

Ingredients for Cooking Videos

Cream of Quinoa-Millet-Brown Rice Cereal: Makes 6 servings

Equipment:

Coffee or spice grinder or blender
1-quart saucepan with lid
Wooden spoon

Ingredients:

¼ c. quinoa
¼ c millet
¼ c brown rice
2 Tablespoons Raisins
2 Tablespoons Walnuts
¼ tsp. Cinnamon
Pinch of Sea Salt
1 ½ -2 cups Water
Coconut oil or organic butter
Unsweetened Rice milk or almond milk or organic milk
Optional Sweetener: Grade B Maple Syrup, Honey, Sucanat or Agave Nectar

Yogurt Cream: Makes 1 ¾ cups

Equipment and Supplies:

Cheesecloth
Colander
Deep bowl

Ingredients:

1-quart plain, nonfat, organic yogurt
2 tablespoons of Agave Nectar (or Grade B Maple Syrup or Brown Rice Syrup)
2 teaspoons of pure vanilla extract
1 pinch sea salt

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Curried Butternut Squash Soup: Makes 4-6 servings

Equipment:

Knife
Cutting board
1-gallon soup pot with lid
Wooden spoon
Blender

Ingredients:

1 teaspoon. Extra virgin olive oil
1 small Onion, large dice, or 1-teaspoon onion powder
1 Tablespoon Madras curry powder
1 Tablespoon grated fresh Ginger or 1-teaspoon ground ginger
2 medium Butternut squash, peeled (if not organic), seeded, and cubed)
2 Granny Smith Apples (if not organic), cored and 4 cups Magic Mineral Broth or
Organic vegetable broth—4 cups
Lime or lemon juice, to taste
¼—½ teaspoon sea salt

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Cashew Cream: Makes 1 ½ cups

Equipment:

Blender
Rubber spatula

Ingredients:

1 cup raw, unsalted cashews
½ - 1 cup organic vegetable broth or water
½ tsp. sea salt
Optional: Add a pinch of nutmeg and 1 tsp. lime or lemon juice

Dates with Cashews: Makes 6 servings

12-pitted dates
12-whole raw unsalted cashews

Sliced Apples and Pears with Almond or Peanut Butter Dipping Sauce: Makes 6-8 servings

Equipment:

Paring or chef's knife
Apple corer (optional)
Cutting Board
Small Mixing bowl
Whisk or fork

Ingredients:

2 crisp organic apples, cored and sliced
2 barely ripe pears, cored and sliced
1 tsp. lemon juice mixed with ¼ cup water
½ cup all natural, pure creamy almond butter or peanut butter
¼ cup warm water (or more to achieve saucy consistency)

Optional:

1 Tablespoon unrefined sweetener such as Agave Nectar,
Grade B Maple Syrup or Local Honey
¼ tsp. cinnamon
¼ tsp. ginger powder