

## Symptoms caused by Allergies

*There is a link between allergies and hyperactivity. Allergies can produce emotional irritability, fatigue, anxiety, hyperactivity, and mood swing.*

### Symptoms

- *bloating, diarrhea, indigestion, joint pain, heart palpitation, muscle aches*
- *stomach cramps, circles and puffiness under the eyes, malabsorption*
- *chronic infections, chronic inflammation, insomnia, swelling, cramping*
- *constipation*

### Suggestions

- *eliminate from the diet the food that causes symptoms*
- *use the food trial method to discover which food causes discomfort*
- *the most com.non allergen is homogenized and pasteurized cow's milk and it can create problems, therefore remove it from the diet for five days and notice if the symptoms are relieved*
- *eat a healthy wholesome diet to build a strong immune system that may be able to resist allergies*
- *eat raw foods such as fruits and vegetables to supply the body of the proper enzymes to aid with digestion and metabolism*
- *get plenty of sleep, fresh air, exercise and sun to strengthen the immune system*
- *relaxation would be beneficial*
- *it takes time, patience and effort but the result will be worth it*

## Allergies

### The food Trial

*Certain food can produce nervousness and emotional upset. A food trial is a test to discover which food affects the child.*

- *For five days stop your child from taking vitamins, drugs and all if possible allergenic foods.*
- *Feed him/ her only the safe foods.*
- *Once the child stops showing symptoms, you can begin to add new foods carefully, one every two days.*
- *Watch carefully to see whether he/she develops any symptoms; if he/she does, cut that food out of his diet altogether and go on to the next food.*
- *You can treat vitamins as you would a food, and add in one at a time.*
- *You can have more than one food or vitamin that affects your child.*
- *If the symptoms still persist, the child could be allergic to the safe food.*

### Allergenic foods

- *Milk, wheat products, corn, soy, eggs, caffeine, spices, all fruits, and green, orange, or red vegetables. The most common allergen is cow's milk.*

### Safe foods

*Meat (Lamb, beef, veal, or pork), poultry, rice, potatoes, and yellow vegetables such as squash. ( The "safe" foods have all been statistically proved to be less allergenic)*

## EFAs

### Sources of Omega-6

- Evening primrose oil and black currant oil are the best source. Other sources are safflower, sunflower, and corn oils, these oils have to be fresh, and cold-pressed.

### Sources of Omega-3

- Flaxseed oil is the best source. Soybean, walnut and wheat-germ oil are other sources but the plants has to be grown in a cold climate, oil has to be fresh, cold-pressed, and not hydrogenated.
- Other important sources of omega-3 EFAs are cold-liver, and fresh fish-oily, cold-water fish such as salmon, tuna, mackerel, herring, and sardines. They have to be fresh because canning causes some loss of EFAs, especially if vegetable oil is added.
- Seafood such sole and flounder are good sources but the processing and cooking can destroy the EFAs in seafood and fish.
- One good, inexpensive source of both omega-6, and omega-3 EFAs are dried beans, such as Great Northern, kidney, navy, and soybeans.

In order for these essential fatty acid to be metabolized and used by the body, the body needs to be fed co-factor vitamins such as B6, A, C, and E, minerals such as Magnesium, Zinc, Copper and Selenium. It is no accident that the foods that are naturally rich in EFAs are also naturally rich in the EFAs co-factor nutrients. Nuts, seeds, and beans are excellent sources of magnesium, copper, zinc, and vitamins E and B6. Seafood is a rich source of all the minerals. If fresh vegetables are added for vitamin A and C, we have a balanced, EFA-strong diet that can't be beat for its immune-building effect.

## Anti-oxidant

The anti-oxidant defense system needs certain vitamins and minerals to function properly: - Vitamin A, C, E, B2, B3  
- Mineral Zinc, Copper, manganese, Selenium, Sulfur

## Anti-oxidant food sources

- Vitamin A: - Carrots, sweet potatoes, winter squash, red peppers, pumpkin, broccoli, and liver
- Vitamin C: - Citrus fruits, tomatoes, strawberries, red peppers, and broccoli
- Vitamin E: - Oatmeal, sunflower seeds, hazelnuts, almonds, and unrefined EFA-rich oils
- Vitamin B2: - Dairy products
- Vitamin B3: - Whole grains (except corn)
- Zinc: - Liver, other meat, oysters and clams
- Copper: - Fish, sesame seeds, tofu, and kidney beans
- Manganese: - Brown rice, oatmeal, split peas, almonds, peanuts, hazelnuts, pecans, walnuts, and blackberries
- Selenium: - Fish, shellfish, and oatmeal
- Sulfur: - Fish and other protein-rich foods, including meat and eggs

## Anti-nutrients

These anti-nutrients interferes with the metabolizing of vitamins and minerals, they create imbalances and deficiencies in the body: Sugar, sodium, phosphates, pesticides, free radicals, caffeine, chocolate, coloring, and additives.

Nutrition for Hyperactivity  
& Learning Disorders

- *Eliminate all refined carbohydrates, such as sugar and white-flour products, from the child's diet.*
- *Eliminate food coloring, preservatives, additives and pesticides.*
- *Avoid processed, artificially-sweetened foods.*
- *Feed your children wholesome nutritional foods, and read the labels.*
- *The basic diet needs to focus on healthy, natural food for learning to improve.*
- *Providing an overall balance for hyperactive children nutritionally, emotionally and physically is the ideal treatment.*
- *Homemade snack made with natural ingredients and love are far more healthier to the mind and body than store bought snacks.*
- *Massage is one of the best external methods for calming children.*
- *Good quality air purifiers are highly recommended to remove allergens and pollutant that may cause hyperactivity.*
- *Exercise will help use up excess energy.*
- *Regular meals and healthy snacks are essential.*
- *Love, understanding, support and encouragement are the best foods.*
- *Ten minutes of quality time spent with a child each day can make the difference in providing emotional nutrition.*

## Attention Deficit Disorder

*Attention Deficit Disorder is defined by three major features, any two of which suffice for the diagnosis: poor attention skills, deficient impulse control and hyperactivity.*

### Characteristics associated with ADD

- *Performs well when given one-to-one attention but is restless and unproductive when required to work independently*
- *Has trouble beginning and completion of tasks*
- *Withdraws attention when parents or teachers give instructions*
- *Extreme distractibility*
- *Becomes distractible and distracting when not the center of attention*
- *Has difficulty relating to peers (may be revealed in complaints that others are "bothering" the child)*
- *Has difficulty relating to siblings*
- *Emotional instability, daily or hourly mood swings*
- *Displays frequent temper outbursts and/or abrupt mood changes*
- *Makes incessant demands but is never satisfied with anything for very long*
- *Requires caretaking on some task beyond the age when it is appropriate*
- *Has difficulty organizing school materials and belongings at home*
- *Sloppy and/or impulsively done schoolwork that contains obvious mistakes*
- *Learning disabilities*
- *Continuous "brain chatter"*
- *Difficulty solving problems or managing time*
- *Procrastination*
- *Disorders of speech and hearing*
- *Absentmindedness; inability to remember sequences or events*
- *Lack of goals*
- *Sleep disturbances*
- *Thinking that they are always right*
- *Do not want to accept change, and do not adapt well*
- *In adulthood, failure in career or relationships*

### ADD and Nutrition

- *Factors that have been linked to the development of ADD include: Hereditary, anxiety, allergies, smoking during pregnancy, oxygen deprivation at birth, environmental stress or pollutants, artificial food additives, injury, infection, lead poisoning, and prenatal trauma.*
- *Many children with these conditions react to certain preservatives, dyes, and salicylates in foods.*
- *These items can throw off the balance in the chemistry of the brain, often producing undesirable changes in behavior.*

### Suggestions for ADD

- *Feed the child wholesome nutritional foods, and read the labels.*
- *Limit dairy products if you notice behavioral changes after they are consumed.*
- *Remove from the diet all forms of refined sugar and any products that contain it.*
- *Use an elimination diet to identify foods that may be causing or aggravating symptoms.*
- *Eliminate junk food and all foods that contain artificial colors, flavorings, monosodium glutamate (MSG), preservatives, processed and manufactured foods; and foods that contain salicylates.*
- *Certain foods naturally contain salicylates. These include almonds, apples, apricots, all berries, cherries, cucumbers, currants, oranges, peaches, peppers, plums, prunes, and tomatoes.*
- *Include EFAs in the diet.*
- *Limit exposure to television, video and electronic games, and loud music. Instead, encourage outdoors physical activity or activities to expand creativity.*
- *Massage is one of the best external methods for calming children.*
- *Love, understanding, support and encouragement are the best foods.*
- *Spending quality time with the child each day can make the difference in providing emotional nutrition.*
- *Regular meals and healthy snacks are essential.*
- *Some Health food stores have good tasty natural treats, take the time to browse around and get familiar with the natural ingredients.*

## DESSERTS

These are traditional after supper or dinner. They should be a nutritious part of the meal, not a special treat. Don't use desserts as a bribe to get your child to eat other foods; that will just make them seem more important than they really are.

The following desserts are delicious and wholesome.

*Homemade freezer pops.* Although they are messy, youngsters enjoy them. You can make your own very easily: Buy metal molds, pour in plain juice with puréed or mashed fruit mixed with yogurt, and freeze. Do not add sugar.

*Fruit salad.* Orange and grapefruit slices for vitamin C, plus other fruits in season. For crunchiness and magnesium, top with chopped nuts. For texture, calcium, and protein top with yogurt or soft tofu.

*Fresh fruit in season.* Baked apple with cinnamon, natural (unsweetened) applesauce with raisins, berries topped with plain yogurt and chopped nuts, or peaches over cottage cheese with sesame seeds.

*Low-sugar pastries* made with whole-grain flour and dried fruit: sugar-free oatmeal raisin cookies, apple-coconut muffins, spice cake (see recipes in Chapter 10).

*Sugar-free pies* with whole-wheat crusts and cooked fresh fruit or fruit-tofu fillings, like pumpkin-tofu pie (see recipes in Chapter 10).

*Yogurt sundaes.* Blend yogurt with banana or berries, top with mixed nuts, cinnamon, or nutmeg. Chill.

*Fruit-juice snow cone or frozen fruit juice pops.*

*Smoothies* (see recipes in Chapter 10).



## SMOOTHIES

MAKES 2 CUPS

All smoothies must include the following, to provide essential nutrients: 3 Tb yogurt or tofu, 1 small banana, and 1 Tb flaxseed or walnut oil. Note that when using tofu, silken tofu works the best, but firm and soft tofu are also satisfactory. Blend all ingredients in a blender or food processor until you have a smooth drink. You can also freeze the mixtures in molds to make freezer pops.

Following are 5 different delicious smoothies:

### ALMOND-YOGURT

*10 almonds*  
*½ cup water*  
*3 Tb yogurt*  
*1 small banana*  
*1 Tb orange juice concentrate*  
*1 Tb flaxseed or walnut oil*

Grind the almonds in the blender, then add all the remaining ingredients and liquefy.

### WALNUT-ORANGE

*1 oz walnuts*  
*1 Tb orange juice concentrate*  
*½ cup water*  
*1 small banana, or 5 pitted dates*  
*1 tsp coconut*  
*3 Tb yogurt*  
*1 Tb flaxseed or walnut oil*

Grind the walnuts in the blender, then add all the remaining ingredients and liquefy.

### BLUEBERRY-APPLE SHERBET

MAKES 4 CUPS, OR 12 FREEZER POPS

*½ cup powdered milk*  
*⅓ cup apple juice, or ½ cup water plus 2 Tb apple juice concentrate*  
*6 oz apple juice concentrate*  
*3 medium bananas*  
*12 oz fresh blueberries*

Follow the directions in the master recipe.

### YOGURT POPS

MAKES 9 FREEZER POPS

*8 to 10 oz frozen orange juice concentrate, or 2 pints fresh strawberries or one 20-oz pkg frozen*  
*2 cups plain yogurt or soft or silken tofu*

If you use strawberries, purée fresh or frozen berries in a blender, then add the yogurt or tofu. Transfer to molds and freeze for several hours or overnight, until firm. Insert ice cream sticks for handles when pops are semifirm. Unmold to serve.

### YOGURT-STRAWBERRY POPS

MAKES 6 TO 7 FREEZER POPS

*1 pint strawberries*  
*1 cup plain yogurt*  
*¼ cup apple juice concentrate (optional)*

Prepare as instructed in master recipe, using apple juice concentrate if purée isn't sweet enough.

### FRUIT ICE

Blend fresh fruit—strawberries, pineapple, or watermelon. Freeze in an ice cube tray, then blend again until smooth. Serve in dessert compotes, or refreeze in small paper cups.

You can also use frozen fruit: a 20-oz pkg of frozen strawberries will yield 2 cups purée.

## FRUIT SHERBET

MAKES 3 TO 5 CUPS, DEPENDING ON CHOICE OF FRUIT

### BASIC INGREDIENTS

*½ cup powdered milk, or 1 pkg unflavored gelatin dissolved in  
⅓ cup warm orange, apple, or pineapple juice (see Note)  
6 oz fruit juice concentrate, such as apple or orange  
3 medium ripe bananas, or ¾ lb fresh or frozen blueberries, or  
1 lb crushed fresh or canned pineapple (see Note), or ½ lb  
fresh or frozen strawberries*

BASIC PROCEDURE: Mix the powdered milk or gelatin dissolved in fruit juice with the fruit juice concentrate in a blender or food processor. (For a creamier sherbet, increase the amount of powdered milk.) Add 2 or 3 fruits, as preferred, and blend again for 5 minutes, or until smooth.

Pour into ice cube trays or molds and freeze until firm. If molds are not available, use small paper cups (⅓ cup capacity). Put an ice cream stick (available in some supermarkets or variety stores) in the center.

*Notes:* Dairy is preferred nutritionally in the sherbet. If a dairy-free sherbet is desired, use the gelatin dissolved in warm fruit juice.

Canned pineapple should have nothing added to it.

### BANANA-STRAWBERRY SHERBET

MAKES 3½ CUPS, OR 10 FREEZER POPS

*⅓ cup fresh orange juice, or ½ cup water plus 2 Tb orange  
juice concentrate  
1 pkg unflavored gelatin  
6 oz frozen orange juice concentrate  
3 medium bananas  
1¼ cups hulled fresh strawberries, washed*

Put the orange juice or water and orange juice mixture in the blender. Add all the other ingredients, and blend until you have a smooth purée. Pour this mixture into 2 ice cube trays or 10 molds. Freeze several hours or overnight, until firm.

To serve, blend the frozen sherbet cubes to make a smooth mixture. Serve in dessert dishes, decorated with a sprig of fresh mint and/or a fresh strawberry. Freezer pops are removed from molds and eaten off the stick.

### PINEAPPLE-BANANA SHERBET

MAKES 5 CUPS SHERBET, OR 15 FREEZER POPS

*⅓ cup water  
⅓ cup orange juice concentrate  
3 medium bananas  
1 lb pineapple, cubed*

Follow the same directions as for Banana-Strawberry Sherbet.

## GRANOLA BARS

Once you've made your granola, these bars are a snap. The longer you keep them, the better they are. Two to three days after making them, they're even better than they are fresh.

MAKES FORTY-EIGHT 1¼-INCH-SQUARE BARS

- 3 eggs
- 3 Tb *apple juice concentrate*
- 1 tsp *ground cinnamon*
- 3 cups *Granola* (see p. 244)
- ½ to 1 cup *raisins* (see Note)

Preheat the oven to 350° F.

In a large bowl, beat together the eggs, apple juice concentrate, and cinnamon. Add the granola and raisins, and mix well. Let the mixture sit in order to absorb some moisture while you lightly oil a 9-inch-square baking pan. Spread the mixture evenly in the pan, and pat it down with the back of a large spoon.

Bake for 25 minutes, or until set and lightly brown around the edges. While the mixture is still warm, cut into 1¼-inch squares. Store in the refrigerator.

*Note:* If your granola contains raisins, use only ½ cup additional; if it has no raisins, use 1 cup raisins.

## TOFU-ORANGE PUDDING

SERVES 6

*2 cups silken tofu*  
*2 small bananas*  
*½ cup orange juice concentrate*  
*2 tsp vanilla*  
*½ cup buttermilk*  
*Grated orange peel (optional)*  
*Sprig of mint (optional)*  
*Chopped nuts (optional)*

Put all the ingredients except optional garnishes in a blender or food processor. Blend until smooth. Pour into individual serving dishes (glass-stemmed dessert dishes look nice). Chill about 1 hour, until a nice pudding texture is achieved.

If you wish, decorate with grated orange peel and a sprig of mint, or sprinkle chopped nuts on top.

## AMBROSIA

SERVES 6

*4 oranges, peeled and sliced*  
*¾ cup unsweetened shredded coconut*  
*1 Tb orange juice concentrate*  
*⅓ cup pineapple juice, or 1 Tb pineapple juice concentrate*  
*mixed with ¼ cup water*  
*Whole strawberry (optional)*  
*Chopped walnuts, sliced almonds, or sesame seeds (optional)*

Put the orange slices in a large bowl. Add the coconut and mix thoroughly. In a separate bowl, mix the orange juice concentrate and pineapple juice or pineapple juice concentrate and water. Pour this mixture over the orange slices and coconut. Stir again.

Refrigerate for 1 hour before serving. Put the ambrosia in a glass dessert compote. Top with a whole strawberry, or sprinkle with chopped walnuts, sliced almonds, or sesame seeds.

## RICE PUDDING

This is a delicious rice pudding that isn't sweet.  
SERVES 6

*1/2 cup long-grain brown rice*

*1 3/4 cups water*

*1/3 cup raisins*

*4 eggs*

*2 1/2 cups low-fat milk*

*2 tsp vanilla*

*1/2 tsp ground cinnamon, or 1/4 tsp grated nutmeg (see Note)*

Rinse the brown rice, cleaning it well. Put it and water in a 2-quart pot. Bring the water just to a boil, cover, and turn the heat down very low. Simmer for 50 minutes. The rice should be a little wetter than usual.

Preheat the oven to 350° F.

Put the raisins in a small bowl and add hot water to cover plus an inch. Let the raisins plump for 10 minutes. Lightly beat the eggs, add the milk, vanilla, and cinnamon, if desired. Lightly butter a 2-quart baking dish.

When the rice is cooked, add it to the liquid mixture, and stir, mixing well. Drain the raisins. Stir them into the rice mixture.

Pour the pudding into the buttered baking dish. Bake for 35 to 40 minutes, or until the pudding is set. (It is set when a knife inserted into the side comes out clean. The center may seem too wet still. Don't worry, it will continue to cook and set after you take it out of the oven. Overcooking will cause it to collapse and turn to liquid.)

Sprinkle the top with cinnamon or nutmeg if you haven't added it yet. Let sit a few minutes before serving. Or serve cold.

*Note:* If you love the taste of cinnamon, add it to the pudding rather than sprinkling it on top.

- 3 cups rolled oats*
- 1 cup oat bran*
- ¼ cup sesame seeds*
- ¼ cup flaxseed*
- ½ cup sunflower or pumpkin seeds*
- 1 cup chopped walnuts*
- ½ cup apple juice concentrate*
- ¼ cup flaxseed or walnut oil*
- 1 tsp vanilla*
- 1 tsp ground cinnamon*
- 2 cups raisins*
- ½ cup flaked unsweetened coconut*

Preheat the oven to 350° F. and lightly oil two cookie sheets.

Mix oats, oat bran, seeds, and nuts in a large bowl. Combine the apple juice concentrate, oil, vanilla, and cinnamon in a small bowl.

Add the wet ingredients to the dry, stirring until everything is well coated with the oil mixture. Spread the mixture evenly on the two cookie sheets.

Bake for 18 to 20 minutes, or until golden brown. Stir after 10 minutes. Remove from the oven, and add the raisins and the coconut.

Store in an airtight container in the refrigerator. Serve topped with low-fat milk or apple juice.

- 1½ cups whole wheat flour*
- 1 tsp baking soda*
- ½ tsp ground cinnamon*
- 3 Tb flaxseed, ground (to make ¼ cup ground) (see Note)*
- 1 egg*
- ¼ cup melted unsalted butter*
- ¼ cup flaxseed or walnut oil*
- 2 Tb apple juice concentrate*
- 1 cup sugar-free applesauce*
- ½ cup flaked unsweetened coconut*

Preheat the oven to 400° F. Lightly oil 10 muffin cups.

In a large bowl, mix the flour, baking soda, cinnamon, and ground flaxseed. In a medium-size bowl, beat the egg, butter, and oil. Then add the apple juice concentrate, applesauce, and coconut, and mix until well blended. Add the wet ingredients to the dry all at once, stirring just until the mixture is moistened. Don't overbeat or the muffins will be tough. Spoon the batter into the muffin cups, filling each two-thirds full.

Bake for 30 minutes, or until the tops are lightly brown. The insides of the muffins will be slightly moist because of the applesauce.

*Note:* Flaxseed can be ground in a coffee mill or nut grinder.

### BRAN MUFFINS

These are a great nonsweet muffin. If you need a sweetener, top the muffin with apple butter, apple-pear spread, or a sugar-free jam. Your children can help you coat the raisins with the flour.

MAKES 12 TO 14 MEDIUM-SIZE MUFFINS

*2 cups whole wheat flour*  
*¼ cup soy flour*  
*2 tsp baking soda*  
*¼ to ½ tsp ground cinnamon*  
*1 cup wheat bran*  
*¾ cup raisins*  
*1 egg*  
*2 Tb flaxseed or walnut oil*  
*1¼ cups buttermilk*  
*½ cup apple juice concentrate*

Preheat oven to 400° F., and lightly oil a muffin pan or 14 paper muffin cups.

In a large bowl, sift together the flours, baking soda, and cinnamon. (If there is any bran residue, add it back into the mixture. The sifting makes the muffins a little lighter; it's not to remove bran.) Stir the wheat bran into the flour mixture, then add the raisins and stir until the raisins are coated with flour.

In a medium-size bowl, beat the egg with a wire whisk, then add the oil and mix well. Add the buttermilk and apple juice concentrate, and beat thoroughly.

Add the liquid ingredients to the dry all at once, stirring with a few quick strokes just until combined. Don't overbeat or the muffins will be tough. Spoon the batter into the lightly oiled pan or muffin cups, filling each almost to the top with batter.

Bake for 20 minutes, or until the tops of the muffins are lightly brown and a cake tester comes out dry when inserted in the center. Let the muffins sit in the pan for about a minute, then carefully turn out onto a wire rack to cool for a few minutes. Serve hot.



## MUESLI

MAKES 10 CUPS

- 3 cups rolled oats*
- 3 cups whole wheat or barley flakes*
- 1 cup oat flakes*
- 1 cup oat bran*
- 1 cup sunflower or pumpkin seeds*
- 1 cup chopped hazelnuts or filberts*
- 1 cup raisins*
- 1 cup packed chopped dried apples*

Preheat the oven to 400° F.

In a large bowl, combine the rolled oats, whole wheat or barley flakes, the oat flakes, and oat bran. Spread the grains out in a thin layer on 5 ungreased cookie sheets, using 2¼ cups of grain for a 14-inch-square baking sheet. Shake the cookie sheet so that you have an even distribution of grains. Bake for 4 to 5 minutes, stir and turn the grains with a spatula, and bake them for an additional 1 to 2 minutes, until lightly browned. Let them cool, then put them back in the bowl. Add all other ingredients and mix them together.

Store in an airtight container in the refrigerator. Serve with milk or plain yogurt. Add fresh fruit in season.

### *SESAME-SPICE OATMEAL COOKIES*

It takes lots less time if you have small helping hands to form these cookies. Making oatmeal cookies is a great opportunity for fun in the kitchen with your children.

MAKES 100 COOKIES

*1 cup pitted dates (8 oz)*

*1 cup orange juice, or ¼ cup orange juice concentrate plus  
¾ cup water*

*¼ cup butter, melted*

*3 cups rolled oats*

*1 cup whole wheat flour*

*½ tsp baking soda*

*½ tsp ground cinnamon*

*Pinch of ground cloves*

*Pinch of grated nutmeg*

*Pinch of ground ginger*

*1 cup raisins*

*1 cup sesame seeds*

*½ cup flaxseed or walnut oil*

Preheat the oven to 350° F. Lightly oil two baking sheets.

Place pitted dates in a medium-size saucepan, and cover with the orange juice or orange juice concentrate and water. Simmer until soft.

In a large bowl, combine the rolled oats, flour, baking soda, and spices.

Add the raisins and sesame seeds to the dry mixture, stirring so that the raisins are covered with flour.

By now the dates should be soft. Put the dates and their liquid, melted butter, and flaxseed or walnut oil in a blender or food processor. Purée until smooth. Pour this mixture into the dry ingredients. Stir until well mixed.

Drop the dough by heaping teaspoonfuls onto the oiled cookie sheets. Bake for 15 minutes, or until cookies are brown around the edges. Cool on a rack.

## BANANA-NUT OATMEAL COOKIES

MAKES 24 COOKIES

*2 cups rolled oats*  
*½ cup chopped walnuts, pecans, or sunflower seeds*  
*1 cup raisins*  
*3 medium bananas*  
*2½ Tb butter, melted*  
*2½ Tb flaxseed or walnut oil*  
*1 tsp orange juice concentrate*

Preheat the oven to 350° F. Lightly butter and flour a baking sheet.

In a large bowl, combine the rolled oats, nuts, and raisins. Put the bananas, melted butter, oil, and orange juice concen-

trate in a blender or food processor, and blend until you have a smooth liquid.

Add the liquid mixture to the oat mixture and mix well, until the oats have absorbed the liquid and are fairly soft.

Drop the dough by tablespoonfuls onto the buttered and floured baking sheet, leaving ½ inch between the cookies. They do not spread as they bake, so shape them as you wish them to look. Bake for 20 to 25 minutes, or until brown around the edges. Cool on a rack.

## NUT BUTTER-COCONUT TREATS

MAKES 40 CANDIES

*1 cup peanut or walnut butter, or  $\frac{3}{4}$  cup peanut butter and  
 $\frac{1}{4}$  cup walnut butter  
 $\frac{3}{4}$  cup chopped raisins, dates, or figs  
 $1\frac{1}{2}$  cups unsweetened shredded coconut  
 $\frac{1}{2}$  cup ground nuts and seeds, such as walnuts, sunflower  
seeds, and flaxseed*

In a medium-size bowl, mix the nut butter, dried fruit, and coconut. Make small balls or quarter-size patties. Roll them in the ground nuts and seeds. Keep in the refrigerator.

## BANANA ICE

Peel a banana and cut it into chunks. Put the chunks on wax paper and freeze until hard. Put the frozen chunks in a blender and blend until you have a smooth, creamy consistency. Occasionally stop the blender and stir the chunks with a rubber spatula to facilitate blending. If you have a difficult time, add  $\frac{1}{2}$  to 1 unfrozen banana or some milk or yogurt.

For a little variation, add vanilla and/or other frozen fruits. A favorite is a mixture of strawberries and banana.

It's fun to make banana splits with the children. Put slices of unfrozen banana in a dessert bowl. Add different kinds of homemade fruit ices and banana ice. Pour a little orange juice concentrate or pineapple juice concentrate over the top, then sprinkle with grated coconut, chopped nuts and seeds, and raisins.

*Note:* If you own a Champion juicer, it's even easier to make ices. Simply put the frozen fruit through the juicer.

### *PEANUT BUTTER CHEWS*

These are fun to make with children. "Little hands" can help you blend the dough by kneading it.

MAKES 24 CHEWS

*1½ cups rolled oats*  
*½ cup sunflower seeds*  
*½ cup raisins (see Note)*  
*½ cup peanut butter*  
*½ cup apple juice concentrate*

Preheat the oven to 350° F.

Put the rolled oats, sunflower seeds, and raisins in a large mixing bowl. Mix, then add other ingredients and mix well until combined. Let the mixture sit a minute so that the oats can soak up some of the moisture. Meanwhile, lightly oil a cookie sheet.

Shape the dough into tablespoon-size pieces, and put them on the cookie sheet. Flatten them slightly.

Bake for 12 minutes, or until lightly browned. Let cool on a wire rack.

Store in an airtight container in the refrigerator. They keep for several days.

*Note:* If the raisins are too dry or hard, soak them in hot water a few minutes to allow them to plump. drain, then use.

## FRUIT AND NUT TREATS

MAKES 45 DIME-SIZE PATTIES

*1/3 cup pitted dates (about 18)*  
*1/3 cup black mission figs (about 8), stems cut off*

*3 Tb orange juice concentrate*  
*2 Tb hot water*  
*2 1/4 cups ground almonds and walnuts*  
*1/3 cup ground flaxseed (see Note)*

Put the dried fruit, orange juice concentrate, and hot water in a medium-size bowl. Mash the ingredients with a potato masher or a wooden spoon, until you have a fairly smooth mixture. (A few lumps are fine.)

Combine the nuts and seeds in a small bowl. Remove 1/2 cup of this mixture and set aside in a cup. (You will use this mixture to coat the patties.)

Add the remaining mixture to the fruit and liquid mixture, and mix well. To form the treats, take a small ball of dough and press it flat slightly to make a dime-size pattie. Put the pattie in the cup of ground nuts and seeds and coat thoroughly.

Keep the patties in a sealed container in the refrigerator.

*Note:* Flaxseed may be ground in a coffee grinder or nut and seed grinder.

*VARIATION:* A 1/2-cup portion of the mixture can be removed before forming the patties, and 2 Tb shredded coconut and 1/4 tsp almond extract can be added to it.

### *TOFU CUSTARD*

A high-protein, mineral-rich, delicious pudding.

SERVES 4

*3 eggs*  
*1 cup firm tofu*  
*2 Tb rice malt sweetener, or ¼ cup honey*  
*1 cup milk*  
*1 tsp vanilla*  
*½ tsp ground cinnamon*  
*¼ tsp nutmeg (optional)*

Preheat the oven to 350° F. Lightly butter a 1½-quart casserole dish.

Beat the eggs in a medium-size bowl. In a blender or food processor, blend the tofu, sweetener or honey, milk, vanilla, and cinnamon until smooth. Pour the blended mixture into the bowl with the beaten eggs, and stir, mixing well.

Pour the custard mixture into the buttered casserole dish. Bake for 1 hour. Sprinkle with nutmeg before serving, if desired.

## SUNFLOWER BUTTER

MAKES 2¼ CUPS

*2 cups sunflower seeds (10 oz)*  
*1 Tb soy powder*  
*1 Tb flaxseed or walnut oil*  
*1 Tb tahini*  
*2 Tb water*

VARIATION: To make nut butters more flavorful, add apple butter, chopped dates, or raisins for sweetness. For taste, texture, and additional vitamins, mix with shredded carrots, alfalfa sprouts, or chopped green pepper.

*Note:* Keep all nut butters in the refrigerator to prevent rancidity and oil separation.

## QUICK SANDWICH SPREAD

MAKES 1 CUP

PREPARATION TIME: 2 minutes

*½ cup plain yogurt*  
*½ cup tahini*

Mix the two ingredients together in a small bowl or glass jar. Store in the refrigerator; it will keep for several days.

## BASIC EGG MAYONNAISE

Be sure that all ingredients are room temperature before starting. If the oil is cold, warm it to tepid (about 70° F.).

MAKES 2½ CUPS

*1 egg*  
*¼ tsp dry mustard*  
*1 Tb cider or brown rice vinegar, or lemon juice*  
*1 Tb lemon juice*  
*1 cup olive oil*  
*1 cup flaxseed or walnut oil*



## NUT BUTTER SPREADS

Smooth nut butters are a little difficult to make unless you have a hand grinder, which works best. However, you can produce a fairly successful nut butter with an electric blender. To make a nut butter, simply grind nuts or seeds in a blender or hand grinder until you have a powder, then gradually add oil until you have a paste.

If you like a chunky nut butter, simply grind for less time. A coarser grind is also less likely to produce oil separation in the nut butter.

If you use a blender, grind 1 cup of nuts or seeds at a time. If you grind too many nuts and seeds at once, you'll put too much stress on the blender's motor, and you won't get a fine powder.

For oils, use olive, flaxseed, and walnut. The amount of oil depends on the type of grinder you have. A good grinder will require less oil; 1 Tb oil per cup of nut or seed meal is usually enough, although you'll probably need more if you use an electric blender. The instructions that follow use an electric blender.

### WALNUT BUTTER

MAKES 1 CUP

*2 cups walnuts (6½ oz)*  
*1 Tb flaxseed oil*  
*1 Tb walnut oil*  
*(or 2 TB walnut oil)*  
*1 Tb water*

### ALMOND BUTTER

MAKES 1½ CUPS

*2 cups almonds (10 oz)*  
*1 Tb flaxseed oil*  
*2 Tb walnut or olive oil*  
*(or 3 Tb walnut oil)*  
*¼ cup water*