

FRIENDLY FOOD

Healthy Can Taste Good

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Many people think that healthy foods are boring with no taste. Wrong! Healthy foods can be as mouth-watering as crusty pizza, creamy pasta or decadent chocolate cake. I have many recipes that taste good, are easy to make and are healthy for you.

SHOPPING EXPERIENCE

- 1 Find a health food store in your neighborhood that carries a variety of fresh organic fruits and vegetables, nuts, seeds, legumes and other super foods.
- 2 When shopping for a particular food, ask yourself: "Do I want this food to become my skin, my hair, my eyes, and my whole body?"
- 3 Go for fresh organic fruits and vegetables and choose different colors, textures and shapes.



macadamia nuts, borage oil and coconut oil.

- The best oils for cooking at higher temperature are coconut oil and olive oil.
- Many oils are damaged when cooked at high temperature; I suggest sauté to vegetables by adding some water first and then some olive oil for flavor.
- Prepare your own home-dressing by using olive oil, lemon and Celtic sea salt.
- You can mix in some tahini (sesame paste) for creamy consistency and black papaya seeds for spiciness. This is much healthier than bottled salad dressing that you buy in grocery store.
- I use coconut oil when making my own shakes and raw desserts such as cakes, pies and cookies.
- Use oils that are certified organic, cold pressed and stored in dark bottles in the fridge.

3. KNOW HOW SWEET IT IS

Do you have cravings for sweets? Fruit is a great way to end your sweet temptations. Serve fresh fruit for dessert, or use pureed fresh or dry fruit for pie filling, shakes or cakes. Use dates, raisins, currants, molasses, rice syrup, barley malt and agave nectar in your recipes to replace white sugar. These natural sweeteners contain more vitamins, minerals and other nutrients than white sugar. Concentrated sugar affects blood sugar levels and overall health.

4. EXPERIMENT WITH A NEW WAY OF EATING

a. SALADS: Salads are a great way to add nutrition to your meal. Prepare your own salads by incorporating different types of greens such as romaine lettuce, green leafy lettuce, radicchio, arugula, spinach, and dandelion. You can add chopped tomatoes, sliced cucumbers, and red radishes. Toss some sunflower or pumpkin seeds for added crunch and sprinkle with Dulse and Hemp hearts for extra vitamins, minerals and essential fatty acids. Be creative and prepare your own home-made dressing using cold pressed olive oil, freshly squeezed lemon, garlic, Bragg amino acids and fresh basil and oregano. This salad is filling and healthy for you.

b. PASTA: Use kamut, spelt, wild rice, or brown rice pasta instead of white wheat pasta. For people with allergies and sensitivities to wheat, Kamut and Spelt pastas are very good. Their low glycemic index is very good for those with diabetes and hypoglycemia.

You can buy different shapes of pasta such as fettuccini style brown rice pasta, spaghetti, brown rice spirals and wild rice penne pasta in the health food store.

AT HOME IN YOUR KITCHEN

1. SPICE THINGS UP

Using herbs and spices can make a dish very tasty. Use fresh herbs such as basil, oregano, cumin, cayenne, turmeric, cinnamon, ginger, fennel, parsley, salt, thyme, sage, and vanilla as much as possible in salads, patés, dips, cakes, pies and casseroles. These herbs and spices have therapeutic benefits and are also wonderful additions to make your food delicious.

2. USE FATS THAT HEAL

Eating the right amount of good fats and replacing toxic fats with healthy ones are essential to good health. Good fats are anti-inflammatory, lubricate the intestines and digestive tract, contribute to joint flexibility and insulate the nerves.

- The best plant fats and oils are those found in raw foods such as avocado, nuts, seeds, olives, olive oil, hempseed oil,

Play with different flavours when making pasta. You can use basil pesto made of fresh basil and sunflower seeds, or red pesto sauce with sun-dried tomatoes, basil and garlic. If you are not vegetarian then I have the perfect pasta recipe for you listed below.

c. PIZZA: Who doesn't like pizza with a crusty dough right from the oven? It is okay to eat pizza occasionally, but too much will cause blood sugar imbalance and other health problems.

Try to use whole wheat flour when making dough, unless you have allergies and you have to replace wheat flour with kamut, spelt, or almond flour. Add some of your favorite toppings. I use my own home-made tomato sauce and some fresh vegetables such as tomatoes, sun-dried tomatoes, red pepper, arugula, broccoli, and onions. Following I share my recipe for almond pizza, which contains fiber, vitamins and minerals, good fat and protein. It is sweet and tastes absolutely delicious.

These are just a few healthy food replacements that you can incorporate into your everyday endeavours without sacrificing taste. And remember - become conscious of the nutritional value of the food you are eating. Connect with your food - smell it, touch it and have a relationship with it.

Bon Appetite!



ALMOND PIZZA

Crust:

- ½ cup almond flour
- 2 eggs
- Extra virgin olive oil to desired consistency
- Pinch of Celtic sea salt
- Dry oregano and basil to taste

Preparation:

1. In a bowl mix all ingredients to form a round ball.
2. Drizzle the pan with some olive oil
3. Place the dough on the pan and press down firmly with hands to form a round shape for crust.
4. Brown the crust in the oven at 350 C.
5. Remove the pizza pan from the oven and add your favorite toppings.
6. Place pizza crust back to the oven and bake for an additional 10 to 13 minutes or until vegetables are nicely crisp but not soggy.

Toppings:

- Tomato sauce
- Tomatoes, thin sliced

- Sun-dried tomatoes, presoaked
- Artichokes, canned
- Arugula
- Fresh basil and oregano
- Minced Garlic
- Thinly sliced onion
- Olives
- Cheese of your choice or Tofu cheese

RAW TOMATO SAUCE

INGREDIENTS:

- 1 medium tomato, chopped
- ¼ cup sun dried tomatoes, soaked
- ¼ cup basil leaves, fresh
- 1 garlic clove
- 2 dates, Medjool
- 1 tsp. olive oil

PREPARATION:

1. Soak sun-dried tomatoes for 4 hours.
2. Mix in blender or food processor the tomatoes, sun-dried tomatoes, fresh basil and garlic.
3. Add dates, olive oil and blend until smooth.

BROWN RICE PASTA WITH ANCHOVY FILETS AND CAPERS

Ingredients:

- ½ tsp unflavored coconut oil
- 5 garlic cloves, minced
- 5 anchovy filets, chopped, canned
- 796 ml plum tomatoes, canned, drained
- 3 tbsp capers, rinsed and drained
- ¼ cup Kalamata olives
- ¼ cup parsley, fresh, chopped
- 454 g (16 oz) brown rice spirals
- 1 tsp oregano, dry

Preparation:

1. Cook pasta spirals in boiling, salted water until al dente or until not too soft.
2. Heat ½ tsp coconut oil in a medium, non-stick skillet over medium heat.
3. Add garlic and anchovy fillets and sauté for 5 minutes.
4. Stir in tomatoes, capers and oregano
5. Simmer 10 minutes, stirring occasionally.
6. Stir in olives and parsley and simmer for an additional 5 minutes
6. Drain pasta and place in a large bowl.
7. Pour sauce over and toss.