



## HEALTHY RECEPIES

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### **Basic Whole Wheat Bread**

- 1 cup warm water
- 1 tablespoon natural sweetener
- 1 teaspoon yeast
- 1 teaspoon sea salt
- 1 tablespoon oil
- 1 cup whole wheat flour
- 2 cups unbleached white flour

Dissolve sweetener in the water then stir in yeast. Let stand 5-8 minutes as the yeast begins to bubble. Stir in the oil and salt. Add one and a half cups of flour. Beat vigorously for one minute. Add remaining flour gradually. Use only the amount of flour necessary to handle dough without it sticking to your hands. Lightly flour table and knead dough for 5 minutes. Add more flour if necessary. Place dough in a large bowl, cover with a clean towel. Let dough rise until double for 30-45 minutes. Punch down, knead briefly. Squeeze out all air bubbles. Shape into loaf. Place in a medium size oiled loaf pan. Cover with a towel. Let rise until nearly double in size for 30-45 minutes. Bake at 350 degrees for 30-40 minutes, until golden brown and bread slips from the pan. Cool on a rack.

### **Cashew Pimento Cheese Sauce**

- 1 cup cashews
- 2 cups water
- 1/3 cup pimento
- 3 tablespoon Cornstarch
- 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- 2 tablespoons yeast flakes
- 1 teaspoon sea salt

Blend all until smooth. Put in the pot and cook on the stove with stirring until thickens. Chill in fridge.

### **Smart Butter**

- 1 cup cooked cornmeal (cook ¼ cup cornmeal in 1cup water)
- 1 cup water
- ¼ cup raw cashews
- 1 teaspoon sea salt
- 1 tablespoon yeast flakes
- 1/3 cup olive oil

Blend cashews with water. Add cooked cornmeal, salt and yeast flakes. Blend until smooth, add oil very slowly.

### **Hummus**

- 1 cup of cooked or raw chick peas
- 1 garlic clove
- 1 Tab tahini
- a little water
- 2 Tablespoons lemon juice
- salt to taste (if beans are salt free)

Blend all together until smooth. Serve in pita bread with salad.

### **Guacamole**

- 1 large or 2 small ripe avocados
- 1 tsp onion powder
- ½ tsp. sea salt
- 2 tsp. lemon juice.

Use a fork to mash the avocado and seasonings together. To maintain the green color, leave an avocado pit in the guacamole

### **Granola**

- 12 cups rolled oats
- 2 cups wheat germ or bran
- 1 cup cashew pieces
- 1 cup slivered almonds
- 1 cup date pieces
- 1 cup dried pineapple
- 2 cups soya flour
- 2 cups shredded coconut
- 1 cup water
- 1 cup honey
- 1/2 cup olive oil

Mix all dry ingredients together well. Mix water, honey, and oil in blender. Add to dry ingredients. Mix well. Bake at 250° for 1 1/2 hours in shallow pans, stirring every 1/2 hour.

### **Scrambled Tofu**

- 1 packet of tofu
- 2 cloves of garlic
- 1 medium onion chopped finely
- 1 red pepper chopped finely
- 1 teaspoon chicken style seasoning
- 1 teaspoon olive oil
- 1 tablespoon yeast flakes
- 1/8 teaspoon turmeric (for color)

Saute garlic, onion and red pepper. Mash tofu with fork and mix in yeast flakes, seasoning and marinate. Serve cold or hot.

## What for a breakfast?

### **Banana Smoothie**

- 1 Banana, frozen
- 1 Cup of strawberries, frozen
- 1 Cup of Milk (soya, almond, nut, rice)

Blend ingredients until they are thick like a milk shake.

### **Pancakes**

- 3 ½ cups of whole wheat flour
- ½ cup flax meal
- 1 tablespoon aluminum- free baking powder.
- ½ teaspoon sea salt
- 1 Table spoon honey
- 4 Cups milk (soya, almond, rice)
- 3 Table spoon Olive Oil

Mix 3 teaspoon Egg replacer in 4 Tablespoon cold water

Mix dry ingredients together in a bowl. Add liquid ingredients and mix together well. Cook on a pancake griddle until golden brown on both sides.

### **Nut milk**

- Blend 1/3 Cup cashew in 1 Cup water
- Add ¾ Cup cooked millet
- 1teaspoon vanilla
- 1.2 teaspoon sea salt
- 1 Tablespoon sugar
- 2 Cups water

Blend all ingredients and add more water if desire.

### **Fruit jam**

- 1 package of any mix of berry fruit.

Pour into saucepan and bring to boil. Add 2 Tablespoons of organic raw sugar to sweeten.

Mix 2 tablespoon of Corn starch or Agar thickened with 1/3 cup of cold water.

Add to the boiling fruit and simmer until thickened.

### **Hot cereal**

- Add 6 chopped, dates in 2 Cups of water.
- Bring to a boil and add
- 1 Cup of 6 grain cereal (or rolled oats, or barley, or millet).
- Simmer covered for 30 minutes.

Put in a bowl and add nut milk and shredded, unsweetened coconut

### **Unleavened Bread**

- 2 Cups of whole wheat flour
- ½ teaspoon salt
- 3/8 of cup olive oil
- ½ cup water

Mix all ingredients together until making a nice soft dough. Stretch the dough on a oiled oven dish with a rolling pin to a thickness no higher than ½ inch. Score the dough into squares before baking and impress each square with a fork. Bake in a heated oven 4 or 5 for about 15 to 20 minutes. Has got to be soft but slightly crunchy.

### **French Toast with tofu**

1 Pkg. Silken tofu (firm)  
¾ cup water  
1 Tbsp. Maple syrup or honey  
¼ tsp. Salt  
1 tsp. Vanilla

Combine all the ingredients in blender and blend until smooth. Pour into a large bowl. Dip slices of whole grain bread into mixture, scraping excess off with a spatula or knife. Place slices on non-stick or sprayed griddle or frying pan and cook until golden brown on both sides.

### **French Toast with almond butter**

1 Cup Almond butter  
2 cups Milk  
1 Tbsp. Organic raw sugar  
1/2 tsp. Cinnamon  
1 tsp. Vanilla

Combine all the ingredients in blender and blend until smooth. Pour into a large bowl. Dip slices of whole grain bread into mixture, scraping excess off with a spatula or knife. Place slices on non-stick or sprayed griddle or frying pan and cook until golden brown on both sides.

## How to cook the grain

Basically, all grains are cooked in the same manner. The difference is in the cooking time and the manner of water required. Place your measured grain in boiling water and add sea salt. Cover the pot and reduce the heat to simmer.

The following indicates the approximate cooking times for the different grains:

<b><u>Grain:</u></b>	<b><u>Amount:</u></b>	<b><u>Water:</u></b>	<b><u>Cooking Time:</u></b>
<b><i>Amaranth</i></b>	<b><i>1 cup</i></b>	<b><i>2 ½ cups</i></b>	<b><i>20-25 minutes</i></b>
Barley	1 cup	3 cups	1 ½ hours
Brown Rice	1 cup	2 cups	1 hour
Buckwheat (kasha)	1 cup	2 cups	17 minutes
Bulgur	1 cup	2 cups	20-25 minutes
Cornmeal	1 cup	4 cups	30 minutes
Couscous	1 cup	2 cups	10 minutes
Kamut	1 cup	3 cups	2 hours
Millet	1 cup	2 cups	30 minutes
Oat bran	2/3 cup	2 cups	5 minutes
Oats, large flakes	1 cup	2 cups	30 minutes
Oats, quick	1 cup	2 cups	5 minutes
Oats, whole	¾ cup	2 cups	1 hour
Pearl barley	1 cup	2 cups	45 minutes
Quinoa	1 ½ cups	2 ½ cups	15 minutes
Seven Grain	1 cup	3 cups	1 hour
Spelt	1 cup	3 cups	2 hours
Wheat berries	1 cup	3 cups	2 hours

Your grains will be fluffier if you don't stir them while they simmer. After cooking time is up, remove from heat and leave the lid in place a few minutes longer (approximately 5 minutes); the grains will continue to cook. Fluff with a fork to separate grain before serving.

## What for a lunch/supper?

### **Quinoa Salad**

2 ½ cups water  
1 ½ cups quinoa  
½ tsp. Sea salt

Wash quinoa very well under faucet using a fine mesh colander.  
Bring water to a boil. Add sea salt and quinoa.  
Cover and simmer approximately 15 minutes until water is absorbed.  
Remove from heat. Chill.

**Add to quinoa:**           ½ cup sliced green onion  
                                  ½ cup sliced black olives  
                                  1 medium tomato, diced  
                                  ½ cup diced cucumber

**Optional Dressing:**    1/3 cup olive oil  
                                  2 Tbsp. Lemon juice  
                                  ½ tsp. Garlic powder  
                                  Sea salt to taste (optional)

Mix dressing thoroughly.

Toss over salad.

Allow marinating 30 minutes in fridge before serving.

### **Millet salad**

3 cups of uncooked millet (cook for 1 ½ hrs) with 1 teaspoon salt  
1 cup raw onions  
1 cup red or green pepper  
½ cup black olives (optional)  
2 Tablespoon (T) olive oil  
2 cloves garlic  
1 T lemon juice

Cook millet for 1 ½ - 2hrs and add remaining ingredients.

### **Butternut Squash Soup**

1-2 Tbsp. olive oil  
1 small onion  
2 Tbsp. chicken-like seasoning  
2 c. water  
1 large potato, peeled and diced  
½ tsp. salt  
¼ tsp. thyme  
2 c. cooked and mashed squash  
2 c. water  
1 c. raw cashews

In a large pot, sauté' onion in oil or a little water until soft and tender.

Add chicken-like seasoning, 2 cups water, potato, salt and thyme. Cook over medium heat until potato is soft.

Place mixture in blender and blend until smooth. Return to pot.

Blend in blender until smooth, cashews in water.

Add cashew milk and squash to pot. Heat over low temperature stirring occasionally until desired temperature.  
Serve immediately.

### **Tofu Millet Burgers**

1 (454g.) Pkg. medium/firm tofu  
1 medium onion, chopped fine  
2 c. quick cooking oats  
½ tsp. salt  
½ c. millet cooked in 2 c. water until soft  
½ c. pecans, ground fine  
1 tsp. poultry seasoning  
2 Tbsp. beef-like seasoning  
1 tsp. garlic powder  
1 heaping Tbsp. nutritional yeast flakes  
2 Tbsp. Braggs All Purpose Seasoning

Blend tofu until smooth. Pour into a mixing bowl.

Add remaining ingredients and mix well.

Drop by tablespoonfuls on a preheated non-stick skillet. Form into the shape of a burger.

Fry both sides of burger until golden brown.

Serve warm on a bun with lettuce, tomato, and choice of toppings.

### **Veggie Burgers**

2 cups oats soaked in hot soy milk  
3 eggs (or use egg replacer )  
1 teaspoon salt  
2 tablespoon nutritional yeast  
1 carrot, grated  
1 potato grated  
1 small onion, minced  
1 tablespoons beef or chicken seasoning

Mix all ingredients.

#### **To fry:**

Heat a tablespoon of oil in a heavy skillet over medium heat, and spoon in the batter to form patties. Fry until browned on each side, about 5 minutes per side.

#### **To bake:**

Lightly spray a 9" x 13" (23 cm x 33 cm) baking dish, put mix in the dish and bake 30min at 390 deg. F

### **Nut Loaf**

2 c. raw cashews, ground  
2 c. ground gluten or commercial gluten product such as "Yves Ground Round"  
1 large onion, chopped  
¼ c. chopped celery  
2 Tbsp. olive oil  
1 c. dry bread crumbs  
¾ c. soymilk  
2 Tbsp. Cornstarch or 3 Tbsp. arrowroot powder  
1 tsp. salt  
1 Tbsp. Braggs All Purpose Seasoning  
2 Tbsp. chicken-like seasoning  
1 Tbsp. dry parsley flakes  
1 tsp. poultry seasoning

Combine all ingredients and mix well.

Pour into 1 large or 2 small lightly greased loaf pans.

Bake at 350 degrees F. for 45-60 minutes or until brown on top.

Remove from oven. Let sit 10 minutes before serving.

Note: Loaf is more stable if prepared the day before serving. Reheat loaf and tip onto a platter. Slice into ½-inch thick slices. Garnish with fresh parsley and cherry tomatoes.

## **Big Bertha Burger**

Here is a tasty veggie burger that is totally wholesome, free of additives often found in most supermarket varieties. If you like them as much as we do, you will be making a double recipe and freezing the extras.

4 cups water  
½ cup Braggs Aminos (or low low-sodium soy sauce)  
¼ cup nutritional yeast flakes  
2 Tbsp canola oil  
1 Tbsp flaxseed meal  
1 Tbsp dried sweet basil  
2 garlic cloves, minced  
1 large onion, finely chopped  
1 tsp ground coriander  
1 tsp dried sage  
1 cup chopped cashews, walnuts or pecans  
4 cups rolled oats

Place a 3-quart pan on burner over medium heat and add the ingredients in the order given above, except for the rolled oats.

Bring the water to a slow boil, quickly stir in the rolled oats and immediately remove from heat. Cover and set aside to cool.

Preheat oven to 375°.

Form oat mixture into three-inch round patties and place on oiled baking sheets.

Bake for 25 minutes on each side. Serve with whole-wheat buns, soy mayonnaise, lettuce and slices of onions, tomato and pickles.

*TIP:* To shape the round burger patties use the lid of a large-mouth canning jar. Fill and pat the burger mixture into the lid and then push the lid through the ring onto baking sheet. See pictures.

### **“Chicken-like” Gravy**

\*opt. 1/3 cup olive or grape seed oil  
½ cup flour, unbleached white, whole wheat or brown rice  
4 cups water  
3 Tbsp. Chicken-like seasoning  
2 Tbsp. Braggs all purpose seasoning  
Sea salt to taste

In a saucepan, mix oil and flour together.

Whisk in water slowly and add seasoning. Bring to a boil then simmer until thickened.

<b>Nutrition Facts</b>	
per serving makes 18 servings	
Amount per serving	
<b>Calories</b>	209
Calories from fat	71
% Daily Value *	
<b>Total Fat 7.8g</b>	12%
Saturated Fat 1.3g	6%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 240mg</b>	10%
<b>Total Carbohydrate 26.8g</b>	9%
Dietary Fiber 4.4g	18%
<b>Protein 7.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
34% of calories from Fat 51.3% from Carbohydrates 14.7% from Protein	



### **Vegetable Pizza**

- 1 med. Eggplant
- 1 c. Soy milk
- 2 to 3 c. Seasoned breadcrumbs
- 1 T. Cornmeal
- 1 lb. Honey Wheat Pizza Dough
- 1 c. Spaghetti sauce
- 1 c. Spinach (chopped)
- 1 med. Onion (cut in slivers)
- 2 c. Broccoli florets
- 3 c. Mushrooms (sliced)

Wash and slice eggplant into 1/2-inch slices (should be approximately 30 slices); set aside. Spray baking sheet with nonstick cooking spray. Dip eggplant slices in soy milk; cover each side with breadcrumbs. Place on baking sheet; bake 375 deg. F. for 30-40 minutes until golden. Set aside. Sprinkle cornmeal on 14-inch pizza pan; stretch pizza dough onto pan. Spread spaghetti sauce over dough. Layer in order: spinach, onions, broccoli, mushrooms, and eggplant slices over entire pizza. Bake 400 deg. F. 15-20 minutes until bottom of crust is golden. Serve hot or at room temperature.

### **Potato Musaka**

- 7 medium potatoes
- 1 Tbsp (15 ml) olive oil
- 1 large onion, diced
- 1 package round ground or 2 cups cooked lentils, drained and rinsed
- 1 - 5 1/2 oz (163 ml) can tomato paste
- 3/4 cup (180 ml) water
- 1 tsp Sea Salt

Sauce:

- 4 large eggs (or egg replacer)
- 1/4 cup (60 ml) butter(OPTIONAL)
- 1/4 cup (60 ml) flour
- 2 cups (500 ml) milk
- 1/2 tsp (2.5 ml) Sea Salt

Cook potatoes. Peel cooked potatoes and set aside.

Heat oil and sauté onion until softened. Add round ground (or add lentils at this time).

Add tomato paste, water and Seasonings. Simmer mixture for 5 minutes, uncovered. Set aside.

To make sauce, whisk eggs until frothy. Add flour and stir until absorbed.

Gradually add milk, stirring constantly.

#### **To assemble:**

Lightly spray a 9" x 13" (23 cm x 33 cm) baking dish.

Slice potatoes 1/8" (.3 cm) thick and place in baking pan. Sprinkle lightly with Sea Salt

Pour half of sauce over potatoes. Spread meat or lentil mixture over sauce.

Layer remaining potatoes over meat or lentils. Sprinkle once again with Sea Salt.

Pour remaining sauce over all. Bake at 375° F (190° C) for 1/2 hour.

### **Tofu garlic dressing for salads**

- 1 Package Silken Tofu
- 3 garlic cloves
- 1 teaspoon sea salt
- 4 Tablespoon Olive oil

Blend all ingredients in blender

### **Desert: Carob Balls**

3/4 cup carob melted in  
1/4 cup hot soya milk  
½ cup graham crumbs  
1/4 cup honey  
1 cup peanut butter or other nut butter (cashew/ almond)  
coconut (optional)

Mix all ingredients. Form into balls by rolling portions between palms. Roll in coconut. Chill to make more firm.

### **Creamed Pears**

1 cup raw cashews  
1 tsp. Vanilla  
1 Tbsp. Honey  
2 – 14oz. Canned pears, unsweetened

Drain juice off canned pears and reserve.

Place all ingredients into blender.

Blend until very smooth. Slowly pour juice reserved from pears into a blender as needed until the desired consistency is reached.

Options: Substitute canned pears with canned peaches or frozen thawed strawberries.

### **No Bake Cookies**

½ c. soy milk  
1 tsp. vanilla extract  
½ c. honey  
1/3 c. carob powder  
1 ½ c. unsweetened shredded coconut  
1 ½ c. quick oats

Combine soy milk, vanilla and honey in a pot. Bring to a simmer over medium heat.

Add carob powder and coconut to pot. Stir well.

Add oats and mix well.

Drop by tablespoonfuls onto a piece of wax paper. Chill in refrigerator.

Makes: 2 dozen

### **Eat More Bars**

1 c. carob chips  
½ c. Rogers Golden Syrup or honey  
½ c. peanut butter  
1 c. wheat germ  
½ c. raw sunflower seeds  
1 c. dry roasted peanuts, chopped

Melt together carob chips, syrup or honey, and peanut butter in a non-stick pan. Remove from heat.

Stir in remaining ingredients. Press into a 9" x 9" baking dish.

Chill and then cut into squares. Serve chilled. (These freeze well)