RECIPIES FOR HEALTH

BOOK 3

EVERYDAY VITALITY
VITALITYCAPSULES.COM

email: jdaniels.daniels@gmail.com
INTRODUCTION

This is recipe book # 3 in a series. This book addresses recipes directed at ADHD and other difficult situations. As usual, these recipes are kid tested for flavor and ease of preparation. Natural, healthy alternatives to dairy are offered as well. This is a very exciting volume as I have developed an inexpensive, tasty alternative to dairy that is easy to use. Remember, these recipes are designed to be easy. If you do not have an ingredient, leave it out. The recipe will usually still taste good. If you are missing a vegetable, use more of the ones that you do have.

Bon Appetit!!

Wishing you a Healthy and Joyous Life

Dr Jennifer Daniels
BONUS

GUIDE
to
USE OF HEALING RECIPES

This guide was written in response to questions about how to best use Healing Recipes. Each of the recipes is now labelled.

This collection of recipes has 3 basic types of recipes:

1. HARM REDUCTION. These recipes taste and look a lot like unhealthy favorites and can be used to wean from very dense, salty, fatty or otherwise unhealthy eating habits. They are a bridge to health and are best used temporarily. An example of this is Porkless Beans in Cookbook#_4__

2. HEALTHY RECIPES. These recipes are great for everyday long term use and heal the body when used regularly. An example of this is the Winter Squash Bake in Cookbook#__3__

3. THERAPUTIC RECIPES. These recipes are designed to remedy a particular condition. An example is the Cinnamon Tea recipe in Cookbook#_2__

Symbols appear at the end of the recipe name to indicate the category. Some recipes fall into more than one category and will have more than one symbol.

(R) HARM REDUCTION recipes to use while changing your lifestyle and sparingly later on.

(H) HEALTHY RECIPES recipes to use daily

(T) THERAPUTIC RECIPES to use when there is a healing objective
Cream of Cauliflower

(R)

Chicken Seasoning
¼ t. each of fennel, marjoram, thyme and celery seed
½ c. nutritional yeast.
½ Tbs. sea salt
Grind all ingredients together in a coffee grinder. Store in a glass jar and use for following recipe and as needed.

1 ½ lbs. heads of cauliflower, chop white part
1 qt distilled water
3 Tbs. chicken seasoning
(1 Tbs. salt add more to taste)
1 c. sunflower seeds
3 medium onions, chopped
1 t. fennel seed

Place ½ cup water, chicken seasoning onions and salt in saucepan, add cauliflower. Grate stem that is left when florets are cut off and add to pot. Place 1 cup sunflower seeds in vita mix (blender). Add 2 c. of water and mix on medium increasing to high. Let mix until the consistency of cream. Add to pot. Add whole fennel seed and remaining 2 c. of water. Simmer until cauliflower is the desired consistency. Adjust spices. Serve as is or over brown rice.

Serves 6

This recipe warms the soul. It gives the taste of cream for those dairy cravings.
Cashew Cheese
(R)

1 red pepper, seeds and stem removed
3 c. cashews, raw
¼ c. nutritional yeast
salt to taste

Place all ingredients in food processor using S blade and blend until smooth. Serve as a dip with vegetables or with bread as a spread. Keeps in refrigerator for 4 days.

This satisfies cravings for cheese yet has the antioxidants and good fats cheese that cheese lacks.

Red Bean Chili
(H,T)

4c. dried kidney beans
1 gallon distilled water
1 Tbs. Ajwain seed
¼ c. cumin seed
3 Tbs. fennel seed
2 t. thyme
(2 Tbs. salt - or to taste)
2-28 oz. cans organic whole tomatoes
2 large onions coarsely chopped
10 carrots scrubbed and diced
4 bay leaves
RED BEAN CHILI

Pressure cook the beans with distilled water and bay leaves until tender. Drain, set aside liquid and toss bay leaves. Saute onions and carrots with spices until onions are translucent. No oil or water is needed if you put the onions in the bottom of the pan. They weep and provide the needed moisture.
Open tomatoes and drain.

Puncture tomatoes with a knife and drain some more. Take tomatoes from can and chop on cutting board. Add to pot with vegetables. Bring pot to a boil and reduce to simmer. Add beans. Simmer until carrots are desired tenderness. Add bean liquid as needed to get desired consistency. Adjust spices.
Serve as is or over brown rice.

Serves 12.

Tastes great even without beans. This recipe calms the stomach and the nerves. Ajwain helps with blood pressure.

Walnut Pate
(R)

½ c. walnuts
2 c. sunflower seeds
2/3 c. water
1 c. chopped celery
1 ½ t. salt
½ c. lemon juice
1 – 3 t. curry powder
julienne carrots
julienne celery
sushi nori seaweed sheets
Walnut Pate
(R)

Place first 8 ingredients in food processor until creamy. Break nori sheets into 3X3 inch squares. Spread some pate in the center. Place a carrot or celery piece on the pate and fold over.

Serve as snack or appetizer.

Be sure to drink 1 c. of water for every 4 pieces you eat. This maximizes the healing effect. This appetizer is great for hypertension and arthritis.

Ginger Ale
(R,T)

1 t. vanilla
½ c. grated ginger
1 tsp. stevia to taste (green powder)
2 c. distilled water
2 liters carbonated water

Simmer ginger and distilled water for 5 minutes. Add stevia and let cool. Strain out the ginger. Store in refrigerator and use as a syrup base to add to carbonated water to make ginger ale.

This is tasty and combines the pain relieving, stomach calming effect of ginger with the nerve calming effect of vanilla while avoiding the ill effects of sugar. This recipe has an R rating due to the carbonated water.
Hibiscus Cardamon Tea  
(H,T)

1/3 c. dried hibiscus flowers  
½ t. whole cardamon pods  
2 sticks of cinnamon, 3 inches each  
1 t. stevia powder  
1 gallon distilled water

Place hibiscus, water and cardamon in a pot and bring to a boil. Simmer for 5 minutes. Remove from heat. Add stevia. Taste. Add stevia as needed. Strain into attractive teapot and serve.

This tea creates a congenial mood. It is perfect for company or to calm hyperactive children.

Oatmeal Cookies  
(H,T)

Step 1  
¼ c. flax seed  
1½ c. whole oat groats  
2 t. baking soda  
2 t. baking powder  
1 pinch salt  
2 Tbs. rice bran  
1 t. cinnamon  
Place above ingredients in vita mix blender. Grind until a fine powder and pour into bowl.
Oatmeal Cookies
(H,T)

Step 2
1 c. vegan organic shortening
1 t. vanilla
1 c. water
2 c. cooked oatmeal ( leftover from breakfast works well)
Place above ingredients into vita mix. Blend until light and foamy.
Stir into bowl with dry ingredients

Step 3
3 c. quick oats
½ c. raisins
1½ c. evaporated cane juice
½ c. sunflower seeds
Stir above ingredients into the batter.

Grease cookie sheets. Place 1 rounded tablespoon of batter on
cookie sheet for each cookie. Leave 2 inches between cookies. Bake for 12
minutes. Cookies will not brown. Place on broil for 30 seconds to
brown. Allow cookies to cool briefly then remove with spatula and
place on rack.

Makes 4 dozen cookies

These cookies are well worth the effort. The flax seed, rice bran and
oats combine to calm the nerves, improve hyperactivity in children
and relieve stress in adults. It is worth freezing a batch of these so
you always have them on hand. I tried cookies without the sugar,
shortening and salt. It failed the kids test.
Smoked Cabbage

(\textit{R})

5 lbs. cabbage, best with the dark outer leaves
\((2\frac{1}{2} \text{ Tbs. salt})\)
\((1 \text{ t. liquid smoke})\)
\((\frac{1}{2} \text{ c. olive oil})\)
4 medium onions peeled and coarsely chopped

Peel dark green leaves from cabbage. Rinse these leaves thoroughly. Chop into 2 inch by 2 inch pieces. Set aside. Place last 4 ingredients in 5 quart saucepan. Turn the fire on “high”. Stir until onions become translucent. Turn fire down to simmer. Cut remaining cabbage in half and each half into 6 to 9 chunks (it is ok if they fall apart). It is not necessary to remove the core. Add cabbage to the pot. If it does not all fit, add what you can and add more as the cabbage cooks down. Stir every 3 minutes.
Serve over brown rice.

The smell of bacon or ham will fill the air.

If you are salt sensitive, reduce the amount of salt. If you reduce the salt, the amount of liquid smoke needs to be reduced as well to keep the flavors in balance. This dish satisfies the meat cravings without the ill effects of meat and reduces the harm from smoked meats by eliminating the meat yet retaining the flavor. Ingredients in parenthesis can be removed as your cravings diminish. This recipe benefits the liver and circulation.
Winter Squash Bake
(H,T)

3 pounds butternut squash
¼ c. black strap molasses

Turn oven to 400 degrees. Cut squash in half and scoop out seeds. Place cut side down on a cookie sheet. Check for doneness in 45 minutes. Squash is done when the skin dimples easily when pressed.

Remove cookie sheet from oven. Cut squash into 4 inch serving size.

Turn so skin of squash is facing the plate. Serve each piece with a spoon of molasses. Tastes great with or without the molasses. Molasses that has less than 50 cal per Tbs, makes this dish more powerful.

This dish is great for arthritis, diabetes, anemia and seasonal affective disorder in the winter.

HEALING BANANA BREAD
(H,T)

This recipe involves several ingredients. But it is well worth it! A few bites of this dissipates negative moods and comfortably conquers constipation. This recipe contains ingredients that turned around a detention facility. Adolescents diagnosed with various emotional problems no longer needed their medications yet behaved peacefully.
HEALING BANANA BREAD  
(H,T)

It can be frozen in 2X2 squares and eaten whenever the need arises. It makes 4 dozen muffins, 4 loaf pans or three 9x13 cake pans. Since it is wheat, egg and dairy free, it is well tolerated.

6 large bananas, peeled
4 c. water
2 c. packed brown sugar, evaporated cane juice or rapadura
1 Tbs vanilla extract
4 c. rolled oats
1/2 c. rice bran
1 c. ground flax seed
6 c. oat flour (measure 2 c. of oat groats at a time into a vita mix, grind to a powder and measure into a bowl, repeat until you get 6 c.)
1/4 t. clove powder
1 T. cardamom, ground
1 T cinnamon
2Tbs. baking soda
2 Tbs. baking powder
1 c. shelled walnuts or pecan
1/4 tsp salt

Preheat oven to 375 degrees
Place bananas and 1 cup water in blender. Liquefy. Pour into bowl. Place brown sugar, and flax seed, 1 tbs of vanilla extract and one cup of water in same blender. Liquefy. Add to first bowl. Add oats, remaining water, stir and set aside.
HEALING BANANA BREAD (H,T)

In another bowl, mix the remaining ingredients. Be sure your baking pan is greased and the oven is preheated to 375. Add the wet ingredients to the dry ingredients. Stir well with a wooden spoon. Pour into 3 well greased 9x13 inch baking pans (spread 1 inch thick) and cook for 40 minutes.

Check for doneness and cook for additional time until bread pulls away from the side of the pan and a toothpick inserted in the middle comes out clean.

This recipe is designed to get rice bran and other beneficial herbs into depressed and ADHD individuals. Adding evaporated cane juice is a compromise to reach this goal and does not appear to diminish the effectiveness of the other nutrients.