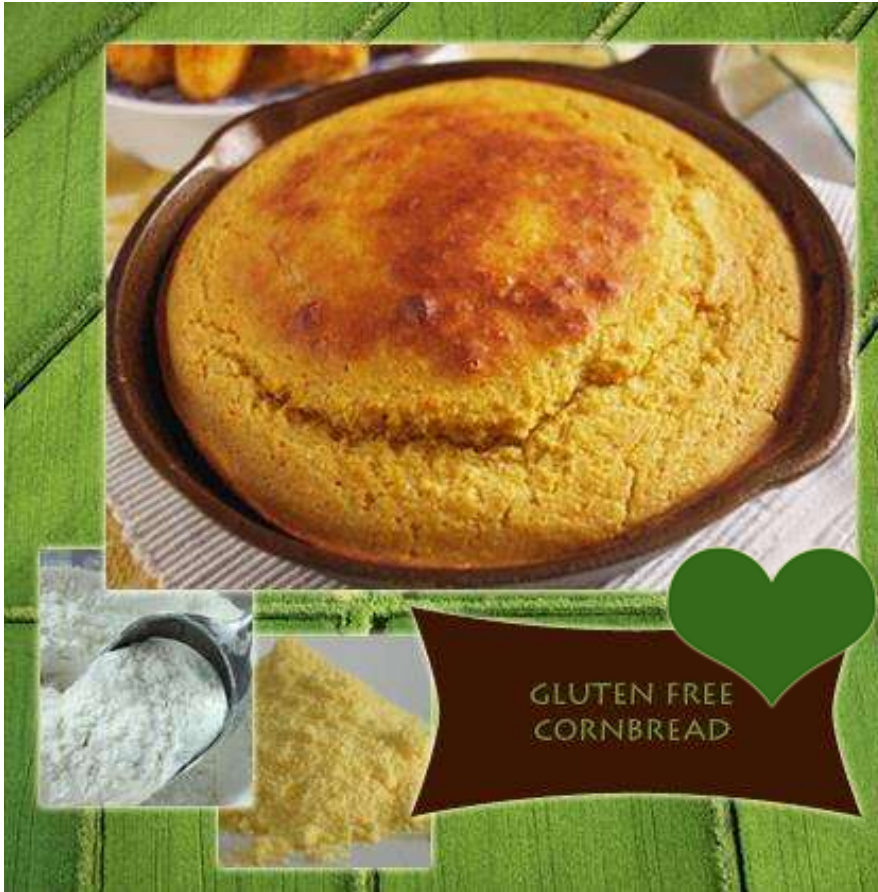
Ingredients

- 1 cup all purpose flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 3 Tablespoon butter or shortening
- 1/4 cup + 2 Tablespoons milk





CORNBREAD



Instructions

Preheat the oven to 400 degrees F (200C)

Mix the dry ingredients (flour, cornmeal, sugar, baking powder, and salt) together Set aside.

In a small bowl, combine the eggs, milk, and 1/4 cup melted butter.

Add wet mixture all at once to the flour mixture and stir until moistened.

Melt the one tablespoon of butter in a 8 inch cast iron pan (or round) baking pan in the oven.

This only takes a couple minutes, when melted swirl the butter around coating the bottom and sides.

Pour the cornmeal batter into the hot baking pan.

Bake for 15-20 minutes or until a wooden toothpick comes out clean.

Delicious with soups or salads.

Ingredients

You can make either gluten free or not.

The cornbread would go nicely with soup & salads.

1 cup all purpose flour (or gluten free version)

3/4 cup stone-ground cornmeal (organic)

2 Tablespoons of sugar

2 1/2 teaspoons baking powder

3/4 teaspoon sea salt

1 Tablespoon butter

2 beaten eggs

1 cup milk

1/4 cup melted butter





HONEY BUTTERMILK BREAD

Using a bread machine...

Instructions

Using a bread machine:

Add all wet ingredients to the bread machine, then flour, and salt and last the yeast.

Cook at appropriate setting on your bread machine.

*Note: You can make your own buttermilk by adding approximately 1 teaspoon of lemon juice or vinegar to 3/4 cups regular milk.

Ingredients

- 2 teaspoons active yeast
- 2 cups bread flour
- 1 1/2 teaspoons salt
- 3/4 cups buttermilk
- 2 Tablespoons honey
- 1 Tablespoon butter
- 3 Tablespoons water





FRENCH BREAD FOR MACHINE

Instructions

Place ingredients in bread machine according to manufacturers directions.

Start machine on dough setting. When dough cycle is complete, remove dough with floured hands and cut in half on floured surface.

Take each half of dough and roll to make a loaf about 12 inches long in the shape of French bread.

Place on greased baking sheet and cover with a towel.

Let rise until doubled, about 1 hour. Preheat oven to 450F

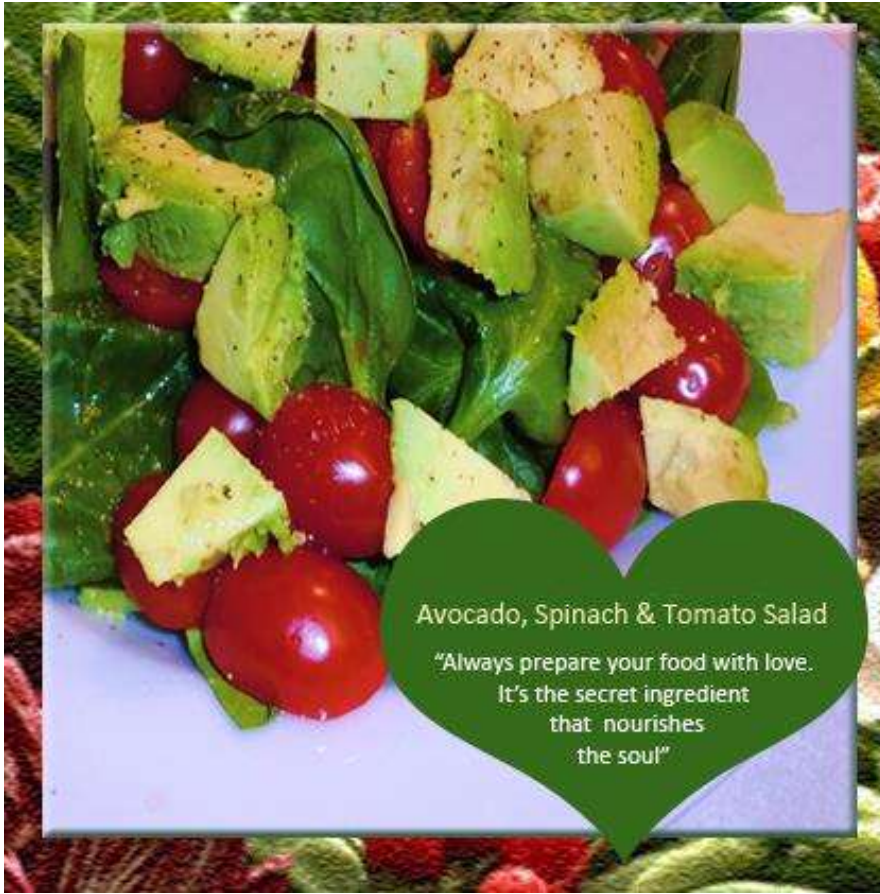
Bake for 15 to 20 minutes or until golden brown, turning pan around once halfway during baking.

Remove baked loaves to wire racks to cool.

Ingredients

- 3 1/2 cups bread flour
- 1 teaspoon salt
- 1 (1/4 ounce) package active dry yeast
- 1 1/4 cups warm water





AVOCADO SPINACH SALAD

Instructions

1. Combine spinach, tomato and avocado
 2. Sprinkle with lemon juice, oil, sea salt and freshly ground pepper
 3. Mix together
 4. Enjoy!
- Serves 2

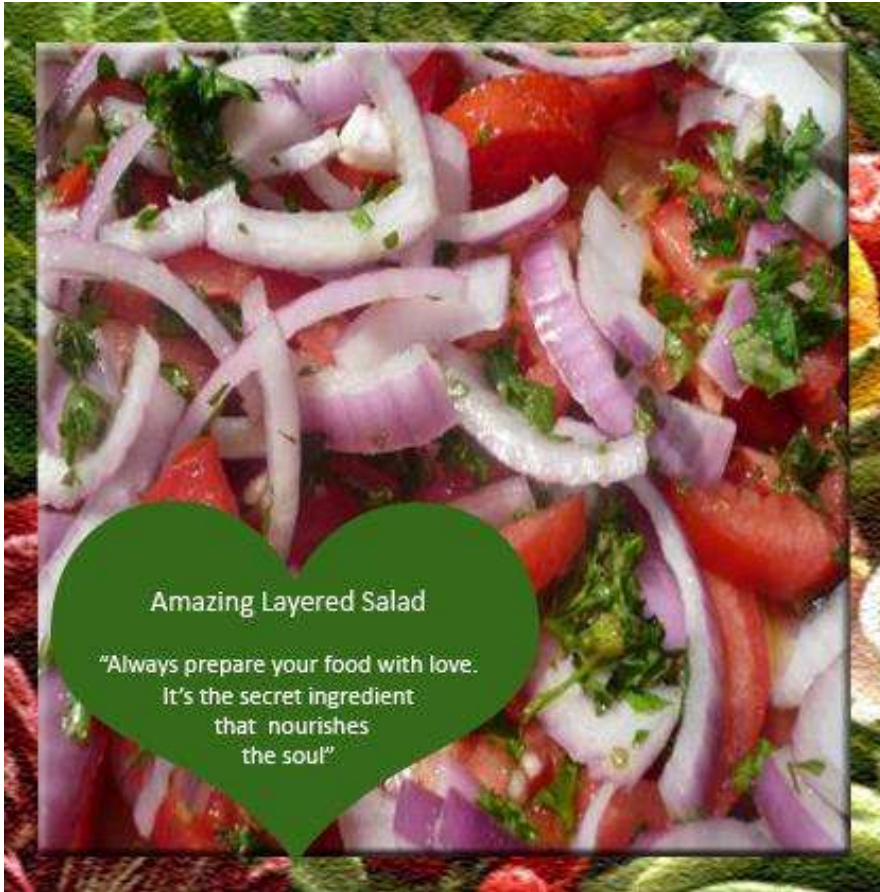
If you are feeding more people just adjust the recipe accordingly.



Ingredients

- 1 cup fresh baby spinach
- 16 bite sized tomatoes
- 1 avocado diced
- Freshly squeezed lemon juice – to taste
- 2 Tablespoons olive oil or grape seed oil
- Sea salt and ground pepper – to taste





AMAZING LAYERED SALAD

Instructions

Build your layered salad, then go on to making the dressing.

You can save chopped pieces of the salad makings from each layer to put onto the top to make it more decorative.

Mix all the dressing ingredients together and pour over your layered salad.

For optimum flavor, use only fresh veggies and herbs.

The combination of these flavors will leave you looking for something to soak up any of the dressing left on your dish!

My sister grows her own herbs so its easy to wander out and pick just what she needs for the dressing.

You can purchase fresh live herbs in 4" pots from many garden centers and natural food stores.

They are fun and easy to grow and will grow for quite awhile in good window-light.

Don't let them sit directly in a hot sunny window as they will wilt and die.



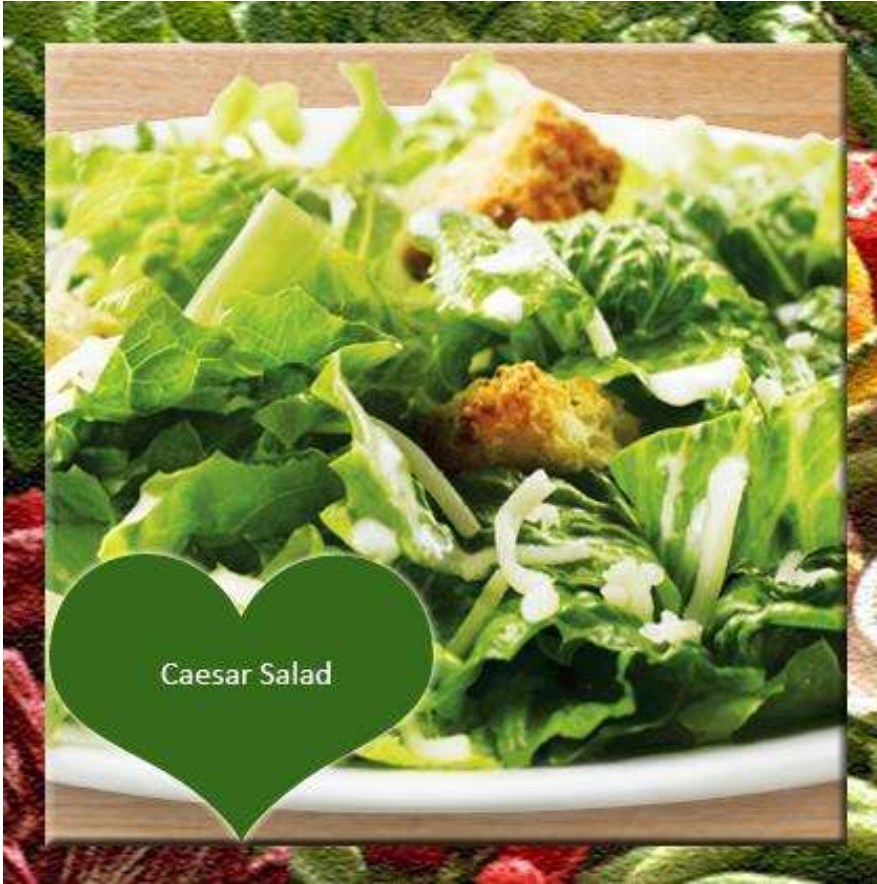
Ingredients

The Salad

- 1 long English cucumber, sliced: 1st layer
- 1 medium sized sweet onion, thinly sliced: 2nd layer
- 1 medium sized red pepper, cut in half then slice thin: 3rd layer
- 2 stalks of celery, slice thin on diagonal: 4th layer
- 1 large tomato, sliced: 5th top layer

The Dressing

- 1/8 cup apple cider vinegar
- 1/8 cup white vinegar
- 1/8 cup olive oil (or grape seed oil)
- 1/8 cup lemon juice, freshly squeezed
- A sprig of fresh parsley, oregano & lemon thyme, chop finely
- sea salt & freshly ground pepper, to taste



CAESAR SALAD

Instructions

In a blender, blend lemon juice, mustard, garlic, anchovy paste, salt, sugar and pepper. With motor running, gradually add grated parmesan cheese and oil.

Transfer to small jar and refrigerate.

This dressing makes enough to coat 12 cups torn romaine (about 1 head) and 1 cup croutons, and serves eight.

Add the capers when you serve.



Ingredients

- 2 Tablespoons freshly squeezed lemon juice
- 1-1/2 teaspoons Dijon mustard
- 1 clove garlic, minced
- 1 teaspoon anchovy paste or anchovies (chopped) *optional
- 1 Tablespoon capers *optional
- 1/4 teaspoon sea salt
- 1 pinch granulated sugar
- 1/4 teaspoon freshly ground pepper
- 2 grated parmesan cheese
- 1/4 cup olive oil
- 1 cup croutons
- 1/2 cup freshly shredded parmesan cheese to sprinkle on the top of the salads at serving time.





POTATO SALAD

Instructions

In a large mixing bowl
Cube or shred the potatoes (large shredder)
Chop the eggs
Add the green onions, carrots, celery & onion & pickle slices
Gently stir with a large mixing spoon, scooping from bottom, don't make it mushy

Mix mayonnaise, mustard, chopped dill, salt & pepper
Gently combine into the potato salad
Spoon the salad into an attractive salad bowl and sprinkle the paprika on top

Garnish with parsley, or celery and tomato slices
Keep in the refrigerator until serving time.

Serves 8-12
If this is too large a recipe, just cut in half for smaller groups.

Ingredients

8 medium sized potatoes, boiled & cooled for several hours or overnight
8 eggs , hard boiled & cooled for several hours or overnight
4 carrots, peeled & thinly sliced or grated
4 pieces of celery, thinly sliced
2 green onions , thinly sliced (optional)
Fresh dill, a handful finely chopped
Fresh parsley, a handful chopped and save a few sprigs for garnish (optional)
6 baby dill pickles, thinly sliced into circles (optional)
1 cup mayonnaise (more or less to suit)
2 Tablespoons mustard
sea salt & pepper to taste
1 teaspoon paprika (more or less -Is optional Gives nice color)



MANGO & TOMATO SALAD

Instructions

Prepare in a salad bowl
Combine the mango cubes, tomatoes, red onion, cilantro, balsamic vinegar & oil and use a large spoon to mix together.
Add salt & pepper to taste
Let the salad sit at room temperature
5-10 minutes to bring out the flavors before serving.

The best time to make this is when mango's & tomatoes are in season & full of flavor.

Serves 2



Ingredients

2 ripe mango's cubed
14 ripe red bite sized tomatoes halved
1/4 red onion, cut into small pieces
2 Tablespoons balsamic vinegar
2 Tablespoons olive oil or grape seed oil
A few sprigs of cilantro , chopped finely (optional)
Sea salt & ground pepper to taste





BLACK BEAN PASTA

Ingredients

- 1 Tablespoon olive oil
- 1 medium onion
- 2 jalapeno peppers, very finely chopped and without seeds
- 4 garlic cloves minces
- 1 can diced tomatoes in juice, blended smooth
- 2 cups frozen corn
- 1 can black beans, drained, rinsed and drained again
- 1/4 cup cilantro chopped
- 1 lb medium shell pasta
- 1 lb bite sized tomatoes

Instructions

Cook the pasta according to package directions.

Meanwhile in a separate pot, heat the olive oil and saute the onion, garlic and jalapenos about 5 minutes, or until the onion is transparent.

Add the blended tomatoes, corn, beans and cilantro and stir together.

Add the bite sized tomatoes for the last 5 minutes of cooking, just enough to soften. Simmer for 15 minutes.

When the pasta is cooked drain and set aside.

Pour the sauce making over the pasta, stir and serve.



BOW TIES WITH SPICY CHICKEN & BROCCOLI

Instructions

Cook pasta according to package directions. Cut chicken into bite sized pieces and mix with lemon juice and pepper.

Heat olive oil in a skillet and cook chicken mixture until browned.

Add the broccoli, put a lid on and cook for an additional 5-7 minutes.

Mix wine and puree together and add.

Simmer for 5 minutes.

Mix with cooked pasta and serve immediately.

Ingredients

- 1 lb bow tie pasta
- 4 boneless, skinless chicken breasts
- 2 teaspoons lemon juice
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground black pepper
- 2 cups broccoli chopped into bite size pieces
- 3 Tablespoons olive oil
- 1/2 cup dry white wine
- 1/2 cup tomato puree



CHICKEN ENCHILADAS

Instructions

Wrap tortillas in foil.

Heat in a 350F oven for 10-15 minutes or until softened.

For sauce, in a saucepan saute onion, garlic, coriander, and pepper in butter until the onion is tender.

Stir flour into sour cream and add to onion mixture. Stir in broth and chili peppers all at once.

Cook and stir until thickened and bubbly.

Remove from heat, stir in 1/2 cup of cheese. For filling, stir 1/2 cup of the sauce into the chicken.

Place about 3/4 cup filling atop each tortilla and roll up.

Arrange rolls, seam side down, in a lightly greased 12 by 7 inch baking dish.

Top with remaining sauce.

Bake covered in a 350F oven for about 35 minutes or until heated through.

Sprinkle the remaining cheese.

Bake uncovered for about 5 minutes more or until cheese melts. Be careful not to burn the cheese.

If desired you can sprinkle with olives, tomatoes and green onions.

Let stand 10 minutes before serving.

Ingredients

8 6-inch tortillas
1/2 cup chopped onions
4 cloves garlic, minced
1 teaspoon ground coriander
1/4 teaspoon pepper
2 Tablespoons butter
3 Tablespoons all purpose flour
8 oz. sour cream
2 cups chicken broth
2 seeded, chopped jalapeno peppers
OR one 4 oz. can diced green chili peppers, drained
1 cup (4oz) shredded Monterey Jack cheese
2 cups cooked chicken
sliced pitted ripe olives (optional)
chopped tomatoes (optional)
sliced green onions (optional)



SPAGHETTI CONFETTI

Instructions

Cook spaghetti according to package directions.

Meanwhile, in a skillet, put a spoonful of butter and fry the garlic and onions until the onions are transparent.

Add the ground beef, chopped pepper and cook until the meat is no longer pink. Shut off and if there is any fat from the meat spoon it out.

Stir in the diced tomatoes, tomato sauce, brown sugar, salt, chili powder, pepper, garlic powder and cayenne.

Drain spaghetti and add to the beef mixture. Stir together.

Transfer to a greased 13 by 9 inch baking dish.

Cover and bake at 350F for 30 minutes.

Uncover, sprinkle with cheese

Bake 5 minutes longer or until the cheese has melted.

Makes 12 servings.

Ingredients

- 12 ounce package of spaghetti
- 1 1/2 lbs lean ground beef
- 1 medium green or red pepper chopped
- 1 medium onion, chopped
- 1 garlic gloves, minced
- 1-14 1/2 oz. can diced tomatoes, un-drained
- 1-8 oz. can tomato sauce
- 1 Tablespoon brown sugar
- 1 teaspoon salt
- 1 teaspoon chili powder *optional
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne pepper *optional
- 3/4 cup shredded cheese



STUFFED PASTA SHELLS

Instructions

Cook shells according to package directions.

In a bowl, mix together the cheeses, egg and parsley.

Stuff each shell with cheese mixture and place in a 9 by 13 baking pan.

Cover shells with remain sauce.

Bake for 30 minutes at 350F

Ingredients

- 1 package jumbo pasta shells
- 24 ounces ricotta cheese
- 1 egg
- 1 cup shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1 Tablespoon parsley
- 1 jar or can of spaghetti sauce



CHICKEN BREASTS WITH CREAM SAUCE

Instructions

Season chicken with salt, pepper and paprika.

In a deep 12 inch skillet, melt butter in the olive oil over medium heat.

Add the chicken and cook, turning until lightly browned, 4 to 6 minutes.

Remove the chicken with tongs and set aside.

Add the onion and garlic to the skillet and cook, stirring occasionally until softened but not browned, 3 to 5 minutes.

Add the chicken broth, and cream and bring to a boil.

Stir in the penne, thyme and cayenne, and return to a boil.

Reduce the heat to medium-low.

Place the cooked chicken back into the skillet and cover.

Cook until the chicken is white throughout but still juicy and the pasta is tender, about 15 minutes.

Increase the heat to medium-high and boil until the sauce is slightly thickened.

Sprinkle some freshly grated parmesan cheese on each serving.

Ingredients

4 skinless, boneless chicken breast halves cut into bite sized pieces

1 cup fresh mushrooms sliced

1 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon paprika

1 Tablespoon butter

1 Tablespoon olive oil

1-2 onions chopped or sliced

4-6 garlic cloves, minced

2 cups chicken broth

1/2 cups cream

8 ounces penne noodles

1 Tablespoon chopped thyme

1/8 teaspoon cayenne

1/2 cup freshly grated parmesan cheese

fresh sprigs of thyme



GRANDMA'S CHILI

Instructions

Use a large stove top cooking pot that has a lid.

Melt the butter in the pot and throw in the chopped onions. Saute until transparent.

Add the lean beef and all the other ingredients except the corn and simmer for at least 4 hours, stirring occasionally.

When the chili has simmered the allotted time add the frozen corn and cook for another 10 minutes.

You can serve with bread, rice and or taco chips.

Ingredients

5 pounds lean ground beef
1 lb onion (a large onion) chopped
3 ounce can kidney beans
3 quarts diced tomatoes
1 cup frozen corn kernels * optional
1 quart tomato juice
2 Tablespoons sugar
salt and pepper to taste
5-10 Tablespoons chili powder
(just as hot as you want it)
cayenne pepper (to taste)
1 Tablespoon butter



TURKEY TETRAZINI

Instructions

Cook the noodles, celery, onion, garlic and parsley in broth.

Do not put the peas yet.

Make sure the heat is not too high.

The noodles should absorb most of the liquid.

Add remaining ingredients except the bread crumbs and mix together.

Put in a casserole dish, add the frozen peas and sprinkle with the bread crumbs.

Bake at 350 degrees F until bubbly, about 45 minutes.

Instructions

- 3 cups chicken broth
- 6 ounces noodles
- 1 1/2 cups chopped celery
- 1 cup chopped onion
- 2 gloves garlic minced
- 2 Tablespoons parsley
- 3 cups cooked turkey
- 1 can cream of mushroom soup
- 3/4 cups diced tomato
- 1 cup frozen peas
- 3/4 cups grated cheddar cheese
- 2 Tablespoons bread crumbs





EYE OF THE ROUND

Ingredients

1 cup orange juice
2 Tablespoons garlic powder
1/3 cup soy sauce
1 eye of the round roast
(You determine the size required)

Instructions

Make marinade from the first three ingredients.
Place the meat in a plastic bag and pour in the mixture.
Marinate at least 4 hours.
Place meat in open baking dish.
Add 1/3 marinade.
Bake at 375F.
Baking time is 20 minutes plus 18 minutes per pound.
About 20 minutes before meat is done, pour remaining marinade over meat.

The pan juices can be thickened into gravy with 2 Tablespoons cornstarch and 3/4 cups cold water. Put the cornstarch into the water and stir well before adding to the roasting juices.
Pour into the roast juice and use a whisk to stir as you bring to a boil, making your gravy.

FLANK STEAK



Ingredients

Flank steaks 2
Marinade sauce ingredients
1/2 cup vegetable oil
1/3 cup soy sauce
2 Tablespoons parsley
2 Tablespoons garlic powder

Instructions

Mix together ingredients and pour over flank steak or London broil.
Marinate for at least 4 hours.
Cook on a grill for 7 minutes per side.



BREADED BIRD

Instructions

Combine bread crumbs, cheese, basil, oregano, garlic and parsley.

Dip chicken in butter and coat with the crumb mixture.

Reserve the remaining butter.

Place the coated chicken pieces in the pan and bake for 50 minutes at 375F.

Add apple juice to butter and pour over the chicken.

Bake 10 more minutes.

Ingredients

- 4 chicken breasts pounded to flatten out
- 1/2 cup bread crumbs
- 1 Tablespoons grated parmesan cheese
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 2 Tablespoons parsley
- 2/3 cup melted butter
- 1/4 cup apple juice





CREAMY BAKED CHICKEN

Instructions

Place the chicken in a cooking pan and put the cheese slices on top of the chicken breasts.

Combine soup and juice or wine.

Pour the mixture over the chicken.

Cover with the bread crumbs and then drizzle with butter.

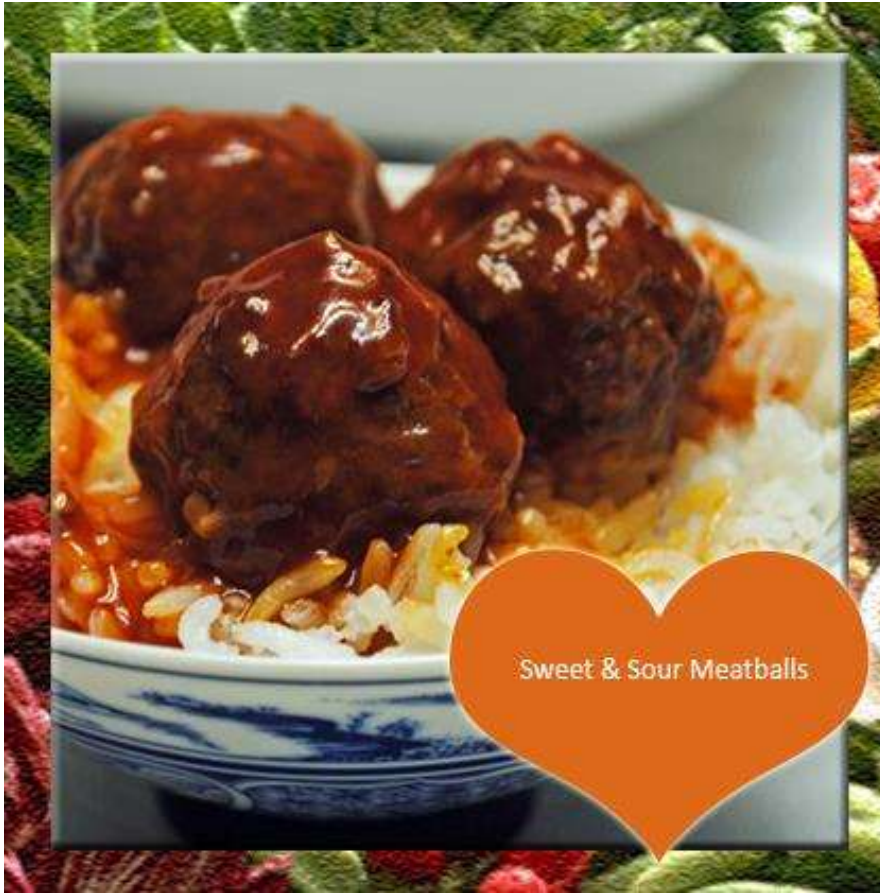
Put the bite sized tomatoes in the baking pan. And put the fresh chopped basil pieces on top of the chicken breasts.

Cook for 45 to 60 minutes at 350 F until done.

Ingredients

4 boneless skinless chicken breasts
4 slices of Swiss cheese
12 bite sized tomatoes cut in half
1 can cream of chicken soup
1/4 cup apple juice or white wine
1 cup bread crumbs
1/4 cup melted butter
fresh basil





SWEET & SOUR MEATBALLS

Instructions

The Meatballs

Combine beef, crumbs, water salt and pepper in a bowl. Mix thoroughly and shape into about 30 balls.

In a casserole cooking pot, put the butter and brown the meatballs.

Cook for about 15 minutes on low.

The Sauce

In a large measuring cup put the brown sugar, flour, vinegar, soy sauce & ketchup. Stir up with a fork.

Boil some water.

In a small bowl, measure out 1/2 cup of the boiling & dissolve the bullion cube, stirring with a fork to aid it along.

Add this mixture to your large measuring cup with the other ingredients and stir with a fork.

Pour the sweet and sour sauce over the cooked hamburger balls and gently bring back up to a boil. Let cook on low for 30 minutes so the meat will absorb the flavor of the sauce.

You can also just put this into the oven covered and at 325degrees F (160C) rather than on the stovetop if you do not want to watch it.

Serve over rice.

This was one of my children's favorite meals when they were growing up. Be sure to use a good quality of meat.

Ingredients

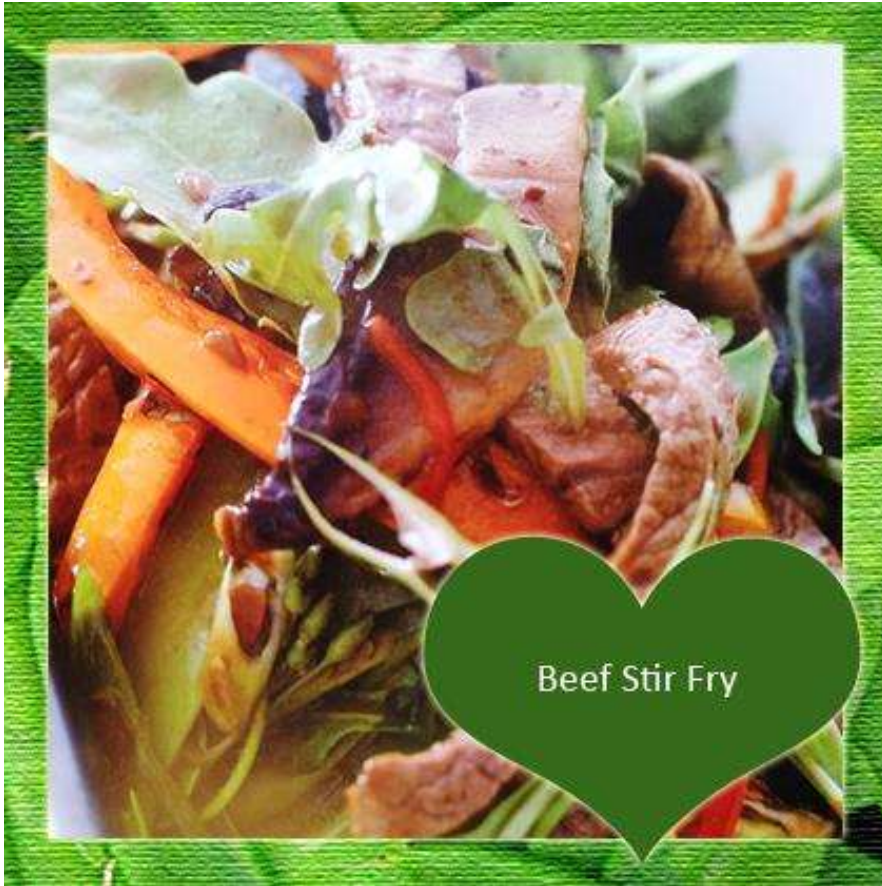
The Meatballs

- 1 pound lean or extra lean ground beef
- 1/2 cup dry bread crumbs
- 1/2 cup water
- 1 teaspoon sea salt
- 1/4 teaspoon salt
- 2 Tablespoons butter
- 4 Tablespoons all purpose flour
- 2 cups water

The Sweet & Sour Sauce

- 1 cup brown sugar, packed
- 2 Tablespoons all purpose flour
- 1/2 cup vinegar
- 1/2 cup water
- 1 chicken or beef bullion cube
- 2 Tablespoons soya sauce
- 2 Tablespoons ketchup





BEEF STIR FRY

Instructions

Put 1 teaspoon coconut oil into a wok and heat up for about 30 seconds. Add the beef and stir-fry until browned.

Using a slotted spoon, remove the beef and set aside in a bowl.

Put 1 teaspoon coconut oil in wok and put the garlic first for about 30 seconds.

Add the mushrooms, pepper, scallions and snow peas and stir-fry for 2 more minutes.

Return the beef to the wok and add the orange juice and hoisin sauce. Stir-fry for 2 minutes until beef and vegetables are tender but still firm. Do not over cook.

Stir in the arugula and stir-fry until it starts to wilt.

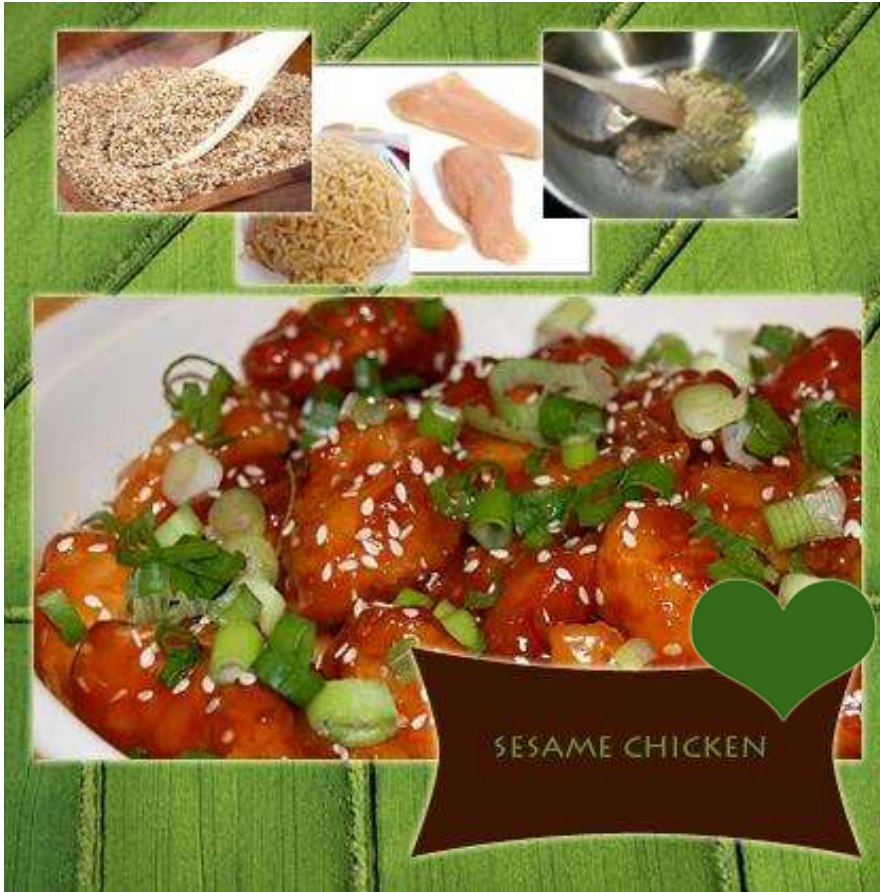
Serve immediately with rice or Chinese noodles.

Makes 4 servings

Ingredients

- 5 ounces lean beef, cut into nice thin strips
- 2 fresh garlic cloves, chopped
- 2 teaspoons pure virgin coconut oil
- 1 orange bell pepper, slice thin & remove seeds
- 4 scallions
- 4 ounces fresh snow peas trimmed & sliced in half on the diagonal
- 4 ounces mushrooms sliced
- 1 Tablespoon freshly squeezed orange juice
- 1 to 2 Tablespoons hoisin sauce, to taste
- 3 ounces fresh arugula





SESAME CHICKEN

Instructions

In a medium bowl, combine sugar, 1/4 cup of the tamari sauce, vinegar, and chicken broth.

Set aside.

In a separate bowl, combine chicken pieces, remaining 1 tablespoon of soy sauce, and 1 teaspoon of vinegar.

Marinate chicken pieces for at least 30 minutes.

Add egg whites and cornstarch to marinated chicken and stir until well-blended.

Heat the coconut oil in a wok or large skillet at medium heat.

Portion the chicken into 3 batches and cook each batch until golden brown on both sides.

This will take 3-5 minutes for each batch.

Remove the cooked chicken batches from the wok with a slotted spoon and drain on paper towels.

Cover with foil to keep the chicken warm.

Leave the remaining oil in the wok and sauté the garlic for 2 minutes.

Add the tamari, vinegar chicken broth mixture.

Increase heat to med-high and cook sauce for about 15 minutes.

Stir two teaspoonful's of cornstarch into a little water then whisk it into the sauce.

Once the sauce is thickened and bubbly, add the chicken and sesame seeds. Top with fresh green onions and serve with rice.

Serves 4-6

Ingredients

1 1/2 pounds of chicken tenders (cut into thirds orbited size pieces)

1/4 cup plus 1 Tablespoon Tamari Sauce

2 1/2 Tablespoons of rice + 1 teaspoon

1 cup chicken broth

1/4 cup brown sugar

1/4 cup cornstarch plus 2 teaspoons

2 egg whites, lightly beaten

1/2 cup pure virgin coconut oil

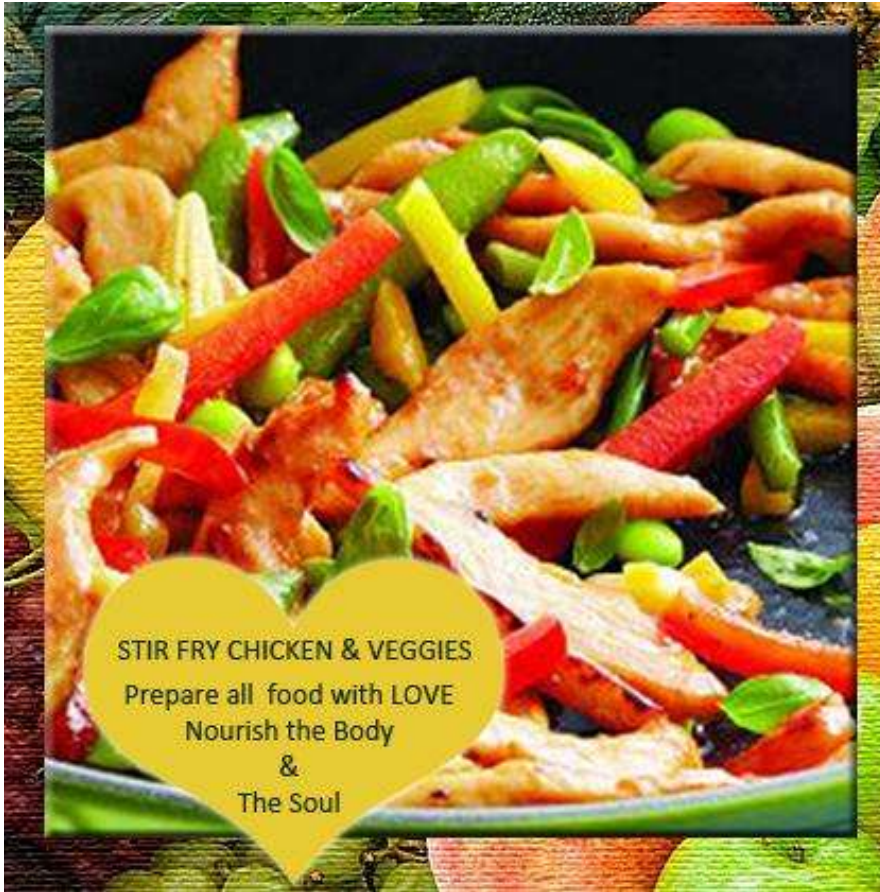
1 fresh garlic clove minced

1/4 cup sesame seeds

Fresh green onions, chopped

Serve with rice or Chinese noodles.





STIR FRY CHICKEN & VEG-

Instructions

Heat oil in a wok or large skillet over medium-high heat.
Add garlic and cook 1 minute.
Add chicken and cook 3 to 4 minutes, until starting to brown, stirring constantly.
Add onions, and peppers and cook 1 minute.
Add edamame and snap peas and cook 2 more minutes.
Add soy sauce and cook 2 minutes, until vegetables are crisp-tender.

Dissolve cornstarch in chicken broth in a small bowl and add to wok.
Simmer 2 minutes, until sauce thickens.
Serve with cooked rice or Chinese noodles.

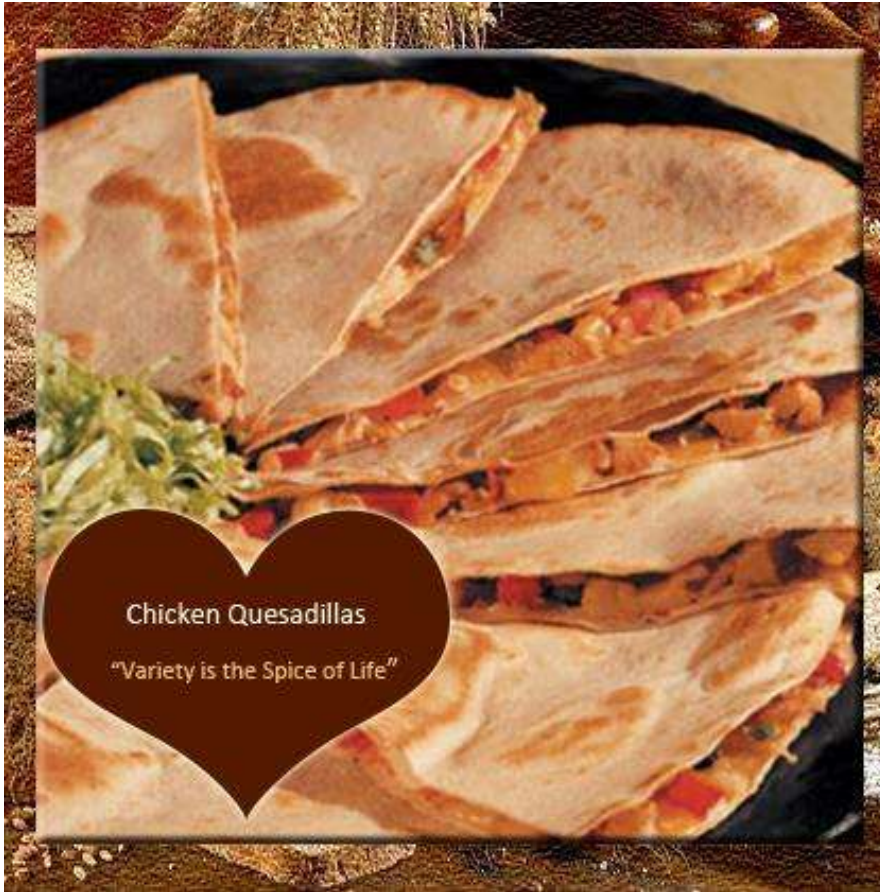
This makes approx. 2 portions.

Ingredients

2 Tablespoon olive oil
1-2 cloves garlic, minced
2 boneless, skinless chicken breasts, cut into strips
1 medium onion, finely sliced
1 cup fresh snap peas in the shells
1 red bell pepper, seeded and sliced into thin strips
1 cup shelled frozen edamame beans
1/4 cup soy sauce
2 teaspoons cornstarch
1 cup chicken broth
Fresh basil or parsley to garnish

Hint and not shown in picture:
Make extra delicious by adding
1/2 cup roasted cashew nuts
and/or
1/2 cup roasted sesame seeds to the finished cooked dish





CHICKEN QUESADILLAS

Instructions

Prepare the chicken

Cut the chicken breast into thin strips. Put into a skillet with 1-2 tablespoons butter or olive oil.

Medium to high heat - watch so nothing burns.

Start with the mushrooms and fry for a few minutes.

Add the chicken slices, cook until done.

Add the sliced red peppers.

Cover and cook for a few more minutes.

Assemble the quesadillas

In medium bowl, stir in the cooked chicken mixture, 1/4 cup salsa and cilantro until well mixed.

Spread 2 tablespoons beans over half of each tortilla.

Top bean side of each tortilla with chicken mixture and cheese.

Fold each tortilla in half over filling.

The final step

Heat up a 12 inch non stick skillet over medium-low heat.

Rub quesadilla with olive oil.

Place one quesadilla at a time in skillet.

Cover & cook 3 to 4 minutes, turning once, until filling is heated and tortillas are lightly browned.

Repeat with remaining quesadillas.

Cut into wedges.

Serve with additional salsa and sour cream & guacamole.

Ingredients

2 chicken breasts
or
1 pound of chicken tenders
1 small red pepper, thinly sliced (optional)
8 fresh mushrooms, thinly sliced (optional)
sea salt & pepper to taste
1/4 cup salsa, any good health choice variety
2 Tablespoons chopped fresh cilantro
OR
2 Tablespoons parsley if you don't like cilantro
1/2 cup refried beans
4 flour tortillas (8 inch)
3/4 cup shredded cheese –your choice

Olive Oil – Just enough to rub onto the outsides of the quesadillas to prevent sticking when cooking.





LEMON CHICKEN BREASTS

Instructions

Season the chicken with salt and pepper.

Heat the oil in a pan.

Add the chicken and sauté until golden brown and cooked through and set aside.

Mix together the lemon juice and zest, honey, stock, soy sauce and cornstarch.

Do a taste test here and see about the flavors of the lemon, salt & pepper.

Pour over the cooked chicken add the lemon slices if you want more lemon flavor and simmer for 10-12 minutes.

Serve with rice of your choice. Garnish with chopped parsley.

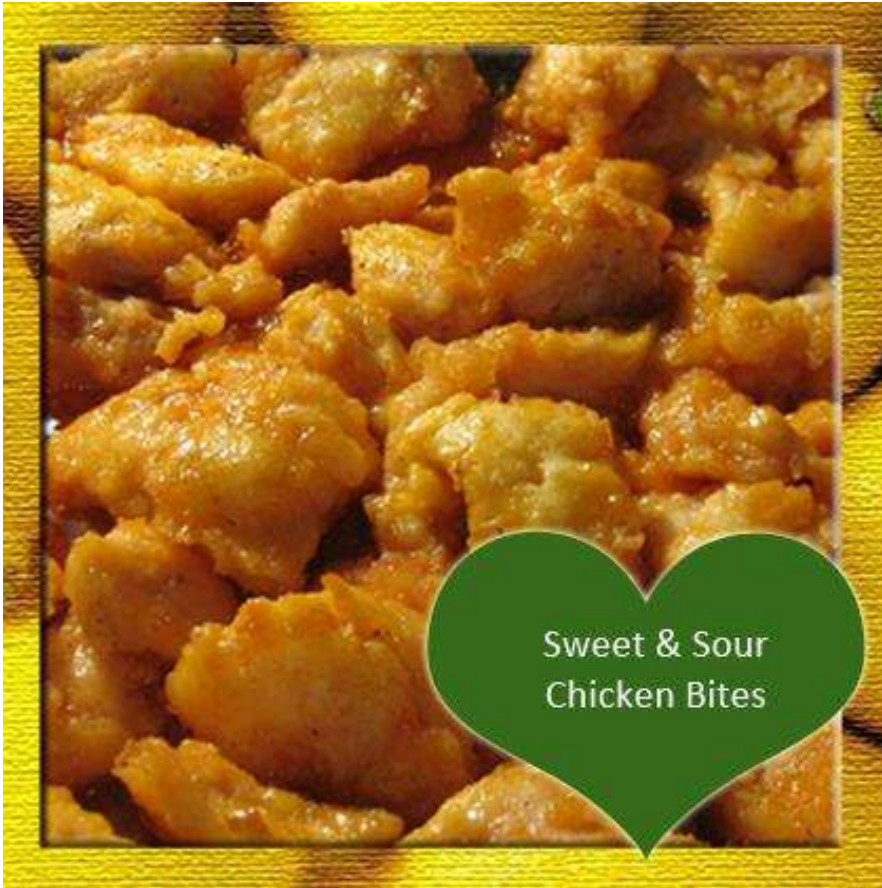
Ingredients

Ingredients:

- 1 pound chicken breasts-skinned & deboned
- 1 Tablespoon olive or coconut oil
- 1 lemon for (juice and zest)
- 1 lemon for slicing & garnish
- Fresh parsley sprigs to chop for garnish
- 2 Tablespoons honey
- 1/4 cup chicken stock
- 1 Tablespoon cornstarch
- 1 Tablespoon light soy sauce
- salt and pepper to taste



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SWEET & SOUR CHICKEN

Instructions

Preheat oven to 325 degrees F (160C)

Cut the chicken into cubes.
Season with sea salt and pepper to taste.

Dip chicken into the cornstarch to coat then dip into the eggs.
Heat your 1/4 cup oil in a large skillet and cook your chicken until browned but not cooked through.
Place the chicken in a 9x13 greased baking dish.

*Grease with coconut oil.

Mix all of your sweet and sour sauce ingredients in a bowl with a whisk and then pour evenly over the chicken.
Bake for one hour and during the baking process you will need to turn the chicken every 15 minutes.

This very tasty chicken dish will be popular with the kids.

Serve with Chinese noodles or rice.



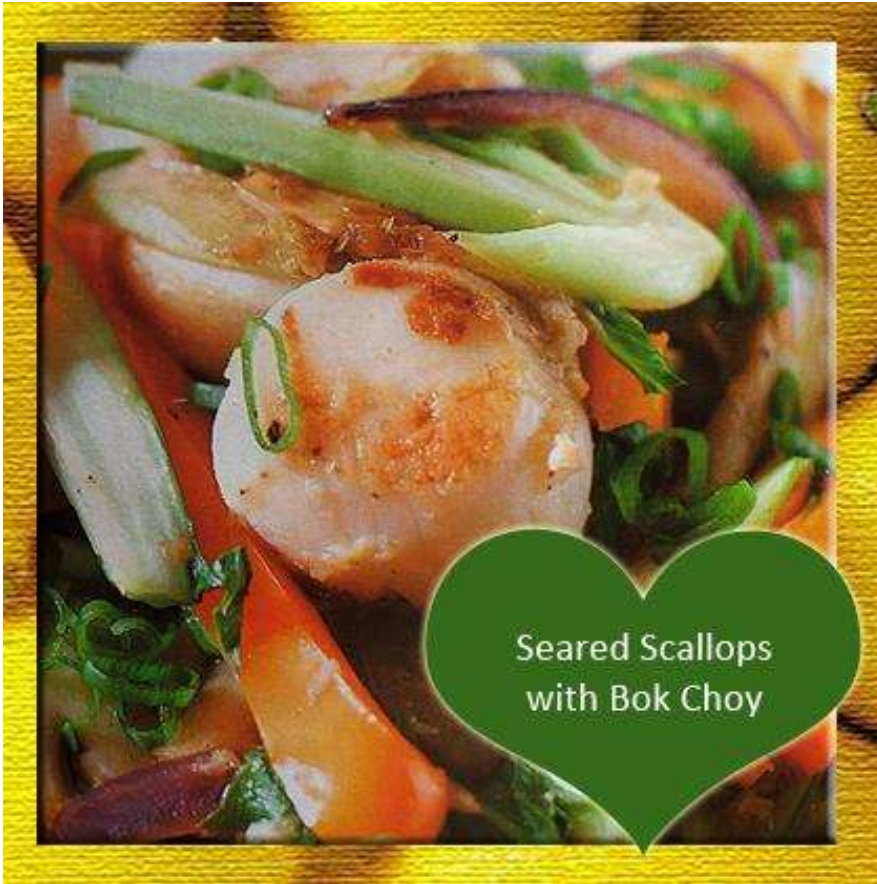
Ingredients

The Chicken

3-4 boneless skinless chicken breasts
sea salt & pepper
1 cup cornstarch
2 eggs, beaten
1/4 cup coconut oil

The Sweet and Sour Sauce

1/2 cup brown sugar
4 Tablespoons ketchup
1/2 cup white vinegar
1 Tablespoon soy sauce
1 garlic clove crushed



SEARED SCALLOPS

Instructions

Rinse the scallops if fresh and discard any thin black veins.

Use a Wok to prepare this dish

Heat wok and when hot add the coconut oil.

Add grated ginger and cook stirring for one minute.

Add the lime rind, orange bell pepper slices, the onion slices and stir fry for 3-4 minutes until the onion has softened.

Add the scallops and the mushrooms.

Stir fry for 2 more minutes.

Turn the scallops over after one minute.

Add the lime juice, honey and soy sauce.

Stir together .

Add the bok choy and cook for 2-3 minutes

longer or until scallops are tender.

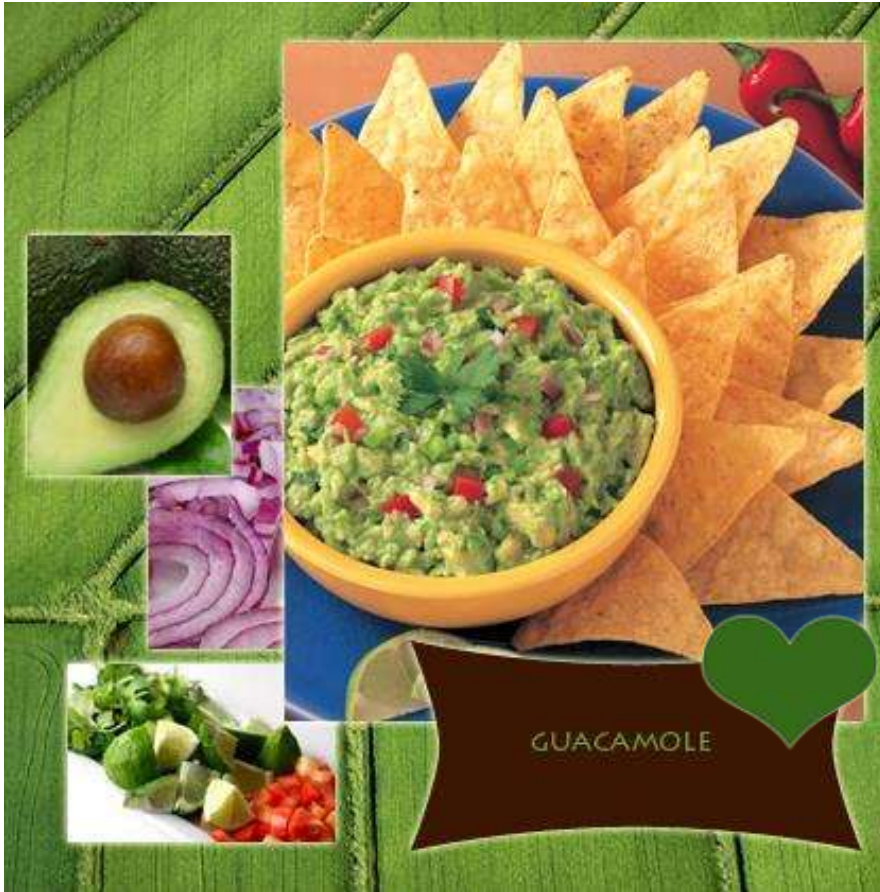
Serve immediately.

Makes 4 portions.

Ingredients

- 10 1/2 ounces fresh scallops (or frozen)
- 1 teaspoon coconut oil
- Fresh ginger *optional, a 2inch piece, peeled and grated.
- 1 orange bell pepper
- 4 ounces sliced fresh mushrooms
- 1/4 cup freshly squeezed lime juice
- 1 teaspoon honey *optional
- 1 Tablespoon soy sauce
- 4 ounces bok choy, shredded





QUACAMOLE

Instructions

Cut the avocados in half, remove the pit and scoop out the avocado into a bowl.

Squeeze lime juice over the avocado and using a fork mash the avocado.

Stir in the remaining ingredients, garlic, olive oil, fresh diced tomatoes, sea salt, chives , cilantro , parsley.

Guacamole is always best served right away, but you can refrigerate for a couple of hours.



Ingredients

- 2 avocados
- Juice of one small lime
- 1/2 cup fresh diced tomatoes
- 1/4 cup finely chopped sweet red onion
- 1 garlic glove minced
- 1/2 teaspoon olive oil
- 1/4 cup chopped cilantro (optional)
- 1 sprig parsley finely chopped (optional)
- 3 chives
- Small hot red chili pepper (optional)
- 1/2 teaspoon sea salt





BAKED SWEET POTATO FRIES

Instructions

Preheat the oven to 400 degrees F (200C)

In a large bowl toss the potatoes with the oil and spices until they are evenly coated.

If you want the baked sweet potato fries to be a little crispier, sprinkle the corn-starch into the mixture.

Use either a non-stick baking pan or parchment paper or a light coating of oil on a regular baking pan and arrange the sweet potato fries in a single layer.

Bake for about 15 minutes , then flip the fries so they will brown nicely on all sides. Bake another 10 to 15 minutes until they are nice and crispy.

You will know they are done when the surface of the fries change from shiny orange to a matte color and are puffed up in texture.

If you don't cook them long enough they will not be crispy.

Hint: Garnet Yams are a good choice for sweet potato fries.

They are the ones with the red skin and bright orange flesh.

Ingredients

- 2 Sweet Potatoes - Peel and cut into fries sized lengths (Use more or less sweet potatoes depending on how many you are cooking for and adjust the following accordingly)
- 1-2 Tablespoons of olive oil or coconut oil
- 1/4 teaspoon paprika
- 1 teaspoon cumin (optional)
- sea salt & pepper to taste
- 1 teaspoon approx. corn starch - (optional)



STUFFED RED PEPPERS

Instructions

Sauté the onion over med. heat until translucent.

Add tomato sauce, beans, and simmer 15-20 minutes.

Stir in the cooked rice and parsley or cilantro.

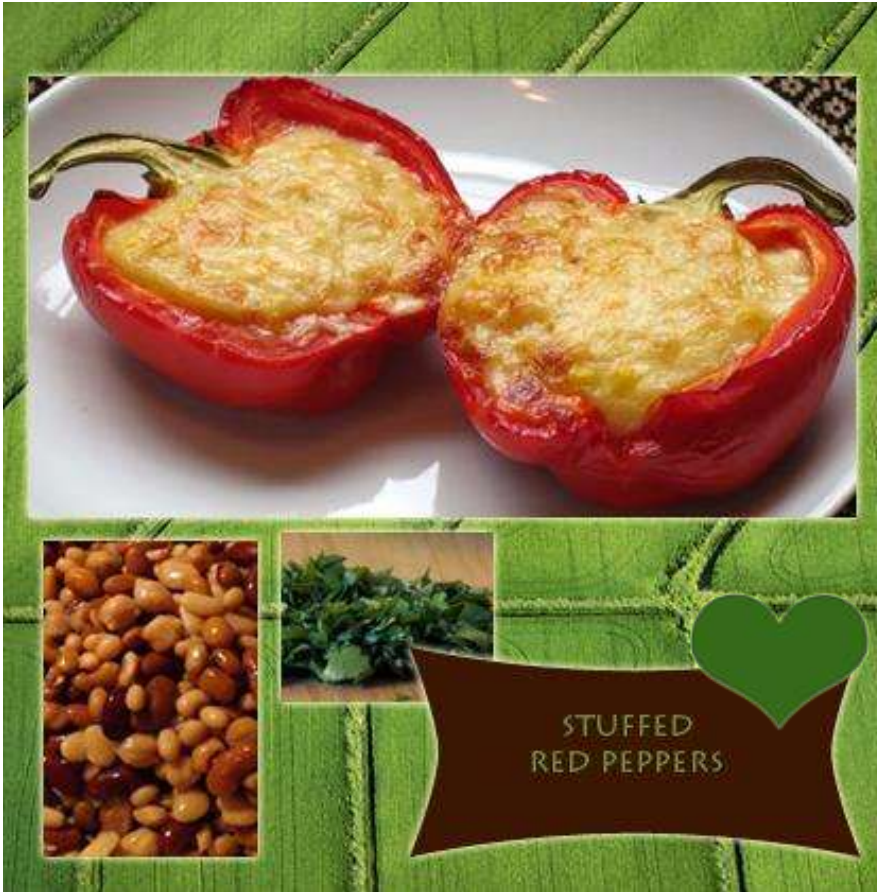
Stuff the raw peppers with the rice filling and top with cheese.

Put into a baking dish, cover with aluminum foil.

Bake at 350 degrees F (180C) for 30 minutes.

Remove the foil

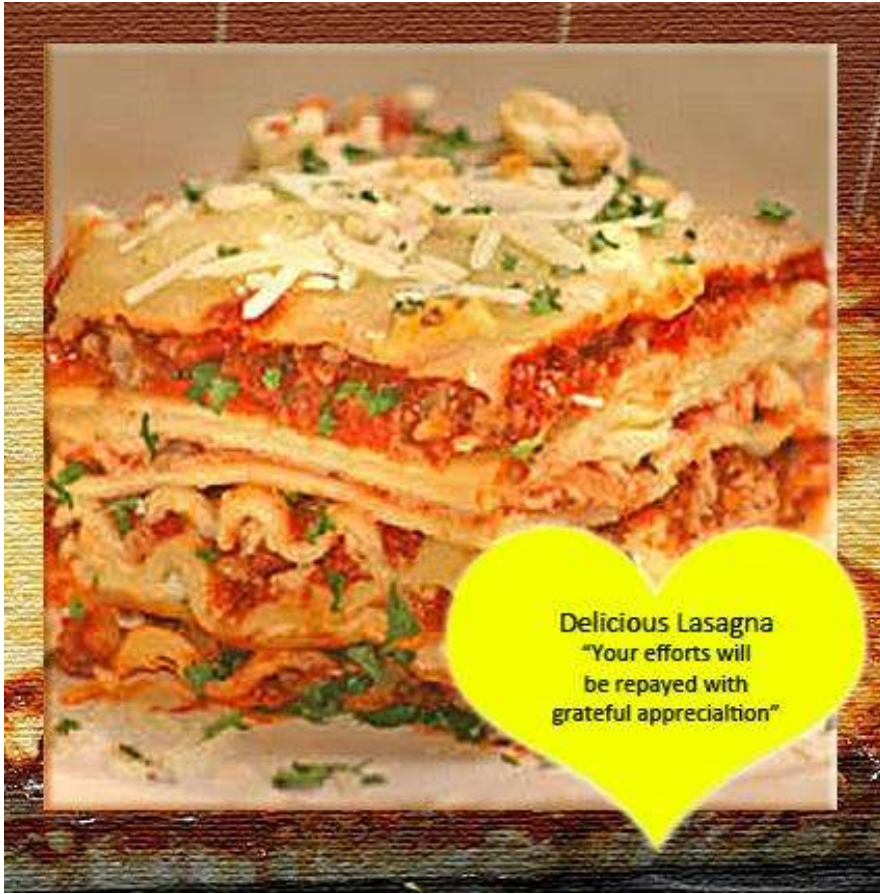
Cook an additional 10-15 minutes or until the cheese slightly browns.



Ingredients

- 4 red peppers, cut in half and remove the seeds and membrane
- 1 cup brown rice - cooked or any rice you prefer.
- 1 540 ml can of tomato sauce
- 1 540 ml can of mixed bean blend
- 1 onion
- 1/4 cup chopped fresh parsley or cilantro
- Monterey Jack cheese for topping or
- Any type of cheese you like best.





LASAGNA

The Ingredieints

Ingredients

FOR THE FILLER LAYER

1 egg
1 container (15 oz.) ricotta cheese or dry baking cottage cheese
4 ounces of fresh spinach .Steam cook for a few minutes then drain and squeeze the water out.
1/2 cup parmesan cheese

THE NOODLES

12 lasagna noodles

FOR THE LAYERS

1 1/2 cups cheddar cheese grated
1 1/2 cup mozzarella cheese grated
Fresh parsley for garnish
1/2 cup parmesan cheese for the top

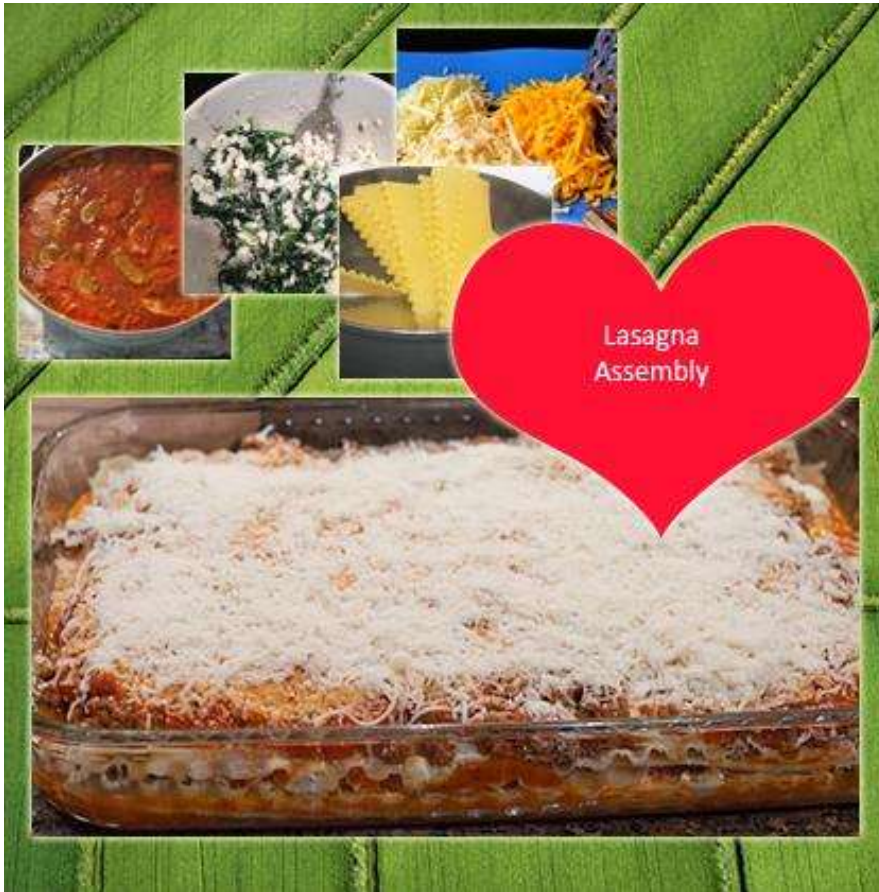


Ingredients

FOR THE SAUCE

1 Tablespoon butter
2 pounds lean or extra lean ground beef
1 medium finely chopped onion
1 can 580 ml Hunt's tomato sauce
1 small can Hunt's tomato paste
10 fresh white mushrooms finely sliced
2 fresh garlic cloves finely cut or squeezed with a garlic press
1 teaspoon dried oregano flakes (or fresh if you have it)
1/4 cup water – to add to the sauce IF necessary

We want the sauce to be fairly thick, sometimes there is enough moisture from the fried onions & mushrooms to make the sauce the right consistency, but if its super thick, you can add just a wee bit of water.
salt and pepper to taste



LASAGNA

The Instructions

Instructions

Assembly Instructions

Arrange in a lasagna pan.

Bottom Layer: 1/2 the meat sauce

Next layer: 4 cooked lasagna noodles

Next layer: cottage cheese spinach filler layer and sprinkle the parmesan cheese on this layer

Next layer: 4 cooked lasagna noodles

Next layer: the remaining meat sauce and 1/2 of the grated cheeses

Next layer: 4 cooked lasagna noodles
Top Layer: Put the rest of the grated cheese on the top layer. You can also sprinkle a little more parmesan cheese on this layer if you like.

Cover the pan with foil and bake for 45 minutes.

Then remove foil and bake for an additional 15-20 minutes or until cheese is lightly brown and bubbly.

Watch you don't burn the cheese!!!
You can garnish with some chopped parsley.

Let the lasagna cool for about 5-10 minutes so it can set.

The lasagna is great the first day but just as flavorful the 2nd day....
IF there are any leftovers!!!!

Instructions

Preheat the oven to 350 degrees F|(180C)

The Sauce

In a skillet

Sauté the onions and garlic in the butter,
Add the mushrooms and cook for about 5 minutes.

Add the ground beef and cook until there is no pink.

Add all the wet sauce ingredients and let simmer for 15 minutes.

The Filler

Mix all the filler ingredients together in a bowl and set aside.

The Noodles

Put a large pot of water to a boil.

Drop in the lasagna noodles and cook until soft but not mushy.

Drain the water and then replace with cold water so the noodles can cool for handling.
Leave the noodles sitting in the cold water.





RICED STUFFED TOMATOES

Instructions

Cut a thin slice off the top of each tomato. scoop out pulp, leaving 1/2 inch shells; discard seeds. Chop pulp and set aside. Sprinkle the insides of tomatoes with salt; invert onto paper towel to drain.

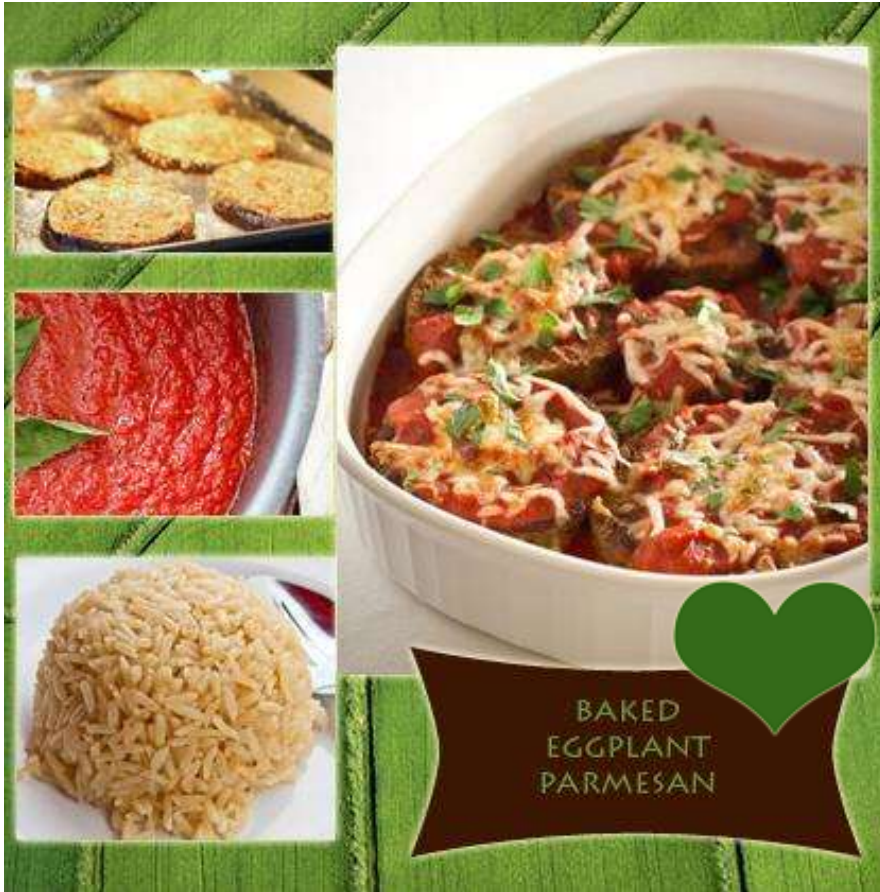
In a small skillet, sauté onion and garlic in 2 tablespoons butter until tender. Add reserved tomato pulp; cook until most of the liquid has evaporated. Remove from the heat; stir in the rice, cheese, parsley & basil.

Stuff into tomato shells; dot with remaining butter. Drizzle soya sauce over each tomato before cooking. Place in a greased 9-in square baking dish. Bake, uncovered at 350 degrees F for 15-20 minutes or until heated through.

Ingredients

4 medium tomatoes
1/8 teaspoon salt
1/2 cup chopped onion
3 Tablespoons butter, divided
1-1/2 cups cooked rice
1/2 cup grated parmesan cheese
2 Tablespoons minced fresh parsley
1 Tablespoon minced fresh basil
or 1 Tablespoon dried basil
1 small garlic glove cut into tiny pieces
or put through a garlic press
drizzle soya sauce over each tomato before cooking





BAKED EGGPLANT PARME-

Instructions

The Marinara Sauce

Heat the oil

Add the onions and garlic and sauté until the onions are translucent, about 10 minutes.

Add the celery, carrots, sea salt & pepper.

Sauté until all the vegetables are soft, about 10 minutes.

Add the crushed tomatoes and simmer uncovered over low heat for about 20 minutes.

Prepare the marinara sauce, it can simmer while you are preparing the eggplant dish.

Directions:

Preheat the oven to 375 degrees F (190C)

The Eggplant

Grease a cooking pan with olive oil.

Put the beaten egg mixture in a medium bowl.

Mix ground walnuts & parmesan cheese together and place onto a dinner plate.

Dip the eggplant rounds in the beaten eggs and then dip & cover with ground walnut & parmesan mixture.

Place the walnut covered eggplant rounds on the oiled baking sheet.

Repeat until all the eggplant rounds are on the baking sheets.

Bake for 20 minutes and turn the eggplant rounds over with a spatula.

Bake for an additional 15-25 minutes until the outside coating is toasty and the eggplant is tender.

Once the eggplant is done, it is time to assemble the eggplant parmesan.

Turn the oven temperature up to 400 degrees F (200C)

Pour 3/4 of the marinara sauce in the bottom of your baking dish.

Layer the eggplant over the marinara sauce.

Spoon the remainder of the marinara sauce over the eggplant top with grated mozzarella cheese.

Bake for 15-20 minutes until the cheese is melted and the sauce is bubbly.

Watch you don't burn the cheese.

Ingredients

The Marinara Sauce

1/4 cup olive oil

1 small onion, finely chopped

1 garlic clove, finely chopped

1 stalk celery, finely chopped

1 carrot, peeled grated

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

1 (32-ounce) cans crushed tomatoes

The Eggplant

1 large or 2 small eggplants, skin on, and cut in 1/2 inch rounds

2 eggs beaten + 2 tablespoons of water

1 cup ground walnuts

1/2 cup parmesan cheese

1 cup of grated mozzarella cheese

olive oil for greasing pans

Parsley - for garnish

Serve with brown or white rice of your choice.





PEROGHIES

Instructions

1. Boil your potatoes
2. Save water from your potatoes to make your dough.
3. Wash your hands well and take off any jewellery, because you will have to get your hands dirty here.
4. In a large metal or glass bowl, beat your 2 eggs together.
5. Add in 1/4 cup water to the eggs.
6. In a separate bowl mix your flour and salt together.
7. Add 1/2 of your flour/salt mixture to your eggs, and gently mix them together.
8. Slowly add the rest of your water and your flour into the mix.
9. Get in in there with your hands now, starting to knead your dough together.
10. Add more flour if your dough is sticky.
11. Clean off a large counter surface, sprinkle with flour and get out your rolling pin.
12. Roll out your dough so it is quite thin, but not falling apart, adding flour if your rolling pin gets sticky.
13. Cut your dough into squares that are about 3 inches x 3 inches

How To Assemble:

Spoon in 1 tsp. of your filling onto your dough square, be sure not to overfill.

1. Fold over square into a triangle.
2. Pinch your edges closed, be sure you pinch them well so they do not come apart while you cook.
3. When you are done with a perogie, put it onto a bit of flour so it does not get sticky.

Cooking:

1. Once you have 10 perogies ready, boil a pot of water. Gently throw the perogies in, and they will sink to the bottom at first.
2. When they float to the top they are ready, and you can use a large slotted spoon to scoop them out.
3. Have a pan prepared with some fried onions and butter, place perogies in the fried butter to prevent from sticking together and also for extra flavor.
4. Cover with tinfoil until they are all ready to serve. You can serve with sour cream, green onions, jam, or gravy.

Ingredients

Dough recipe –Makes about 30 pierogi

2 cup all purpose flour

2 large beaten eggs

1/2 tsp. salt

3/4 potato water (Use the water you boiled your potatoes for the filler in) It makes it taste better and dough is more tender than regular water.

Fillings Options:

Potato/Cheddar

6 potatoes (any kind), boiled and mashed

1 cup grated cheddar cheese, mixed in with potatoes

salt and pepper to taste

Cottage Cheese|

1 tub dry bakers cottage cheese, mix in one egg, to make moist

salt and pepper to taste

Sauerkraut

1 can of sauerkraut (rinsed well) mixed up with

1 onion, fried

Sweet Potato

2 sweet potatoes, baked, peeled and mashed



BASIC PANCAKES

Instructions

Mix together all the dry ingredients.

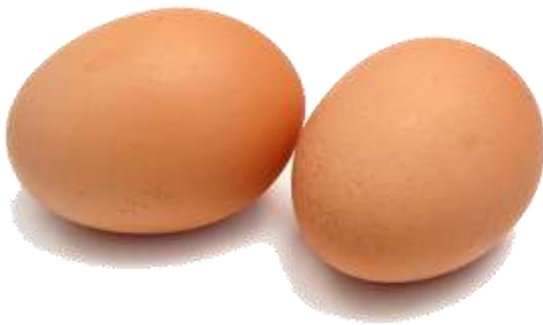
Add the remaining ingredients with a whisk.

Pour about 1/4 cup of the batter onto a medium hot griddle.

Flip when bubbly and dry around the edges.

Ingredients

- 1 cup all purpose flour
- 1 Tablespoon baking powder
- 1/4 teaspoon salt
- 1 beaten egg
- 1 cup milk
- 1 Tablespoon vegetable oil





FRUIT SCONES

Instructions

Preheat oven to 425F.

Lightly grease a large baking sheet & set aside.

Sift flour, baking powder, baking soda and salt into a large bowl. Stir in sugar.

With your fingers, rub in butter pieces until mixture is crumbly.

Mix in raisins. With a fork, stir in egg, yogurt and lemon peel.

Blend well to make a dough that barely holds together (you may need to press dough together with your hands)

Turn out onto a floured surface. Roll out with a floured rolling pin or pat dough with your hands to make the dough about 1/2 inch thick.

Cut the dough in squares to make your scones (or use a round cookie cutter or glass to cut into rounds. If you use a cutter or glass, dip it into flour before each cut to prevent sticking)

Place 1 to 1 1/2 inches apart on baking sheet; brush tops lightly with milk.

Bake 10 to 12 minutes or until scones are well risen and brown.

Transfer to a wire rack to cool for 5 minutes. They are best served warm with butter and preserves.

Makes about 18 scones.

Ingredients

2 1/2 cups all purpose flour

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/2 cup granulated sugar

6 Tablespoons cold butter cut into small pieces

1/2 cup raisins or craisins or a bit of both

1 egg, beaten

1 cup (8oz) plain yogurt

grated peel of 1/2 lemon

milk for brushing on scones





MINI CINNAMON BUNS

Instructions

Mix dry ingredients first, then cut in butter. Mix in milk until dough is soft (you may need slightly more or less to get the dough to a workable consistency).

Do not over mix!

Roll dough to 0.25 inch thickness (0.5 cm) in a long rectangle -- about 8 inch by 16 inch (16cm x 32 cm).

Using a pastry brush, coat the rectangle of dough with the melted butter.

Then spread the cane sugar and cinnamon over it.

Roll from the long end, forming a tight roll.

Cut rolls about 1 inch (2 cm) thick.

Place on a lightly greased baking sheet and bake at 450F for 15 minutes or until golden.

While rolls are baking, make icing by mixing butter and powdered sugar.

Slowly add milk to reach desired consistency.

Spread on rolls while they are still warm.

Ingredients

- 2 cups all purpose flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 6 Tablespoons butter
- 3/4 cup rice milk (or a milk of your choice)
- 2 Tablespoons melted butter
- 1/4 cup granulated sugar
- 1 Tablespoon ground cinnamon

Icing

- 1 teaspoon butter, softened
- 1 cup confectioners sugar
- milk - as needed





BRAN MUFFINS

Instructions

Combine cereals and boiling water and set aside.

Cream together shortening and sugar.

Add eggs and cooled bran mixture and set aside.

Combine flour, baking soda and salt.

Add flour mixture to bran mixture alternately with buttermilk.

Line muffin time with paper liners.

Fill each to 2/3 full.

Put the pans into a cold oven set for 400F and the timer set for 20 minutes.

When the oven reaches 400F, set the temperature back to 350F and finish baking.

Check the muffins after 20 minutes by poking a toothpick in.

If it comes out clean they are ready.

Ingredients

2 cups All Bran cereal

1 cup bran buds

1 cup boiling water

1/2 cup butter

1 1/2 cups sugar

2 eggs

2 1/2 cups all purpose flour

2 1/2 teaspoons baking soda

1/2 teaspoon salt

2 cups buttermilk





BANANA CHOCOLATE CHIP MUFFINS

Instructions

In a processor or with a mixer, cream butter sugar and egg together.

Mix in the mashed bananas, flour baking soda with water & vanilla.

Stir in the chocolate chips by hand.

Spoon the mixture into paper lined muffin tins.

Bake 15-20 minutes or until ready.

Stick a toothpick in. If it comes out clean the muffins are baked.

Bake at 375F.

Ingredients

1/2 cup butter

1 cup granulated sugar

1 egg

1 cup ripe mashed bananas {2-3 bananas}

1 teaspoon baking soda

dissolved in 1 teaspoon water

1 1/2 cups all purpose flour

1 teaspoon vanilla

1 cup chocolate chips





NO BAKE CHOCOLATE MACAROONS

Instructions

Heat milk, sugar and butter.

Boil on top of a double boiler.

Stir & cook about a minute or until the sugar melts.

Stir in the remaining ingredients.

Spoon the cookies onto a baking sheet lined with wax paper.

Place in the refrigerator to cool & become firm.

Makes about 4 dozen.

Ingredients

1/2 cup milk

1 1/4 cups granulated sugar

1/2 cup butter

1 teaspoon pure vanilla extract

2 1/2 cups rolled oats

6 Tablespoons cocoa sifted

1 cup coconut flakes





HERSHEY KISS PEANUT BLOSSOMS

Instructions

In a large bowl, beat butter and peanut butter until well blended.
Add both sugar and brown sugar and beat until light and fluffy..
Add egg, milk and vanilla. Beat well.
Stir together dry ingredients then slowly add to the peanut butter mixture.
Form one inch balls and roll in sugar.
Place on ungreased cookie sheet.
Bake 8 to 10 minutes at 375F.
Immediately place a Hershey Kiss on top of the hot cookie.
Be careful, these cookies slide on the tray.

Ingredients

1/2 cup butter or shortening
3/4 cups peanut butter
1/3 cup all purpose sugar
1/3 cup brown sugar
1 egg
2 Tablespoons milk
1 teaspoon vanilla extract
1 1/2 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 package Hershey's kisses



ALMONDS COOKIES

Instructions

Cut butter into sifted dry ingredients.
Add egg and extract and blend well.
Shape into 1-inch balls and place on ungreased cookie sheet.
Flatten cookies and press a few chopped almonds into the center of each.
Bake 12 to 15 mins at 350°F
Turn out on wire screen to cool.

Ingredients

1 cup butter
2 1/2 cups sifted all purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup granulated sugar
1 egg, slightly beaten
2 teaspoons almond extract
60 blanched almonds chopped for cookie tops





PEANUT BUTTER COOKIES

Instructions

Combine shortening, peanut butter, sugar and brown sugar in a large bowl.

Mix well with a hand beater.

Mix in flour, baking powder, baking soda and salt.

Make 1 inch balls, and place 3 inches apart on a greased cookie sheet.

Dip a fork in flour and cross each ball both ways, pressing down slightly to flatten just a little.

Bake for 5 to 8 minutes at 375 F.

Ingredients

1/2 cup butter

1/2 cup peanut butter

1/2 cup sugar

1/2 cup brown sugar

1 egg

1 1/2 cups all purpose flour

1/2 teaspoon baking powder

3/4 teaspoons baking soda

1/4 teaspoon salt





MONSTER COOKIES

Instructions

Heat oven to 350F

Cream butter, peanut butter and the granulated and brown sugar together.

Add beaten eggs, baking soda, corn syrup and vanilla.

Mix well.

Stir in oats, chocolate chips, and M&M's.

Drop by rounded tablespoons onto greased cookie sheets.

Bake 12-15 minutes.

Ingredients

- 1 1/4 cups peanut butter
- 1/2 cup butter, at room temperature
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 3 large eggs, beaten
- 2 teaspoons baking soda
- 1 teaspoon corn syrup
- 3/4 teaspoon vanilla
- 4 1/2 cups quick-cooking oats
- 1 (6 ounce) package chocolate chips
- 1 (6 ounce) package M&M's plain chocolate candy





CHOCOLATE CRINKLE COOKIES

Instructions

Melt butter and chocolate either in the microwave or over low heat on the stove.

** see below for helpful chocolate melting hint*

Allow to cool slightly.

Stir in remaining ingredients, except powdered sugar.

You may chill the dough, but it is not necessary.

Preheat oven to 325F.

Shape dough into 1 inch balls.

Roll in powdered sugar to coat heavily.

Place 2 inches apart on an ungreased cookie sheet.

Bake for 17 minutes or until edges are set.

Remove cookie sheet and cool on rack.

Ingredients

- 1/4 cup butter
- 4 (1 ounce) squares unsweetened chocolate
- 2 cups all purpose flour
- 2 cups granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 eggs
- 1/3 cup confectioner's sugar for garnish

Melting Chocolate Hint

* This can be either chips, paste, bakers chocolate or a chocolate bar.

1 medium saucepan

1 heat proof glass measuring cup with a handle,

Fill 1/2 of your saucepan with water and bring to a boil.

Put chocolate into heatproof glass measuring cup.

Put cup into boiling water.

Stir chocolate as it begins to melt.

Remove from heat and use immediately once it is all melted.



PAUL BUNYAN COOKIES

Instructions

Preheat oven to 350F

Sift together flour, cinnamon, baking soda, baking powder, salt and ginger.

Cream shortening and sugar on medium speed until light and fluffy, about 2 minutes.

Add molasses and beat to combine.

Add eggs, one at a time and mix until fully incorporated.

Add the flour mixture, one cup at a time.

Using a wooden spoon, stir in chocolate chips, oats, walnuts and raisins.

Using a 2 inch ice cream scoop, drop dough onto greased baking sheet.

Bake 15-18 minutes.

Cool on pan for 5 minutes, then remove to wire rack to cool completely.

Ingredients

- 1 1/4 cups all purpose flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/2 cup molasses
- 2 large eggs, lightly beaten
- 1 (12 ounce) package semi-sweet chocolate chips
- 1 1/2 cups old fashioned oats
- 1 cup walnuts, chopped
- 1 cup raisins



SNICKERDOODLE COOKIES

Instructions

- Mix together cinnamon and sugar in a shallow bowl.
- Mix butter, sugar and eggs.
- Add flour, cream of tartar and baked soda.
- Form 1 inch balls and roll in cinnamon and sugar mixture.
- Press at to flatten with a fork on an ungreased cookie sheet.
- Bake 8 to 10 minutes at 350F.

Ingredients

- 1 cup butter, at room temperature
- 1 1/2 cups granulated sugar
- 2 eggs
- 2 2/3 cups all purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 2 teaspoons sugar
- 2 teaspoons cinnamon





RAISIN OATMEAL COOKIES

Instructions

Preheat the oven to 350degrees F (180C)

With a mixer or processor, cream together butter, brown sugar, eggs & vanilla.

In a separate bowl combine your remaining ingredients, oatmeal, flour ,salt and add to the creamed ingredients.

Hand mix in the raisins, sunflower seeds (choc chips)

Drop by tablespoonful onto greased cookie sheet

OR you can line with parchment paper instead of greasing

Leave about 2 inches between the cookies

Bake until golden brown - about 8-10 minutes

Let cool for 5 minutes before removing to wire racks to cool.

As far as a cookie goes...these have some healthy ingredients in them.

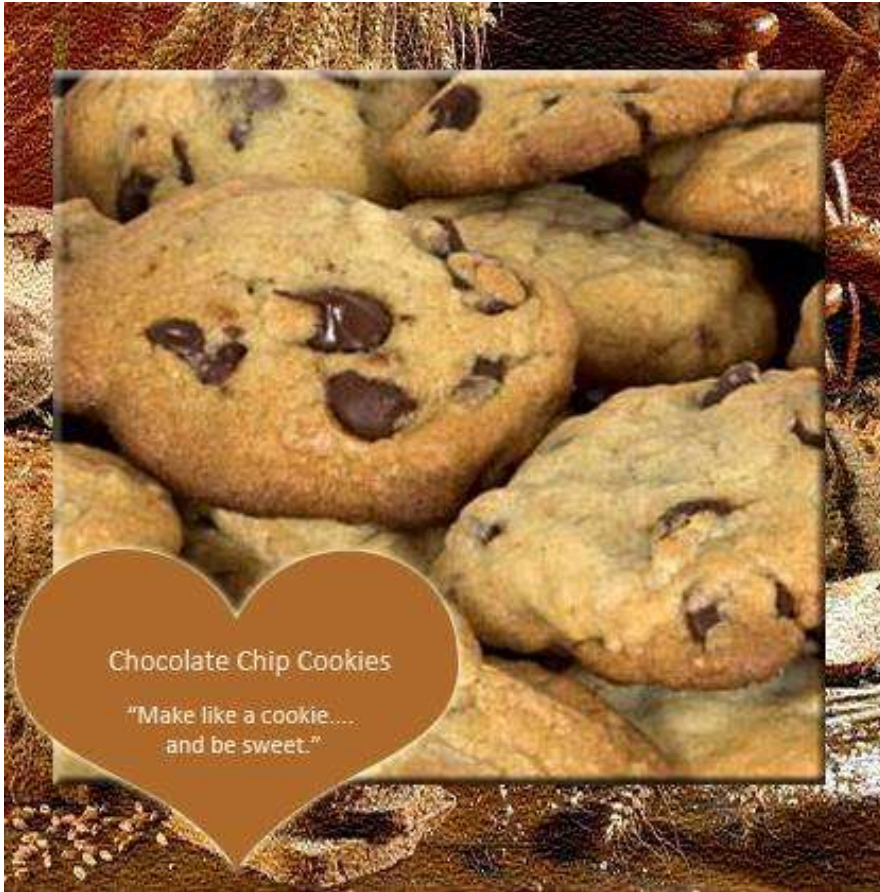


Ingredients

- 1 cup butter
- 2/3 cup brown sugar
- 2 eggs
- 1 teaspoon pure vanilla extract

- 1 1/2 cups all purpose flour
- 1 1/2 cups oatmeal (Not instant)
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 1/2 cups raisins
- 1/3 cup raw sunflower seeds (optional)
- 1 cup chocolate chips (optional – for those that just have to have chocolate in their cookies)





CHOCOLATE CHIP COOKIES

Instructions

Preheat oven to 350 degrees (180C)

Lightly grease or place parchment paper on a cookie sheet.

Sift together flour, baking soda & salt.

Cream together butter, granulated sugar and brown sugar.

Beat in the egg and vanilla.

Beat until light and fluffy.

Stir in the dry ingredients.

Fold in the chocolate chips.

Drop batter from a teaspoon about 2 inches apart onto your prepared cookie sheet.

Bake for 10 to 12 minutes or until golden brown.

*Hint - You may even to just double the recipe.

These cookies are so tasty that they will be gone in a flash.

If you double your recipe, you could put some into a sealed container in the freezer and add one to a morning lunch box.

Ingredients

- 1 cup all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 cup butter at room temperature
- 1/2 cup granulated sugar
- 1/4 cup lightly packed brown sugar
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 cup chocolate chips





CHOCOLATE ALMOND BUTTER BALLS

Instructions

Measure the almond butter and honey in a medium sized bowl. Mix by hand with a spoon. Once combined add the coconut milk powder and the cacao powder. Add the sunflowers, and 1/2 cup of shredded coconut.

Mix all the ingredients together by hand.

Put the remaining shredded coconut into a 'dipping dish'.

Spoon out about 1 tablespoon of the mixture and by hand roll into a ball.

Roll each ball and dip into the coconut.

Place each of the almond balls on a plate.

Keep the finished almond balls in the refrigerator.

They will keep best and firm up a little in the refrigerator.

These are so healthy that you can eat them and feel good about what you are putting into your body.

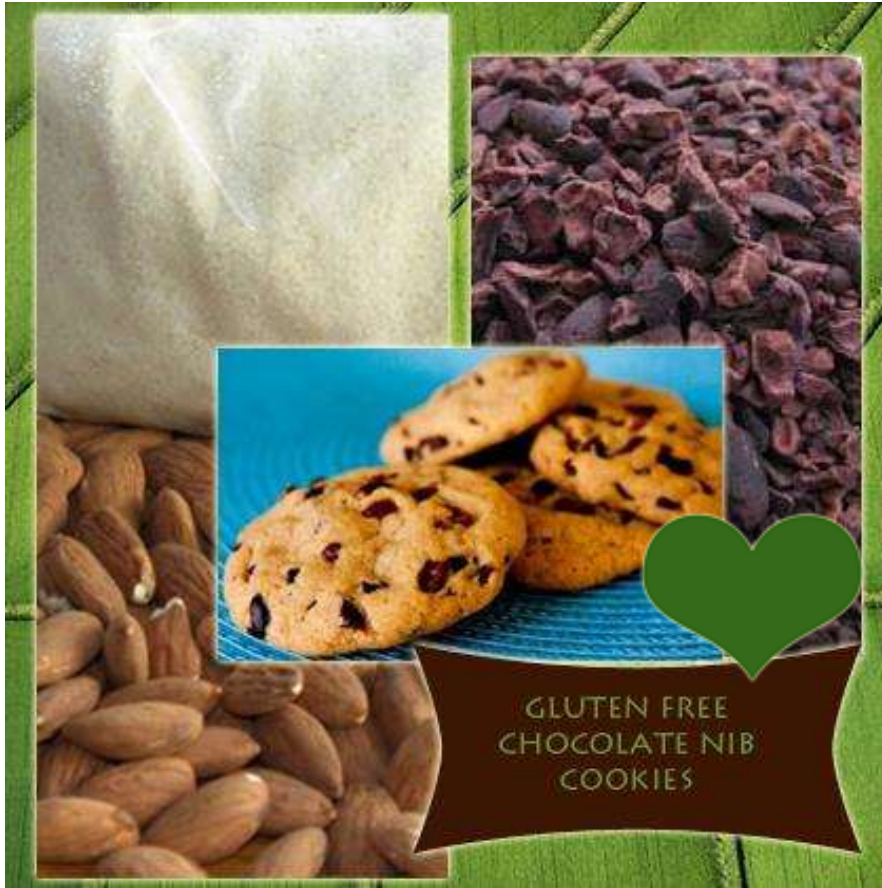
If you get your children loving these, they are a far better choice for a treat than any processed goodies.

Ingredients

- 1 cup almond butter
(Or peanut butter)
(Or 1/2 almond & 1/2 peanut butter)
- 1/2 cup unpasteurized honey
- 1 cup raw sunflower seeds
- 1 cup coconut milk powder
- 1/2 cup Cacao nibs (or chocolate chips)
*Cacao nibs are good for you & the best choice
- 1/2 cup medium shredded coconut for the balls
- 1/2 cup medium shredded coconut for rolling
- 1/2 cup cacao powder

You can substitute or add proportionately any raw seeds or nuts you like. Do not use roasted or salted as the highest nutritional value is in raw nuts & seeds. Also use non-sweetened shredded coconut.





CHOCOLATE NIB COOKIES

Instructions

Preheat the oven to 350 degrees F (180C)

Mix together the coconut oil, eggs, coconut milk, vanilla and honey.

In another bowl mix together the almond flour, baking soda, & sea salt.

Combine by mixing the wet ingredients into the dry flour mixture. Stir in the cacao nibs.

Line a cookie sheet with parchment paper.

Drop by heaping teaspoonful's onto the cooking sheet and flatten each one down to 1/2 inch thickness. Leave a space of 2 inches between each cookie.

Bake in the preheated oven for 25 minutes or until the edges are a golden brown. Remove the cookies onto a rack to cool.

Baking gluten free is as easy. One you stock your pantry with healthy ingredients, it becomes a part of your lifestyle. If you are not already familiar with eating pure cacao, it may seem strong at first, but one learns to acquire a taste for it. 85% cacao and higher has the most health benefits .

Ingredients

- 2 cups almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 eggs
- 1/4 cup organic virgin coconut oil
- 1/8 cup coconut milk
- {You can purchased powdered coconut milk and make the amount you need rather than having to buy it in the can}
- 1 teaspoon pure vanilla extract
- 1 teaspoon non pasteurized honey
- 2/3 cups cacao nibs (85%)





RICE KRISPIE SQUARES

Instructions

Melt butter into a large pan on low heat.

Add the marshmallows and stir until completely melted.

Remove from the heat and add the rice krispies.

Mix well and put into a 9 by 13 inch pan.

Put a little bit of butter on the palm of your hand and push flatten down the rice crispy cake.

Let cool before cutting and eating.

Ingredients

6 cups of rice krispies
3 tablespoons butter
10 oz. marshmallows

BLACK FOREST CAKE



Ingredients

2 cups all purpose flour
2 1/2 cups granulated sugar
1 cup unsweetened cocoa powder
1 1/2 teaspoon baking soda
1 teaspoon sea salt
1 1/2 cups milk
1/2 cup butter, at room temperature
2 eggs
1 teaspoon pure vanilla extract
1/2 cup Brandy
Pinch of sea salt
1 can pitted cherries
2 cups whipped cream
Semisweet chocolate

Instructions

Preheat the oven to 350F.
Cover the base of two 8 inch round pans with parchment paper circles.
Sift together the flour, cocoa, baking soda and 1-teaspoon salt.
Set the mixture aside.
Now beat the butter and sugar until the mixture gets light and fluffy.
Add eggs, vanilla extract and beat well and stir in the milk to form a paste.
Pour the mixture into the baking pans and bake for 35 to 40 minutes.
Allow the cake to cool down completely and remove the paper from underneath the cakes.
Cut each layer in half, horizontally, making 4 layers of the cake.
Sprinkle all the layers of the cake with a little Brandy
Now whip the cream and blend in the vanilla, sugar, salt and Brandy
Spread the whipped cream and cherry filling on ever layer of the cake.
Now, frost the top and sides of the cake.
Sprinkle with chocolate curls and serve chilled.



DOUBLE APPLE BUNDT CAKE

Ingredients

2 cups all purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon ground ginger
1/4 teaspoon salt
10 Tablespoons (1 1/4 sticks) unsalted butter, at room temperature
1 1/2 cups granulated sugar
2 large eggs
1 cup store-bought or homemade apple butter, spiced or plain
2 medium apples, peeled, cored and grated
1 cup pecans or walnuts, chopped
1/2 cup plump, moist raisins (dark or golden)

The Glaze

1/3 cup confectioners' sugar
about 2 tablespoons lemon juice, orange juice, milk or water

Position a rack to the center of the oven and preheat it oven to 350 degrees.

Butter a 12-cup nonstick Bundt pan, or if yours is not nonstick, butter and flour it, too.

Whisk together the flour, baking powder, baking soda, spices and salt. Set aside.

In the bowl of an electric mixer, cream together the butter and sugar on medium speed until light, fluffy and pale in color, about 3 minutes. Scrape down the bowl.

Beat in the eggs one at a time. Scrape down the bowl again.

Reduce the speed to low and mix in the apple butter—don't worry if the batter looks curdled at this point.

Mix in the grated apples. With the mixer still running on low speed, stir in the dry ingredients gradually.

When just a few streaks of flour remain, stir in the nuts and raisins.

Stop the mixer and give the batter a few folds by hand just to make sure everything's incorporated.

Scrape the batter into the prepared pan, and bake until a toothpick comes out clean inserted deeply into the center of the cake comes out clean, about 50 to 55 minutes.

Let cool on a wire rack for about 10-15 minutes before unmolding it onto the rack to cool completely.

To glaze the cake, stir together the confectioners' sugar and your liquid of choice, a tiny bit at a time, until the glaze falls easily off the end of a spoon.

Place the cake on a serving plate. Drizzle the cake generously with the glaze, letting it drip down the sides of the cake.

Alternatively, you can dust the cake with confectioners' sugar just before serving.



APPLESAUCE FRUITCAKE

Instructions

Cream butter and sugar.

Beat in eggs, one at a time, along with the vanilla.

Add remaining ingredients and blend until all is incorporated.

Divide the batter among 3 greased loaf pans, approximately 8x4x3 inches each.

Bake in a preheated 350 F.

oven for 1 hour 15 minutes, or until a toothpick inserted in the center comes out clean

Remove to a cooling rack.

When cool enough to handle, remove loaves from pans and cool completely on rack.

Wrap in plastic wrap and keep in the refrigerator.

Ingredients

- 1 cup butter at room temperature
- 2 cups granulated sugar
- 2 eggs
- 1 teaspoons pure vanilla extract
- 2 cups pitted dates, chopped coarsely
- 3 cups applesauce
- 2 cups walnuts, chopped coarsely
- 1 cups mixed candies fruit, chopped coarsely
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 Tablespoon baking soda
- 4 cups all purpose flour





CHOCOLATE GLAZED BUNDT CAKE

Instructions

The Cake

Preheat oven to 350 F.

Grease and flour bundt pan, set aside.

In large mixing bowl, combine cake mix, pudding mix and chocolate chips.

In another bowl, combine water, eggs, and vanilla mixing well.

Add egg mixture to dry mixture and mix with spoon until just blended.

Pour into prepared pan.

Bake for 50 to 55 minutes or until cake tests done when wooden pick in center comes out clean.

Cool 15 to 20 minutes before removing cake from pan.

When completely cool, drizzle cake with Chocolate Glaze.

The Chocolate Glaze

Combine all ingredients in bowl.

Mix with spoon until smooth.

Drizzle on the cake when cooled.

Ingredients

The Cake

- 1 (18 1/4 ounce) packages devil s food cake mix
- 1 (4 ounce) packages instant chocolate pudding mix
- 2 cups semi-sweet chocolate chips
- 1 3/4 cups water
- 2 eggs, beaten
- 1 teaspoon vanilla extract

Chocolate Glaze

- 3 Tablespoons cocoa
- 2 Tablespoons butter, melted
- 1 cup confectioners' sugar
- 2 -3 Tablespoons hot water



THE GREAT PUMPKIN DESSERT

Instructions

In a mixing bowl, combine the first five ingredients.

Transfer to a greased 13 by 9 inch baking pan.

Sprinkle with dry cak mix and drizzle with butter.

Top with walnuts.

Bake at 350F for 1 hour or until a knife inserted near the center comes out clean.

Serve warm or cold with ice cream or whipped cream on top.

Ingredients

- 1 can (15 ounces) solid pack pumpkin
- 1 can (12 ounces) evaporated milk
- 3 eggs
- 1 cup granulated sugar
- 4 teaspoons pumpkin pie spice
- 1 package yellow cake mix
- 3/4 cup butter or margarine , melted
- 1 1/2 cups chopped walnuts
- Vanilla ice cream or whipped cream





LEMON MERINGUE PIE

Instructions

In a saucepan, thoroughly combine the sugar, cornstarch and salt.

Gradually blend in the cold water and lemon juice.

Stir in the egg yolks.

Add the butter and boiling water.

Bring to a boil over medium-high heat, stirring constantly.

Reduce heat to medium and boil for 1 minute.

Remove from heat and stir in the lemon peel and food coloring if using.

Pour into baked pie crust.

Top with Three-Egg Meringue, sealing well at the edges.

Bake at 350F for 12 to 15 minutes.

Cool for 2 hours before serving.

Three Egg Meringue

In a bowl, using an electric mixer, beat the egg whites with the cream of tartar until foamy.

Gradually add the sugar and beat until stiff forms peak.

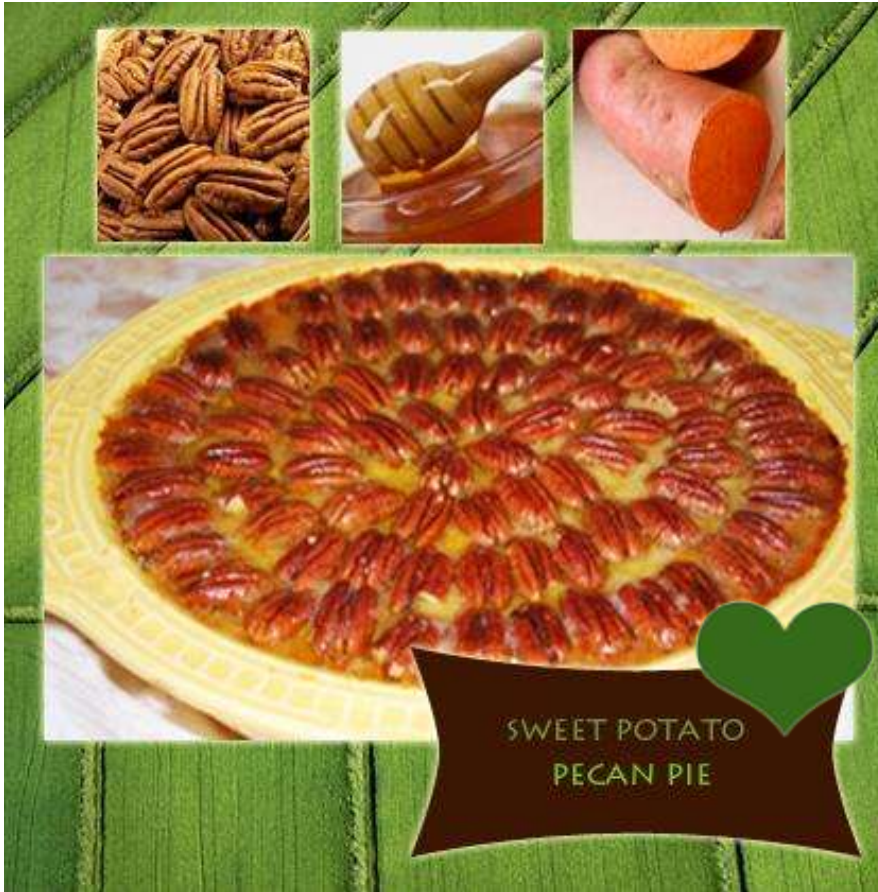
Ingredients

- 1 1/2 cups granulated sugar
- 6 Tablespoons cornstarch
- 1/4 teaspoon salt
- 1/2 cup cold water
- 1/2 cup fresh squeezed lemon juice
- 3 egg yolks, well beaten
- 2 Tablespoons butter or 2 tablespoons margarine
- 1 1/2 cups boiling water
- 1/2 lemon, grated peel of
- 2 -3 drops yellow food coloring (optional)
- 1 9-inch baked pie crust

THREE-EGG MERINGUE

- 3 egg whites
- 1/4 teaspoon cream of tartar
- 6 Tablespoons sugar





SWEET POTATO PECAN PIE

Instructions

Combine all ingredients in a bowl.

Put in pie shaped or casserole dish and top with pecan halves.

Bake for 45 minutes until set at 350 degrees F (180C)

This dish looks super impressive because of its presentation, but is one of the easiest to prepare.

Pecans are very low in Cholesterol and Sodium. It is also a very good source of Manganese.

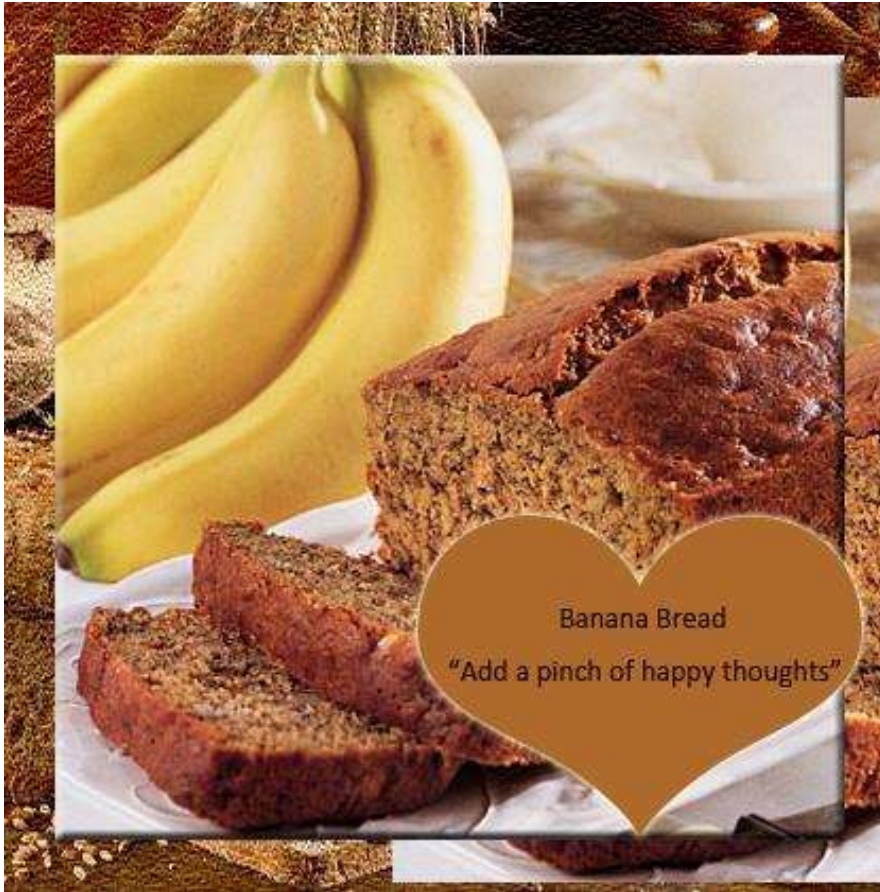
Sweet Potatoes are low in Sodium, and very low in Saturated Fat and Cholesterol.

It is also a good source of Dietary Fiber, Vitamin B6 and Potassium, and a very good source of Vitamin A, Vitamin C and Manganese.

Ingredients

- 4 baked mashed sweet potatoes
- 1/4 cup butter
- 1 egg
- 2 Tablespoons honey
- 1/4 teaspoon of cinnamon (optional)
- 1/2 cup chopped pecans
- 1/2 cup pecan halves
- 1/2 cup freshly squeezed orange juice
- 1 teaspoon grated orange zest
- sea salt & pepper to taste





BANANA BREAD

Instructions

Preheat oven to 350 degrees F (180C)

Cream butter & sugar until fluffy.

Add eggs beat after each one.

Sift flour, baking soda, salt together

Stir in whole wheat flour.

Add to creamed mixture and mix well.

Fold in the bananas (walnuts & choc chips)

Pour into a 9x5x3 bread pan

Bake at 350 for 50 to 60 minutes.

Cool 10 minutes in the pan, then on to the cooling rack.

Banana bread is always delicious and makes a nutritious treat in lunch boxes.



Ingredients

8 Tablespoons butter at room temperature

1/2 cup sugar

2 eggs

1 cup all purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

1 cup whole wheat flour

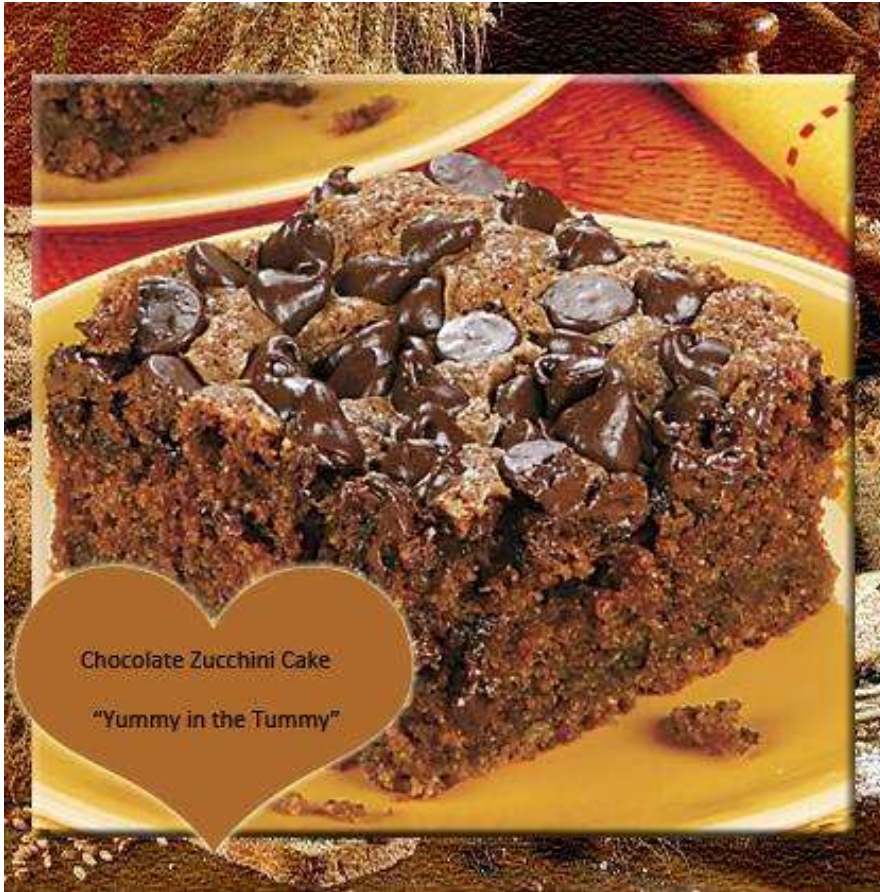
3 large bananas mashed

1 teaspoon real vanilla extract

1/2 chopped walnuts (optional)

1/2 cup chocolate chips (optional)





CHOCOLATE ZUCCHINI

Instructions

Grease and flour a 13" x 9" pan
or 2 x 9" square pans

Preheat the oven to 325 degrees F
(160C)

Mix butter, oil (apple sauce) and
granulated sugar.

Add eggs, then vanilla.

Mix dry ingredients together then
stir into sugar mixture alternately
with sour milk.

Lastly stir in zucchini. Mix well.

Pour into pan(s).

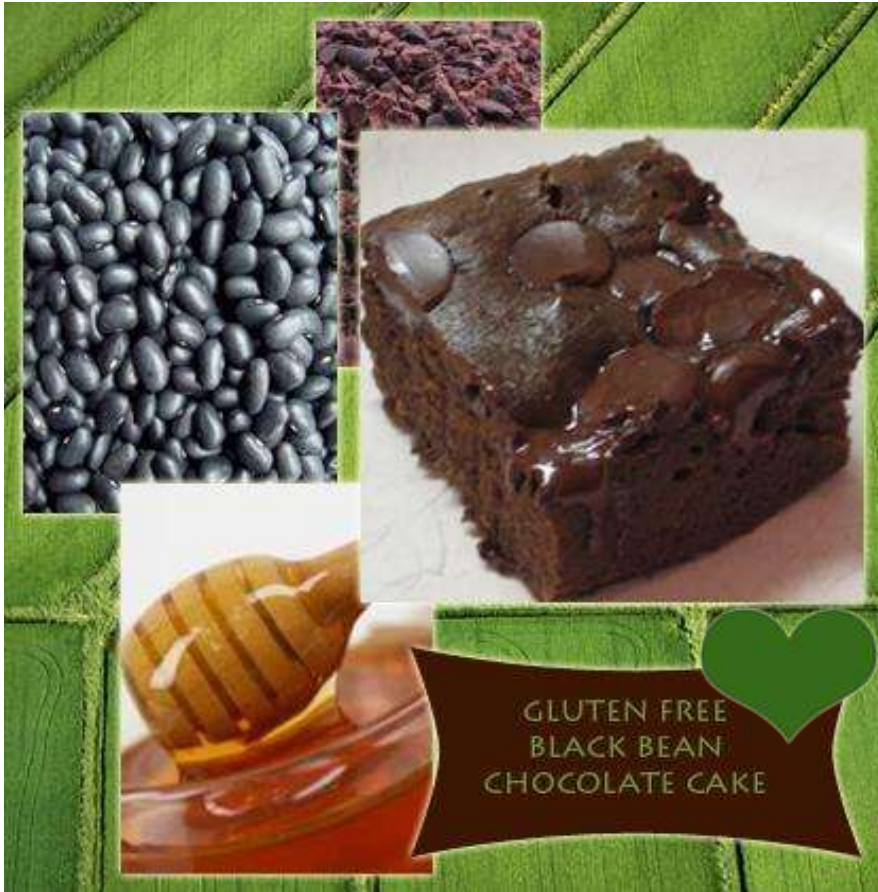
Optional: Sprinkle 1/2 to 3/4 cup of
chocolate chips over cake before
baking.

Bake in 325 degrees F oven for 60-75
minutes for 13" x 9" pan; 45-55
minutes for 9" pans.

Ingredients

- 3/4 cup butter
- 3/4 cup vegetable oil or apple sauce
- 2 1/2 cups granulated sugar
- 3 eggs
- 1 1/2 teaspoons pure vanilla extract
- 3/4 cup sour milk (1 1/2 tbsp. lemon juice
and milk to 3/4 cup)
- 3 3/4 cups all purpose flour
- 6 Tablespoons cocoa powder
- 3/4 teaspoon baking powder
- 1 1/2 teaspoon baking soda
- 3/4 teaspoon cinnamon
- 3/4 teaspoon allspice
- 3 cups shredded zucchini (puree the skin and
all)
- 1/2 to 3/4 cups chocolate chips (optional) but
a must for the chocolate lover.





SNEAKY CHOCOLATE CAKE a.k.a. BAKED BLACK BEAN

Instructions

Preheat oven to 350 degrees F (180C)

Grease a 9 inch cake pan and dust with cocoa.

Place the beans, 3 of the eggs, vanilla, honey or sugar and sea salt into blender or food processor.

Process or blend on high until beans are completely liquefied.

In a small bowl, mix together cocoa powder, baking soda, and baking powder.

In a larger bowl, beat butter and coconut oil until light and fluffy.

Add the remaining two eggs, beating well after each one.

Pour bean batter into egg mixture and mix.

Finally, stir in cocoa powder mixture and water and beat the batter on high for one minute until smooth.

Pour into the prepared pan.

Sprinkle the chocolate chips on the top so they melt and form the 'icing' bits.

Bake for 40-45 minutes.

Cake is done when the top is rounded and firm to the touch.

Ingredients

- 500 ml black beans (1 can)
- 5 large eggs
- 1 Tablespoon pure vanilla extract
- 1/2 teaspoon sea salt
- 3 Tablespoons butter
- 3 Tablespoons coconut oil
- 3/4 cup honey or brown sugar
- 6 Tablespoons cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup dark chocolate chips or cacao nibs

(Chocolate chips will be sweeter than the cacao nibs, but the cacao nibs are healthier)



CARROT CAKE & CREAM CHEESE ICING

Instructions

Preheat oven to 300 degrees F (150C)

The Carrot Cake

In a mixing bowl, beat the eggs with an electric hand mixer. Add the oil, grated carrots, walnuts and raisins. Mix all the dry ingredients together and add to the first mixture, a little at a time.

Pour batter into a greased 9" x 13" loaf pan. Put in oven on middle rack.

Baking time 1 to 1 1/2 hours

Check by inserting a toothpick to determine when ready.

Toothpick will come out clean if cooked through.

Cool cake completely.

The Cream Cheese Icing

Beat the cream cheese and butter together.

Add the sifted confectioners sugar a little at a time.

Apply icing to the cooled cake.

* Optional: Garnish with a zested orange peel.

This carrot cake keeps well in the fridge - If there is any left to keep!



Ingredients

The Carrot Cake

3 cups fresh carrots ,grated

1 1/2 cup chopped walnuts

1 cup raisins

3 cups all purpose flour

1 3/4 cups granulated sugar

4 eggs

1 1/4 cups vegetable oil

2 teaspoons baking powder

3 teaspoons baking soda

2 teaspoons cinnamon

2 teaspoon salt

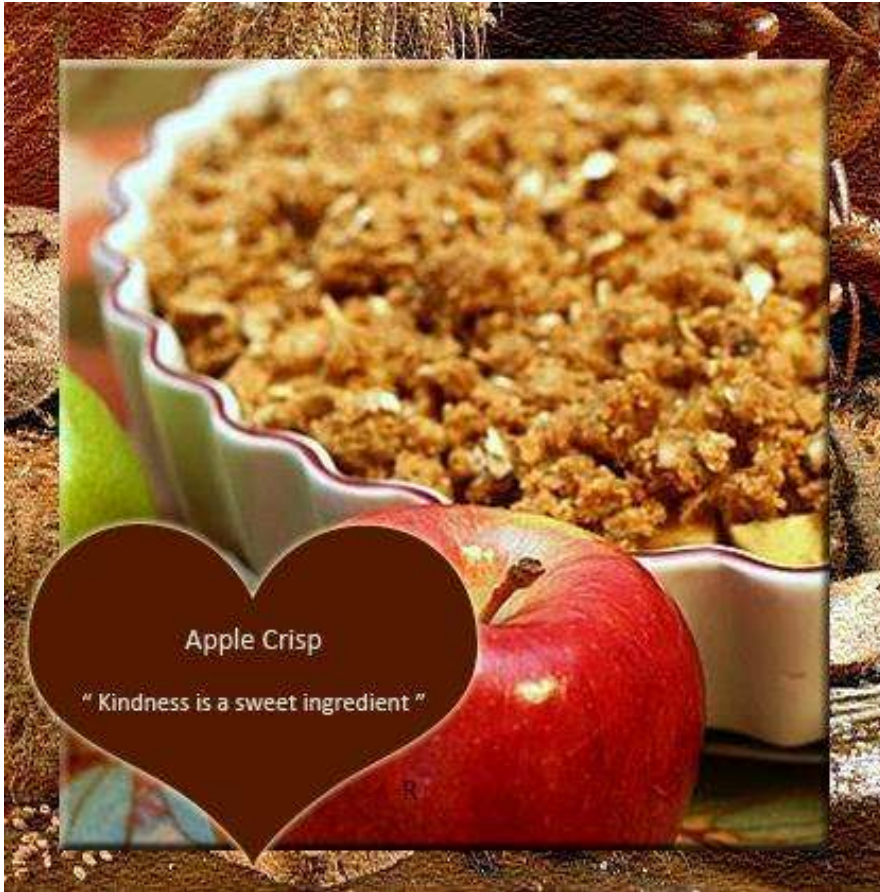
The Cream Cheese Icing

1/2 pound cream cheese, room temperature

4 tablespoons butter, room temperature

3 1/4 cups confectioners sugar, sifted





APPLE CRISP

Instructions

Preheat oven to 350 degrees (F)
(180C)

Peel and thinly slice the apples to 5 cups worth.

Mix together 1/4 cup of the brown sugar and 2 tablespoons of the flour and stir into the sliced apples.

Place this mixture into the bottom of 9"x 9" buttered baking pan.

Combine the rolled oats, remaining 3/4 cup flour, remaining 1/2 brown sugar, (optional walnuts) and cinnamon together.

Cut in the butter and work it into a crumbly texture.

Spread the crumble topping evenly over apples that are in the baking pan.

Place into the preheated oven.

Bake for about 30 minutes or until the apples are tender and the topping is a golden and crisp.

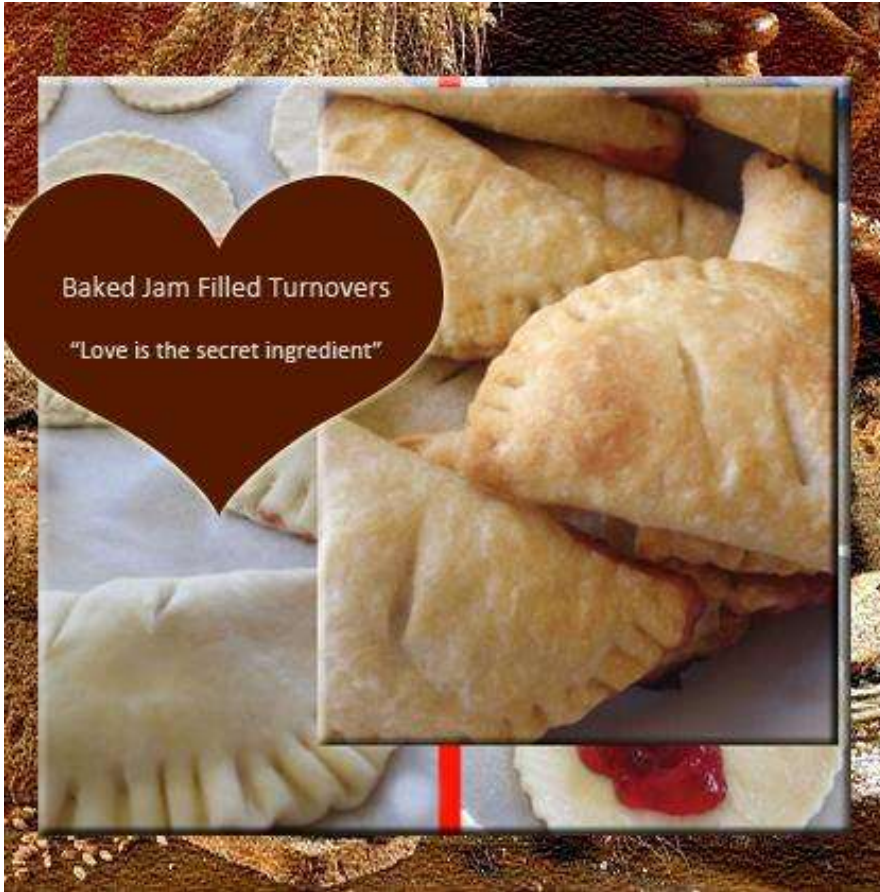
Apple Crisps are a quick and easy alternative to making a pie.

This dessert is delicious as it is or you can serve with a scoop of vanilla ice cream or dollop fresh whipping cream.

Ingredients

- 1 cup rolled oats
- 1 cup all purpose flour
- 3/4 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 cup finely chopped walnuts (optional)
- 1/2 cup butter, room temperature
- 3-5 apples depending on the size





JAM FILLED TURNOVERS

Instructions

Preheat oven to 400 degrees F (200C)

Rub ingredients together as if you were making a pie crust.

Beat one egg with 1 1/2 cups milk - more or less - add to the flour mixture.

Use a rolling pin to roll out approximately 1/4 " thick.

Cut rolled dough into 3" circles with a tart or cookie cutter.

Put a spoonful of jam of your choice on the dough circle.

Fold over and pinch closed with a fork.

Make a couple slices on top of each turnover with a sharp knife.

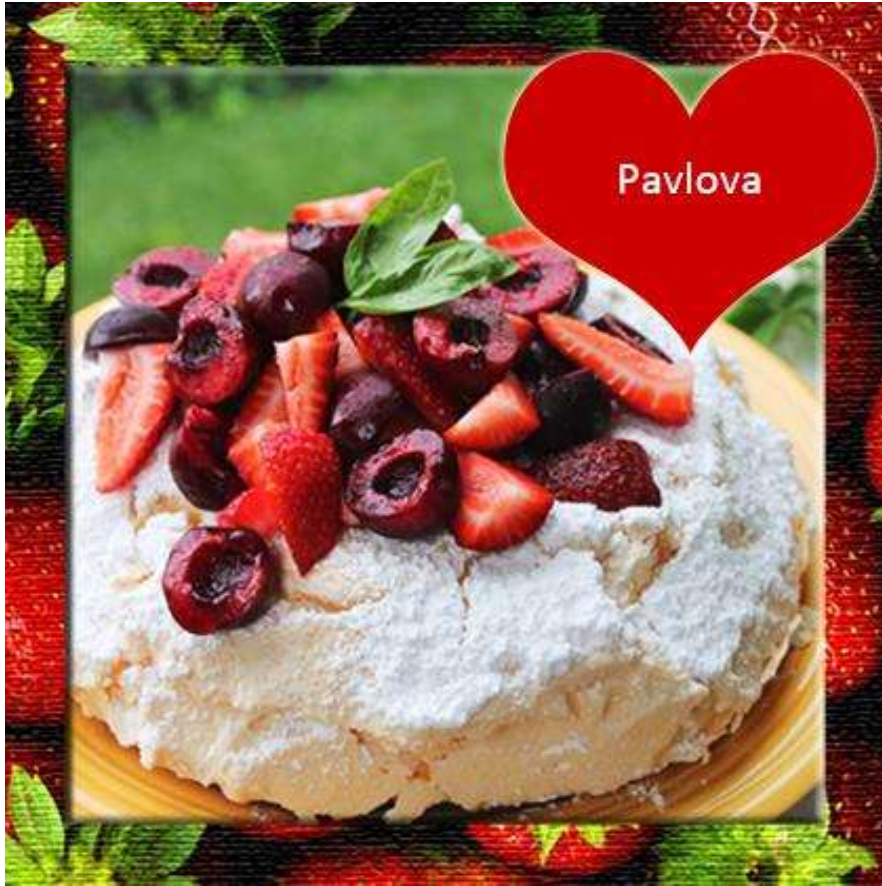
Place the turnovers on a baking pan lined with parchment paper.

Bake at 400 for approx. 15 to 20 minutes until golden brown.

Ingredients

- 4 cups all purpose flour
- 3/4 cup butter
- 3 Tablespoons granulated sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt





PAVLOVA WITH FRESH FRUIT

Instructions

Preheat the oven to 300 degrees F (150C)
Trace around a plate on parchment paper a minimum size of 8" circle. Cut out and place this parchment paper onto a baking sheet.

Using a standing mixer beat the egg whites until foamy and thick. This will take about 3 minutes. Pour in half of the caster sugar and beat until incorporated. Add the remaining sugar and beat on high another 2 to 3 minutes until the mixture forms firm peaks.

Using a spatula, spread the meringue onto the circle parchment paper and form a nice uniform mound.

Use a fine-mesh strainer or a sifter and shake the confectioners sugar over the meringue.

Place the baking pan on the center rack of the oven and bake for 30 minutes. Reduce the temperature to 250. Bake another 35 minutes, until slightly golden. Turn off the oven, leave the meringue to dry out overnight. **DO NOT OPEN THE DOOR TO PEEK!**

Next day, serve with the fresh fruit. Pavlova should slice easily with a flat-edge knife.

Ingredients

- 5 egg whites
- 2/3 cups caster sugar (superfine sugar)
- 1/2 cup confectioners sugar
- 1 cup fresh sliced strawberries
- 1 cup fresh pitted sliced cherries
- 2/3 cup of plain yogurt *optional
- Drizzle of maple syrup *optional
- Basil or Mint leaves for garnish *optional

You can choose any fresh fruit you wish to serve with your pavlova.





POPPY SEED CAKE

Instructions

Preheat the oven to 350 degrees F (180C).
Butter and flour a bundt pan or 10" tube pan.
In a medium sized bowl stir together flour, baking powder, and salt and set to the side.
In a large bowl cream the butter and sugar until light and fluffy with an electric hand beater.
Beat in the eggs one at a time.
Beat well after adding each egg.
Beat in the vanilla.
Spread the batter evenly in the prepared pan.
Tap the pan one or twice on the counter to remove any air pockets.
Bake for 50 to 55 minutes, or until the top of the cake springs back when touched, and a toothpick inserted into the center of the cake comes out clean.

Let the cake cool in the pan on a rack for 20 minutes, then turn it out onto the rack to cool completely.

Meanwhile, make the glaze.
In a small bowl, stir together the confectioners sugar and 1 tablespoon of lemon juice until smooth.
Add up to 1 teaspoon more lemon juice, if necessary, to make it pourable.
Place the cake on a serving dish, rounded side up and drizzle the glaze over the top.

Ingredients

Basically a pound cake, this recipe contains a generous 1/2 cup poppy seeds, which add a toasty flavor and a delightful crunch.

Cake

3 cups all purpose flour
1 1/2 teaspoon baking powder
1/2 teaspoon salt
12 ounces butter, room temperature
1 1/2 cups granulated sugar
5 eggs
2 teaspoons pure vanilla extract
1/2 cup poppy seeds
1 cup sour cream

Glaze

1/2 cup sifted confectioners sugar
1 Tablespoon freshly squeezed lemon juice
Zest the lemon before squeezing and you can garnish the icing if you like with the zest.





BANANA SPLIT CAKE

Instructions

Cream together the confectioners sugar, butter, flour, vegetable oil, milk and vanilla.

Mix well and spread over crumbs. Chill well. Then place the following ingredients on the base in order.

Bananas
Strawberries
Pineapple
Whipping Cream
Walnuts

Keep refrigerated until serving.

Best eaten when fresh but tastes very good the next day as well.



Ingredients

The Crust

2 cups graham wafer crumbs
1/4 cup butter
1/4 cup granulated sugar
Combine above ingredients and press into a 13" x 9" pan.
Chill for one hour.

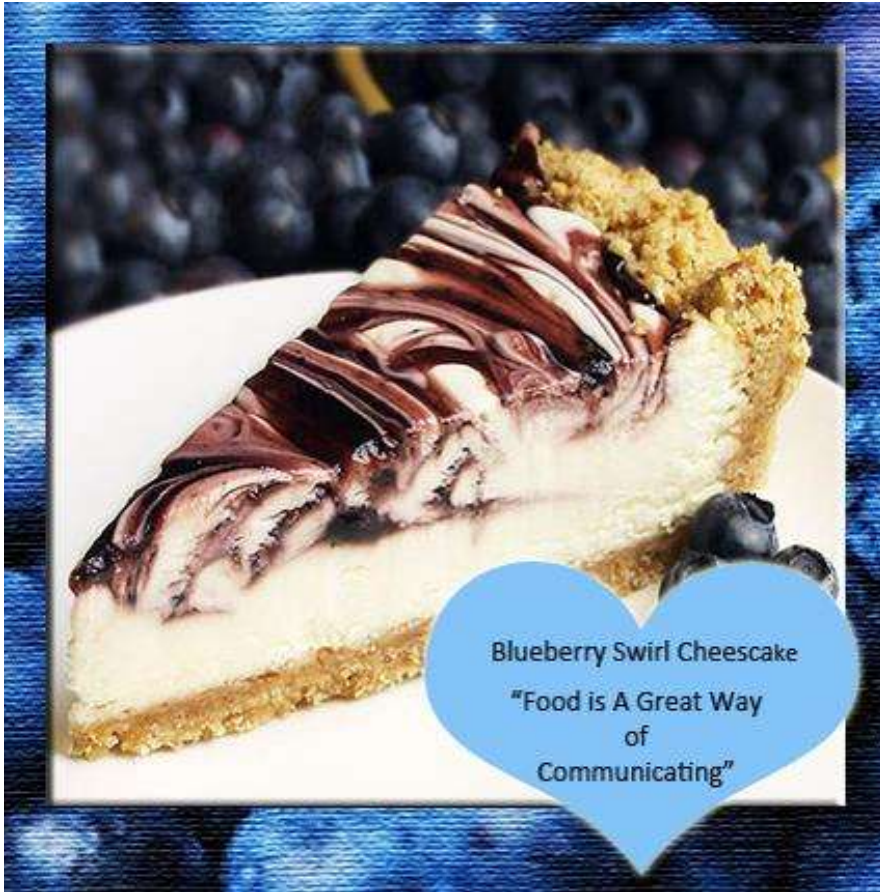
The Filler

2 cups confectioners' sugar
1/2 cup butter
2 tablespoons all purpose flour
1/2 teaspoon vegetable oil
2 Tablespoons milk
1 teaspoon pure vanilla extract

The Fruit

4 bananas, sliced
2 baskets of fresh strawberries, sliced
1 can fresh crushed pineapple
2 cups fresh whipping cream, whipped
1 1/2 cups walnuts, chopped





BLUEBERRY SWIRL CHEESE-

Instructions

In a small saucepan combine blueberries, sugar and lemon juice. Cook and stir over medium heat for 5 minutes.
Combine cornstarch and water till smooth, stir in blueberry mixture.
Bring to a boil; cook and stir for 2 minutes until thickened.
Remove from heat and cool to room temperature.
Transfer to a blender or food processor; cover and process till smooth.

For crust combine crumbs and sugar in a small bowl; stir in butter. Press onto the bottom of a greased 9 inch spring form pan.
Place pan on a baking sheet.
Bake at 350 degrees F (180C) for 10 minutes.
Cool on a wire rack.

In a large mixing bowl beat cream cheese till smooth.
Add sour cream and vanilla.
Combine sugar and flour and add to creamed mixture.
Add eggs and beat just till combined.
Pour into crust.

Drizzle with blueberry mixture;
Cut through batter about 1/2 of the depth with a knife to create the swirl.
Place pan on baking sheet.
Bake at 350 degrees F (180C) for one hour or until center is almost set.
Cool on wire rack for 10 minutes.
Carefully run a knife around edge of pan to loosen.
Cool one hour longer.
Refrigerate overnight. Remove sides of pan.

Ingredients

The Blueberry Swirl

- 1 1/2 cups fresh or frozen blueberries
- 1/4 cup granulated sugar
- 1 Tablespoon fresh squeezed lemon juice
- 2 teaspoons. cornstarch
- 1 Tablespoon cold water

The Crust

- 1 cup graham cracker crumbs
- 2 Tablespoons granulated sugar
- 2 Tablespoons butter, melted

The Filling

- 3 packages of (250 g) cream cheese, softened
- 1 cup (250 g) sour cream
- 2 teaspoons pure vanilla extract
- 1 cup granulated sugar
- 2 Tablespoons all purpose flour
- 4 eggs, beaten





NO BAKE TORTE

Instructions

Beat together butter and one half of the sugar until fluffy.

Beat in the egg and the rest of the confections sugar, the melted chocolate ,vanilla (& instant coffee for mocha flavor).

Assemble the torte on a flat square pan or decorative dish.

To assemble:

You will use 6 graham wafers for each row.

Dip each graham cracker in the milk and arrange your first row of 6.

The will be soft from the milk and you nudge them together to form a rectangle of 6 wafers.

Spread a big dollop of your chocolate filler.

Repeat the process , dipping the graham wafer in the milk, and forming your rectangle.

Repeat the process, spreading a layer of the chocolate filler.

You will do this process a total of 5 layers (6 graham wafers per layer).

Spread your chocolate filler around the entire outside of the torte.

Put into the refrigerator and let it set for a few hours.



Ingredients

- 1/2 cup butter, room temperature
- 1 1/2 cup sifted confectioners' sugar
- 1 egg
- 1 teaspoon pure vanilla extract
- 2 squares unsweetened chocolate - melted on top of a double boiler
- 2 Tablespoons milk
- Mocha flavor (optional –add 1 teaspoon instant coffee)
- 30 plain single graham wafers
- Addition milk for dipping



MOCHA ICING

Instructions

Mix the butter, cocoa and confectioners sugar together.

Gradually add the coffee until the icing reaches correct consistency.



Ingredients

3 Tablespoons butter, room temperature

3 cups confectioners' sugar

5 Tablespoons cocoa

5 Tablespoons strong coffee





SIMPLE BUTTERCREAM FROSTING

Ingredients

1 cup butter, (no substitutes)
1 1/2 teaspoons pure vanilla extract
1 pinch salt (optional)
5 cups confectioners' sugar
2 -3 Tablespoons milk

Instructions

Cream butter and then add vanilla and optional salt. (To cut the sweetness I usually sprinkle some salt in the vanilla, so it will dissolve.).

Add sugar a cup at a time beating on medium speed. Add milk 1 tablespoon at a time and beat on high until completely blended and desired consistency.

FLUFFY WHITE FROSTING

Ingredients

5 Tablespoons all purpose flour
1 cup milk
1 cup butter, room temperature
1 cup granulated sugar
1 teaspoon pure vanilla extract

Instructions

Blend flour and milk in saucepan. Cook over medium heat until thickened, stirring constantly. Let stand at room temperature for several hours. Cream butter, sugar and vanilla in mixing bowl until light and fluffy. Add milk mixture gradually, beating constantly until fluffy. Enough frosting for a 2 layer cake.





STRAWBERRY RHUBARB PARFAITS

Instructions

In a small saucepan combine the rhubarb, sugar and water.

Bring to a boil, stirring frequently. Reduce heat and simmer for about ten minutes.

Transfer to a bowl and cool to room temperature.

Place strawberries and sugar or honey in a food processor and puree.

Stir into rhubarb mixture.

Whip the whipping cream.

Spoon layer the pureed fruit mixture and whipping cream into four parfait glasses.

Light and delicious!



Ingredients

- 1 cup chopped fresh rhubarb
- 1/4 cup granulated sugar
- 1 Tablespoon water
- 1 cup sliced fresh strawberries
- 1 Tablespoon sugar or honey
- 2/3 cup fresh whipping cream





FRESH STRAWBERRIES & CHOCOLATE COCONUT WHIP CREAM

Instructions

Slice the strawberries into a mixing bowl.

If you want them a little sweeter, sprinkle a bit of sugar on them. Let the strawberries sit for a few minutes while you prepare the coconut whip cream.

Open the can of coconut milk. There will be a firm, waxy layer on top.

Scoop out this firm layer coconut cream that has solidified at the top of the can.

Stop as soon as you reach the water at the bottom of the can; don't include anything but the solid cream. Save the liquid and use in a smoothie.

Place this cream in the bowl and using a hand beater at high speed, whip the coconut cream for 3 to 5 minutes until it becomes fluffy and light, with soft peaks.

Mix in coco powder, sugar and vanilla.

Build your layers in your parfait glass starting and ending with the strawberries.

Keep in the refrigerator until serving time.

Ingredients

Coconut whipping cream gives such an exotic touch to this parfait.

Garnish with a sprig of fresh mint if you have it.

Ingredients

- 10-12 strawberries, depending on size
- One 15-ounce can full-fat coconut milk - cool in refrigerator overnight
- *Substitute real whipping cream if you prefer.
- 1 tablespoon coconut palm sugar (or granulated sugar)
- 1 Tablespoon cocoa powder
- 1 teaspoon pure vanilla extract or more to taste (*optional*)

*Coconut palm sugar has a lower glycemic index and is higher in micronutrients than regular sugar.





Banana Pineapple Smoothie

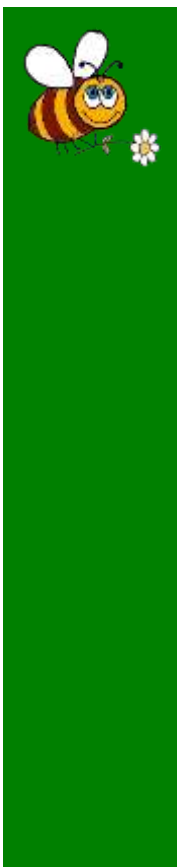
- 1 banana – cut into chunks
- 1 cup fresh or frozen pineapple chunks
- 1 cup pineapple or orange juice
- 1/2 cup plain yogurt
- 1 Tablespoon honey

Put all the ingredients into a blender and blend until smooth.

*Hint Chop and freeze banana ahead of time .

Store in a sealed container.

When you make your smoothie it will have a nice thick texture and be nice and cold if you use frozen bananas.



Mango Smoothie

- 1 cup fresh or frozen mango chunks
 - 1 cup plain yogurt
 - 1 Tablespoon honey
 - 2 Tablespoons water
 - 1/4 teaspoon pure vanilla extract (optional)
 - 1 teaspoon fresh lemon or lime juice (optional)
 - 1 sprig fresh mint (optional - for garnish)
- If using fresh, you can save a thin slice as garnish (optional)
- Combine all ingredients in a blender and process until smooth.

This Mango smoothie is also know as "Mango Lassi" in East Indian Culture

*Hint – Fresh or fresh frozen mango is my choice, but you purchase canned mango pulp in the ethnic sections of food stores. You would have to be sure it was refrigerated if using canned.