**Healthy Eating Support Group Recipes**

**Taco Seasoning Mix**

1/3 C. dry minced onion 2 teaspoons chili powder

2 teaspoons sea salt 2 Tablespoons paprika

1 teaspoon garlic powder ½ teaspoon oregano

1 teaspoon cumin

2 Tablespoons brown rice flour to thicken sauce (optional)

Note: I like to buy my spices in the bulk section at Vitamin Cottage (they are cheaper and better quality)

Mix dry ingredients. Cover and store in cool dry place. 2 to 3 Tablespoons equal 1 package taco seasoning mix. Stir seasoning mix into meat or beans. Add ½ C. water and simmer 10 minutes. Yield: ¾ C.

* I mixed 2 lbs. organic ground beef with a 1 medium zucchini and 3 carrots pureed in the food processor.

**White Bean Dip**

In food processor blend the following:

1-2 peeled garlic cloves

2-15 oz cans white beans

¼ C. olive oil

½ tsp. Lemon Zest

Add fresh oregano, salt and pepper to taste

**Cucumber Salad**

2 cucumbers, chopped

1 onion, chopped

2 tomatoes, chopped

1 Tablespoon lemon juice

1 tsp. salt

½ tsp. pepper

**Parmesan Artichoke Dip** (No Cook)

1-14 oz can Artichoke Hearts (in water)

4 oz Neufchatel or Cream Cheese

1/3 C. Parmesan cheese

1 Clove minced garlic

Pinch salt / to taste

Put all ingredients into food processor and blend until smooth.

Recipe alternatives:

If you cannot have the cream cheese, try store-bought mayonnaise or make some from scratch (it’s real easy to do in a food processor! All you need are two large egg yolks, 3 tablespoons of lemon juice, ¼ teaspoon salt, a pinch of white pepper, and 1 cup oil.)

**Homemade Humus**

¾ C. Tahini (ground sesame seeds) 1-2 cloves garlic

2 Tablespoons Vinegar ( I used balsamic) 1 teaspoon salt

2 Tablespoons lime juice (or lemon)

1½ teaspoon ground cumin

Dash crushed red pepper (cayenne)

1 large can (15 oz) garbanzo beans with their liquid

Put all ingredients into food processor and blend until smooth. Add water if you need to make it smoother and creamier.

For Homemade Green chili Humus – Add 1 small can of mild green chilis to the above recipe

**Pico de Gallo**

4 medium tomatoes

1 large green pepper

1 medium onion

2-5 jalapenos ( to taste-the amount of seeds determines heat)

½ teaspoon garlic powder

¼ teaspoon garlic pepper

¼ teaspoon each salt and pepper

Dice all vegetables and combine. Add seasonings. Refrigerate for ½ hour for flavors to blend. Enjoy with tortilla chips, pita chips, etc.

**Ideas:** Add to mashed avocadoes to make guacamole

Use crushed tomatoes in place of diced to make salsa

**Carrot Cake Muffins**

6 eggs 1 C. Agave Nectar or less

1 T Stevia Powder 3 C. Brown Rice Flour

2 teaspoons baking soda 2 teas. baking powder (aluminum free)

½ teaspoon salt 2 teaspoons ground cinnamon

3 C. grated carrots 1 C. chopped pecans

1 ¼ C. oil 1 teaspoon vanilla

1. Preheat oven to 350 degrees. Grease and flour 2+ muffin tins.
2. In a large bowl, beat together eggs, oil, Agave, Stevia, and vanilla. Mix in flour, baking soda, baking powder, salt, and cinnamon. Stir in carrots. Fold in pecans. Spoon into prepared muffin tins.
3. Bake in oven for 20+ minutes or until a toothpick inserted into the center of the muffin comes out clean. Let cool in pan for 5-10 minutes.

**Fruit Nut Clusters**

Mix: ½ C. peanut or almond butter

½ C. honey, rice syrup or ¼ teaspoon Stevia

2 Tablespoons butter + 1 Tablespoon coconut oil

¼ teaspoon salt

Stir in: ¼C. + 2T Coconut flour or flour of choice

Add: ½ C. flaked unsweetend coconut

1 C. mixed nuts

½ C. raisins

Drop on greased cookie sheet. Bake @ 375 degrees for 10-12 minutes

(do not over bake) Cool before removing from sheet

**Raw Soaked Nuts and Seeds**

Filtered water

2 Tablespoons sea salt

Raw almonds, pecans, sunflower seeds and pumpkin seeds

Dissolve salt in water and add nuts and seeds to cover. Soak overnight and drain.

For crispy texture, dry in warm oven @ 150 degrees for 12 hours. Store.

**Nutty Monkey Snacks**

4 Bananas, mashed

1 tsp vanilla

½ C flour ( spelt, quinoa, brown rice, or oat meal or a combo )

1 1/2C chopped nuts

2 to 4 packages Stevia

Opt: ½ teaspoon salt if using unsalted nuts

Combine all ingredients and mix thououghly. Drop by tablespoonfuls onto oiled cookie sheet. Bake at 350 degrees for 20-25 minutes.

Makes 2 dozen snacks

**No Flour Nut Bread**

2 ½ C. blanched ground almonds (almond meal or almond flour )

¼ - 1/3 C. melted butter

1 C. dry curd cottage cheese

1 teas. baking soda

¼ teas. salt

3 eggs

Preheat oven to 350 degrees. Place eggs, melted butter, dry curd cottage cheese, baking soda, and salt in food processor using metal blade. Process until the mixture is thick and resembles butter in texture.

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

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

Using wet hands, shape dough into a loaf shape and press into greased pan.

Bake at 350 degree oven for about 1 hour until lightly browned on top. There will be a crack in the top of the loaf. Check by inserting

**Thanksgiving Recipes**

**Pumpkin Pie**

**Pie Crust:**

1 C. whole almonds ¼ – ½ C. honey

¼ C. butter 2 teaspoons vanilla

Process nuts in blender for only a few seconds until nuts are coarsely chopped. Do not over chop or you will get a flour-like texture which is not suitable for this recipe.

Place chopped almonds in a bowl and set aside.

Put butter, honey, and vanilla in blender. Process for about 30 seconds until ingredients are whipped. Add nuts and blend thoroughly with spatula.

Spread in pan and bake at 375 degrees until golden brown.

**Filling:**

3 eggs 2 teaspoons cinnamon

1 C. plain yogurt 1 teaspoon nutmeg

¼-½ C. honey or Stevia ½ teaspoon ground cloves

2 C. prepared pumpkin or squash

All ingredients should be mixed thoroughly in blender or food processor.

Pour over crust and bake at 375 until a knife comes out clean.

May be served warm or cold.

Plain heavy whipping cream (whipped in a blender or food processor) or plain yogurt with honey or stevia can be put on top.

**Cauliflower “Potatoes”**

1 Large cauliflower, cut into pieces

¼ C. butter

Salt and pepper to taste

Parsley and paprika garnish

Cook cauliflower until tender. Drain. Puree in blender or food processor.

Add butter, salt and pepper, and blend thoroughly. Reheat and serve.

The pureed cauliflower may be placed in a baking dish, sprinkled with grated cheddar cheese and heated in the oven until the cheese melts.

**Sweet Potato Casserole**

About 4 to 6 sweet potatoes or yams

1 can crushed pineapple

¼ stick butter (melted)

Cinnamon to taste

1 C. pecan pieces

Boil sweet potatoes in a pot of water until tender. Drain and peel. Place in food processor or blender with the crushed pineapple and puree.

Place puree in a baking dish and sprinkle with nuts, melted butter, and cinnamon. Heat in oven at 350 until it is hot.

**Pumpkin Walnut Bread**

Mix 1 ¾ flour of choice

1/3 cup sweetener of choice ( I used coconut)

1 teas. each: baking soda, Baking Powder (aluminum free), and Cinnamon

½ teaspoon salt and pepper

1 egg

1 cup canned pumpkin

1/3 cup plain yogurt

1/3 cup melted butter or coconut oil

¼ cup fruit of choice

¾ cup chopped walnuts

Combine wet ingredients and add dry. Pour into greased

9 x 5 loaf pan. Bake 1 hour or until toothpick comes out clean. Cool 10 minutes before removing from pan.

**Brownies**

½ cup melted butter 1/3 cup unsweetened cocoa

¾ cup honey or 1 cup agave ¼ teas. baking powder (aluminum free)

1 teaspoon vanilla ¼ teaspoon salt

2 large eggs ½ cup chopped nuts

½ cup flour of choice

Mix wet ingredients with spoon. Mix dry ingredients. Combine all. Add nuts then sprinkle top with coconut. Pour into buttered 9 x 9 pan. Bake at 350 degrees for 20-25 minutes.

**Squash Cup with Peas**

4 cups hot mashed squash

¼ cup honey

2 Tablespoons butter

1 teaspoon salt

Pinch baking powder

Mix all ingredients thoroughly. Place a scoop of mixture on dinner plate. Make a cavity on top and fill with hot peas to which have been added butter, salt, and 1 teaspoon honey to each cup of peas.

Yield: 8-10 servings

**Ezekeal Bread Stuffing**

4 cups Ezekeal bread cubes ½ teaspoon sage

¼ to ½ cups butter ½ teaspoon sea salt

1 cup chopped onion 2 eggs beaten

1 clove garlic minced Organic free range chicken broth

1 cup chopped celery

Place bread cubes in large bowl. Melt butter in large skillet. Add onions, garlic, and celery. Saute until onions are translucent. Then add mixture to bread cubes. Add more broth if needed, to moisten mixture. Mix thoroughly. Use to stuff poultry or bake in buttered baking dish at 325 degrees until lightly browned, about 45-60 minutes.

**Sweet Potato Bake**

4 large yams ( about 4-5 cups mashed )

1 20 oz. can sugar free crushed pineapple and juice

¼ teaspoon each ground allspice

ground cinnamon

ground ginger

ground nutmeg

Bake yams and mash. Add pineapple and spices. Place mixture in baking dish and bake in 350 degree oven for about 20 minutes or until heated thoroughly. Serves 4-8.

**Holiday Pecans**

4 cups crispy pecans 3 egg whites

Pinch of salt ½ cup pure maple syrup

1 Tablespoon vanilla extract

Beat egg whites with salt until stiff. Slowly beat in maple syrup and vanilla. Fold in pecans until well coated. Spread on 1-2 buttered baking pans and place in warm oven at 150 degrees for several hours until egg white coating hardens. Store in airtight container in the refrigerator.

For Crispy Pecans: Mix pecans with 2 teaspoons sea salt and filtered water and leave in warm place for 7 hours or overnight. Drain in colander. Spread pecans on cookie sheet and place in warm oven at 150 degrees for 12-24 hours turning occasionally, until dry and crisp. Store in an airtight container.

**Green Beans**

Fresh whole green beans

Slivered almonds in melted butter with salt and pepper

**Butternut Squash with apples**

2 tablespoons butter

½ teaspoon cinnamon

1 ½ pounds butternut squash, peeled, seeded and cut into ½ inch cubes

**Herbal Dip**

Ingredients:

* 1 cup Basil
* 1 cup Parsley
* ¾ cup Romano Cheese
* ¼ cup Toasted Pine Nuts
* 1 cup Olive Oil

Blend all ingredients together in a food processor until well mixed.

Makes enough to mix into one package of noodles

To toast pine nuts put them into a pan and toast until golden

**Lois Lang’s Luscious Bread**

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

2 ½ cups blanched, ground almonds ( almond flour)

¼ - 1/3 cups melted butter

1 cup dry curd cottage cheese (press down as you measure)

1 teaspoon baking soda

¼ teaspoon salt

3 eggs

Preheat oven to 350 degrees.

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

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

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

Using wet hands, shape dough into a loaf shape and press into greased pan.

Bake at 350 to 375 degrees for about 1 hour or until lightly browned on top. There will be a crack on the top of the loaf. Check by inserting a metal kitchen knife; it ell come out clean when bread is done. Remove from oven and run a metal spatula around the sides of the pan pressing gently against the loaf to loosin it at the corners and bottom of pan.

**WOW WAFFLES**

3 eggs ½ Cup butter

2 Cups plain yogurt 1 Cup brown rice flour

½ teaspoon baking soda 1 teaspoon baking powder

1 Tablespoon honey Pinch of salt

1/3 Cup oatmeal 1-2 Tablespoons rice milk

Mix all ingredients together and pour into a pre – heated waffle iron

**Muffins**

Line muffin tins with paper or grease and oat flour them (makes 24)

Preheat oven to 350

3-4 Tbsp agave nectar ¼ cup oats

¼ cup butter at room temp 2 tsp cinnamon

1 egg 4 tsp baking soda

3 bananas 1 tsp salt

2 cups unsweetened apple sauce 1 cup raisins

1 tsp grated orange rind 1 chopped granny smith apple

1 tsp vanilla 1 cup chopped nuts

2 ¾ cups oat flour ½ cup coconut (optional)

Cream wet ingredients

Separately mix dry ingredients

Add wet ingredients to dry ingredients- carefully folding in. Do not over mix

Add nuts, apple, coconuts and raisins

Fill muffin cups ¾ full. Bake for approx 17 min

**Granola**

2/3 cup old fashioned rolled oats ¼ cup butter

2/3 cup barley flakes (or all oats) ¼ cup honey

1/3 cup unsweetened coconut ¼ tsp vanilla

¼ cup sunflower seeds

¼ cup each- walnuts, pecans, slivered almonds

Preheat oven to 350. Lightly oil 10 x 13 jelly roll pan

Warm butter and honey, combine all. Spread in an even layer and bake 15 min. Stir twice, bake until edges are lightly brown.