Thank you very much for your purchase of Dr Daniels' Recipes for Health. This fourth volume in a collection of Health Recipes. This volume focuses on using little known spices to multiply the healing properties of your food. As before, flavor and health benefits are greatly enhanced when organic ingredients are used.

I traveled to the jungles of Jamaica to met with the Bush doctor and trade healing formulas. I have shared with you his secret recipe for strength and energy every day. The legendary green drink is included and has been adjusted to increase its healing effects yet tastes good.

Optional ingredients are in parenthesis.

Wishing you a life of Health and Joy,

Dr Jennifer Daniels
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
DAL WITH AMARANTH
(HT)

Dal
4 cups yellow split peas, rinsed
4 bunches of beet stalks
4 stalks celery rinsed and chopped
2 medium onions
5 medium carrots
1 1/2 tbs turmeric
1 1/2 tbs cumin seeds
2 tsp of brown or yellow mustard seeds
(2 to 3 tbs salt)
3 qts distilled water
1 Tsp kelp powder

Put water and beans in a pressure cooker on stove. Bring up to pressure. Turn
down fire until you hear
it hiss softly. Let cook for 20 minutes and remove from heat.
Put remaining ingredients into a saucepan. Cook until vegetables are tender. Stir
frequently. Add split peas to the saucepan of vegetables. Stir in beet tops. Let sit 15
minutes, covered, and serve as is or over amaranth. The kelp powder greatly
enhances the mineral content of this dish.

AMARANTH
(H)

4 cups Amaranth
6 cups distilled water

Place amaranth in a large bowl. Fill with cold water and stir. Pour 1/2 of amaranth
into a fine strainer. Add more water to the bowl. Swirl. Pour off 1/2 of the
remaining
amaranth into a fine strainer. Keep repeating. You will eventually see some
sand particles that are darker than the amaranth and they settle in the bottom
of your bowl; toss them. If you do not rinse carefully, you will be eating a lot of
sand. Bring water to a boil, add amaranth and simmer for 5 minutes. Remove from heat and let sit covered for 20 minutes.

PORKLESS BEANS

This recipe is not baked. It just tastes like it is. There is no pork in this recipe. It just tastes that way. This is a very high protein, high calorie dish and can stand in for the meat/main dish in your dinner. One serving is ½ cup. This is a transition dish to satisfy cravings for meats and heavy foods. As you eat healthy food, you will want lighter food.

6 bay leaves
5 cups dry navy beans
1 cup black strap molasses (less than 50 calories per Tbs)
1/2 cup organic catsup
3Tbs prepared hotdog mustard
1 Tsp dry mustard
1 handful dried shiitake mushrooms
2 Tsp liquid smoke
1/2 Tsp salt
1 cup distilled water

Rinse and pick stones out of beans. Cook with bay leaves in crock pot overnight, pressure cook or boil until done. The bay leaves reduce the gas that beans can cause when you eat them. Drain beans, discard bay leaves, and set liquid aside.

In a 1 quart saucepan, add mushrooms, liquid smoke, salt and water. Bring to a boil. Stir, turn off fire, cover and let sit for 30 minutes.
PORKLESS BEANS

Add molasses catsup and mustard to the beans. Stir. Slice the mushrooms into 3 pieces each and add to pot of beans. Stir.

Add 1 cup reserved bean liquid, use more to get a thinner consistency. Bring beans to a simmer. Turn down fire. Let cook for 30 minutes stirring occasionally to prevent sticking. Serve as a side dish or as a main dish with salad.

CREAMY BEET STEW

2 bunches of tops to beets, chopped and washed 5 times (gets the sand out)
½ cup sunflower seeds
1 quart distilled water
1 can organic crushed or whole tomatoes
1 Tsp ajwain seeds / oregano dried
2 Tsp dill weed
1 tsp fennel seed
6 crushed cloves garlic
(2 Tsp salt and more to taste at end of dish)

In pot, Add garlic, ajwain, salt and dill. Stir until garlic is brown. Add beet greens. Stir until greens are wilted. In a vitamix, combine water, sunflower seed and fennel. Blend until smooth. Pour into pot. Chop whole tomatoes and add to pot. Simmer until greens are tender. Serve over brown rice or enjoy as a soup.

This dish is a gentle detoxifier.
ZUCCHINI STEAKS with KALONJI AND RICE*
(HT)

Zucchini Steaks

1 qt organic tomato juice
(2 Tsp salt)
2 Tsp black pepper corns, coarsely ground
3 medium onions, peeled and quartered
5 pounds of large zucchini squash (15 inches long or more)

Put first 3 ingredients in a 5 qt saucepan. Rinse zucchini and cut into 3x2x2 inch chunks. Add to pot. Bring to a boil. Turn down to a simmer. Stir pot every few minutes to prevent sticking. Simmer for 30 minutes. Serve over kalonji and rice. This recipe is great for arthritis and hypertension.

Kalonji and Brown Rice

HT

3 cup long gain brown rice
5 cup distilled water
1/2 cup lemon juice
2 Tsp salt
1 Tbs Kalonji **

Place first 4 ingredients in saucepan. Bring to a boil. Turn down fire to simmer. Cover pot and simmer for 30 minutes. Add Kalonji. Stir. Cover and let sit for 10 minutes.

- This recipe is great for arthritis and hypertension. Kalonji is known for its ability to kill worms and lower blood pressure.
**The kolonji is a spice available in Indian food markets. The organic version may not be available in your area but non-organic is still helpful.
MUNG BEAN DAL
(HT)

1 cup whole green mung beans - soaked overnight
2 cups distilled water to cook beans in pressure cooker
2 cups water to create soup
1 Tbs sunflower oil
1 Tsp mustard seeds
1/2 tsp hing (also known as asafoetida)
2 bay leaves
1 Tsp turmeric
1 Tsp cumin
1 Tsp coriander powder
1 Tbs fresh ginger, grated
2 cloves garlic, crushed
1/2 tsp salt
1 pinch of black pepper
1 Tbs lemon juice
1 Tsp raw sugar

Soak the mung beans overnight in water. You may soak 2 nights changing water daily. Peel and finely grate ginger and garlic. Drain the mung beans, rinse them 2 times and place them in a pressure cooker with 2 cups of water and cook until tender. If you cook in a regular pot, the beans will take about 45 minutes to cook.

Heat the oil in a large deep saucepan and add mustard seeds. When mustard seeds pop, add hing, bay leaf, turmeric, cumin coriander, ginger and a pinch of black pepper. Mix well and do not allow to burn. Place the cooked beans with the remaining ingredients into the saucepan. Bring to a boil. Then simmer for a few minutes more…. enjoy!

Although this recipe has sugar and oil, it is necessary to balance the doshas and is not harmful.

*It is beneficial to fast on mung bean soup. One can start, depending on the amount of toxins in the body, with 3 to 7 days of fasting only on water and mung bean soup.
Then, add cooked vegetables like pumpkins and squashes and leafy greens for 2 days. In the same way the sun melts the ice, many herbs and spices have this effect with toxins in the body; especially when combined with the mung bean. This is a most pleasant way to cleanse.
CHICKPEAS and SPINACH

(HT)

6 cups uncooked Chickpeas
2 pounds frozen spinach (or rinse thoroughly- 4x times- and chop fresh spinach)
1/2 cup lemon juice
3 medium onions
1 Tbs Garam Masala (ground)
3 cloves garlic, minced
1 Tbs cumin
1 Tbs coriander
(1 Tbs sea salt or to taste)
1 Tbs curry powder

Soak chickpeas overnight. Rinse, drain and place in pot. Cover with water and simmer until done or pressure cook until done. Drain and set aside. Reserve liquid for later use in recipe. If you need to refrigerate overnight to continue recipe the next day, this is fine.

Put onion, garlic, cumin, coriander, Garam Masala and curry in sauce pan. Heat on medium and stir to prevent sticking. Cook until onions are translucent. Add chickpeas and enough juice to make a thick stew. Add lemon juice and frozen spinach/ chopped fresh spinach. Cook 10 min stirring occasionally. Serve over basmanti rice with harissa chutney on the side for spice. Use within three days or freeze in serving size portions.

The spices in this dish are calming and relieve stress. The Chickpeas moderate blood sugar as well.
TOMATO HARISSA CHUTNEY  
(HT)

15 Sun dried tomatoes soaked overnight and drained  
4 Tbs red hot pepper flakes  
3 cloves peeled garlic  
1 Tsp ground coriander  
1 Tsp whole caraway seed  
1 1/2 tsp whole cumin seed  
Salt to taste

Put all ingredients except hot pepper in a blender. Add water from soaked tomatoes as needed to make blending easier. Final texture should be light but not runny. Remove from blender, stir in the hot pepper and serve with bean or main dish.
To store, freeze it in zip locked bag. Flatten so you can break off desired amount.

This chutney enhances energy, promotes circulation and aids digestion.

BEETS  
(HT)

4 medium organic beets  
3 Tbs apple cider vinegar  
1 cup distilled water

Scrub beets and slice 1/8 inches thick. Put all ingredients in pot. Bring to a boil. Simmer until tender.

This dish builds blood, cleanses the liver and relieves headache
SAUERKRAUT
(HT)

4 Tsp salt  
2 qts distilled water  
Grated cabbage (enough to fill a 1 gallon glass jar)  
1 gallon glass jar and lid  
1 ceramic 9 inch plate

Heat water and salt to dissolve the salt. Stuff grated cabbage into jar and fill to top. Pour water over cabbage until it reaches the top. Screw on the top but leave lid a little loose so air can escape. Place jar on the ceramic plate in a cabinet you do not open often. Sauerkraut will bubble up and spill over. The ceramic plate catches the overflow and protects your cabinet shelf. Put on a lower shelf in the cabinet away from light. Seven to ten days later it will be done. Once it is finished, store in the refrigerator.

This recipe is an excellent source of good bacteria which manufactures complex nutrients for your body. The sauerkraut juice is an especially good source of enzymes needed for digestion. Eating 2-4 tbs before your meal greatly aids digestion and helps good bacteria establish themselves.

COOKED COLLARD GREENS
(HT)

1 qt water  
4 pounds cleaned and chopped collard greens  
1 Tbs salt  
(1 Tsp liquid smoke*)  
(1/4 cup sunflower oil)  
2 large onions

Place all ingredients into a pressure cooker. Seal cooker. Bring up to pressure. Pressure cook for 10 minutes. Remove from heat and allow pressure to return to normal naturally. Serve as a side dish or with rice.
COOKED COLLARD GREENS  
(HT)

This recipe is great for bones and excellent for soaking up toxins. Feel free to drink the juice. The liquid in the pot fortifies bones and teeth. It is high in minerals and calcium.

* The Colgin brand of liquid smoke is vegan and free of additives or preservatives
www.colgin.com

VEGAN CORNBREAD  
(RT)

Preheat oven to 425 degrees
1 cup of cornmeal
1 cup of Amaranth Flour
1 Tsp of salt
¼ cup of evaporated cane juice (granulated sugar) or “Turbinado”
1 cup of water
2tbs baking powder
1/4c Ground Flax Seed
2tbs arrowroot or cornstarch
2tbs olive oil

Mix all dry ingredients. Mix all wet ingredients. Stir wet ingredients into dry ingredients but do not over stir. Immediately spoon into greased muffin tins. You can fill regular muffin tins half full or use mini muffin tins. Bake at 425 degrees for 25mins.
Muffins are done when top is firm to touch and a toothpick inserted comes out dry. This recipe freezes well.

This version of cornbread is dairy and wheat free. It promotes regularity, high in minerals and fiber. Oil and salt and sugar are necessary for corn bread.
WAKAME SALAD
(RT)

4 cups dried Wakame*
6 cups boiling water
(2tbs honey)
3/4 cup apple cider vinegar
(1tsp salt)
1tbs sesame seeds
1 chopped red pepper
1/2 green pepper chopped
1/2 small chopped onion
1 pinch of mustard powder

Pour boiling water over wakame. Cover and let sit for 20 minutes stirring after 10 minutes. Drain wakame and chop into bite sized pieces. Stir and mash honey, salt and vinegar until dissolved. Pour over chopped Wakame and add remaining ingredients and mix thoroughly. Serve room temperature or cold.

This recipe is helpful for chronic illnesses. Wakame alkalinizes the blood (raises the PH), soaks up toxins and gives minerals to the body. This is a strong detoxifier that is best to eat once or twice a week.

*May use Hiziki or Arame but Wakame provides the greatest health benefits.
The Bush Doctor’s Energy drink
(RT)

Dr Daniels visited the Bush Doctor in Jamaica and this is what he drinks for energy.

1/2c raw sunflower seeds
1/4c Molasses
1/4c Grade B Maple syrup
1/2c Nutritional yeast

Add enough water to make a quart and then blend on high in Vita Mix. (Start low and gradually increase to high) Serve over ice

This recipe promotes mental clarity, endurance and energy. Not everyone can tolerate the ingredients and this is why it has an R rating.

Yummy Green Drink
(HT)

1 bunch parsley* or 2 cups celery leaves. rinsed and chopped into 1x1 inch pieces
2 bananas
1 apple, rinsed and cut into eight pieces
1/4 cup of flax seeds
Water to make total volume of 1 qt

Place in a blender and blend until smooth. Makes about 4 cups. This drink aids digestion, strengthens bones and teeth, relieves chronic pain and stops hunger. It is a great detoxifier without the cleansing reaction and is high in enzymes.

*Kale, Collard, Spinach or Broccoli leaves, independently or collectively, will work. Lettuce is not recommended.
GREEN DRINK VARIATIONS
Below are some items that can be added to the green drink and the benefits of each

(HT)

<table>
<thead>
<tr>
<th>ADD</th>
<th>BENEFITS</th>
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<tbody>
<tr>
<td>1 tsp licorice root</td>
<td>Supports adrenal glands. If you are experiencing stress, mood swings, trying to quit smoking, or trying to break the coffee habit, adding this to your green drink will help.</td>
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<tr>
<td>Add 2 additional cups of water</td>
<td>Relieves constipation</td>
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<tr>
<td>Use water to make total volume of 3 cups</td>
<td>If you are prone to diarrhea</td>
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<tr>
<td>1 tsp milk thistle seeds Or the contents of three milk thistle seed capsules</td>
<td>If you are detoxing and want to help your liver work to handle the load from detoxification.</td>
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<tr>
<td>¼ cup of buckwheat groats (soak groats overnight)</td>
<td>Gluten – free source of complex carbohydrates and complete protein. Especially good energy source for diabetics as it contains a high percentage of complex carbohydrates. Makes drink more filling.</td>
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Dessert

CHOCOLATE PUDDING
(R)

4 Ripe Bananas
3 Ripe Avocados
1 1/2 cups water
1/2 cup carob powder (cocoa powder is bitter and has too much caffeine)

Put all ingredients into the vitamix and blend. Gradually increase the speed to high and blend for 3 minutes or until very smooth and pudding like consistency. Add more water for desired consistency. Serve immediately or chill first.

Eat within 1 day. Although this tastes and looks like chocolate pudding, the avocado deteriorates quickly. So, serve immediately or chill in the freezer prior to serving.

This dish is rich in vitamins E, A, and K. It protects against heart disease, cataracts, stroke, and cancers such as breast, prostate and mouth. It also improves the mood. It is very rich in fat. It is best to drink water before and after eating this dish to help your digestion.