

# **Become and Stay Healthy Series: The Complete Collection**

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See Also

# Getting started with delicious healthy cooking

## ***Dear reader..,***

Since I had trouble with gluten and lactose, I found it necessary to adjust the recipes I was using to prepare delicious foods with my passion for a healthy lifestyle and as a nutrition advisor to share them with my clients who experience auto-immune, hormonal disorders, skin or digestive issues, diabetes or arthritis, etc. as well. The recipes are appropriate for anyone from children to adults who are interested in healthy lifestyle even without any of the aforementioned problems.

In none of the recipes no type of sugar, flour or form of dairy is used.

This book is part of a series of starters & side dishes, main dishes, desserts & sweet treats, drinks, breakfast. These are recipes for those who are looking for a way to start making their own food in a healthy way or those who are looking for something different, delicious but most importantly; healthy.

At times when you may experience frustration, fatigue, loneliness, boredom or anger- you might feel the urge to indulge yourself with unhealthy substances like packaged and junk food or beverages filled with high levels of sugar, hydrogenated rancid fats, with little to no nutrition that your body is craving for. Unfortunately these substances will only provide discomfort from which you later need to nourish yourself in order to recover from those feelings and find your optimal state with the right foods.

The chosen ingredients and spices are nourishing in nature and not aggressive to the digestive system.

## ***What are the right foods?***

The key to enjoy your favorite foods in a healthy way is by substituting harmful ingredients and way of preparation with beneficial ones. You can do this by creating the same texture, taste and aroma and the feeling of satisfaction at the same time. Like using fresh tangerine juice, cinnamon, cloves, carrots, beetroots, pumpkin, sweet potatoes and white mulberries instead of sugar in foods or desserts. In this way, taste buds get used to the new flavors of natural unrefined nurturing real foods that they are originally designed for.

Right foods are foods that are the least refined and processed, without preservatives, artificial flavorings, colors and sweeteners. Those which are not prepared with hydrogenated, heated, refined vegetable oils with Trans fats, which oxidizes and damage body cells gradually. Instead they are prepared on low heat with either olive oil or coconut oil.

A balanced meal which provides nutrients and provides body with the energy it needs to function and repair consists of some not fried animal protein (50 - 100 grams) and different raw or cooked vegetables in a way that the whole plate is covered with vegetables and some protein with some beneficial fats. And definitely one bitter vegetable (radishes for example) should be included to support liver and bile function which are necessary for good digestion and absorption.

Pumpkins, plantains and root vegetables (like sweet potatoes, beets, celeriac, turnip, parsnip, kohlrabi, rutabaga) can serve as starch on 1/3 of your plate.

Different green leafy vegetables (like Bok choy, arugula, Swiss chard, kale, spinach) with cruciferous vegetables (like broccoli, Brussels sprout, cauliflower, cabbages) should fill rest of your plate.

Sugar stimulates the brain the same way that drugs and alcohol do. It affects the heart, liver, skin, brain and metabolism function in a negative manner. It doesn't matter whether it is in the form of natural cane, white, brown sugar or high-fructose corn syrup. Artificial sweeteners stimulate the desire center in the body but not the satisfaction section; therefore you want to eat more and more. Too much sugar and starch (flour, grains, white rice and potatoes) on a daily bases store in the body as fat. Sugar, flour (even whole wheat), trans fats (which are found in store bought pastries and products) and gluten/dairy sensitivity cause blood sugar imbalance which means first you feel good but shortly after consuming them feel tired and unable to concentrate.

Most importantly sugar inhibits the absorption of calcium, magnesium, vitamin D, vitamin C and chromium which play important roles in different functions in the body. Furthermore it feeds the bad and pathogenic bacteria in comparison to the beneficial ones in the intestines. Moreover conversions of thyroid hormones take place in liver and if the liver is congested with too much sugar, thyroid can't function properly.

Sugar sticks to the proteins in the body which can cause to stiffness of the arteries and lead to Alzheimer's, heart disease or diabetes. Crust on bread and charred food have the same effect in the body.

Sugar and additives like food colors especially the red one are associated with behavioral and mental disorders in children. So it is very important from the very young age children don't develop the habit to get addicted to sugary stuff which causes nutrient deficiency, especially if they already have some problems. Many chronic disorder take 10-15 years to develop and get to the point of diagnosis, therefore having a healthy habit from young age is crucial.

It's a wrong and harmful concept to feed adolescents, pregnant women or those who are recovering from an surgery or illness sugar to grow or gain strength. To grow and gain strength you need vitamins, minerals, amino acids and nutrients so that the cells become able to perform well and speed recovery and development.

Before the industrial age and marketing of sugar cane our ancestors used the sweetness of fruits to keep themselves warm, since there were no heating systems, warm clothes or an abundance of food to fuel their bodies at times they could not find food. Still yet they consumed far less sweetness. Nowadays fruits are produced sweeter than they naturally were, for longer shelf life at the stores. And in addition to that we have the misconception that in cold season we need sugar to keep ourselves warm.

Gluten which is indigestible protein in wheat, rye and barley and their flour causes inflammation in the intestine, make small pores there and consequently unbroken proteins of different foods can pass through the intestine and cause different allergies and reactions. Those with severe reaction to it have celiac disease but people can be gluten sensitive or gluten intolerance due to the lack of the enzyme to digest it. Chronic headaches, allergies, fatigue, skin issues, irritable bowel syndrome, hormonal imbalance can be signs of gluten sensitivities or intolerance. Daily over consumption of gluten in long term can lead to autoimmune diseases since the immune system tries to heal the inflammation in the intestine that is created by gluten. But after doing so every day it turns into attacking the intestine and the inflammations in other parts of the body. It can even lead to inflammation in brain and causes mental problems like MS.

Furthermore grains and starches turn into sugar soon after being eaten, therefore they should not be eaten regularly in different forms rather at times and not three or more times a day, more in winter when the enzymes to digest them are produced more. Bread should just consist of unprocessed flour, water, salt and a starter and be prepared as sourdough. Sourdough bread rises naturally as the result of fermentation overnight. Therefore store bought bread is not a right option.

Choose for pasta or spaghetti that are made of lentils, peas, quinoa, amaranth or buckwheat. There should not be any other ingredients such a potato or corn starch.

Use lettuce or vegetable breads instead of bread for sandwiches.

Dairy contains lots of estrogen and especially for women with fibrosis or endometriosis is problematic. Furthermore the casein in it is an indigestible protein that causes inflammation in the small intestine, but the body heals the inflammation. However when different types of dairy is used every day, the intestine will be damaged and therefore nutrients can't be absorbed. Moreover some people are either intolerance or allergic to lactose, the sugar in dairy products, that can cause bloating, constipation, cramps, irritable bowel syndrome, diarrhea due to the lack of the enzyme to digest lactose.

Choose for coconut, almond, cashew, walnut or pistachio milk. You can make them at home, but in case you buy them always check the labels. The ingredients should be water and coconut or the nuts. Nothing else. Xanthan Gum and Guar Gum which are found in many the so-called healthy foods and gluten free products are additives which cause allergies and intestinal irritations.

Lots of research show eliminating flour, dairy and sugar can resolve conditions such as allergies, migraine, chronic headaches, hormonal imbalances, bowel and stomach problems, skin issues, mental behavioral disorders, depression, joint pain.

So what is left to eat? Beneficial alternatives are used in recipes. Fill 80 percent of the plate at each meal with vegetables and the rest with poultry, eggs, fish or meat. And no corn and white potatoes are not counted as vegetables, they are starches that fills the stomach but not the nutrient needs of the body. When starch is not on the plate there is enough space for nutritious cooked or raw vegetables.

Remember body can't benefit from a food that causes inflammation or allergic reaction, so there is no point in continuing to feed yourself or your children substances that are believed to be beneficial, since your body lacks the ability to take those benefits.

Body needs fats and oils to absorb vitamin A, D, E and K from our food and in order to make hormones for different functions. But margarine which is made during hydrogenation process by solidifying vegetable oils such as (canola, corn, sunflower, safflower and palm) is not healthy. These oils are inflammatory in liquid form especially when heated and canola oil is a genetically modified product. The result of hydrogenation process is trans fats which makes the cell structure inflexible, inhibit liver enzymes from detoxification, weakens the immune system and leads to heart and vascular diseases in long term. Therefore like any other hydrogenated fat, margarine should be avoided, even though it is advertised as a healthy fat.

One of the reasons for inflammation in different parts of body that lead to various disorders is the imbalance between omega 3 and omega 6 fatty acids. Most people eat more of the omega 6 fat sources which are pro-inflammatory especially when heated like vegetable oils (canola oil, corn oil, sunflower, safflower oil), hydrogenated oils, margarines, flours, grains, beans, legumes. While omega 3 fatty acids which are anti-inflammatory and support mental and physical health are found in sea foods and sea vegetables. If you just rely on flaxseeds, walnut, chi seeds or hemp for sources of omega 3 fatty acids, you should know that type of omega 3 (ALA) is not well absorbed in the body.

Olives, avocados, extra virgin olive oil (which is not mixed with other vegetable oils), primrose oil, cod liver oil, extra virgin coconut oil and raw red palm fruit oil (not palm kernel oil) are beneficial oils. Raw sesame oil, hazelnut oil and walnut oil in moderation are also good but not for cooking.

Extra virgin coconut oil is antifungal and antibacterial and resistance to high heat in contrast to olive oil. It is also easy to digest unlike most fats and does not block the arteries since it becomes liquid in the body. It heals and supports digestive and immune system. Furthermore it helps the absorption of micronutrients and even avocado and olive oil. It is suitable for cooking and baking as well as in dressings, on your morning bread instead of butter and on your skin as a lotion.

Raw red palm fruit oil is another beneficial oil which is very stable for cooking and contains vitamin A and vitamin E. But it is different from the cheap palm kernel oil that is present in most processed packaged foods that lacks nutrients and blocks the arteries.

Use extra virgin oil, extra virgin coconut oil or palm oil since they are more stable when heated and not pro-inflammatory, however any oil or food on high temperature becomes harmful. Olive

oil that is sold for cooking and frying is diluted with other pro-inflammatory vegetable oils to make it cheaper, restaurants do the same thing.

Raw apple cider vinegar is also antibacterial as well as antifungal. It is a natural anti acid reflux and helps the absorption of nutrition in the food.

Instead of mayonnaise it is better to use mashed avocado, tahini (sesame paste), coconut milk, coconut cream or low fat yogurt.

The amount of calories does not determine whether a food is a healthy choice or not. What is important is how nutrition dense a food is; minerals, vitamins, amino acids in their natural form not fortified or added.

Salad is healthy if mayonnaise or sugary fatty bottled dressings are not added to it. A mixture of cider vinegar, lemon juice, extra virgin olive oil with herbs and even some tahini is the best dressing. Most balsamic vinegars are caramelized so it's better not to use these either. In autumn and winter use walnuts or sesame oil as dressing which are warming and balance the cold nature of raw vegetables. For the same reason also steam spinach, broccoli or cauliflower of your salad in winters shortly and consume them at room temperature.

Vitamin A, D, E and K need fat to be absorbed in the body so you need to consume them with good oils in order to benefit from them. Think of pairing carrots or pumpkins for example with nut butter or any coconut products.

Nuts and seeds and their milk or butters should be raw without added salt, sugar or oil. Store peeled seeds including flaxseeds in airtight jars in the refrigerator to prevent rancidity.

It is best to use freshly ground flaxseeds. They contain fiber, healthy fats and protein. Whole flaxseeds are not digestible.

Nuts and seeds can be difficult to digest, therefore we can't absorb their nutrients. It is best to soak them for 4-8 hours and discard the water afterwards. If you want to eat them on their own then you can dry them in dehydrator or in the lowest temperature in the oven for 6-8 hours. This way the nutrients become more accessible for the body.

Beans and legumes contain phytic acid which inhibits the body from absorbing the nutrients in your food and causes discomfort. They should be soaked for at least eight hours to eliminate the bloating effect and consequently make them more absorbable to your digestive system. Chickpeas need even 24 hours to be soaked. When cooking them skim off the white foam.

Moreover they are more starch than source of protein and in order to gain protein from them, you need to use a lot of them which harms your intestine even more due to their phytic acid and the fact that they are high in omega 6 fatty acids.

Therefore consuming products made of bean flour is not recommended on a daily bases due to their concentrated amount of phytic acid, omega 6 fatty acids, they still turn into sugar and the fact that in this way they were not soaked before preparation.

Peanuts are actually legumes consequently high in omega 6 fatty acids and phytic acid which cause inflammation. So don't consume it as a nut.

The same is true for corn. It is a legume and high in phytic acid and starch.

Homemade bone broth is healing, nutritious and satisfying, since it contains collagen, amino acids and minerals. Therefore even adding it to the steamed vegetables or making soup with it supports the immune system, healthy bones, skin, nails, hair and muscles.

Including organ meat like liver and heart once or two times a month especially in winter is recommended. They contain minerals, collagen, Q10, amino acids and vitamin A that are important for immune system, liver, heart, skin health.

Poultry and eggs should be pastured, beef and lamb should be grass fed since what the animals consume will be transferred to our bodies including hormones and genetically modified corns or soy that they were exposed to. Otherwise our bodies don't get the nutrients that we were supposed to gain and on the contrary we gradually harm our bodies.

In case you don't have access to organic poultry don't consume the wings, skin and neck since the hormones and antibiotics are injected in those areas.

Skim off the white foam which appear above the water while cooking meat, chicken or beans.

Table salt is refined and lacks the electrolytes that the body needs. Unrefined sea salt or pink Himalayan salt are better replacements, since they contain trace minerals and balance the sodium content.

To make creamy or cheesy pasta, mashed potato, risotto or rice; cook them in almond or coconut milk instead of water.

In case of autoimmune, digestive, stomach, bone, joint or skin issues avoid nightshades (eggplants, potatoes, tomatoes, bell peppers, hot peppers, goji berries, goose berries, ashwagandha). They can cause food allergies. Some people can clearly see the connection between consuming one of these foods and experience bloating, itchiness or joint pain. But it's better these food be avoided in case of any of the aforementioned conditions.

The more the food is processed, the harder it is for the body to assimilate it. The longer the expiring date the more additives are inside. Stick to whole food; meaning less packed, bagged, canned and more in their old-fashioned, traditional and pre-supermarket state. So no canned or jarred beans in sugar; no cut fruits in syrup; no canned or jarred fish or olives in oil. And consume them in their whole state (for example zucchini with peel or parsley and broccoli with their stems). Frying any beneficial food turns them into harmful substances.

Onions should not be cooked longer than 5-10 minutes and garlic is best raw or cooked shortly in order to keep their nutritional benefits for the body.

The longer the vegetables are cooked the harder it takes to digest them in addition to the fact that the less nutrition we get from them.

The way you cook and the cookware are as much important as what and how you eat. Choose Pyrex, ceramic or cast iron cookware that are PTFE- and PFOA-free. Avoid aluminum cookware and aluminum foil which are toxic to the body. Store food in Pyrex or glass containers not plastic. Don't use disposable plastic cups or plates especially for children, look for non-plastic options instead. Don't warm food in any kind of plastic in microwave even the label says it's microwave safe.

### ***Better Digestion***

For best digestion and comfort it's better to space at least 3 hours between each meal to let the previous meal digest and assimilate well in the body before you hand in a new task to the body to process, otherwise the digestive system overloads and not everything digests which leads to discomfort. At times of feeling discomfort (bloating or cramps) instead of eating, drink a warm herbal tea like chamomile, cinnamon, peppermint, ginger or cardamom. It's best between your last meal of the day and your next day breakfast to leave 12 hours and don't sleep with a full heavy stomach.

For this purpose each meal should consist of protein, good fats and carbohydrates to keep us fuelled and satisfied so that we don't need to snack through the whole day. If you constantly feel hungry it's a sign that your body is not receiving the nutrition it needs to function well from the meals you eat.

It's best to get your carbohydrates mostly from non-starchy vegetables and some starchy vegetables (like plantain, sweet potatoes, beetroots, pumpkin and turnip in moderation) and not too many grains. Unlike the general belief that grains are a good source of energy especially in the morning, they take more energy from us than giving us, while getting digested. Therefore it's better to have small amount of grains at night. Plus it helps you sleep better.

Lemons are alkalizing in the body and promote digestion along with ginger and bitter vegetables like radishes, arugula, chicory, endive, sprouts. Therefore including them in each meal especially the heavier or oily ones helps better digestion and assimilation. They also curb craving for sweets.

Sweets eaten after meal as dessert impede the digestion and cause the food getting fermented in the intestines. Even fruits are better to be eaten half an hour before food and not afterwards.

At times of stress eat simple light foods. If you are stressed your food is not going to digest well and it will leave you with cramps or bloating. So before you start eating it is best to take deep breaths to become calm. Savor your meal even when you are snacking; meaning that it is better not to do anything else like watching television or reading, which stresses your body. Moreover when you don't pay attention to what you eat your brain becomes confused and doesn't register that you've already eaten, as a result you end up snacking short after your meal. On the contrary, if you savor what you eat or drink your saliva will be produced, which in turn makes the needed

enzymes for digestion. Chew your food well and don't swallow your drinks quickly. The longer it takes for you to finish what you eat and drink, the better it is digested and as a result the more satisfied you feel. The more you chew, the smaller the food particles will become and the easier the digestion process gets.

### ***A Good Breakfast***

You can eat any leftover as breakfast as long as it consists of vegetables and some meat, poultry, eggs or fish. It provides body with more energy and nutrients, so you won't feel tired or hungry before lunch, won't look for snacks or treats that are harmful and can have more mental focus and clarity. This is especially suitable for winter, those with chronic fatigue, autoimmune, thyroid, hormonal or menstrual disorders. To save time you can prepare them in advance and reheat them in the morning. Just change the way you look at breakfast, it is one of the 3 meals of the day. So treat it the same way maybe in a smaller proportion.

Try to rotate your breakfast from time to time especially in different seasons.

Sausages and salami with their additives cause headache, allergy and tiredness therefore are not good options for any time of the day let alone for breakfast that we need energy.

A good breakfast with good amount of protein, fiber and healthy fats prevents binge eating and mood swings during the day. The recipes for breakfast here were created with this purpose. The jam recipes at the end are for those who are willing to start changing their habit of eating sugary, zero nutrition jams every morning for a healthier version till making a healthier habit.

We need at least 25 grams of fiber on a daily basis. It doesn't mean you just need 25 grams of fruits and vegetables; you need much more to reach that amount. For example 100 grams brussel sprouts contains 4 grams fiber or 100 grams carrots provide 3 grams.

Gradually increase your fiber consumption to prevent bloating and irritation. Chop the vegetables or fruits finely and chew them long to make them easy to digest. Making smoothies out of vegetables and fruits or pureeing steamed vegetables and consuming them as soup, makes vegetables easier to digest as well. The liquid form of soup and smoothie makes bowel movement easy and absorption of nutrients faster.

Breakfast is the best time of the day to start with lots of vegetable and fruits which provide body with real energy (unlike caffeine) and help better bowel movement. And don't forget herbal teas and water during the day since fiber needs them for moving in the intestine.

Fruits are digested fast if eaten alone on an empty stomach. But if they are paired with grains like oatmeal or protein they will ferment and not get digested. So it's better first eat your fruits separately or with some coconut milk or nut butter to prevent effect of fruit sugar on blood sugar.

### ***Why do we need to make our own drinks?***

Acid phosphoric in carbonated drinks (including sparkling water, canned drinks, sodas, beer, energy drinks and coke) interfere with the absorption of protein, calcium and vitamins. Let alone

that artificial flavorings and sweeteners cause acid reflux, heart burn, tooth decay, brain dysfunction.

Combination of aspartame and caffeine in diet sodas create a feeling of excitement before killing the brain cells. That's the same feeling people like sodas.

Bottled juices in stores are pasteurized which means the heat destroyed the vitamins. So if on the package vitamins are mentioned they are poor quality synthetic ones added later. Unless they were juiced recently, kept in the refrigerator and the expiration date is within 2-3 days of production to keep the nutrients that we are after and that's why we buy them for our children in the first place. Normal sold fruit juices are no different than soda; sugar, water, artificial additives.

Tea bags contain pesticides, additives and flavors to mask the low quality of their tea in addition to the fact that the bags themselves are made out of plastic or paper which in contact with hot water break down and leach out into your tea. Use tea leaves in tea infusers instead.

If you are dependent on caffeine like coffee to give you energy or even bowel movement, don't drink it on an empty stomach and not later during the day. Caffeine has an artificial stimulant effect on the body which interfere the natural rhythm of your body and leave you dependent on it instead of functioning normally. It also inhibits the absorption of nutrients like iron, calcium, magnesium and potassium. Therefore don't drink black tea or coffee between 1-2 hours before and after your meals. But in case of acid reflux, hormonal disorders, fatigue, digestion issue limit or avoid black tea and coffee. Since they cause dehydration limit them during summer as well. Furthermore caffeine causes the excretion of sodium and choline in urine and sweat and consequently sodium and choline deficiency.

Both caffeine and sugar first increase the blood sugar, creating the artificial impression of energy but then drop shortly after consumption making you feel you need more of them. It is because they are empty calories; meaning that they lack nutrients your body needs and your body is left malnourished.

All the magical power of chocolate is in raw cacao beans (which are not actually completely raw it just means they were exposed to long low heat). It is a good source of magnesium, iron, manganese, zinc and copper. Heat takes all these benefits away and makes it acidic. Sugar and dairy does the same thing too. If you don't have access to raw cacao powder stick to unsweetened cacao powder and 70 percent chocolates with the only ingredients being cacao, cacao butter (not any other oil or fat), sugar and sometimes, not always, vanilla beans (not its flavor).

Coffee is one of the heavily pesticide products and the darker roasts make an acidic environment in digestive system. Furthermore cold or warm stored packaged coffee drinks contain artificial sweeteners, flavors, aromas and other additives. In coffee shops harmful sweet flavored syrups, chocolate syrup or cream are added to coffee or espresso to make different types of cappuccinos. Instant coffee is actually brewed coffee which is dried and turned into powder and packed into sachets which consequently lost some nutrients. The more roasted the coffee beans, the more irritable it becomes to those with digestive issues.

Furthermore some people genetically are slow coffee metabolizers. These people can't digest coffee properly in their bodies which leads to sleep difficulties, anxiety, heart rate, blood pressure problems, body odor or even their urine smells like coffee. Moreover it causes hormonal imbalances in women. These people don't benefit from coffee consumption and in case they drink it occasionally, it is better to be small amount of light roasted beans using one of the recipes in this book.

Your own kitchen is a perfect coffee shop where you can make delicious fancy coffee varieties without added sugary artificial aromas and flavors of syrups.

It's better to consume coffee as a treat and make organic coffee at home by adding cardamom or cinnamon for natural aroma and flavor and reducing the negative effects of coffee to some degrees.

Natural smoothies and juices of vegetables and fruits are good options for morning or those afternoons that you feel sleepy and think you need a caffeine boost. Vitamins and minerals of vegetables and fruits in combination of good fats and protein provide a good source of energy boost. Start with one glass a day if you are not used to fiber in your diet and gradually increase your intake. Drink lots of water during the day since fiber to be efficient for the body metabolism needs water otherwise it causes bloating.

Vegetable smoothies are a good way to consume more vegetables during the day which normally in this amount is not easy. The liquid form makes it easier for the body to digest more fiber and nutrition without causing discomfort and bloating.

The difference between juice and smoothie is that in juicing the fiber is removed and the nutrients become readily available to the body without long digestion be needed. It is a good thing in case of vegetable juice, but not that good in case of fruit juice since it is a concentration of fructose. So it is better to include more vegetables and less fruit in the juices just enough to make it sweet.

Adding fruits make sweetness and taste to smoothies. It's a good way to give more vegetables to children without them recognizing the taste or color of them. Raw cacao can also be added to any smoothie especially the green ones to cover the color and taste and make it more appealing to children.

Nuts/ butter nuts, nut milks or avocado in smoothies make you feel full longer and keep you satisfied in addition to the fact that they help the absorption of vitamins and minerals of the fruits and vegetables due to their good fats.

Avoid drinking from plastic cups. Choose cups made of eco-friendly fiber-based paperboards.

It is best not to drink beverages (especially cold ones) while eating, since they dilute the digestive enzymes. If at all drink herbal tea without ice or a vegetable juice with pineapple in it. Pineapple contains bromelain, an enzyme that helps the digestion of protein. Fruit juices is not a good option due to the sugar content which inhibits digestion. Orange juice is acidic in the body and is not advisable.

### **General tips for baking**

- Before baking refrigerated ingredients should reach room temperature half an hour in advance.
- Always preheat the oven 20 minutes before placing the batter in it.
- Always cover the baking tray or tin before pouring the batter with baking sheet or slightly grease it. Removing the cake will be easier this way.

- Don't open the oven's door in the first half an hour of baking or it won't puff and if puffed it will bounce back.
- When the tester comes out the cake clean it is ready.
- Let the cake rest for at least 10 minutes after removing from the oven and then transfer it to a rack. Cut it after it cools.
- In general cakes with more wet ingredients don't puff that much. Whole wheat or flours with more bran and nut flours don't puff as much as white flour. Mixing the batter too long after adding baking powder too cause the cake not to puff.
- In case you don't have vanilla use lemon, tangerine or orange zest.
- If the oven was preheated so long and got hot or if the cake is placed at the top of the oven, the surface of the cake cooks before the inside while it is puffing and the surface will crack.
- Use rasped or shredded coconut, ground almond or hazelnut instead of gluten free processed flours from stores.
- In case of using dried dates or other dried fruits instead of fresh dates, soak them for at least an hour or till they get soft.
- A bit of raw honey with it's anti-viral and healing properties is a good sweetener instead of sugar in any form (white or brown). However it becomes toxic when heated. So if in any recipe in this book, you would like to use honey instead of dried fruits, it should not involve any cooking process.
- As an alternative to bottled strawberry sauce on desserts or ice cream, you can use pureed strawberries.
- The darker the chocolate, the less sugar and additives and the more nutritious it is. However all the magical power of chocolate is in raw cacao beans (which are not actually completely raw it just means they were exposed to long low heat). It is a good source of magnesium, iron, manganese, zinc and copper. Heat takes all these benefits away which is the case in making commercial chocolates. Furthermore milk chocolates are made with less cacao and more butter and sugar instead of beneficial cacao butter which different additives, therefore no benefit.
- If you don't have access to raw cacao powder stick to unsweetened cacao powder and 70 percent chocolates with the only ingredients being cacao, cacao butter (not any other oil or fat), sugar and sometimes, not always, vanilla beans (not its flavor).
- 
- Instead of bottled chocolate sauce on ice cream or on cappuccino, melt dark chocolate of at least 70% on a double boiler. Bring water to boil in a sauce pan on stove and place the chocolates in a bowl and place it on the pan without the water reaching the bowl. In this way chocolate melts with the steam. Stir the chocolate to melt.
- Nuts and seeds can be difficult to digest, therefore we can't absorb their nutrients. It is best to soak them for 4-8 hours and discard the water afterwards. If you want to eat them on their own then you can dry them in dehydrator or in the lowest temperature in the oven for 6-8 hours. This way the nutrients become more accessible for the body.

***I wish you a delightful and most healthy food cooking experience...  
Enjoy your recipes.***

# Chapter 1: Breakfast

## 1.1 Natural sesame paste without additives



### Ingredients:

Unroasted and unsalted sesame seeds are good sources of calcium, protein and healthy fats. But the stored bought sesame paste with added vegetable oils, salt and even sugar destroy the nutrition.

- 1 cup raw sesame seeds
- 6 pitted dates (soaked in water and soft if dried)
- ¼ cup raw pistachio
- 1 pinch of cardamom powder

### Directions:

Soak the seeds in 2 cups of water for couple of hours and then drain let them become dry.

Scatter them on a baking sheet on the baking tray and place it in the oven on the lowest temperature for 4 hours.

Blend the seeds in a high speed blender or food processor. Scrape the sides several times and continue blending for almost 5 minutes till the seeds are ground and not whole and it turns into a creamy consistency. If needed add a bit of water to blend smoother. Then add the dates, pistachio and cardamom.

Use sesame paste on your sourdough or sprouted bread or in your oatmeal to make it sweet and enrich its nutrition.

It can also be used in pesto, on salads as dressing, or instead of cream and cheese on pasta and spaghetti.

## 1.2 Split pea stew



### Ingredients:

- 250 grams Brussels sprout
- 1/3 cup yellow split peas or Lentils
- 1 Onion
- ½ cup Beet
- 1 clove Garlic
- 1 tablespoon grated fresh Ginger
- 1 Beet
- 1 Carrot
- 100 grams Kale
- juice of half an orange / Tangerine
- ¼ teaspoon Cinnamon
- ¼ teaspoon Coriander seeds

- ¼ teaspoon Turmeric
- ½ teaspoon Cumin powder

*Directions:*

Bring water/ bone broth to boil and cook the split peas on low heat with the lid on till soft; it takes about 30-45 minutes.

Cut the Brussels sprouts in half. Dice the onions. Slice the carrots. Chop the beet and crush the garlic and add them with spices to the stew. After 10 minutes it's ready to serve with the juice.

You can also puree it in food processor and consume it as a warm soup in cold mornings on a rush.

## 1.3 Non grain cereal



A winter breakfast does not necessarily need cereals to be grounding. This breakfast is warm and balances the blood sugar. It is suitable for anyone especially those who are concerned about their weight or diabetes.

Depending on the consistency you like or your activity you can increase or decrease the ingredients.

### Ingredients:

- 1 cup Cauliflower
- 1 Beet
- ¼ teaspoons Turmeric
- 150 milligrams Coconut milk/any other pure nut milk
- ½ teaspoon Cinnamon
- ¼ teaspoon Cumin
- ½ teaspoon grated fresh Ginger
- ¼ cup Walnut or any other raw nuts or seeds

### Directions:

Cut the cauliflower and beet into small pieces or use the food processor.

Add cumin, ginger and ¼ cup water or the coconut milk to a pot.

Add the cauliflower and beet and let them steam for 10 minutes.

Pour all the ingredients in a bowl and combine well. Add the nuts or seeds.

If desired it can be mixed and become like a soup.

## 1.4 Almond butter without additives



Nut butters are good alternatives for cream for decorating and frosting cakes or sauce with raw carrots or celery as healthy nutritious snacks. Since body needs healthy fats to digest and absorb vitamins and minerals in vegetables.

Unsalted and unroasted almond butter, Brazilian nut or cashew butters contain calcium, protein and healthy fats and are natural butter without any vegetable oil added. They are good substitutions for cheese in lactose free or vegetarian diets. Store bought butters are heated and contain salt, vegetable oils and even sugar in which no trace of nuts` healthy nutrition can be found. All nut butters can be made in the same way. In the process of blending the nut, for about 10 minutes, its natural oil comes out.

### Ingredients:

- 1 cup raw almond or any other nut

### Directions:

Soak the nuts over night.

Rinse and drain them.

Scatter them on a baking sheet on the baking tray. Place it in the oven on the lowest temperature till the almonds are dry; almost 6 hours.

Blend the nuts in a high speed blender or food processor. Scrape the sides several times and continue blending. First they become just ground and dry but as the process goes on the oil comes out of the nuts and it becomes creamy. Add a bit of sea salt or pink Himalaya salt if you wish.

Store it in refrigerator. The oil may separate and stays at top of the jar. Just stir the butter and use it.

## 1.5 Green lentils and Brussels sprouts



### Ingredients:

- ¼ cup (for each person) Lentils
- ¼ cup Red onion or leek
- ¼ teaspoon Cinnamon
- 1 cup Brussels sprouts/ broccoli
- ½ cup Beet
- ½ cup Carrot
- ¼ teaspoon Cumin powder
- ¼ teaspoon Turmeric
- Pink Himalayan salt
- 2/3 cup homemade Bone broth
- fresh Lemon juice (optional)

### Directions:

Soak lentils overnight.

Bring water or bone broth to boil and add the lentils and cumin. Bone broth makes it easier for the body to absorb the protein of lentils.

Cook the lentils on low heat till they become soft.

Add Brussels sprouts (chopped or whole), chopped beets, chopped carrot, chopped onion, salt and spices.

Serve it when the vegetables are a bit soft but not too much, like 10 minutes.

You can prepare this in advance and reheat it in the morning or use it cold in summer.

You can have your egg with it as well if you wish.

## 1.6 Omelet with vegetables



This omelet contains nutritious protein, carbohydrates and fiber makes an energetic breakfast or a satisfying lunch or dinner.

### Ingredients:

- 200 grams Kale
- 100 grams Mushrooms
- 1 Carrots
- ½ Sweet potato
- 1 Onion
- 1 clove Garlic
- 3 Eggs
- ¼ teaspoon Cumin powder
- ¼ teaspoon Fennel seed powder
- ¼ teaspoon Coriander seed powder
- ¼ teaspoon Turmeric

- 1 Orange squeezed
- 2 tablespoons Olive/ extra virgin Coconut oil

*Directions:*

Peel and chop the potato.

In a pan add 1 tablespoon of oil, chopped onion, crushed garlic, potato, spices, and chopped kale. Place it on low heat with the lid on till the sweet potatoes are cooked.

Then add the sliced carrot, mushrooms and the orange juice. Stir occasionally and turn it off after 15 minutes and keep it warm.

In the meantime beat the eggs. In another pan add the rest of the oil and pour half the beaten eggs. Fry both sides and do the same for the other half the eggs.

Lay each fried egg in separate plates, then add rest of the ingredients and roll the egg.

## 1.7 Gluten free cereal



You can still enjoy a crunchy, filling and comforting breakfast without oatmeal or cereals. This is full of healthy fats, fiber and protein.

### Ingredients:

- 1 tablespoon Shredded Coconut
- 2 tablespoons raw Nuts of choice (Brazilian, walnuts, pistachio, almonds, cashews, macadamia)
- 1 tablespoon raw Sunflower/ pumpkin seeds
- ½ cup unsweetened Coconut/ or any other unsweetened nut milk
- 1 cup of in season fruits
- 1 cup of broccoli/ carrots/ kale
- ½ teaspoon Cinnamon
- ¼ teaspoon Turmeric
- 1 tablespoon fresh ground Flaxseeds

## Directions:

Chop the fruits and nuts. Combine all the ingredients. If you let them soak in for a while it becomes tastier.

- You can also rasp the fruits like apple if you are not used to having fruits in the morning, in this way it becomes easier for you to digest it.
- You can warm the nut milk a bit during cold seasons too.
- In case you are used to wake up with caffeine, add some raw cacao powder and rasped fresh ginger.
- 1/3 cup dried fruits can also be used during cold seasons, especially if you need a boost for bowel movement. Just use the ones dried under sun not with sulfites.
- If you are in hurry, you can mix everything in a blender or food processor and make a smoothie out of it.

This is a good way to incorporate turmeric and cinnamon without tasting them that much. Cinnamon balances blood sugar so you will not feel hungry or want something sugary later in the morning.

## 1.8 Pumpkin with lentil and mushrooms



It is sweet, warming and nutritious for cold days, before or during menstruation.

### Ingredients:

- ½ cup Lentils (soaked)
- 250 grams Mushrooms
- 2 cups Pumpkin
- 1 Red onion
- 1 clove Garlic
- ½ teaspoon Cayenne/ black pepper
- ¼ teaspoon Turmeric
- ½ teaspoon Cumin powder
- ½ teaspoon Thyme
- 1/4 teaspoon Clove
- 1 table spoon Extra virgin Olive/ coconut oil

*Directions:*

Cut the pumpkin into half and scoop out the seeds. Then make them into cubes.  
Bring water/ bone broth to boil, lower the heat and add the lentils, pumpkin, clove, cumin and turmeric.

After half an hour slice the mushrooms, chop the onion and garlic and add them all to lentil and pumpkin with pepper, thyme.

Serve it after 10 minutes with olive/coconut oil.

It can be prepared a head and reheated in the morning.

## 1.9 Pancakes without flour



Plantains are sweet, comforting and filling. They are nutritious and better ingredient for pancakes.

### Ingredients:

- 1 Plantain\*
- 1 egg
- ¼ teaspoon Cinnamon
- ¼ teaspoon Turmeric
- ½ teaspoon Vanilla pods
- 1 tablespoon extra virgin Coconut oil
- 2 tablespoons chopped Walnuts (optional)
- 1 tablespoon freshly ground Flaxseeds

\*for 4 pancakes

### Directions:

Peel the plantain and mix it with rest of the ingredients in food processor.

Pour the oil in the pan. Pour the batter in the pan for 4 portions or you can use egg rings.

Fry each side for about 4 minutes on medium heat.



*Serving ideas:*

*Raw nut butters*

*Homemade pureed berries in food processor*

*Melted dark chocolate 70%*

*Rasped beets*

*Coconut or nut milk*

## 1.10 Healing and energizing breakfast



### Ingredients:

- 1 small Carrot
- 4-5 Olives
- 1 Red Onion
- Half a cup Cauliflower
- 1 cup cabbage and broccoli Sprouts
- Half a cup Courgette
- 50 grams Beef heart/ chicken heart/ liver
- 1 tablespoon Extra virgin Coconut oil
- Pink Himalayan salt
- Coriander seeds powder

- Cinnamon
- fresh Lemon juice
- 1 clove Garlic
- Oregano
- Fennel seeds powder
- ¼ teaspoon Saffron

*Directions:*

Add heart, oil and spices to a pan with diced onions, crushed garlic and spices. Let it cook with the lid on till soft.

When the heart pieces are soft add the chopped vegetables. Let them just get soft.

Add the lemon juice and the sprouts at the time of serving.

## 1.11 Omelet muffins



### Ingredients:

- 6 Eggs
- 100 grams Green peas
- 200 gram Mushrooms
- 2 cups chopped Spinach/broccoli/ kale
- ¼ teaspoon Turmeric
- ¼ teaspoon Cinnamon
- 1 tablespoon extra virgin Coconut oil
- 1 tablespoon Thyme
- ½ tablespoon Summer Savory
- Handful of fresh Parsley
- 1 cup Leek
- 1 red Onion
- 2 cloves of Garlic (crushed)

\*You can use any seasonal vegetable and even sweet potatoes, pumpkin, beets, turnips, etc.

*Directions:*

Preheat the oven to 175 Celsius. Slightly grease the muffins pan with coconut oil.

Chop mushrooms, leek and onions.

Beat the eggs with the herbs and spices.

Combine all the ingredients in a bowl. Divide them between the muffins.

Place the muffin pan in the oven for 20 minutes or till the eggs are cooked.

You can also stir fry mushrooms, leek and onions for 5 minutes with coconut oil prior to baking.

These can be made ahead and reheated or served cold.

## 1.12 Codfish salad



### Ingredients:

- 50 grams Codfish or any other fish
- 1 cup Brussels sprouts
- 1 Carrot
- 1 teaspoon rasped Ginger
- 1 Red Onion
- 1 cup Celery
- ½ cup Olives
- Thyme
- fresh Lemon juice
- 1 teaspoon extra virgin Coconut oil
- Oregano

- Coriander seed powder
- Pink Himalayan salt

*Directions:*

Chop the vegetables.

Add all the ingredients to a pan with 3-4 tablespoons water.

Occasionally stir till the fish is done and vegetables are soft.

Serve with the lemon juice and a bit of extra virgin Olive oil if desired.

## 1.13 Long-lasting energy breakfast



You can eat any leftover as breakfast as long as it consists of vegetables and some meat, poultry, eggs or fish. It provides body with more energy and nutrition, so you won't feel tired or hungry before lunch and can have more mental focus and clarity.

Prepare this recipe with other vegetables or poultry or eggs night before. This is especially suitable for winter, those with chronic fatigue, autoimmune, thyroid or hormonal disorders, long days that you are outside and may not have time for lunch, so you won't look for snacks or treats that are harmful.

### Ingredients:

- 1 Carrot
- 1 cup Brussels sprouts
- 1 cup Kale
- 50 grams Beef heart
- Cumin powder
- 1 red Onion
- 1 clove of Garlic

- ¼ teaspoon Saffron
- Oregano
- 1 teaspoon rasped Ginger
- Pink Himalayan salt
- Cinnamon
- 1 tablespoon extra virgin Coconut oil
- 2 tablespoons fresh Lemon juice

*Directions:*

Add oil and heart to a pan with the herbs, spices, chopped onion and garlic. Add the bit of water and place the lid on over medium heat and occasionally stir.

After about an hour add the chopped vegetables and let them cook for about 15 minutes.

## 1.14 Chicken bowl



It can be cooked in advance and reheated in the morning or consumed cold.

### Ingredients:

- 1 cup Cauliflower
- 1 Carrot
- ½ cup cabbage and broccoli Sprout
- 1/3 cup Olives
- 50 grams Chicken
- ¼ teaspoon Turmeric
- Pink Himalayan salt
- ¼ teaspoon Coriander seed powder
- 1 red Onion

- ¼ teaspoon Cinnamon
- 1 tablespoon extra virgin Coconut oil
- Fresh Lemon juice

*Directions:*

Chop carrot, onion and cauliflower.

Add them with oil, spices and chicken to a pan with some water. Place the lid on.

Let the chicken cook on low heat.

Serve with sprouts, olives and lemon juice.

## 1.15 Salmon winter salad



### Ingredients:

- 50 grams Salmon
- 1 Carrot
- 1 cup Endive
- 1 cup Brussels sprouts
- ¼ cup Olives
- Half a cup Leek
- Coriander seed powder
- Pink Himalayan salt
- Oregano
- 1 tablespoon extra virgin Coconut oil (in case it is not a fatty cut of salmon)
- Cumin powder
- Fresh Lemon juice

### Directions:

Chop the vegetables.

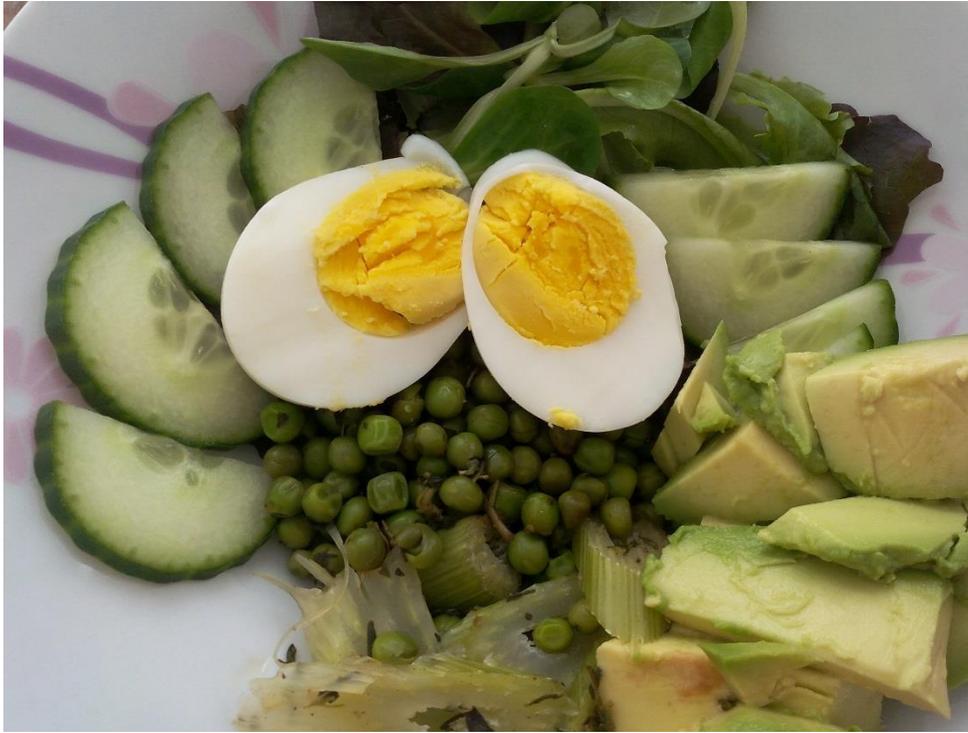
Add all the ingredients to a pan with 3-5 tablespoon water.

Place the lid on.

Stir occasionally and let the fish cook on low heat.

Serve with the lemon juice and a bit of extra virgin Olive oil.

## 1.16 Summer time breakfast



### Ingredients:

- 2 boiled Eggs
- 2 cups Lettuce (baby lettuce)
- Olives
- Half an Avocado
- 1/3 Fennel bulb
- ½ cup Peas
- Handful of Parsley
- Half a Cucumber
- Pink Himalayan salt
- ½ teaspoon summer Savory
- fresh Lemon juice

*Directions:*

Add water to the eggs in a pot and let the water boil.

Then turn the heat off and the eggs are ready after 10 minutes without the yolk turn grey and oxidize.

Add the fennel pieces, peas, savory and 2 tablespoon of water to a pan and let them cook for 5 minutes.

Chop the vegetables, add the eggs and lemon juice.

## 1.17 Raw Chocolate hazelnut spread



Commercial chocolate spreads contain harmful vegetable oils and sugar. Hazelnut naturally contains good fatty acids.

### Ingredients:

- 3 tablespoons unsweetened raw Cacao powder
- ½ cup pitted fresh Dates
- 2/3 cup natural Tahin
- half a cup raw Hazelnuts
- 1 tablespoon ground Flaxseeds

### Directions:

Soak the hazelnuts in water over night. Empty the water and roughly crush them in food processor or just chop them coarsely.

You can mix everything in the food processor to have a creamy texture.

Or you can mix everything except from hazelnuts and fold them in at last.  
You can keep it in the fridge for 5 days.

## 1.18 Apricots marmalade (without added sugar, additives or cooking)



Dried apricots are already sweet and contain fiber so better choice than cooked marmalade or jam with added sugar for beginning the day in this way, to prevent constipation too.

### Ingredients:

- 1 cup Dried apricots \*
- 1 teaspoon Fresh lemon juice

### Directions:

\*You can substitute with any fresh berries too. Just blend with 2-3 dates and lemon juice.

In case you are sensitive to sulfide choose the dark colored ones and check the pack.

Soak the apricots over night.

In the food processor mix the dried apricots with the soaked water and lemon juice. In case you prefer consistency of jam add more water. Some fresh orange juice or pineapple juice or pieces of pineapple will go so good with it as well.

## 1.19 Easy flat bread without yeast



### Ingredients:

- ½ cup pitted fresh Dates\*
- ½ cup shredded Carrots
- ½ cup shredded Courgette
- ½ cup raw Almond or sesame seeds
- 2 tablespoons ground Flaxseeds

- ¼ teaspoon Cumin powder
- Oregano, thyme, parsley (optional)

*Directions:*

\*Dates are used as a means to keep the ingredients together and make it sweeter for those who prefer sweeter breads or allergic to eggs. Dates can be substituted with 1 egg.

Soak the nuts and seeds for couple of hours and then drain the water and rinse them.

Preheat the oven to 200 Celsius. Cover the baking tray with baking sheet.

Ground the nuts and seeds with dates in food processor.

Add rest of the ingredients to the food processor.

Lay the batter on the baking sheet on the baking tray. Make it a tin square layer. With a knife gently divide it into squares by making shallow lines. This way it is easy to separate them after they are baked.

Bake them for 20-25 minutes till it turns golden brown.

Let it cool and then cut them from the places you`ve marked.

Keep them in an airtight container.

Consume them for breakfast or snack with avocado, raw nut butters, whole eggs or tahin. Or for making sandwiches.

## 1.20 Apples and Beets



This can be eaten any time of the day, especially for those with liver, bile or digesting problems. It is suitable for days after having heavy meals.

### Ingredients:

- 1 Apple
- 1 raw Beet
- Juice of half a Lemon or lime juice

### Directions:

Rasp the apple and beet, then add the fresh lemon juice.

## **Chapter 2: Starters and side dishes**

## 2.1 Anti-inflammatory cabbage salad



Cabbage is a sulfurous vegetable which is essential for liver metabolism and estrogen detoxification.

Cabbage salads or coleslaw is usually soaked in vegetable oils or mayonnaise that is loaded with trans-fat or omega 6 fat which leads to too much omega 6 in comparison with omega3 in the body causing inflammation. Most people don't eat cabbage due to its tough texture or not being able to digest it well. In that case breaking its fibers down in the food processor and making it a couple of hours in advance, make the cabbage softer and tastier.

Carrots, apple and cinnamon give a sweet taste to the cabbage. In addition cinnamon balances the blood sugar.

Turmeric is anti-inflammatory, antiseptic, antiviral, antimicrobial and body absorb it better taken with healthy fats and black pepper.

Fresh ginger is anti-inflammatory, pain reliever and stimulates the secretion of digesting enzymes.

Tahini is a healthy fat contains zinc and regulates hormones.

Coconut milk has healthy fats, is anti-inflammatory and helps healing the gut. On the package read the ingredients though, it should just be water and coconut nothing else, since those additives cause inflammation, turning a healing food into harmful substance.

### Ingredients:

- 1 Cabbage head
- 1 Carrot rasped
- 1 Apple (grated or sliced)

- ½ cup Cranberries
- 1 tablespoon Tahin
- 2 tablespoons chopped fresh Dill
- 1 tablespoon fresh Lime/ Lemon juice
- 1 tablespoon raw Apple cider vinegar (lemon juice can be replaced too)
- ¼ teaspoon Turmeric
- ½ teaspoon Cinnamon
- 1/8 teaspoon Black pepper
- 1 tablespoon rasped fresh Ginger
- 2 tablespoons extra virgin Olive Oil
- Pinch of Himalayan salt
- 2 tablespoons natural Coconut milk

*Directions:*

In a bowl mix tahin, lemon juice, turmeric, cinnamon, ginger, dill, olive oil, coconut milk, vinegar, pepper and salt.

Slice the cabbage or shred it in the food processor and place it in a bowl.

Add carrot, apple, cranberries and the dressing. Combine well and let it sit at least for one hour before serving.

For those with digestive issues like bloating, after eating raw vegetables it's better to process cabbage, apple and carrot in the food processor. Or even lightly cook the cabbage with small amount of water till it gets soft.

## 2.2 Appetizing salad



Appetizers should stimulate the digestion process and make the body ready for the main course. This salad does exactly that in addition to cleansing the body. It can be adjusted according to the season too.

### Ingredients:

- 6 Radishes/ 1 cup Arugula
- 2 cups Lettuce of your choice/baby Chicory
- ½ cup Barberries
- ½ Leek/ spring onions
- ½ cup Cucumber/ 1 cup Broccoli
- 6 stalks Bok choy with leaves/ Cabbage
- 1 rasped Carrot

**For dressing**

- 1 tablespoons dried or fresh Peppermint
- Sea salt/ pink Himalayan salt
- 1/4 teaspoon turmeric
- 1 teaspoon finely chopped Ginger
- 1-2 tablespoons Extra virgin olive oil
- 1-2 tablespoons raw apple cider vinegar/ fresh lemon juice

*Directions:*

Steam or boil the broccoli for 5 minutes.

Slice the radishes and cucumber with peel left on it. Chop the rest of the vegetables and then combine them all together.

Mix all the dressing ingredients and drizzle on the salad.

Bok choy and cabbage get softer if you leave them in lemon juice or cider vinegar in advance.

In cold days you can steam Bok choy, carrots or cabbage for 5 minutes.

## 2.3 Marinated olives



### Ingredients:

- 250 grams Olives
- 3 cloves Garlic
- 50 grams Walnuts
- ½ cup Pomegranate paste or ¼ cup pure pomegranate juice
- ½ teaspoon Tarragon
- ½ teaspoon Basil
- ½ teaspoon Parsley
- ½ teaspoon Peppermint

### Directions:

Chop the walnuts roughly. Crush the garlic. Chop the herbs if you use fresh ones.

Combine all the ingredients well.

Refrigerate it in a tight jar for at least 2 hours before serving it.

## 2.4 Liver cleansing salad



### Ingredients:

- 1 Chicory
- 1 cup broccoli and cabbage Sprouts
- 5-6 Radishes
- 1 Apple
- 1 Raw Beet
- fresh Lemon juice
- 1 tablespoon extra-virgin Olive Oil
- Pink Himalayan salt

### Directions:

Rasp the beet, cut and chop rest of the ingredient. Add oil and lemon juice.

## 2.5 Hearty fall vegetables



This gives a good idea of how you can fill your plate with. Any vegetables in any season can be used.

### Ingredients:

- 2 Beetroots
- 1 Red onion
- 2 Carrots
- 3 cups Cauliflower
- 1 Sweet potato
- ¼ teaspoon Cumin powder
- 2 tablespoon coconut oil
- 1 clove Garlic
- 1/4 teaspoon Cloves
- black pepper
- ½ teaspoon Turmeric

- ¼ teaspoon Coriander seed powder
- ½ teaspoon Cinnamon
- Pink Himalayan salt
- 1 teaspoon Tarragon

*Directions:*

Chop the vegetables. Mince the onion and crush the garlic.

Add all the ingredients to a pan with coconut oil and spices.

Add half a glass of water and let them cook on low heat with the lid on.

It can be served with meat, chicken or fish.

Coconut milk can also be added to it.

## 2.6 Homemade mustard



It's easy to make homemade mustard. Mustard seeds contain potassium, phosphorus and vitamins. The basic ingredients are mustard seeds, water, pepper and vinegar. White seeds are milder than red or black ones. By adding different herbs, spices or honey it's easy to prepare the different types available in supermarkets and avoid the added sugar, salt or even oil that they usually come with.

### Ingredients:

- 2/3 cup mustard seeds
- black Pepper
- 1/3 cup raw Apple cider vinegar without sulfur
- 1/3 cup filtered or mineral Water

### Directions:

Pour all the ingredients into a jar and store it at room temperature for 2 days. The seeds absorb water and will double in size.

Mix it in a grinder or food processor till you get a creamy consistency.

For a hot taste add more vinegar and pepper and less water.

If you like you can add some raw honey to it to use it on sandwiches.



## 2.7 Homemade non-dairy yogurt



### Ingredients:

- 500 ml Unsweetened coconut milk
- 1 tablespoon Yogurt starter/ coconut yogurt

### Directions:

Preheat the oven to 100 degree Celsius.

Pour room temperature coconut milk in a glass jar or bowl.

Mix in the yogurt starter.

Place the lid on.

Wrap in well in a towel.

Turn off the oven and place it in the oven.

Let it sit in the oven for 12 hours. Then place it in the refrigerator.

The time it takes for the yogurt to set depends on the consistency of the milk and the temperature. The thicker the milk and the warmer the environment the quicker it sets.

## 2.8 Beetroot yogurt



This is a refreshing and grounding treat during the summer season and can be served as a side dish or a nice snack. Blended it can even be used as dressing or sauce on fish or meat.

### Ingredients:

- 150 grams Coconut milk or coconut yogurt
- 1 Beetroot

### Directions:

You can slice or rasp the beet and mix it with coconut milk/coconut yogurt or blend them in a blender.

Or you can wrap the beetroot with peel in a foil and place it in the oven set at 180 Celsius for about half an hour. The longer it bakes, the fewer nutrients you'll get.

Let it cool down and then pill them with gloves to avoid coloring your hands.

Cut them into small cubes and mix it with yogurt.

Serve it cool. Garnish it with some cinnamon if desired.

## 2.9 Beetroot vegetable soup



This warming soup supports the immune and digestive system. In summer it can be served cold.

### Ingredients:

- 2 Beetroots
- 1 red Onion
- 3 cloves Garlic crushed
- 2 Carrots
- 2 cups Cauliflower
- 3 cups Celery
- 1 ½ liter homemade Bone broth
- Black pepper
- ½ teaspoon Turmeric
- ½ teaspoon Cumin
- ½ teaspoon Coriander seeds
- ½ teaspoon Cloves
- 2 tablespoons extra Virgin olive/ Coconut oil
- 1 teaspoon fresh rasped Ginger
- 1 tablespoon raw Apple cider vinegar

*Directions:*

Wrap the beetroots separately in foil and bake them for 30 minutes at 180 Celsius. Then peel them and cut into pieces.

Cut the vegetables. Pour them with the spices, bone broth, vinegar and vegetables into a pot.

Bring it to boil and let it simmer for 10-15 minutes. Depending on the desired consistency you can adjust the amount of bone broth.

Puree the soup in the food processor and serve it with extra virgin olive or coconut oil.

## 2.10 Zucchini yogurt



Delicious, easy, natural and refreshing flavored yogurt to be enjoyed as a healthy snack or a side dish or even a dessert. Blende it can be used as dressing or sauce on fish or meat.

### Ingredients:

- 1 Zucchini
- 250 grams Coconut milk/ Coconut yogurt
- 1 teaspoon Dried peppermint
- 1 teaspoon Cinnamon

### Directions:

Grate the zucchini. Place it in a sauce pan on low heat and let it cook slowly till its juice evaporates and its color slightly changes.

Let it cool down.

Combine it with the rest of the ingredients.

Serve it cool.

You can also crush 1 clove of garlic and benefit from its antiviral effects together with anti-inflammatory and cholesterol reducing properties of cinnamon.

## 2.11 Beetroot and red cabbage salad



### Ingredients:

- 1 Beetroot
- 1 Carrot
- ¼ of a red Cabbage
- ½ cup Olives
- 2 cups Brussels sprouts
- 1-2 tablespoons extra virgin Olive oil
- 2 tablespoons raw Apple cider vinegar/ fresh Lemon juice
- A pinch of Black pepper
- A pinch of cumin powder
- A pinch of coriander seed powder
- ½ teaspoon turmeric
- 1 teaspoon rasped fresh Ginger
- Himalayan salt

### Directions:

Bring water to boil. Cut the Brussels sprout in half and add them with the spices to the boiling water. Let it simmer for 5-7 minutes. Drain and let them cool.

Rasp the carrot, cut the beet and cabbage.

Assemble all ingredients in a bowl and drizzle it with oil and cider vinegar.

## 2.12 Cucumber yogurt



This is a refreshing side dish, especially in the summer. Cucumber, peppermint and yogurt are cooling elements and the warm nature of cinnamon and raisins brings it into balance.

### Ingredients:

- half a big cucumber or 1 small Cucumber
- 150 grams unsweetened Coconut yogurt/ coconut milk
- 1 teaspoon Peppermint
- half teaspoon Cinnamon
- ¼ cup Raisins

### Directions:

Peel the cucumber and cut it into small cubes or rasp it.

Combine all the ingredients and serve it cool.

## 2.13 Avocado pesto sauce



Fresh made pesto is full of healthy fats and antioxidants and it's easy and fast to make, so why using the ones from the supermarket which were made long time ago with unnecessary substances added to them.

### Ingredients:

- 100 grams Basil
- 50 grams Olives
- 1 Avocado
- 1 clove crushed Garlic
- 2 tablespoons Leek
- 2 tablespoon Peppermint
- 1 tablespoon Oregano
- ¼ teaspoon Turmeric
- black Pepper
- 3 tablespoons extra virgin Olive oil/ coconut oil
- 2 tablespoons raw ground Sesame seeds
- 1 tablespoon raw Pistachio/ Walnuts
- 3 tablespoons raw Apple cider vinegar
- Himalayan salt

*Directions:*

Mix all the ingredients in the food processor. If needed add some water till you have the desired consistency.

Homemade mustard can also be added if desired.

Kale or broccoli can be added to the food processor as well since they will not be tasted in the sauce.



- This sauce can be served with pasta/ spaghetti made with buckwheat/lentil/green peas and cooked or grilled chicken or fish.
- It can be used instead of mayonnaise or any kind of sauce on sandwiches.
- It can also be used on steamed vegetables or even as a dressing for salads.

## 2.14 Cauliflower pilaf or rice



In addition to protein and vegetables each meal does not necessarily need starch to make you feel you had enough food. It is the nutritious load in your plate that provides energy for your body. But since we were taught since early age that we need starch in our food even if our body doesn't need it we are conditioned to see it on our plates.

Cauliflower is a good substitute for rice.

### Ingredients:

- One head of Cauliflower
- 1-2 tablespoons Coconut oil
- Chopped dill/ leek/ parsley
- Coriander seeds (optional)
- Turmeric (optional)

### Directions:

Chop the cauliflower coarsely or place it in the food processor and pulse it 3 or 4 times.

In a pan add coriander seeds and turmeric if you are using them with coconut oil, cauliflower and dill.

Mix everything gently and add 3-4 tablespoons water. Place the lid on and let it cook for almost 5 minutes enough to get soft but not mushy.

## 2.15 Broccoli and apple salad



### Ingredients:

- 1 cup Broccoli
- 1 Apple
- ¼ cup Walnut
- ¼ cup Raisins
- half cup Cabbage or spinach
- half cup Brussels sprout
- half cup Spring Onion/leek
- half a cup Olives
- 1 table spoon Lemon juice
- 1 table spoon Raw apple cider vinegar
- 1 table spoon Extra virgin olive oil
- 1 teaspoon Dried peppermint

### Directions:

Cut the broccoli, cabbage/spinach, spring onion/leek, olives and apple.

Broccoli and Brussels sprout can be used raw but if they cause you digestion problem then first cook them in a bit of water with black pepper, turmeric and cumin in a pot or pan and simmer for 4-5 minutes till they get soft.

Sprinkle them with peppermint, lemon juice, vinegar and olive oil.

Top it with walnuts and raisins.

## 2.15 Pumpkin soup



### Ingredients:

- 1 kilo Pumpkin
- 350 grams Carrots
- 1.5 liters Homemade bone broth
- 2 Red onions
- 1 clove Garlic
- 1 tablespoon Extra virgin olive/coconut oil
- 1 teaspoon Cumin
- ¼ teaspoon Turmeric
- Black pepper
- 1 tablespoon fresh rasped ginger
- ¼ teaspoon Cloves
- ½ teaspoon Cinnamon
- Tarragon for garnish

*Directions:*

Remove the seeds of paprika and pumpkin. Cut pumpkin, onions and carrots. Crush the garlic.

Bring the broth to boil. Simmer and cook all the ingredients with the spices for 20 minutes on a low heat. Add the oil.

Puree the soup in food processor. In case you like cream in your soups add unsweetened pure coconut or almond milk to the mix before blending.

Garnish with tarragon.

## 2.16 Green split peas chicken soup with Brussels sprouts



It can be served as starter or main dish.

### Ingredients:

- 200 grams Mushrooms
- 200 grams Brussels sprouts
- ½ cup Green split peas (soaked overnight)
- 2 Carrots
- 200 grams Chicken breast
- 1 Onion
- 2 cloves Garlic
- 1 cup Leek
- black Pepper
- ½ teaspoon Turmeric
- ½ teaspoon Oregano
- ½ teaspoon Thyme
- 1 tablespoon Olive/coconut oil
- 1 tablespoon Fresh ginger

*Directions:*

Cut the chicken into small pieces. Add oil, the chicken and turmeric into a pan and stir fry for 10 minutes on low heat. Then add one liter water, green split peas and finely grated ginger and place the lid on it. Let it simmer for 40 minutes.

Chop the carrots, onion, garlic, mushrooms and leek. Cut Brussels sprouts into half or 3 parts. Add all the ingredients to the soup.

Let it simmer for 10 minutes more and it's ready to serve.

## 2.17 Fermented or pickled vegetables



Pickled vegetables due to the fermented process are beneficial to the immune system providing the body with more accessible nutrients. Though the ones at the supermarket are made with refined salt, white vinegar and are not fermented but chemicals are added to them in order to be prepared fast, which make them harmful rather than nutritious.

### Ingredients:

- 1/3 cup Cauliflower
- 1/3 cup Carrots
- 1/3 cup Cucumber without peeling
- Water
- 1 teaspoons Sea salt/ Himalayan pink crystal salt
- 1 Cabbage leaf

### Directions:

Cut the vegetables. Add them to a jar.

Dissolve salt in water and add it to the jar till the solution covers the vegetables.

Put the cabbage leaf on top and push it down to make sure vegetables stay under salt water.

Cover the jar with a clean cloth and a rubber around it and leave it in a kitchen cabinet for one week and afterwards store it in the refrigerator.

After two weeks you can start using it, however the taste gets better by time, which means that the longer you leave it in the refrigerator; the better it tastes (even after two months).

In case you observe some white spots when opening the jar before placing it in the refrigerator, then simply skim off the top cabbage leaf and transfer the content into a new jar. These white spots are harmless bacteria.

This is the plain version. It can be made with any other vegetables like cabbages, beetroot, celery with garlic and cumin, fresh dill, peppermint and tarragon if desired.

# Chapter 3: Main dishes

## 3.1 Carrot and chickpea burgers



### Ingredients:

- 300 grams Minced meat
- 1 big Carrots
- $\frac{3}{4}$  cup Chickpeas soaked in water for 12-18 hours and drained
- 1 Onion
- $\frac{1}{3}$  cup red Beet
- $\frac{1}{2}$  teaspoon Turmeric
- $\frac{1}{4}$  cup Water
- $\frac{1}{2}$  teaspoon Cumin powder
- $\frac{1}{2}$  teaspoon coriander seed powder
- 1 teaspoon Tarragon
- 1 teaspoon summer Savory
- Pink Himalayan salt
- Black pepper

*Directions:*

In a food processor first chop onion, carrot.

Then add the meat, chickpeas and spices to the food processor and mix well.

Shape the patties as seen in the picture; first make a ball out of them then flatten them and make a hole in the middle of it with your finger.

In a pan add one tablespoon coconut oil on medium heat. Place the patties in the pan.

When both sides turn golden add water with the lid on low heat and let it cook for about one hour.

## 3.2 Vegetable patties



### Ingredients:

- 4 Eggs
- 100 grams chopped Leek
- 100 grams chopped Parsley
- 100 grams chopped Dill
- 200 grams chopped Kale
- ½ cup roughly chopped Walnuts
- ½ teaspoon Cinnamon
- ¼ teaspoon Turmeric
- ¼ teaspoon Coriander seed powder
- ¼ teaspoon Fennel seed powder
- 1-2 tablespoons Coconut oil
- ¼ cup Barberries

## Directions:

You can use muffin pans or pancake rings to make these patties.

Mix all the ingredients in food processor except from the oil, walnuts and barberries.

If it is too runny add more kale or parsley.

Add the barberries and walnuts. Mix by spatula well. You should be able to make patties with your hands.

Warm the oil in a pan. Or grease the muffin pans with coconut oil. Make the patties and place them in the pan gently. Place the lid on medium heat till the edges turn light brown.

Then remove it from fire without opening the lid and wait for 5-10 minutes and then turn them around and place them back on fire without the lid.

For muffin pans preheat the oven to 175 Celsius. Bake the vegetables patties for 20 minutes or till they turn into golden brown.

### 3.3 Liver beet burgers



Liver contains lots of vitamins and minerals such as B vitamins, vitamin A, D, magnesium, iron as well as collagen and Coenzyme Q10 which support bones, muscle, liver, heart and brain health. Mix it in burgers can cover its taste for those who don't like the idea of eating organ meat.

#### Ingredients:

- 200 grams Chicken or minced meat
- 100 grams Chicken or beef liver
- 1 red Onion
- 1 red Beet
- 1 cup diced Parsley/ kale
- 2 cloves of Garlic
- ¼ teaspoon Turmeric
- Black pepper

- Pink Himalayan salt
- ¼ teaspoon Cinnamon
- ¼ teaspoon Cumin powder
- ¼ teaspoon Oregano
- ¼ teaspoon Thyme
- 1 tablespoon Coconut oil

**Directions:**

First add the onion, garlic, beet and herbs to food processor and then meat, liver and rest of the spices and salt.

Make patties, flatten them, add them with some extra virgin coconut oil to a pan.

Place the lid on and lower the heat.

If needed add 2-3 tablespoons water. Let them cook and turn them around.

## 3.4 Carrot liver burgers



### Ingredients:

- 200 grams Chicken
- 100 grams Chicken liver/heart
- 2 Carrots
- 3 cloves Garlic
- 1 Red onion
- 1 cup Parsley
- Pink Himalayan salt
- ¼ teaspoon Turmeric
- ¼ teaspoon Cinnamon
- 1 teaspoon Thyme
- ¼ teaspoon Coriander seed powder
- 100 grams mushrooms (optional)

### Directions:

First blend carrots, onion, garlic, mushrooms and parsley in the food processor then add chicken, liver/heart and rest of the ingredients.

Make patties, flatten them add them with some extra virgin coconut oil to a pan.

Place the lid on and lower the heat.

If needed add 2-3 tablespoons water. Let them cook and turn them around.

## 3.5 Lamb stew



### Ingredients:

- 75 grams Lambs
- 1 cup Kale
- 1 cup Celeriac
- 1 Carrots
- 1 cup Broccoli
- 1 small Beet
- 1 Red onion
- ¼ teaspoon ground Saffron
- 1 teaspoon rasped Ginger
- ¼ teaspoon Cinnamon
- ¼ teaspoon Coriander seeds powder
- ¼ teaspoon Fennel seed powder

- 1 teaspoon Tarragon
- Oregano
- Pink Himalayan salt

*Directions:*

In pot cover the meat pieces with water. Let it boil and remove any white foam.

Add spices and herbs and let it cook over lower heat until soft.

After about 2 hours add the chopped vegetables and let them cook for about 15 minutes.

Serve with fresh lemon juice or raw apple cider vinegar.

## 3.6 Green split peas soup with meat balls



### Ingredients:

- 200 grams organic Minced meat
- 2 Onions
- 2 cloves Garlic
- ½ cup Green split peas soaked in water over night
- 200 grams Kale
- 2 Carrots
- 1 cup Leek
- 1 Sweet potato
- 1 cup Celery
- 1 cup Bok choy
- ½ teaspoons Turmeric
- ½ teaspoons Cumin powder
- Black pepper
- 1 tablespoon Olive oil/ extra virgin coconut oil
- ½ teaspoon Cloves
- 1 teaspoon Rosemary
- 1 teaspoon summer Savory
- 1 liter home made Bone broth

- 1 tablespoon raw Apple cider vinegar

*Directions:*

Dice 1 onion, crush 1 garlic and add them to the meat with half the turmeric, cumin and rosemary. Combine them well and shape them into small balls. Using a food processor gives a better result.

Pour the oil in a pan on low heat with the meat balls. Turn them around after 10 minutes, and let it cook with a little bit of water. Place the lid on it.

Bring the bone broth to boil and add the green split peas with cumin and savory. Turn the heat low till they get soft.

Peel and cut the potato in small cubes. Dice the kale. Chop the celery and Bok choy. Add them to the bone broth with rest of the spices and cooked split peas.

Dice 1 onion, leak and crush 1 garlic. Cut the carrots into small cubes. Add them to the pot in the last 10 minutes.

Serve it with the meat balls on top.

## 3.7 Meatballs with green beans



### Ingredients:

- 400 grams Lean minced meat
- 2 Sweet potatoes
- 2 Carrots
- 1 Onion
- 2 cloves Garlic
- 2 teaspoons Parsley
- ¼ teaspoon Turmeric
- ½ teaspoon Cumin powder
- 1 teaspoon summer Savory
- ½ teaspoon Coriander powder
- ½ teaspoon Oregano
- black pepper
- 1 tablespoon Olive/ coconut oil

- Pink Himalayan salt
- ¼ teaspoon ground Saffron

*Directions:*

Chop onion, garlic and parsley in food processor. Then add meat, oregano, half turmeric, cumin and pepper. Mix them well. Shape them into small meatballs.

Pan fry them in a deep pan with the oil till all side get slightly brown. Add ¼ cup water.

Chop the potatoes and green beans and add them with rest of the spices and herbs to the meatballs.

Place the lid and let them cook on low heat for about 45 minutes.

## 3.8 Beans stew



### Ingredients:

- ½ cup Black eyed beans (soaked)
- 200 grams minced Meat
- 2 cups Pumpkin
- 2 cups Collard greens
- 2 Carrot
- 2 Onions
- 1 liter homemade Bone broth
- black pepper
- ½ teaspoon Cinnamon
- ¼ teaspoon Turmeric
- ½ teaspoon Cumin powder

- ½ teaspoon Cloves
- 2 cloves of Garlic
- 2 centimeters freshly grated Ginger
- 1 tablespoon summer Savory

*Directions:*

Bring bone broth to boil, add the beans and let it cook on low heat with the lid on for about an hour.

In the meantime slice the onions and crush the garlic. Cut the pumpkin and remove the seeds. Slice the carrot.

Add them with meat and spices to a pan. Let them cook on low heat with the lid on.

After 20 minutes add all the ingredients to the beans. Let them cook together for 20 more minutes.

## 3.9 Celery Stew



### Ingredients:

- 3 Chicken breast\*
- 500 grams Celery stem and leaves
- 1 big Onion
- 3 tablespoons Chopped Peppermint
- 3 tablespoons Chopped Parsley
- 1 clove Garlic
- ½ teaspoon Fennel seed powder
- 1 teaspoon Coriander seed powder
- ½ teaspoon Turmeric
- ½ teaspoon Cumin powder
- 1 tablespoon extra virgin Olive oil
- Black pepper
- half teaspoon Ground saffron
- pink Himalayan salt

### Directions:

\* Chicken breast can be used as whole or smaller pieces which makes it quicker to get tender. Usually shank pieces of 5 centimeters without bones are used which takes longer to get prepared but the process is the same just let it cook with water and turmeric and pepper till fork tender. The total time for the stew to cook will be almost 3-4 hour. Add the vegetables the last 15 minutes.

Cook the chicken with oil and turmeric and pepper in a deep pan on low heat with 1 cup water and the lid on.

Cut celery into 2 centimeters and use the leaves as well. Chop the onion and crush the garlic.

Add them to the chicken after 1 hour together with rest of the ingredients.

It is ready when the celery is soft but still crunchy to provide you with its nutrition, almost 15 minutes.

It can be served with half a cup cooked brown rice or quinoa.

## 3.10 Okra stew



Okra is a good source of potassium, fiber, vitamin C, folate and magnesium.

### Ingredients:

- 500 grams Okra
- 300 grams Chicken breast\*
- 1 Onion
- 2 tablespoons chopped Leek
- 1 Carrot
- 1 Beet
- ¼ teaspoon Turmeric
- ¼ teaspoon Cinnamon
- ¼ cup fresh Lemon juice
- 1 tablespoon Extra virgin Coconut oil

*Directions:*

Cut the chicken. Chop the onion. Stir fry them in oil for 10 minutes.

Cut the hard part of okras on top. If the okras are big you can cut them crosswise. Add them to the chicken and place the lid on.

After 10 minutes add chopped beet, carrot, spices, lemon juice, ½ cup water and chopped leek and let it cook on low heat till the chicken is cooked completely and okras get soft; for about 30 minutes.

It can be served with ½ cup brown rice, quinoa, baked or cooked sweet potatoes.

\*Lamb meat can be used instead of chicken, just the cooking time would be longer.

## 3.11 Gluten and lactose free Pizza



### Ingredients:

- 2 cups Cauliflower
- 1 ripe Plantain
- 2 Eggs
- 50 grams Coconut milk
- 1 tablespoon Extra virgin Coconut oil
- 1 tablespoons dried Oregano
- 1 tablespoon dried Thyme
- 2 red Onions
- 3 cloves crushed Garlic
- 2 tablespoon Apple cider vinegar
- Pink Himalayan Salt

*Directions:*

Preheat the oven to 200 Celsius.

Grind the cauliflower in a food processor.

Stir fry it with coconut oil in a pan for 5 minutes.

Grind and puree coconut milk with plantain in food processor.

Then add all the ingredients to food processor and mix well.

Pour the mixture into a pizza pan or baking tray.

Then press gently by your hand your desired pizza ingredients into the dough. Make sure to drain them well. It should not be thicker than 1 centimeter.

Place it in the oven for 20 minutes till it turns brown. You can turn on the broiler for 5 minutes too.

You can also use muffin pans to make mini pizzas.

## 3.12 Walnut stew



This dish does not need oil. The natural oil of walnuts will be released in the process of cooking. Sourness of pomegranate paste with sweetness of pumpkin and walnuts bring a nice balance, makes it suitable for cold days.

### Ingredients:

- 3 Chicken breasts\*
- 1 Onion
- 1 cup ground Walnuts
- 1 cup Pumpkin
- 2-3 tablespoons Pomegranate paste
- ½ teaspoon Turmeric
- half a teaspoon Cloves
- ¼ teaspoon ground Saffron

### Directions:

\* You can also make it with minced meat. Mix minced meat, turmeric and onions and make small balls like the first photo.

Dice the onion. In a deep pan pour the onion, walnuts, chicken, cloves, saffron and turmeric. Put the pan on low heat. Stir occasionally. Add one cup water let it cook with the lid on for 1 hour.

Cut the pumpkin and puree it in the food processor and add it with the pomegranate paste to the stew.

About 20 minutes later that the chicken or meat is completely cooked it's ready.



*It can be served with half a cup brown rice or quinoa.*

## 3.13 Salmon dish



### Ingredients:

- 100 grams Salmon
- 1 Carrot
- 1 cup Broccoli with the stem
- 1 cup Kale
- ½ cup Leek
- 1 Red Onion
- 1/5 teaspoon ground Saffron
- ¼ teaspoon Coriander seed powder
- ¼ teaspoon Cinnamon
- ¼ teaspoon Fennel seed powder
- Pink Himalayan salt
- 1 teaspoon Extra virgin Coconut oil (in case of a less fatty cut)

### Directions

Chop the vegetables.

Add all the ingredients to a pan.

Add 3-5 tablespoons water.

Place the lid on.

Stir occasionally and let it cook on low heat till the fish is done.

## 3.14 Winter chicken



### Ingredients:

- 1 skinned Chicken thigh or drumsticks
- 1 Red onion
- 1 cup Brussels sprout
- Half Avocado
- 1 cup Pumpkin
- ¼ teaspoon Ground saffron
- ¼ teaspoon Turmeric
- ¼ teaspoon Cinnamon
- ¼ teaspoon Coriander seed powder
- Pink Himalayan salt
- fresh Lemon juice

### Directions:

Cut or chop the pumpkin.

Place the chicken and pumpkin in a pan with spices and add a half a cup water.

Place the lid on and let the water come to boil.

Then reduce the heat and let the chicken cook till it becomes soft then add the Brussels sprouts and onions.

If the water is finished in the pan add a bit of coconut oil.

Serve with avocado and lemon juice.

## 3.15 Salmon and asparagus



### Ingredients:

- 1 Salmon cut
- 100 grams Asparagus
- 1 Red onion
- ½ cup chopped Dill
- ¼ teaspoon ground Saffron
- Fennel seeds powder
- Coriander seed powder
- ¼ teaspoon Turmeric
- Oregano
- Thyme
- Half Avocado
- Fresh lemon juice
- pink Himalayan salt

*Directions:*

Cut the end parts of asparagus.

Place all the ingredients except from lemon juice and avocado in a pan.

Add a bit of water and place the lid on.

Stir occasionally and let it cook on low heat till the fish is done and soft.

## 3.16 Liver and beets



*This is suitable for thyroid, hormonal issues especially during menstruation.*

### Ingredients:

- 70 grams Chicken/ beef Liver
- 200 gram Kale
- 1 Red Onion
- 1 Beet
- ¼ teaspoon Cumin powder
- ¼ teaspoon Fennel seed powder
- ¼ teaspoon Coriander seed powder
- ¼ teaspoon Cinnamon
- 1 teaspoon fresh rasped Ginger
- Oregano
- ¼ teaspoon ground Saffron
- Pink Himalayan salt
- ¼ teaspoon Turmeric
- 1 tablespoon extra virgin Coconut oil
- Fresh Lemon juice

### Directions:

Add oil, liver pieces, chopped onion, chopped kale, chopped beet, herbs and spices to a pan with some water.

Serve with lemon juice.

## 3.17 Salmon



### Ingredients:

- 1 Salmon cut
- 1 cup Arugula
- 1 cup Chicory
- 1 Carrot
- Half a cup Leek
- 1 Red Onion
- ½ cup Olives

- ¼ teaspoon ground Saffron
- ¼ teaspoon Coriander seed powder
- Pink Himalayan salt
- ¼ Cinnamon
- Half Avocado
- Fresh Lemon juice
- 1 tablespoon Extra virgin Coconut oil (in case of a non-fatty cut)

**Directions:**

Place oil, fish, leek, onion and carrot in a pan with the spices and a bit of water.

Place the lid on and let the fish cook on low heat.

Serve with arugula, olives, chicory, avocado and lemon juice squeezed on top of the fish and vegetables.

## 3.18 Pumpkin meat burger



### Ingredients:

- Half a Pumpkin (any type)
- 200 grams Meat
- 1 red Onion
- 1 clove of Garlic
- 3 centimeters grated fresh Ginger
- 1 tablespoon Tarragon
- ¼ teaspoon Turmeric
- ¼ teaspoon Cinnamon
- 1 tablespoon Rosemary
- ½ ground Coriander seeds
- Himalayan pink salt
- Extra virgin Coconut oil

*Directions:*

Add all ingredients to the food processor to make the mixture. You might need to scrape the wall of the food processor 2-3 times.

Add coconut oil to a pan. Make the patties flat and place the lid on. Add water if needed. You don't want to fry them.

## 3.19 Winter Fusilli



*You can use minced meat or turkey instead of chicken.*

### Ingredients:

- 300 grams Chicken breast
- 2 Beetroots
- 1 Carrot
- 500 grams Brussels sprouts
- 1 Red onions
- $\frac{3}{4}$  cup Red Lentil/buckwheat/pea Fusilli
- $\frac{1}{4}$  teaspoon Turmeric
- $\frac{1}{4}$  teaspoon Cumin powder
- $\frac{1}{4}$  teaspoon Coriander seeds powder
- Fresh or dried Thyme
- Fresh or dried Oregano

- Cinnamon
- Pink Himalayan salt
- 2 cloves of Garlic
- 2 tablespoons extra virgin Olive/coconut oil

*Directions:*

Cut the chicken into small pieces, dice the onion and cook them with one tablespoon of oil in a pan on low heat with the spices.

After half an hour slice the carrot. Cut Brussels sprouts into half. Peel and cut the beets into small cubes. Add them to the chicken.

In a pot bring water to boil. Add red lentil fusilli.

After 10-15 minutes add them to the chicken pan with another spoon of oil. Crush the garlies and add them to the pan.

After 10 minutes it's ready.

## 3.20 Salmon with vegetables



### Ingredients:

- 1 Salmon cut
- 2 cups Cauliflower
- 1 cup Leek
- ½- 1 Sweet potato
- 4 Radishes
- ¼ teaspoon ground Saffron
- ¼ teaspoon Turmeric
- ½ cup chopped Dill
- ¼ teaspoon Cinnamon
- Pink Himalayan salt

- fresh Lemon juice
- ¼ teaspoon Coriander seed powder

**Directions:**

Chop the vegetables.

Add all the ingredients except from radishes and lemon to a pan with 2-3 tablespoons water.

Place the lid on and let them cook on low heat.

Stir occasionally.

Serve with radishes, fresh lemon juice and a bit of extra virgin olive oil.

## 3.21 Kale and beans stew



### Ingredients:

- ½ cup Red beans
- 150 grams Kale
- 300 grams lamb shank pieces without bones
- 1 Red onion
- 2 cloves Garlic
- 1 tablespoon Fenugreek
- ½ cup Leek
- ½ cup flat-leaved Parsley
- 1 teaspoon Cumin powder
- ½ teaspoon Turmeric
- ½ teaspoon Ground saffron
- ½ teaspoon Coriander seeds powder
- ¼ teaspoon Fennel seed powder

- ½ teaspoon peppermint
- 1 tablespoon extra virgin Olive oil/ Coconut oil

*Directions:*

Soak the beans overnight.

Cut the meat into square pieces.

Pour the oil in a pot and add the meat with turmeric. Stir fry the meat for 10 minutes on low heat. Then add 1 cup of water and place the lid on. Let it cook for 3 hours.

Rinse the beans and add them with cumin to the meat.

Chop the onion, parsley, kale, leek and fenugreek. Crush the garlic.

Add them all to the meat and beans with saffron and spices after 1 hour.

Don't let the vegetables cook longer than 10 minutes.

Serve with half a cup brown rice, quinoa or the cauliflower rice (the recipe is mentioned in side dishes).

## 3.22 Chicken burger



Chicken or turkey breasts make chewy burgers. Mushrooms and onions make them juicy. Minced meat can be used instead of turkey or chicken as well.

### Ingredients:

- 2 Chicken or turkey breasts
- 2 cups Mushrooms
- 1 big Onion
- 2 cloves Garlic
- Black pepper
- ¼ teaspoons Turmeric
- ¼ teaspoon Coriander seed powder
- Oregano
- Thyme
- 2 tablespoon chopped parsley

*Directions:*

Mix all the ingredients in food processor.

Shape the mixture into patties.

Flatten them and place them in a pan on low heat with a bit of olive/coconut oil.

Place the lid on so that it cooks gently and both sides fries without burning.

Add 2-3 tablespoons water if needed.

### 3.23 Stroganoffsauce with turkey and sweet potatoes (lactose free)



Turkey breasts are dry and this sauce makes them tasty.

#### Ingredients:

- 400 grams Turkey
- 500 grams Mushrooms
- 2 Sweet potatoes
- 1 big Red onion
- 1 clove Garlic
- 2 tablespoons Extra virgin coconut oil
- Pink Himalayan Salt
- 1 Lemon Freshly juiced
- 250 milliliter Coconut Milk or any unsweetened nut milk without additives

*Directions:*

Cut the turkey into long stripes. Add it to a pan with 1 tablespoon coconut oil and stir fry it on low heat for 5 minutes. Slice the onion and add it to the turkey with salt and pepper. Place the lid on.

Peel the potatoes and cut them into stripes. Add 1 tablespoon coconut oil to it. Place them in the oven on 200 Celsius for 30-45 minutes. Turn them around after 20 minutes.

When the turkey is tender slice the mushrooms and add it with crushed garlic and lemon juice to the turkey. Add coconut milk too.

Place the lid on. Stir occasionally for 10 minutes.

Serve it with the potatoes.

## 3.24 Fish cakes



### Ingredients:

- 200 grams Fish
- 1 Egg
- 1 big Onion
- ½ Sweet Potato
- 1 Carrot
- 2 cloves Garlic
- 2 teaspoons Tarragon
- ¼ teaspoon Turmeric
- Extra virgin Olive/coconut oil
- Ground Almonds

### Directions:

Mix all the ingredients well in a food processor except from the oil.

Make the patties and roll them over ground almonds and fry them on low heat shortly with a bit of oil and with the lid on.

## 3.25 Zucchini spaghetti with salmon



### Ingredients:

- 1 Zucchini
- Salmon fillet
- 2 tablespoons extra virgin Olive oil/ Coconut oil
- 1 Lemon freshly juiced
- ¼ teaspoon Ground saffron
- Pink Himalayan salt
- ¼ teaspoon Coriander seed powder
- ¼ teaspoon Cinnamon
- 1 teaspoon Sesame seeds

### *Directions:*

Add 1/4 cup of boiled water to the ground saffron. Cover it and let it brew for at least half an hour.

Lay the salmon fillets in a dip dish. Add the lemon juice, spices and brewed saffron. Let it marinate for 1-2 hours.

With a peeler peel the whole zucchini into stripes.

In a pan over low heat add 1 spoon of the oil to the fish and the marinated mix. Place the lid on and let it cook gently till it gets soft.

Remove it from the pan and keep it warm.

In the same pan with the marinate liquid and rest of the oil add the zucchini stripes till they wilt for about 10 minutes.

Sprinkle the fish with sesame seeds and serve it on the pile of zucchini spaghetti.

Skip the tomatoes in case of autoimmune disorders, joint or bone pain, allergies, acid reflux or migraine.

## 3.26 Courgette and chicken burger



### Ingredients:

- 2 skinned Chicken breasts
- 1 Red onion
- 1 Courgette
- ¼ teaspoon Saffron
- 1 clove of Garlic
- Pink Himalayan salt
- Thyme
- ¼ teaspoon Turmeric
- Handful fresh Parsley
- 1 tablespoon of extra virgin Coconut oil

### Directions:

Blend all the ingredients except from oil in the food processor till it turns into batter consistency.

Make patties and place them in the pan with the oil.

Let it cook with the lid on with medium heat. If needed add 2-3 tablespoons of water.

You don't want to fry it.

Then turn the other side.

## 3.27 Creamy chicken



### Ingredients:

- 300 grams Chicken breast
- 1 Onion
- ½ cup chopped Leek
- 1 clove Garlic
- 1teaspoon fresh grated ginger
- ¼ teaspoon Turmeric
- ½ teaspoon Cumin powder
- ½ teaspoon Coriander seeds
- 1 cup pure Coconut milk
- ½ cup fresh Tangerine juice
- 1 tablespoon extra virgin Coconut oil
- 500 grams Brussels sprout/ cauliflower\*
- 100 grams sliced Mushrooms

### Directions:

Cut the chicken into small pieces. Cook it with one tablespoon coconut oil on low heat with the lid on for about 1 hour.

Meanwhile discard the outer leaves of Brussels sprout and cut them into halves, place them in an oven tray sprinkle them with some pepper and turmeric and a drizzle of coconut oil. Roast them for 15 minutes to 170 Celsius. Don't forget to turn them around.

Add the remaining ingredients to the chicken and mix it well for 5 minutes.

\* In case using cauliflower, cut them and add them to the chicken at the last 15 minutes with the rest of the ingredients.

Serve with ½ cup brown rice/quinoa/sweet potatoes just prepare them in coconut milk instead of water.



## 3.28 Quince stew

Quince supports digestive and immune system. It`s seeds soothe a sore throat when placed under the tongue especially over night. However it is not advisable for children since they might swallow them.



### Ingredients:

- 500 grams Quince
- 2 big Onions
- 2 Sweet potatoes
- 2 Carrots
- 300 grams lambs shank
- 1 tablespoon extra virgin Olive/coconut oil
- ½ teaspoon Cinnamon
- ¼ cup fresh Lemon juice
- ½ teaspoon Turmeric
- ½ teaspoon Cloves
- ½ teaspoon Coriander powder

*Directions:*

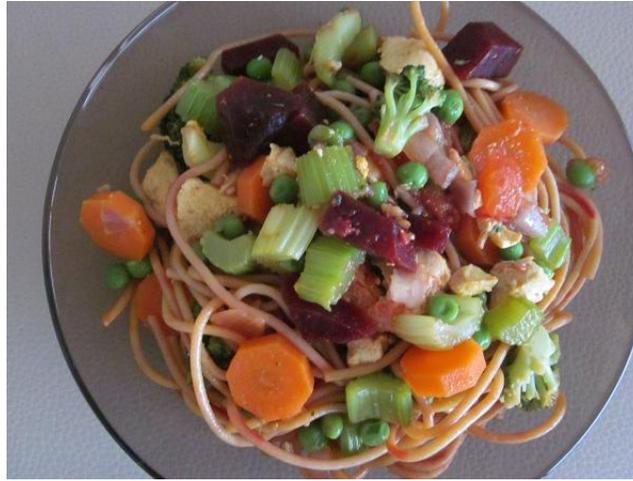
Cut the meat into thin slices and lay them at the bottom of the pot with oil. Add turmeric with half a cup of water, and let it cook on low heat for 1 hour and half.



Slice the potatoes, carrots and onions. Cut the quince into wedges. Add them to the meat with the spices.

When the meat is tender and the quince is soft, add the lemon juice.

## 3.29 Spaghetti with colorful vegetables



### Ingredients:

- 1 Beetroot
- 100 gram Green peas
- 300 gram Chicken breast
- 1 Carrot
- 2 cups Broccoli
- 3 stalks Celery
- ½ cup Leek
- 1 clove Garlic
- 3 tablespoon Fresh lemon juice
- 1 tablespoon extra virgin Olive/ coconut oil
- ¼ teaspoon Turmeric
- 1 tablespoon Thyme
- ½ teaspoon Cumin powder
- ½ teaspoon Coriander seeds
- 1 tablespoon Peppermint
- ½ teaspoon Cloves
- Pink Himalayan salt

- ¾ cup lentil/buckwheat Spaghetti

*Directions:*

Cut the chicken into pieces. In a pan add the oil with lemon juice to chicken pieces and let it cook on low heat with the lid on.

After 20 minutes chop celery, beet and carrot.

Add the vegetables, lentil/buckwheat spaghetti, herbs and spices to the chicken with some water or almond or coconut milk (for a creamy cheesy taste).

Boil in water or almond or coconut milk for 10 minutes.

Let them cook together on low heat for about 10 minutes.

Serve with a drizzle of extra virgin olive oil or cold pressed sesame or walnut oil.

### 3.30 White beans and chicken



#### Ingredients:

- ¾ cup White beans/ lentils (soaked)
- 2 Zucchini
- 1 Sweet potatoes
- 300 grams Chicken breasts
- 1 Red onion
- 2 cloves Garlic
- ¼ teaspoon Turmeric
- 1 teaspoon Oregano
- ½ teaspoon Cumin powder
- ¼ teaspoon Coriander seed powder
- ¼ teaspoon Cinnamon
- 1 teaspoon summer Savory
- Pink Himalayan salt

- 1 tablespoon extra virgin Olive/coconut oil

*Directions:*

Drain the soaked beans.

Bring water to boil. Add half of the cumin, and turmeric and cook the beans on low heat with the lid on for about 1 and half.

In the meantime cut the chicken into stripes. Stir fry it with oil for 10 minutes. Add rest of turmeric and cumin and rest of the spices and herbs. Place the lid on and let it cook on low heat for half an hour.

Peel and cut the potatoes. Dice the zucchini and onion. Add them to the chicken with oregano. Add the beans and crushed garlic too.

It`s ready when chicken, potatoes and the beans are soft.

### 3.31 Meatballs with broccoli and beans



#### Ingredients:

- 300 grams Lean minced meat
- 2 Carrot
- 500 grams Broccoli
- 1/3 cup soaked White beans / green Lentils
- 1 Red onion
- 2 cloves Garlic
- ¼ teaspoon Turmeric
- ½ teaspoon cumin powder
- ½ teaspoon Rosemary
- 1 tablespoon extra virgin olive/coconut oil
- ¼ teaspoon Cloves
- 1 teaspoon summer Savory
- Pink Himalayan salt

- 1-2 tablespoons Raw apple cider vinegar

*Directions:*

Drain the soaked beans.

Bring water to boil add savory, half of the cumin, cloves and turmeric and cook the beans on low heat with the lid on for about 1 and half.

In the meantime mix meat, onion, garlic, rosemary, half the turmeric, half the cumin in food processor.

Shape it into small balls.

Stir fry them with oil till they turn into light brown. Add ¼ cup water. Place the lid on and let it cook for almost 1 hour on low heat.

Chop the carrots and cut the broccoli and add them with beans to the meat for 5 minutes.

Serve with a drizzle of apple cider vinegar.

# Chapter 4: Drinks

## 4.1 Homemade coconut milk and cream



Coconut and its products contain potassium, magnesium, protein, copper, zinc, iron and calcium and have anti-bacterial and anti-fungal properties. Coconut milk, cream, rasped and flour are nutritious alternatives for those sensitive to lactose or gluten.

Coconut water has electrolytes, vitamins and minerals and is good for immune system.

Extra virgin coconut oil is prior to other oils for frying. It is one of medium chain fatty acids which stimulates metabolism, is easily digested and does not store in the body.

Unlike long chain fatty acids (olive oil, avocado, animal fats) coconut oil doesn't need bile during digestion which make it suitable for those with liver or bile problems. It's much more better to make your own coconut milk without preservatives and additives like carrageenan and guard gum.

### Ingredients:

- Coconut
- Cheese cloth

*Directions:*

Crack the coconut open in half by back of a kitchen knife (meat cutting knife preferably) as rotating the coconut. Empty the water in a glass or bowl.

Grate the flesh in food processor.

Add a bit of warm water (not hot) on it and process it again in food processor. Less water makes a thicker and more water results in thinner cream and milk.

Half an hour later pour it into a cheese cloth over a bowl and squeeze the milk out of the flesh.

Leave the bowl for half an hour. The cream floats on the top and the milk stays under.



Store coconut cream and milk for 2-3 days in refrigerator

You can use the grated coconut in gluten free breads or cakes instead of flour.

## 4.2 Tropical smoothie



*The enzyme in pineapple promotes digestion.*

### Ingredients:

- 2 Kiwis
- 1 Banana
- ½ Mango
- ½ cup Pineapple
- 2 cups of natural Coconut water /filtered water
- 2 tablespoons fresh Lime/ Lemon juice
- 3 centimeters Fresh Ginger

*Directions:*

Peel all the fruits and cut them. Puree them in the blender or food processor then add water.

## 4.3 Homemade almond milk



Nut milks in super market or even in health stores contain more amounts of sweeteners and flavors rather than nuts. You can also use pistachio, cashews, pumpkin seeds, walnuts, macadamia or Brazilian nuts.

### Ingredients:

- 1 cup almonds
- 4 cups filtered water\*
- Cheese cloth

\* If you like a creamier thicker consistency, add less water.

## Directions:

Soak almonds in water for 8 hours or over night. This makes it more digestible through decreasing the phytic acid which makes the nutrients inaccessible to the body.

Drain the water and add 4 cups of water to the nuts in the blender and blend it well.

Then pour it through a cheese cloth over an open wide jar or bowl. Squeeze the nuts so that the milk comes out.

Store the milk in an airtight jar in refrigerator for 3 days.

- If you like your milk sweet you can add one third of cup mulberries or dates at the time of blending.
- For flavored milk you can also add vanilla extract or powder or cacao powder at the time of blending.

Don't throw the nuts away you can use them in cakes instead of flour.

## 4.4 Alcohol free Pina colada



Pineapple contains bromelain which promotes protein digestion. This is satisfying and sustaining combination.

### Ingredients:

- 1 cup unsweetened Coconut milk
- 1 cup fresh Pineapple pieces
- 1 tablespoon fresh Lemon juice

### Directions:

Blend all the ingredients till smooth. You can freeze pineapple pieces for 2-3 hours in advance, that way you don't need ice cubes.

## 4.5 Energizing smoothie



Leafy greens contain lots of different micronutrients and help cleaning the liver. Cinnamon regulates blood sugar, adds sweetness and decreases cravings for sweet. Beets are sweet, support liver function therefore provides energy and boosts hair and skin health.

It can also be enjoyed as breakfast.

### Ingredients:

- 1 cups Spinach (or any other leafy green in season)
- 1 ripe Pear /peach
- 1 peeled fresh Beet
- ½ Cucumber
- ½ cup unsweetened Coconut milk / any pure nut milk

- Pinch of unrefined sea salt/ Himalayan salt
- ¼ teaspoon Cinnamon
- 1 teaspoon dried / handful of fresh Peppermint (better during warm days)
- 2 tablespoons raw Walnuts
- 3 centimeters fresh Ginger
- 1 teaspoon raw unsweetened Cacao powder (optional)
- 1 tablespoons ground flaxseeds

*Directions:*

Blend everything in blender. Depending on the desired consistency use more or less nut milk.

## 4.6 Energizing tea

Tangerine is alkalinizing in nature opposed to orange which is acidic. Turmeric and barberries are anti-inflammatory and balance blood sugar and pressure. This tea is a nice mixture to start the day or for afternoons. It helps digestion as well.



### Ingredients:

- 2 Tangerines juiced
- 1 tablespoon Barberries
- 1 tablespoons Shredded tangerine peels
- 2 cups boiled Water
- ½ teaspoon Turmeric
- 1 teaspoon freshly grated Ginger
- 1 tablespoon raw Apple cider vinegar (optional)

### Directions:

Add boiled water to turmeric and ginger in a teapot.

Add barberries and tangerine peels.

Place the lid on and serve it after 15 minutes.

In case of using tangerine juice and apple cider vinegar, add them before serving.

If you let it cool and keep it in refrigerator, you can also use it as iced tea.

## 4.7 Refreshing drink



### Ingredients:

- ½ cup Plain Yogurt/ unsweetened nut yogurt / full fat coconut milk
- ½ cup Filtered water
- 1 teaspoon Dried Peppermint
- Pinch of unrefined Sea salt/ pink Himalayan salt

### Directions:

Mix all the ingredients with a whisker. Serve it cool.

## 4.8 Refreshing iced tea

This tea can be served warm or cold. It is calming, awakening and eases digestion. It's good for starting the day and wake up or any time of the day to sustain energy and prevent dehydration. It is a good substitution for soda or espresso.



### Ingredients:

- 3 Peppermint stems
- 2 tablespoons freshly grated Ginger
- ½ fresh Lemon juice
- 2 teaspoons raw Honey (optional)

*Directions:*

Bring 1 liter water to boil.

Place peppermint and ginger in a tea pot. Add the water to the tea pot.

Let it steep for half an hour.

Add lemon juice and honey if you use it, stir well and store it in refrigerator.

## 4.9 Cleansing green smoothie

Unsweetened raw cacao powder can be added to smoothies to hide the color and taste of vegetables for children. Berries especially blueberries can also be added for nice color, taste and more antioxidants.

This combination helps to clean the body and as a result gives energy.

It can also be enjoyed as breakfast.



### Ingredients:

- ½ Cucumber
- 1 Banana
- 2 Kiwis
- 2 teaspoons rasped Ginger

- 1 cups Arugula/ spinach / kale
- 1 cup natural Coconut water
- ½ Avocado
- 1 teaspoon raw unsweetened Cacao powder (optional)
- Pinch of unrefined sea salt/ Himalayan salt
- ¼ teaspoon Cinnamon
- ¼ teaspoon Turmeric
- 2 tablespoons ground flaxseeds
- 2 tablespoons raw Pistachio/ walnuts (optional)

**Directions:**

Add all the ingredients to blender.

## 4.10 Green juice with electrolytes



With this juice you can beat the afternoon tiredness and gain the electrolytes in hot days or after exercise.

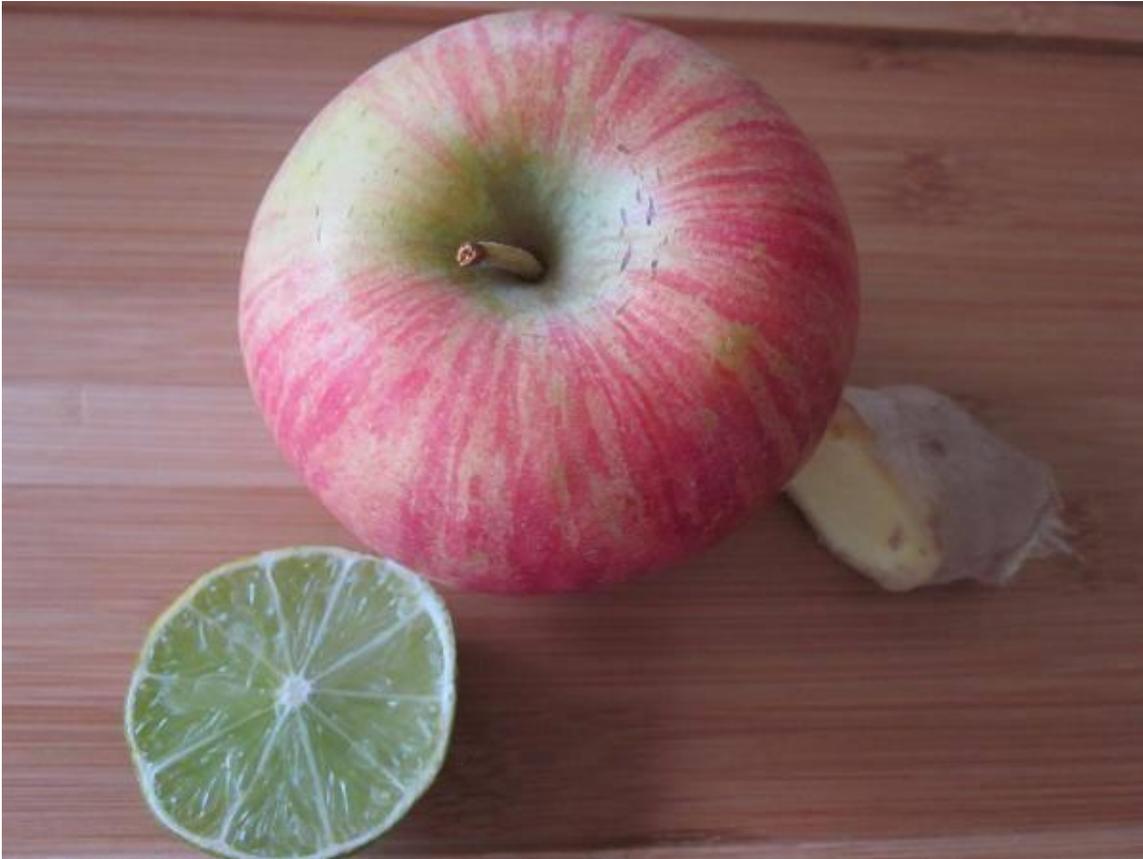
### Ingredients:

- 1 Apple
- 1/2 Cucumber
- 1 Celery stalk
- 1/2 Lime
- 1 handful Cilantro
- 1 cup Lettuce

### Directions:

Juice them all and if you like you can serve it with ice cubes.

## 4.11 Ginger shot



Reducing or eliminating flour and sugar during the day will help relive migraine, digestive issues, sinus, allergies symptoms in combination with drinking this daily juice.

### Ingredients:

1 Apple/ pear

half a Lime/ Lemon

3 centimeters Fresh Ginger

### Directions:

Juice them all and have it first thing in the morning.

## 4.12 Calming tea

This is a nice tea for evening to calm down and get ready for a restful sleep. Borage eases stomach discomfort as well.



### Ingredients:

- 1 teaspoon Borage
- 1 teaspoon Valerian
- ½ Lemon freshly juiced
- 1 cup Water

### Directions:

Place valerian and borage in a Removable Strainer in the cup.

Bring water to boil. Pour it over the tea. Let it steep for 3-5 minutes.

Add the lemon juice and enjoy warm or cold.

## 4.13 Happy smoothie



### Ingredients:

- 1 Carrot
- 4 Tangerines
- 1 cups Broccoli
- ½ cup unsweetened Coconut milk/ other nut milk
- ½ Avocado
- ½ Banana (optional)
- 2 tablespoon raw Walnuts/ cashews
- ¼ teaspoon Cinnamon
- ¼ teaspoon Turmeric
- Pinch of unrefined sea salt/ Himalayan salt
- 3 centimeters fresh Ginger

*Directions:*

Juice the tangerines, ginger, broccoli and carrot.

First blend the rest of ingredients and then add the milk and juice to the blend.

## 4.14 Rise and shine



A breakfast or afternoon wake me up that boosts metabolism and mood better than coffee. Vitamin C, A and B provide the body with the nutrients it needs to get energized. It also cleans the body and liver from excess estrogen. Since it is in liquid form it is easier to digest and assimilated especially at stressful times.

Ginger and turmeric are anti-inflammatory and are good for relieving pain. Ginger relieves nausea, migraines, sinus and allergy problems. It also is a better kick than caffeine.

Cinnamon stabilizes blood sugar, so that you would not feel the crash and need to constantly look for sugary drinks or snacks to stimulate you.

Coconut milk is a good fat that fuels your brain and keeps you full for longer.

### Ingredients:

- 1 Grapefruit
- 1 Tangerine
- 4 centimeters fresh Ginger
- 1 raw Carrot
- 1 raw Beet
- ¼ cup pure Coconut milk (optional)
- ¼ teaspoon Turmeric

- ¼ teaspoon Cinnamon

*Directions:*

First juice the fruits and vegetables then blend or mix the juice with coconut milk, turmeric and cinnamon.

## 4.15 Afternoon energy booster



You don't need coffee to focus and not feeling tired in the afternoon. You need to provide your body the nutrients it needs.

### Ingredients:

- 2 carrots
- 1 apple
- 5 centimeters broccoli stem
- 2 centimeters ginger root

### Directions:

Juice them and you'll get back your energy.

## 4.16 Juice for relieving kidney and gallstones



*Even if you don't have kidney or gallstone you can enjoy this juice.*

### Ingredients:

- 3 carrots
- 1 beet
- 10 centimeters cucumber

### Directions:

Drink 3 -4 times a day also drink lemon juice in warm water throughout the day.

## 4.17 Warming and balancing tea



*For digestive or menstrual discomfort as well as on cold day*

### Ingredients:

- 1 Cardammon pod
- 2 teaspoons Rose pedals
- 1 teaspoon Chamomile flowers
- 1 teaspoon rasped Ginger

### Directions:

Pour all the ingredients into a tea strainer and add hot water. Let it steep for 15 minutes before drink it.

## 4.18 Infused water



*Good replacement with soda with different varieties.*

### Ingredients:

- Some Berries of your choice
- 4-5 Parsley or Peppermint leaves
- Water
- Fresh Lemon juice

### Directions:

Pour all the ingredients to a jar or pitcher and let it sit for a couple of hours in the refrigerator.

Later you can strain the fruits and herbs.

You can make alternatives with pieces of celery, cucumber, lemon, grapefruits kiwi as well.

## 4.19 Pumpkin latte



### Ingredients:

- 2 tablespoons Pumpkin puree
- ½ cup brewed organic Coffee less roasted\*
- ½ cup unsweetened Coconut/ any nut milk
- ¼ teaspoon Cloves
- ¼ teaspoon Cinnamon
- ¼ teaspoon Cardamon powder
- 1-2 fresh Dates

\* You can also substitute coffee with 1 teaspoon raw cacao powder in half cup hot water. And add cardamom powder to the milk while warming it.

## *Directions:*

For pumpkin puree simply cut the pumpkin in half, scoop the seeds out and place it on the baking tray covered by baking sheet and place it in the oven on 180 Celsius for almost half an hour, till tender. Puree it in food processor.

Make coffee with the cardamon powder added to coffee beans.

In a sauce pan on low heat warm the milk, cloves and cinnamon while constantly stirring.

Then add the pumpkin puree. Remove it from heat after it is warm.

Mix all the ingredients in food processor/blender then pour into a cup.

In case you use cinnamon stick, cardamom buds or whole clove, remove them before blending the ingredients.

## 4.20 Coconut latte



The latte you buy from supermarket in powder or in coffee shops is flavored syrup but you can make a real good quality one yourself.

### Ingredients:

- ½ cup organic Coffee less roasted\*
- ½ cup unsweetened Coconut milk/ 1 tablespoon extra virgin coconut oil
- ¼ teaspoon Cardamom powder

\* You can also substitute coffee with 1 teaspoon raw cacao powder in half cup warm water.

### Directions:

Make coffee with the cardamom powder added to coffee beans.

Warm the milk and then mix all the ingredients in blender.

## 4.21 Cappuccino



Cappuccino is made with frothy milk added on top of espresso. By adding different syrups containing aromas and flavors they are sold with different names such as cloves, cinnamon, cardamom, vanilla, and hazelnut.

### Ingredients:

- ½ cup Organic coffee less roasted
- ¼ cup any unsweetened natural Nut milk
- ¼ teaspoon Cinnamon/ cardamom/ cloves/vanilla beans
- ½- 1 teaspoon Natural nut butter

### Directions:

Prepare the coffee or espresso while the desired spice is added to the coffee beans. Spices provide sweetness and warmth.

### ***Varieties:***

- For *vanilla flavor* add natural vanilla extract to coffee or vanilla beans to warm milk before frothing it. Nothing is better than the natural vanilla aroma and taste.
- For *cinnamon or cardamom cappuccino* add a pinch of cardamom powder/ buds or cinnamon to coffee beans while brewing coffee. It is so pleasant especially in winter.
- For *almond or hazelnut* taste, unsweetened almond or hazelnut milk are better than any flavoring (use the nut recipe). In addition to that you can intensify the taste and adding sweetness by using teaspoon of natural almond/ peanut / hazelnut butter. You can use blender for better result.
- By simply adding ½ teaspoon cacao or a 1-2 teaspoons melted 70% chocolate to your cappuccino you have *Moccaccino*.

### ***For making frothy milk***

With one of these tools you can froth the milk professionally at home. If you like your milk warm, make it a bit warm but not hot or it won't froth well.



Insert the first tool inside the milk and turn the button on. Don't turn it on before inserting it in the milk or it will splash all around.

Then pour it over coffee or espresso.



In case using the second tool you can first warm the milk a bit or use cold milk then insert the lid on.

Hold the lid and pull and press the bar 20-30 times till the foam forms. Then pour it over the coffee or espresso.

If milk is frothed well it stays on the surface and won't mix completely with the coffee.

**Note:** if the milk is hot it won't froth well. Never warm the milk too much.

❖ It is also possible to add the coffee, nut milk, nut butter to a blender or food processor instead. You'll get the foam on top.

## 4.22 Latte macchiato



### Ingredients:

- ¼ cup Organic coffee less roasted
- ½ cup any unsweetened natural Nut milk
- ¼ teaspoon Cinnamon/ cardamom/ cloves/vanilla beans
- ½- 1 teaspoon Natural nut butter

### Directions:

For making Latte macchiato first pour the frothy milk in the cup (as was explained in Cappuccino).

Prepare your coffee/ espresso with the desired tastes (as mentioned in for Cappuccino).

Pour the coffee gently over froth milk.

If the milk is not hot and is frothy enough, coffee floats in the middle of the cup with the milk at the lower layer of the cup and the foam on the top.

### Varieties:

By simply adding cacao or a bit of melted 70% chocolate to your espresso before adding the milk, you have *Mocca latte*.

## 4.23 Frappuccino and iced coffee



### Ingredients:

- ¼ cup unsweetened natural Nut milk of your choice
- ½ cup Organic Coffee/ herbal/ green tea
- ¼ teaspoon Cinnamon/ cardamom/ cloves

### Directions:

#### **For iced coffee**

Make coffee with the desired flavor with cinnamon/ cardamom/ cloves added to the coffee beans while making coffee.

Let it cool and then place it in the refrigerator.

Then pour the cold froth milk over it (as mentioned for Cappuccino).

#### **For Frappuccino**

Frappuccino is a cold flavored coffee or tea with frothy milk on top, served with ice.

Make coffee or tea with the spice you like.

Then blend it with ice in a blender or food processor and top it with cold froth milk (as mentioned for Cappuccino).

Instead of ice you can also pour nut milk or coffee in ice forms instead of water, freeze it and blend it with your drink for a stronger taste.



Use froth milk instead of cream for decoration.

Even for hot chocolate use froth milk in place of cream on top.

Use melted 70% chocolate instead of chocolate syrup with ground pistachio/ almond/ walnut/ hazelnut on top.

# **Chapter 5: Sweets and desserts**

## 5.1 Coconut banana cake



### Ingredient:

- 4 Bananas
- 250 grams rasped Coconuts
- 4 Eggs
- 1 Vanilla bean
- 100 grams 85% Chocolate
- 50 grams 85% Chocolate cut into pieces
- 150 grams fresh Dates pitted
- Juice of 2 Tangerines
- 2 tablespoons rasped tangerine rind
- 2 tablespoons Coffee powder
- 100 grams Walnuts cut into pieces

### Direction:

Preheat the oven on 180 degree Celsius.

Cover the cake pan with baking paper.

Melt 100 grams of chocolate on a double boiler.

Scrape vanilla out of the bean.

Blend banana, dates, coconut, eggs, vanilla, tangerine, tangerine rinds, coffee powder and melted chocolate in the food processor.

Pour it into the cake pan and stir in walnut and chocolate pieces with a wooden spoon.

Place it in the oven for half an hour or when the tester comes out of the cake clean.

**For Frosting:**

- 100 grams 85% Chocolates
- 1 tablespoon Coffee powder
- ½ cup Coconut milk
- Walnut and rasped coconut for decoration

***Direction:***

Melt the chocolate on a double boiler.

Stir in coffee powder and coconut milk and spread it on the cake after the cake cooled down.

Decorate it with rasped coconut and rasped chocolate.

It taste better to be refrigerated for 2 hours before serving.

## 5.2 Persimmon treat



### Ingredients:

- 1 Persimmon per person
- 2 coffee spoons Tahin
- ¼ teaspoon Cinnamon
- 2 raw Walnuts/ 10 raw pistachio/ 10 raw pumpkin seeds
- Half a teaspoon Turmeric
- 1 fresh Date / 5 currants

### Directions:

Gently cut the head of the persimmon and empty it with a teaspoon. Set the empty persimmon aside for later.

Add all the mentioned ingredients in addition with persimmon flesh to food processor or blender.

Fill the empty persimmons with the puree.

## 5.3 Cherry pistachio cheesecake



### **Base:**

- 1 cup coconut rasped
- 3 tablespoons pure tahin or sesame paste (without additives just sesame seeds)
- 5 fresh dates (otherwise soak them in water till they get soft)

Mix the dates in the food processor then add the rest and make a dough.

Line a spring form of 18 centimeters with parchment. Spread the dough in the cake form.

### **Filling:**

- Handful of raw pistachios
- 15 cherries

Cut the cherries in half and cover the cake base with the cherries and pistachios. Press them gently.

Place it in the refrigerator.

**Topping:**

- 3 tablespoons coconut oil
- 2 tablespoons coconut milk
- 1 cup raw cashews soaked overnight and drained and rinsed
- 7 dates (otherwise soak them in water till they get soft)
- 2 tablespoons raw cocoa powder
- 60 grams 80% chocolate
- Handful of raw pistachios
- 1 Vanilla bean

Scrape the vanilla out of the bean.

Melt the chocolate on a double boiler.

Blend all the ingredients in a food processor.

Pour and flatten the mixture on the base and place it in the freezer for at least 4 hours.

Bring out of freezer 15-30 minutes before serving.

Soaking nuts before use is needed to neutralize the anti-nutrient phytic acid present in them which blocks the absorption of zinc, calcium and iron.

## 5.4 Summer refresher



### Ingredients:

- 3 Apples
- 2 tablespoons Rosewater

### Directions:

Grate the apples and drizzle with rosewater. Enjoy cold.

## 5.5 Sponge cake with marzipan inside



### Ingredients:

#### **For the cake**

- 800 grams Sweet potatoes
- ½ cup rasped Coconut
- 1 cup pitted fresh Dates
- ¼ teaspoon Cardamom powder
- 1 pack Baking powder
- 2 tablespoons unsweetened Cacao powder (raw cacao if possible)
- 3 beaten Eggs
- 2 teaspoons Tangerine zest
- 2 tablespoons freshly Tangerine juice

#### **For marzipan**

- ½ cup raw Almonds
- ¼ cup pitted Dates

#### **For frosting**

- 60 grams Chocolate 70%
- 50 grams unsweetened Coconut milk/ any nut milk
- Pinch of Cardamom powder
- 1 tablespoon fresh Tangerine juice

*Directions:*

Soak the almonds for at least 8 hours. Drain and rinse them.

Ground the almonds in the food processor and then add the dates. If needed add some water to make it smooth in the machine.



Wrap the marzipan in cling film and keep it in the refrigerator for one night before using.

Roast the sweet potatoes at 180 Celsius for 20 minutes with peel. They should become a bit soft but not completely cooked and soft. Let it cool.

Preheat the oven to 180 Celsius. Cover the baking tin with parchment.

Peel the sweet potatoes and mix it with dates in food processor.

Then add rest of the cake ingredients.

Pour half the mixture in the baking tin.

Carefully spread the marzipan on a plate. Transfer it on the mixture in the baking tin by making the plate upside down.

Pour the rest of the mixture on. Bake it for 45 minutes till it turns into golden and tester comes out clean.

Let it cool and then transfer it to wire rack. Let it cool completely before frosting it.

For frosting melt the chocolate on a double boiler. Then remove it from heat.

Mix the ingredients for frosting and spread it on the cake.

Let it cool in refrigerator for couple of hours before serving.

## 5.6 Watermelon Granita



### Ingredients:

- Watermelon
- Peppermint leaves
- Fresh Ginger

### Directions:

First grate the ginger and leaves in blender or food processor. Then add the seeded watermelon and pause. You don't want to turn it into smoothie.

It hydrates and ginger and peppermint help to cope with heat and discomfort.

## 5.7 Pumpkin chocolate bites



### Ingredients:

- 2 bananas
- 100 grams rasped coconut
- 100 milligrams unsweetened coconut milk
- 1 cup roasted pumpkin
- 70 grams melted 80% chocolate
- cinnamon
- ginger
- 7 fresh dates without pits

### Directions:

In advance you can cut the pumpkin in half and place in the oven for 40 minutes at 180 degrees Celsius.

Melt the chocolate on a double boiler.

Preheat the oven at 180 degrees Celsius. Line a square baking tray with parchment.

Puree all the ingredients in the food processor till it gets the consistency of dough.

Bake for 35-40 minutes or till the tester comes out clean.

Let it to cool down before cutting.

You can also melt more chocolate to cover the bites if you wish.

Fridge for 2 hours before serving.

## 5.8 Baghlava Cake



### Ingredients:

- 3 Eggs
- 1 tablespoon Coconut milk
- 1 cup fresh Dates
- 1/8 tea spoon Vanilla powder
- 4 tablespoons extra virgin Coconut oil
- 1 cup soaked Almonds
- 1 cup rasped Coconut
- 1 cup Pumpkin or sweet potatoes
- 1 tablespoon Rose water

- 1/8 teaspoon Cardamom powder
- ¼ teaspoon Saffron
- ¾ cup roughly chopped Walnuts and Pistachios for top of the cake

*Directions:*

Soak the almonds over night and rinse them.

Bake the pumpkin or sweet potato to 180 Celsius for 40 minutes on baking sheet.

Add ¼ cup boiled water to saffron and place a lid on it.

Turn the oven to 170 degrees. Line the baking pan with parchment.

Mix one egg yolk and the coconut milk and set it aside.

Ground the rasped coconut and almonds in the food processor. Then add the dates and let the food processor run till the mixture become smooth.

In case of using dried dates soak them in water till they get soft.

Add the remaining ingredients except from the walnuts, pistachios and coconut mixture.

Transfer the mixture to the baking pan.

Brush the coconut milk and egg yolk mixture on the cake.

Then add the pistachio and walnuts on top of the cake and press them gently down with palm of your hand.

Leave it in the oven for 35 minutes or till the tester comes out of it clean without any crumbles sticking to it.

Let it cool before cutting.

## 5.9 Chocolate nuts cake



### Ingredients

- 100 grams roughly chopped Chocolates 70%
- 1 tablespoon Cacao powder
- $\frac{3}{4}$  cup Nuts roughly chopped/ pumpkin seeds
- 1 cup pitted fresh Dates / soaked raisins
- 1 Egg
- $\frac{1}{4}$  cup fresh Tangerine juice
- 2 teaspoons Baking powder
- 1 cup raw Almonds
- $\frac{1}{2}$  cup shredded Coconut
- 2 tablespoons freshly ground Flaxseeds
- $\frac{1}{2}$  teaspoon Cinnamon
- $\frac{1}{4}$  teaspoon Cardamom powder

- 1 teaspoon coffee powder (optional)
- 1 tablespoon Extra virgin coconut oil

### **For frosting**

- 80 grams of dark chocolate 70%
- Shredded Coconut

### **Directions:**

Soak the almonds at least for 4 hours. Drain the water, rinse and puree them in the food processor.

Preheat the oven to 180 Celsius and cover the baking tin with baking sheets.

Mix all the ingredients except from chopped chocolates and nuts in food processor.

Stir in the chocolates and nuts/ seeds.

Pour the batter in the tin and bake for 30-40 minutes till the tester come out clean and it`s golden brown.

After 10 minutes transfer it to the wire rack and let it cool.

For the frosting melt the chocolate on a double boiler and spread it on the cake then sprinkle shredded coconut on top of it and let it cool.

## 5.10 Velvet chocolate cake without artificial coloring



### Ingredients:

- 2 ripe Bananas
- 2 Beetroots
- 2 eggs beaten
- ½ cup pitted fresh Dates
- 1 pack baking powder
- 3 tablespoon Cacao powder (raw if available)
- 1 cup raw Almonds
- 2/3 cup shredded Coconut
- 60 grams Chocolate at least 70%
- 1 coffee spoon Orange / tangerine zest
- A pinch of Cardamom powder
- 1 tablespoon extra virgin Coconut oil

### Directions:

Soak almonds for at least 4 hours. Then drain the water, rinse and puree them with dates in food processor.

Preheat the oven to 170 Celsius.

Peel the beets and bananas. Mix all the ingredients except from cacao powder and chocolate in food processor.

Divide the batter into 2 bowls. Mix in the cacao and chocolate in one. Now we have one bowl with red batter and one with brown batter.

In case not using muffin pan, line the baking tin with parchment and use each color at a time in 2-3 layers and bake it for 35-40 minutes till the tester comes out clean.

For muffins use each color in different layer or use one color in the first layer then place a small ball of the second color in the middle of it then cover around and top of it with the first layer. Bake for 25-35 minutes.

They are best to be prepared in advance and refrigerated over night before served. Keep it in an airtight container.



The cake or muffin has already a nice color as it is, but you can mix a bit of beetroot or strawberry juice (for red color) or cacao powder (for brown color) with mashed or pureed banana instead of cream. Top it with pistachio, rasped coconut or chopped chocolates.

Natural almond/ cashew/ sesame butter are other good options to frost the cake.



## 5.11 Pure homemade nutritious chocolates



Raw cacao which is not heated or prepared with low heat is light brown and has antioxidant therapeutic properties that's why it's expensive. Extra virgin coconut oil contains anti fungal and antibiotic properties and is one of healthy fats.

Most chocolates in the market are made with butter (not cacao butter) and heated cheap cacao which lacks the magical healing properties that Mayas used, not mention the amount of sugar, additives and preservatives in them.

Even if you don't have access to raw cacao making your own chocolate with the good quality ingredients that you put in it you'll have a better chocolate.

### Ingredients:

#### **For 15 chocolates**

- ½ cup Extra virgin coconut oil/ cacao butter
- ½ cup raw Cacao powder (or normal cacao powder)
- ½ teaspoon Orange or tangerine zest
- 1 tablespoon Date syrup
- 1 tablespoon fresh Tangerine or pineapple juice
- 1 tablespoon rasped Coconut
- A pinch of Cardamom powder

### **For the filling**

- ¼ cup Pistachio / Walnuts

### ***Directions:***

Soak pistachios in water for 4 hours then puree them in food processor or grinder. Place the pistachio paste in refrigerator.

On a double boiler liquidize the coconut oil over steam. Add cacao powder and mix well till the cacao dissolves.

Remove from the heat and then add rest of the ingredients for chocolates.

Fill half of the silicon molds with the chocolate liquid.

Place them in freezer till solid.

Then place a bit of pistachio paste in each mold and fill the molds with the rest of the chocolate liquid and place them back in freezer for 2-3 hours.

Make sure that it is solid before removing them out of molds. Gently remove the sides and pomp them out.

Store them in refrigerator.

### ***Other varieties***

#### **For fruity chocolates**

- 15 pitted cherries\*

\* Blueberries / raspberries / strawberries / small pieces of tangerine

Or Chopped Raisins/ dried white mulberries/ figs/ apricots/ plums

Make the chocolate and pour it into molds as mentioned above and then place one piece of fruit in each mold and let them freeze for 2-3 hours.

## 5.12 Raw sugar-free Snowy energy balls



All the nutrition of chocolates are in the light brown raw cacao, since they are not heated. With protein, essential fats, minerals and fiber of nuts, cacao and dates these are superior to most manufactured chocolates with the butter and sugars which they use.

### Ingredients:

- 200 grams pitted fresh Dates\*
- 1 teaspoon Orange / tangerine zest
- 2 tablespoons fresh Tangerine juice
- 100 grams different raw Nuts /Seeds
- 50 grams plus more for decoration shredded Coconuts
- 2 tablespoons ground Flaxseeds
- 2 tablespoons Raw Cacao powder
- 1/4 teaspoon Cardamom

- ½ teaspoon Cinnamon

\* You can use soaked dried figs, plums, white mulberries or apricots as well.

*Directions:*

Soak nuts over night and drain the water and rinse.

Mix all the ingredients in a food processor.

Pour some shredded coconut in a plate. Scoop the mixture with a tea spoon and form little balls and roll them on the shredded coconuts.

You can make more varieties by using sesame seeds or chopped nuts in place of shredded coconut.

Cool them in the refrigerator for at least one hour before serving.

## 5.13 Energy bars



### Ingredients:

- 1 cup rasped Coconuts
- 2 Eggs
- 2 Apples
- ½ tablespoon Orange zest
- ½ cup chopped fresh Dates/ Raisins
- 1/3 cup fresh ground Flaxseeds
- 1/3 cup Pumpkin / sunflower seeds
- 2/3 cup mixture of raw Nuts
- ½ teaspoon Cinnamon
- 2 tablespoons Cacao powder / ½ cup Roughly chopped 70% chocolate
- 2 teaspoons Baking powder

### *Directions:*

Preheat the oven to 190 Celsius.

Peel the apples and cut them. Place them in a sauce pan with 2 tablespoons of water on low heat to get soft not caramelized. When back of fork goes in easily it's ready. Let it cool and puree it in food processor.

Combine the dry ingredients in a bowl with a wooden spoon.

Whisk the wet ingredients well then fold the wet ingredients into the dry ones.

Line the baking tray with baking sheet. Shape the batter with you hand into small rectangular and place the on the baking sheet with distance from each other.

Bake for half an hour till they turn lightly brown.

## 5.14 Raw orange pistachio dates



Pairing sweet dates with a source of good fat like nuts slows down the effect it has on blood sugar.

### Ingredients:

- 100 grams Raw pistachio
- 200 grams fresh Dates
- Juice of 1 orange/ 2 tangerines
- 40 grams 70% chocolates

### Directions:

Grind the pistachios in food processor and mix them with the freshly squeezed orange juice.

Pit the dates by cutting one side of the date lengthwise with a knife and remove the pit.

Spoon the mixture into the date. In case the mixture is paste like use knife.

Melt the chocolate on a double boiler and deep just the down side of the date in it and then place it on a plate and let it cool in room temperature or refrigerator to set.

## 5.15 Coffee panna cotta in chocolate molds



### Ingredients:

- 150 ml coffee
- 400 ml Coconut milk
- 4 sheets Gelatin sheets
- 2 teaspoons Date syrup/ raw Honey

### **For the cups**

- 200 grams 70% chocolate

### Directions:

#### **For chocolate molds**

Choose four small cups or baking molds. Place baking sheets in them in a way that the sheets take the form of the cups. Let the sheets be taller than the cup or mold.

Cut the chocolate into pieces. Melt the chocolate on a double boiler; Bring water to boil in a sauce pan on stove and place the chocolates in a bowl and place it on the pan without the water reaching the bowl. In this way chocolate melts with the steam. Stir the chocolate to melt.

Pour the melted chocolate gently in the sheets and with a spoon make sure that all sides are equally thick and no part left uncovered.



Place them while still in the cups in the fridge for 3 hours till the chocolate becomes solid and you can peel the baking sheets off.



### **For Panna cotta**

Place the gelatin sheets one by one in cold water for 5 minutes then remove them and place them in the hot coffee and stir well till it dissolves.

Let it cool but not set and then mix in coconut milk and date syrup. Pour it into the chocolate cups or any dessert cups or bowls.

Place them in the fridge for 4 hours to set.

Sprinkle some cacao powder on top.

## 5.16 Tropical Cake



The brown lines in the photo are the semi melted chocolates not cracks.

### Ingredients:

- 4 slices Pineapple
- 1/3 cup Pineapple juice
- Juice of half a Tangerine
- 1 ripe mashed Banana
- ¾ cup dried Apricots
- 1 cup shredded Coconut
- 1 Egg
- 100 grams roughly chopped Chocolates 70%
- 2 teaspoons Baking powder
- 1 teaspoon Vanilla pod
- 1 cup rasped Coconut
- 1 tablespoon extra virgin Coconut oil

### Directions:

Soak the dried apricots for several hours or overnight to get soft. Then puree them in food processor.

Preheat the oven to 180 Celsius. Line the baking tin with parchment.

Mix all the ingredients except from the pineapple pieces and chopped chocolates in food processor.

Stir in the chopped chocolates.

Pour the mixture into the baking tin and place the pineapple slices at the top of the cake.

Bake it for 30-40 minutes till the tester comes out clean.

Let it cool for 10 minutes and then transfer it to the wire rack.

## 5.17 Fruit sorbet (without lactose)



This is an easy way to enjoy the taste of fruits without added flavors and aromas and get cool. Specifically if you have any food sensitivity you can still enjoy yourself in summer.

### Ingredients:

- Banana / pitted cherries, peeled and cut mango, pitted and peeled peach and berries

### Directions:

Peel and freeze a banana in a freezer container for at least 4 hours or over night.

Cream it in the food processor. Scrape it 4 or 5 times from the sides with spatula till it turns silky and creamy.

Puree strawberries in food processor or melt 70% chocolate and drizzle it over your sorbet.

If the sweetness of the fruits or coconut is still not enough for your taste add soaked pitted dates or raisins to the blend.

- In case you like the *chocolate* taste you can add some in the process of blending.
- Adding rasped coconut gives it *coconut ice cream* taste.
- Adding chopped *walnuts* or *pistachio* turns it into walnut or pistachio ice cream.



*Berries and banana sorbet*

## 5.18 Mango jelly (simple without additives)



### Ingredients:

- 600 milliliters fresh Mango juice
- 40 grams pure Gelatin powder/ 6 gelatin sheets

### Directions:

Choose ripe mangos to juice. Place gelatin sheets one by one in cold water for 5 minutes.

Remove the sheets and place them in a sauce pan with 6 tablespoons boiled water on low heat and stir constantly until they are dissolved and remove it from heat.

Let it cool for 10 minutes at room temperature but it should not set. Then add it to the juice and stir well.

Pour it into dessert bowls or glasses.

Refrigerate for 3-4 hours.

For serving you can add thickened yogurt or coconut cream instead of cream, rasped chocolates, shredded coconuts or raw pistachios.

The same recipe can be used for other freshly squeezed juices or pureed/ blended fruits.

## 5.19 Parfait



### Ingredients:

- ½ liter Coconut milk / any nut milk
- 50 grams Dark chocolate at least 60%
- 200 grams Nuts (Brazilian, walnuts, pistachio)\*
- 2 Bananas
- 1 tablespoons raw Honey (optional)

### Directions:

\*You can also substitute nuts with berries.

Puree the bananas in food processor then add the coconut milk to the food processor.

Chop the nuts or grind them depending whether you like the consistency more chewy or soft. Mix the honey with them if desired. Place them in your dessert glass or bowl.

Melt chocolate on a double boiler. And pour some of it over the nuts.

Cover it with a layer of coconut banana mixture.

Repeat by another layer of nuts and melted chocolate covered with coconut banana mixture. Continue till top of your glass or bowl.

Last top layer should be coconut banana mixture. Finish it with rasped chocolates. You can add shredded coconut or some fruits if you wish.

Fridge it for at least 4 hours; over night is better.

## 5.20 Eastern delight



This dessert is originally made with starch and sugar and the ingredients will be heated. But this recipe does not involve any heat or starch, however it tastes the same and provides nutrition.

### Ingredients:

- 250 grams Dried figs
- 2 tablespoons Rose water
- 1/4 teaspoon ground Saffron
- shredded coconut
- 10 pieces of Walnuts/pecans
- Juice of 1 small tangerine
- 1/8 teaspoon Cardamom powder

*Directions:*

Add the saffron to half a cup boiled water and let it brew for at least half an hour by covering top of the cup.

Soak dried figs in saffron, tangerine juice and rose water over night.

Puree the figs with the liquid and cardamom in food processor.

Scoop the batch with coffee spoon and shape them into balls. Then roll them in the shredded coconut and press gently 1 piece of walnut on each.

Fridge for at least 2 hours before serving.



## 5.21 Banana cake



### Ingredients:

- 3 ripped Banana
- 1 cup pitted fresh Dates
- 1 beaten Egg
- 2 tablespoons ground Flaxseeds
- 16 grams Baking powder
- 1 teaspoon Orange or tangerine zest
- 1 cup raw Almonds
- 1 tablespoon unsweetened Cacao powder
- ¼ cup shredded Coconut
- half teaspoon Cinnamon
- ¼ teaspoon Cardamom powder
- 1 tablespoon extra virgin Coconut oil

### **For frosting**

- ¼ cup soaked dried Apricots
- 3 tablespoons fresh Lemon juice

### **Directions:**

Soak almonds overnight.

Preheat the oven to 180 Celsius. Cover the baking pan with baking sheets.

Puree the dates in food processor. Add the almonds.

Add the banana, eggs and shredded coconut to the blend and continue blending.

Add rest of the ingredients.

Pour the mixture into the baking tin.

Bake for 40 minutes or till the tester comes out clean.

After 10 minutes transfer it on the wire rack and let it cool before cutting.

For frosting blend the frosting ingredients in food processor and spread it when the cake is cool.

## 5.22 Pumpkin cake



### Ingredients:

- 1 cups raw soaked Almonds
- 2 teaspoons Baking powder
- 1 teaspoon Vanilla
- 1 teaspoon Cinnamon
- 1 teaspoon Ginger powder
- 1/4 teaspoon Cloves
- half teaspoon Cardamom powder
- 1 ½ cup Pumpkin
- 2 beaten Eggs
- 2 tablespoons ground Flax seeds
- 2/3 cup fresh pitted Dates/ yellow raisins

*Directions:*

Cut the pumpkin in half, put it on baking sheet on the baking tray and bake it for 40 minutes to 180 Celsius. Puree it in food processor.



Preheat the oven to 175 Celsius and cover the baking tin with baking sheet.

Puree the dates in food processor. Add the almonds and run the machine till it turns into paste.

Add rest of the ingredients.

Pour the batter in the baking tin and bake for 40-60 minutes or till the tester comes out clean.

Let it cool for 10 minutes and transfer it to the wire rack.

## 5.23 Chocolate orange cake



### Ingredients:

- 1 medium sized Orange/ 4 Tangerines
- 3 eggs
- 250 grams rasped Coconut
- 1 cup pitted fresh Dates
- 100 grams dark chocolate 70%
- 16 grams baking powder
- 25 grams cacao powder
- 3 tablespoons extra virgin Coconut oil

### **For frosting**

- 100 grams dark chocolate 70%
- Orange zest for decorating
- ½ cup unsweetened Coconut milk /any nut milk

### Directions:

Pierce the orange with fork and boil it for half an hour and then puree it in food processor. Discard the pits and let it cool.

Preheat the oven to 180 Celsius and cover the baking tin with baking paper.

Melt the chocolate on a double boiler.

Puree the dates with coconut in food processor.

Add rest of the ingredients. Mix well and pour the mixture into the baking pan.

Place it in the oven for 45-50 minutes.

Transfer it to the wire rack after 10 minutes to cool.

For the frosting melt the chocolate bain marie style (double boiler), add the nut milk and spread it on the cake and finish with orange zest.

## 5.24 Pumpkin chocolate nuts cookies



### Ingredients:

Packed with antioxidants and protein these are good options for on the go breakfast or snacks.

- 1 cup rasped Coconut
- $\frac{3}{4}$  cup pitted fresh Dates
- 3 tablespoon Cacao powder
- 2 cups Pumpkin puree
- $\frac{1}{4}$  cup ground Flaxseeds
- 1 cup coarsely chopped Nuts (pistachio, pumpkin seeds, pecans)
- 1 tablespoon Coconut oil
- 1 beaten Egg
- 1 pack Baking powder
- $\frac{1}{2}$  teaspoon Vanilla
- $\frac{1}{2}$  teaspoon Cinnamon

- ¼ teaspoon Cardamom powder
- ¼ teaspoon Cloves

*Directions:*

You can make the pumpkin puree by simply cutting it into half, scoop out the seeds and place it on the baking sheet on the baking tray and put it in the oven to 180 Celsius for 30-40 minutes. Then puree it in the food processor.

Puree the dates in food processor.

Preheat the oven to 180 Celsius. Line the baking tray with parchment paper.

In a bowl combine the dry ingredients and add the wet ingredients mix well with a wooden spoon but not too much.

Scoop the batter with spoon and shape them like balls and place them on the parchment paper with some distance from one another. Place it in the oven for 25-30 minutes.

They will be soft from inside.

## 5.25 Saffron pumpkin Pudding



Saffron has antiseptic, antidepressant and anti-oxidant properties. It is a good snack especially during menstruation and to prevent PMS.

### Ingredients:

- 1 cup Pumpkin
- ½ teaspoon ground Saffron
- 1 tablespoon Rose water
- ½ teaspoon Cinnamon
- 1 tablespoon silvered Almond
- 1 tablespoon silvered Pistachio
- 4 pitted fresh Dates
- 1 teaspoon Extra virgin Coconut oil
- Pinch of pink Himalayan salt

*Directions:*

Cut the pumpkin and remove the seeds.

Add pumpkin, cinnamon and saffron with 2 tablespoon water to a pan.

Let it get soft on low heat with the lid on. Or place the pumpkin pieces on the tray and place it in the oven to 180 Celsius for 25-30 minutes.

Puree the dates and pumpkin with the oil and rose water in food processor.

Stir in almonds and pistachio.

Pour it into dessert bowls or glasses and let it cool.

## 5.26 Chocolate mousse



### Ingredients:

- 1 ripe Banana
- 1 ripe Avocado
- 2 teaspoons unsweetened Cacao powder (preferably raw)\*
- 2 tablespoons raw Pistachio
- 4 Dried figs / pitted fresh Dates

### Directions:

Soak the figs in water over night to get soft.

Place all the ingredients in food processor and mix till it turns into a creamy texture.

You can use any other nuts you like or dried fruits or add shredded coconuts.

\* 50 grams melted 70% chocolate on a double boiler can be substituted as well.

## 5.27 Easy coconut macaroons



For making coconut macaroons usually the recipes consist of long processes or list of ingredients. Here is an easier way to enjoy them.

### Ingredients:

- 150 g shredded Coconuts
- 100g dried White mulberries\*
- 4 Egg whites

### Directions:

Preheat the oven to 170 degrees.

Mix all the ingredients well in food processor.

Scoop the batter with teaspoon on the baking sheet on the oven's tray.

You can add powdered pistachio or chocolate particles on the macaroons as well.

Bake them for 30 to 35 minutes till they turn light golden color.

They will be golden from outside but soft, white and melting from inside.

They should be kept in an airtight container to prevent them from turning hard and dry.

Melted chocolate on a double boiler can be used for decoration.

\*In case the mulberries are hard soak them in advance till they get soft and drain the water before use.

## 5.28 Almond chocolate cookies



### Ingredients:

- 2 cups raw Almonds/ rasped coconuts
- 1/2 cup Currants
- 16 grams Baking powder
- 2 teaspoons Orange or tangerine zest
- 2 beaten Eggs
- 1 ripe pureed Banana
- 3/4 cup roughly chopped Walnuts

- 60 grams roughly chopped 70% Chocolate
- 1 teaspoon Cinnamon
- 1 tablespoon extra virgin Coconut oil

*Directions:*

In case using almonds, soak them at least 6 hours. Then drain the water, rinse and puree it in food processor.

Preheat the oven to 180 Celsius.

Combine all the ingredients well with a wooden spoon till the batter becomes sticky.

Spoon the batter and form them by hand into cookies and place them with distance on the baking sheet on the baking tray.

Bake for 20-30 minutes till they turn into a light golden color.

## 5.29 Apple carrot cake



### Ingredients:

- 1 Apple
- 1 Carrot
- 1 ½ raw Almonds
- Half a Banana
- 1 beaten Egg
- 8 grams Vanilla
- 2 teaspoons Baking powder
- ¾ cup Raisins/ currants
- 2 tablespoons freshly ground Flaxseeds
- ½ cup roughly crushed Walnuts/ pecans
- 1 teaspoon Cinnamon
- 1 tablespoon extra virgin Coconut oil

## Directions:

Soak almonds at least 6 hours. Then drain the water, rinse and puree the almonds with banana in food processor.

Peel and cut the apple. Chop the carrot and place it together with apple in a sauce pan. Add 2 tablespoons water and place them over low heat for 10 minutes till they become a bit soft. Let them get cool. Then puree them in the food processor.

Preheat the oven to 185 Celsius. Cover the baking tin with baking paper.

Mix all the ingredients well in a bowl.

Pour the batter into the baking tin. Bake for 40 minutes.

Let it cool for 10 minutes before transferring it to a wire rack.

You can also melt 80 grams of 70% chocolate using a double boiler to cover the cake and let it cool.

## See Also

For more individualized health and nutritional consultation, specific to your health condition please contact me:

Website: <http://naturalhealthwithjoy.com/consultation/>

Email: [naturalhealthwithjoy@gmail.com](mailto:naturalhealthwithjoy@gmail.com)

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