

*Herbal Legacy
Healthy Living
Cookbook*

Herbal Legacy Recipes

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Herbal Legacy Recipes

Breakfast Recipes

Ann Wigmore's Sprouted Wheat Cereal

Apple Breakfast

Raw Granola

Waffles

Fruit Shaker

Herbal Legacy Recipes

Ann Wigmore's Sprouted Wheat Cereal

Ingredients:

2 cups sprouted wheat
4 cups spring or filtered water
1/2 cup raisins
1 large apple, peeled, cored or
1 banana peeled and sliced

Directions:

Soak raisins in one cup of the spring or filtered water for one hour or until soft. Reserve the water used in soaking the raisins. In a blender, blend wheat with fruit, water and raisin soak-water at medium speed for about two minutes. Use warm filtered water if a warm cereal is desired. The sprouted wheat cereal should have a soupy consistency. Sprouted (hulled) buckwheat, sunflower seeds, or sesame seeds may be substituted for the wheat. (All seeds should be soaked at least 6 hours or overnight.)

Herbal Legacy Recipes

Apple Breakfast

Light and Natural CookBook

Ingredients:

- *1 Large unpeeled apple – Diced
- *3/4 Cup rolled oats
- *1/4 Cup maple syrup
- *1/2 Cup chopped walnuts
- *1 Cup soy yogurt
- *2 TBSP wheat germ
- *Ground cinnamon (optional)
- *Ground nutmeg (optional)



Directions:

Stir the apples, oats, maple syrup and walnuts into the yogurt. Sprinkle with wheat germ. Top with cinnamon and nutmeg if desired. Garnish with fresh fruit.

Serves 2

Herbal Legacy Recipes

Raw Granola

INGREDIENTS:

- 6 cups raw oat meal
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup chopped dates
- 1 cup pumpkin seeds
- 1 cup shredded coconut
- 1 cup pecans
- ½ cup wheat germ
- 1 ½ teaspoon grated orange rind or ½ teaspoon ground anise (optional)

DIRECTIONS:

Mix together. Store in jars. Keep cool. Serve dry (chew thoroughly) or with nut milk. Add a little honey if needed.

Herbal Legacy Recipes

Waffles

INGREDIENTS:

- 1 ripe banana, mashed
- 2 cups water
- 1/2 cup uncooked oatmeal
- 1 1/2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- Vanilla extract to taste (optional)
- Berries (optional)



DIRECTIONS:

Mix together the mashed banana and water. Add dry ingredients and mix, leaving lumps in the batter.

Waffles: Cook on a waffle iron, according to the manufacturer's instructions.

Pancakes: Pour 1/2 cup of batter into a hot, lightly oiled frying pan. When bubbles rise through the middle of the pancake and break on the top, flip the pancake and cook until browned underneath. (Note: Test the pan before cooking the pancakes by throwing a few drops of water onto it. If the water jumps around and then disappears, the pan is at the correct temperature.)

Top with berries or other fruit and 100% pure maple syrup.

Notes:

This recipe takes less than five minutes to prepare, not including cooking time.

You must leave lumps in the batter. Waffle or pancake batter which is too smooth will spread out very thin on the waffle iron or pan, and the result will be a rubbery, tough cake.

The batter doesn't freeze well but can be refrigerated for a short time. Waffles can be made in large quantities and frozen for future use; this is a good option if your waffle iron is small!

Pancake suggestion: Put small slices of banana or apple onto the top of each pancake before flipping, and dribble a small amount of batter onto the pieces of fruit. Finish cooking the pancake according to the recipe.

As shown, recipe makes roughly four waffles; the number of pancakes will vary according to size. Recipe can easily be multiplied for more waffles/pancakes.

Herbal Legacy Recipes

Fruit Shaker

Ingredients:

- * 3-4 lg. bananas
- * 1/4 piece of cantalope
- * 1/4 piece of rock melon
- * 5 oranges, juiced
- * 2 lemons, juiced
- * 3 mandarines or tangerines, juiced
- * 1 or 2 grapefruits, juiced
- * 2 apples
- * 2 pears
- * 1 or 2 kiwis
- * 2 Tbs. flaxseed oil
- * 2 Tbs. Pure oleo europaea olive oil
- * Whatever other seasonal fruits that can be had

Directions:

In a blender, add the the bananas, the melons and citrus juice, blend on high speed for a few moments. Add the apples and pears blend on high for a few more seconds, then put the kiwis in and the oils and mix till blended, gently with the oils so as not to damage the properties.

Note:

Serve with a side plate of L.S.A. (linseed sunflowers and Almonds). I've found this to be a wonderful drink and it tastes wildly wonderful!!

Have fun and enjoy.

Gypsy

This recipe was given to us by Gypsy from LA, Ca.

Herbal Legacy Recipes

Main Dish Recipes

Baked Falafel

Black Bean & Barley Salad

Black Bean Burgers

Crank's Nut Roast

Hawaiian Haystacks

Herbal Legacy Recipes

Baked Falafel

From About.com Middle Eastern Food

INGREDIENTS:

- * 1 15-19 oz can chickpeas, drained
- * 1 small onion, chopped
- * 2 cloves of garlic, chopped
- * 1 tablespoons of fresh parsley, chopped
- * 2 tablespoons flour
- * 1 teaspoon coriander
- * 1 teaspoon cumin
- * 1/2 teaspoon baking powder
- * salt and pepper
- * 2 tablespoons olive oil



DIRECTIONS:

Preheat oven to 350° F.

Drizzle olive oil evenly in shallow baking dish.

While oven is preheating, mash chickpeas with mortar and pestle or in food processor. Add onions and garlic and blend.

Add remaining ingredients to make a thick paste-like consistency.

Shape into ping pong size balls and place in preheated baking dish. Bake for 15-20 minutes, turning halfway through cooking.

Herbal Legacy Recipes

Black Bean & Barley Salad

From Cooking Smart for a Healthy Heart
Appeared in "The Reader's Digest"

INGREDIENTS

- 1 cup carrot juice
- 1/2 tsp. thyme
- 1/2 tsp. salt
- 1/8 tsp. cayenne
- 1/2 cup quick-cooking barley
- 3 tbs. fresh lemon (or lime) juice
- 1 tbs. olive oil
- 1 can (19 oz. about 2 cups) black beans rinsed and drained
- 1 cup (or more) diced tomatoes
- 1/2 cup (or more) diced avocado

DIRECTIONS

1. Combine carrot juice, thyme, salt and cayenne in saucepan. Bring to a boil over medium heat; add barley; reduce to a simmer. Cover. Cook until barley is tender (about 15 minutes).
2. Meanwhile, whisk lemon juice and oil in a large bowl. Add barley and any liquid remaining in pan; toss to coat. Add beans, tomatoes and avocado.

Serves four.

Herbal Legacy Recipes

Black Bean Burgers

Contributed by Amy J., Springville, Utah

Yield: 4 servings

INGREDIENTS:

- 1 can black beans - drain, but save the liquid in case you need to add it in later
- ¼ cup chopped raw onions
- ¼ cup corn meal or bread crumbs
- ½ cup flour
- 1 tablespoon fresh parsley or 1 teaspoon dried parsley
- 1-2 cloves garlic, crushed or minced
- Season with sea salt, Spike, Montreal Steak Seasoning, or Cajun seasoning

DIRECTIONS:

Mash together. If needed, add black bean liquid to get burger-like consistency. Shape patties, and then put in fridge for at least 30 minutes

Fry in a little oil on a griddle until it starts to brown on each side

Put burgers on a toasted whole wheat bun

Top with:

Tomatoes
Lettuce
Onion
Organic ketchup or tomato paste
Mustard
Vegenaise or other Mucusless Salad dressing
Pickles

For variety try:

Hawaiian Style: Top with grilled pineapple and BBQ sauce
Mexican Style: Top with grilled green chilies

Serve with Very Veggie Potato Salad

Herbal Legacy Recipes

Crank's Nut Roast

Ingredients:

- *1 Medium Sized Onion
- *2 TBSP Olive Oil
- *1 ½ Cups Mixed Nuts
- *4 Slices Whole Wheat Bread
- *1 Cup Water
- *2 TBSP Nutri-Soup
- *1 tsp Mixed Herbs (Summer Savory)
- *Salt & Pepper to taste

Directions:

Chop onions and sauté in oil until transparent. Grind nuts and bread in a blender or food processor until quite fine. Heat water and add Nutri-Soup. Combine all of the ingredients together and mix well. Turn into a greased shallow baking dish, level the surface, sprinkle with a few breadcrumbs, and bake at 350° for 30 minutes, or until golden brown.

Herbal Legacy Recipes

Hawaiian Haystacks

INGREDIENTS:

- * Brown rice
- * Cashew Cheese topping
- * Toppings

Toppings you may want to include:

- * Chopped celery
- * Chopped green bell peppers
- * Chopped red bell peppers
- * Green onions
- * Red onions
- * Coconut
- * Pineapple tidbits
- * Sliced olives
- * Diced tomatoes
- * Sliced mushrooms
- * Sprouts
- * Slivered almonds
- * Water chestnuts
- * Chow Mein noodles
- * Salt & Pepper to taste
- * Any other fresh topping you can imagine!

DIRECTIONS:

For each serving you will want approximately one cup of cooked brown rice.

To make the topping prepare Fawn's cashew cheese topping, but leave out the gelatin (see Cashew Cheese recipe).

Put all the fresh toppings on you want.

Herbal Legacy Recipes

Side Dish Recipes

Cashew Cheese

Hummus

Honey & Spice Cranberry Sauce

Whole Wheat Bread Crumbs

Artichoke Stuffed New Potatoes

Herbal Legacy Recipes

Cashew Cheese

Ingredients:

- *1 cup Water
- *1/3 cup plus 1 rounded TBSP of Emes unflavored gelatin (do not use Agar)
- *1 1/4 cup boiling water
- *2 cups raw cashews
- *1/4 cup yeast flakes
- *1 TBSP salt
- *2 tsp onion powder
- *1/4 tsp garlic powder
- *1/4 cup fresh lemon juice
- *1 pimento or 1 carrot grated or 2 tsp paprika

Directions:

Soak gelatin in the 1 cup of water in blender while assembling the other ingredients. Pour the boiling water over soaked gelatin and whisk briefly to dissolve. Cool slightly. Add cashews and blend thoroughly while adding remaining ingredients. Blend until mixture is the consistency of a cream sauce, with no pimento or carrot seen. Pour into a quart mold, cool slightly. Cover before refrigerating. Refrigerate over night before serving. After this firming period, it can be frozen. This melts over hot dishes. Leave out the gelatin for a fondue type of cheese.

Makes one quart.

Try this recipe with Hawaiian Haystacks.

Herbal Legacy Recipes

Hummus

Ingredients:

- * 1 can (15 oz) garbanzo beans
- * 1/4 cup tahini (sesame paste), or 1/4 cup toasted sesame seeds and 2 tablespoons olive oil
- * 3 tablespoons lemon juice
- * 1 clove garlic minced
- * 1/4 tsp cumin
- * Salt and pepper to taste

Directions:

Drain garbanzo beans, reserving liquid. Put beans into a blender or food processor. Add tahini or sesame seed and oil mixture, lemon juice, garlic, cumin, and 1/4 cup of the garbanzo liquid. Blend together until mixture is the consistency of heavy batter (adding more garbanzo liquid if needed). Season to taste with salt and pepper. Garnish with olive oil or chopped parsley.

Makes 12 servings - 2 tablespoons per serving.

Herbal Legacy Recipes

Honey & Spice Cranberry Sauce

Adapted from atoka.qc.ca/

Yield: About 2 ½ cups

Ingredients:

- 1 12-ounce bag cranberries
- 1¾ cups apple cider or juice
- ¾ cup honey
- 2 cinnamon sticks, broken in half
- 6 whole cloves
- 1 bay leaf
- Pinch of salt



Combine all ingredients in heavy large saucepan. Bring to boil over medium heat. Simmer until berries burst and sauce thickens stirring occasionally, about 15 minutes. Remove cinnamon sticks, cloves and bay leaf.

Refrigerate sauce until cold.

Herbal Legacy Recipes

Whole Wheat Bread Crumbs

Ingredients:

- * 1 Cup whole wheat
- * Distilled water to soak
- * 2 T olive oil
- * 1/4 c distilled water
- * 1 t honey
- * Pinch sea salt

Directions:

1. Rinse wheat and soak overnight. Drain water and rinse daily until sprouted.
2. Combine sprouted wheat, and all other ingredients in blender. Blend until smooth, adding extra water if necessary.
3. Pour puree onto the flexible fruit leather sheet of a food dehydrator, dehydrate until crisp, crumble and store in an airtight container. OR Pour puree on a lightly oiled cookie sheet and place in oven on lowest setting for 5-6 hours, Turning it off and on to maintain lowest heat possible.

Note:

A lot of recipes, (even in the Mucusless Diet) call for bread crumbs. I am gluten intolerant and cannot handle flours ground from dry grain in any amount, but properly sprouted grains I do fine with. This is my sneaky way of getting around using flour even occasionally.

This recipe was given to us by Traci from Thayne, Wy

Herbal Legacy Recipes

Artichoke Stuffed New Potatoes

Adapted from Better Homes & Gardens

INGREDIENTS:

- * 16 tiny new potatoes (1-1/2 to 2 inch diameter)
- * 1 tablespoon olive oil
- * 1 14-ounce can artichoke hearts, drained and chopped
- * 1/2 cup Vegenaïse (or Nayonaïse)
- * 1/4 cup finely shredded vegetarian cheese
- * Dash ground red pepper
- * 1/4 cup snipped fresh parsley
- * 2 tablespoons finely shredded lemon peel
- * 2 cloves garlic, minced



DIRECTIONS:

1. Cut off the top one-third of each potato. Using a melon baller, hollow out the potatoes, leaving 1/4-inch shells. Cut a thin slice off the bottom of each potato so it will sit without tipping. (Discard potato trimmings, or cook and use to make potato salad or mashed potatoes.) Lightly brush potatoes all over with oil. Place in a shallow baking pan; set aside.
2. For filling, in a medium bowl combine the artichoke hearts, Vegenaïse, vegetarian cheese, and ground red pepper. Spoon about 1 tablespoon of the filling into each potato shell.
3. Bake in a 450 degree f oven about 20 minutes or until potatoes are tender and filling is golden brown. Meanwhile, in a small bowl combine the parsley, lemon peel, and garlic. Sprinkle the parsley mixture over the potatoes. Makes 16 appetizers.

NOTES about the recipe from some who have tried the recipe:

- * I would recommend baking the hollowed potatoes for a few minutes
- * Instead of the red pepper I used sliced up Red Roasted Peppers
- * Fabulous taste...but didn't have time to make as appetizers,(spooning out mixture etc...) so made as casserole..Oiled a casserole dish and put the halved potatoes in. Put wet mixture including garlic and lemon over top with added 1/2 cup of sour cream [you can use Vegetarian Sour Cream]. Baked 45 minutes in a 375 degree oven, stirring once. Topped with extra parmesan. Yummy.

Herbal Legacy Recipes

Soup Recipes

Asparagus Soup

Cream of Potato

Onion/Garlic Soup

Golden Split Pea Soup

Roasted Sweet Potato and Corn Chowder

Herbal Legacy Recipes

Asparagus Soup

Ingredients:

- *2 tablespoons unsalted butter
- *1 Tablespoon canola oil
- *3 cups chopped onions
- *2 tablespoons finely minced garlic
- *6 cups vegetable broth
- *3 pounds fresh asparagus
- *2 carrots, peeled and chopped
- *1 cup chopped parsley
- *1 tablespoon dried tarragon
- *Salt and pepper to taste
- *Pinch of cayenne pepper
- *½ cup "Better Than Sour Cream" for garnish (optional)
- *1 large tomato, seeded and cut into small dices, for garnish



Directions:

1. Melt butter in the oil in a pot over medium-heat. Add the onions and garlic; cook until tender, stirring occasionally, about 15 minutes. Add the broth; heat to boiling.
2. Trim woody ends off the asparagus. Reserve the tips, then cut the stalks into 1 inch pieces; add to broth. Add carrots, parsley, tarragon, salt and pepper and cayenne to broth. Simmer, partially covered, until the vegetables are tender, about 45 minutes.
3. Puree in batches in a blender or food processor, then put back in the pot.
4. Before serving, add the asparagus tips and simmer over medium-low heat until tips are tender and soup is hot, about 10 minutes.
5. Serve with a dollop of sour cream, if desired, and a sprinkling of diced tomatoes.

Serves 6.

Herbal Legacy Recipes

Cream of Potato

Ingredients:

- * 6-10 large potatoes, peeled and cut into bite size pieces
- * 2 large onions, diced
- * 3 large carrots, peeled and grated
- * 2 stalks celery, sliced
- * 6 vegetables bouillon cubes
- * 1 T. parsley flakes
- * 8 cups water
- * pepper
- * 1/3 cup butter
- * 13 oz. can evaporated milk (substitute a strong mix of Better than Milk)
- * chopped chives

Directions:

Put all ingredients into a pot except for the milk and chives. Cook until vegetables are done. Stir in the milk and chives and thicken to desired consistency with cornstarch. Serve in bread bowls.

Makes 5 qts.

Herbal Legacy Recipes

Onion/Garlic Soup

Contributed by Fawn Christopher
Serves 6

Ingredients:

- * 2 T Olive Oil
- * 4 large yellow onions - thinly sliced
- * 1 t salt
- * ½ t dry mustard
- * 1-2 dashes of thyme
- * 4 cups of water
- * 2 vegetable bouillon cubes
- * 2 T Tamari or Shoyu (optional)
- * Garlic



Directions:

Add Olive Oil, onions and salt into kettle or dutch oven. Cook over medium heat for about ten minutes, stirring occasionally. Add mustard and thyme, stir and cover. Reduce heat to low - continue to cook slowly for about 35 minutes. Onions will be exquisitely soft and simmering in their own liquid. Add water, Tamari or Shoyu and bouillon cubes. Simmer about ten minutes. Taste to adjust seasonings. Press garlic into soup after removing from heat (just before serving).

Herbal Legacy Recipes

Golden Split Pea Soup

Contributed by Cameron Spotten
Serves 4-6 Adults

Chef's tip: When using dried peas or beans, always sort and rinse them before cooking.

Ingredients:

2 C Yellow Split Peas
1 T Vege-broth Powder
1 T Salt
1/2 C Diced Celery
1/2 C Diced Carrots
1 Lg Onion Diced

Directions:

Add all ingredients to 4 cups boiling distilled water.
Simmer slowly for about 45 minutes or until peas are soft.
Puree the entire mixture.

Mix up 2 1/2 cups of "Better than Milk" milk substitute. (I like to double the powder to make it creamier.)

Add milk substitute, stir and simmer 10 minutes.

Variations:

1. Reserve half of the peas, carrots, celery, and onion before pureeing then add back for a chunkier texture.
2. Top soup with Stripples Vegetarian Bacon Bits
3. Add some diced potatoes or other vegetables to the mix

Enjoy this on a cool fall afternoon. The color of the soup is beautiful, and it tastes good too.

Herbal Legacy Recipes

Roasted Sweet Potato and Corn Chowder

INGREDIENTS:

- * 2 medium sweet potatoes (about 1 pound), peeled and cut into ½-inch dice
- * 2 T Corn Oil
- * Salt and freshly ground pepper
- * 1 pound frozen (rinsed and defrosted) or fresh corn kernels (about 4 cups)
- * 1 cup water
- * 1 ½ cups finely diced celery
- * 1 cup diced red onion
- * ¼ cup diced shallots
- * 1 T tomato paste
- * ½ t dried thyme leaves
- * 3 cups vegetable broth
- * 1 bay leaf
- * 1 Russet (baking) potato
- * 2 T minced parsley
- * ½ to 1 cup unflavored soymilk (optional)

DIRECTIONS:

1. Set the oven rack in the center and preheat the oven to 425 F. Oil a large roasting pan.
2. Scatter the sweet potatoes in one layer in the roasting pan and drizzle with 1 tablespoon of the oil. Season well with salt and pepper. Roast until tender, tossing once or twice, 15 to 20 minutes. If you'd like to brown the sweet potatoes more deeply, set them about 5 inches below the broiling element for a minute or two. Set aside.
3. Reserve 1 cup of corn kernels. In a blender, puree the remaining corn with the water until very smooth, about 2 minutes. (If the corn kernel skins refuse to break down, and they look unsightly to you, pass the mixture through a sieve.) Set aside.
4. In a heavy soup pot, heat the remaining tablespoon of oil. Cook the celery, onion, and shallots over medium-high heat, stirring frequently, until the onions are slightly softened, about 3 minutes. Add the tomato paste and thyme and cook another minute, stirring frequently. Add the broth, pureed corn, bay leaf, 1 teaspoon salt, and pepper to taste.
5. While bringing the chowder to a boil, peel the potato, cut it into ½-inch dice, and add it to the pot. Cover the pot and simmer until the potato is tender, 25 to 35 minutes.
6. Remove the bay leaf. Add the reserved corn kernels, roasted sweet potatoes, and parsley. Then with soymilk, if necessary. Adjust seasonings. Cook (but do not boil after adding soymilk) until heated throughout.

Source: The New Vegan Cookbook by Lorna Sass.

Herbal Legacy Recipes

Salad Recipes

Very Veggie Potato Salad

Alfalfa Sprout Salad

Cabbage Salad

Summer Salad

Seed and Veggie Salad

Herbal Legacy Recipes

Very Veggie Potato Salad

Contributed by Traci in Ames, Iowa

INGREDIENTS:

- 6 medium potatoes (2 lbs.) peeled and cubed, boiled for ten minutes in salted water, then cooled
- 1-2 cucumbers chopped
- ½ bunch green onions chopped
- 2 cups fresh or frozen corn kernels
- 1 cup chopped celery
- ½ cup chopped red bell pepper
- ¼ cup red onion minced
- 2-3 cloves crushed garlic
- 1-3 teaspoons apple cider vinegar (add to taste)
- 1 cup Almonnaise or other mucusless salad dressing
- Organic Baby Salad Greens
- Sea Salt and Pepper

DIRECTIONS:

Prepare potatoes. Meanwhile, chop other vegetables and place them in a large bowl. Then in a separate smaller mixing bowl, prepare dressing by mixing together red onion, garlic, apple cider vinegar and Almonnaise. After potatoes have cooled, add them to other vegetables and stir in dressing. Add Sea Salt and Pepper to taste. If you're feeling very brave, add a dash of cayenne pepper in place of the black pepper. Chill for 6-24 hours or eat right away. Serve over a bed of organic baby salad greens.

Herbal Legacy Recipes

Alfalfa Sprout Salad

Contributed by Dr. Gayle Eversole
The Oake Centre for Natural Health Education
Garfield, WA

Instructions:

Grate one apple
Cover apple with 4 ounces alfalfa sprouts
Juice one fresh orange over the sprouts
Add one teaspoon freshly ground peanut butter

Herbal Legacy Recipes

Cabbage Salad

Contributed by Lynetta from Richfield, Utah

This is a family recipe. It is very simple and easy to make!

Ingredients:

1/2 head cabbage
juice of one lemon
olive oil
sea salt

Directions:

Thinly slice cabbage and put in salad bowl. Drizzle with lemon juice and olive oil. Add sea salt to taste.

Variation:

Raw apple cider vinegar (to taste) can be used in place of lemon juice. Either way is great!

Herbal Legacy Recipes

Summer Salad

INGREDIENTS:

- Spinach
- Red-leaf lettuce
- Broccoli
- Peas
- Handful of slivered almonds
- Handful of sunflower seeds
- Avocado
- Berries (especially blueberries, blackberries and dark raspberries)
- 1 cup cooked brown rice
- 1 cup wheat berries

DIRECTIONS:

To make the wheat berries, pour two cups of boiling water and one cup of wheat in a thermos and let it soak overnight.

Tear the spinach, red-leaf lettuce and broccoli into bite-sized pieces.

Toss all ingredients together (use lots of each ingredient that doesn't have an amount listed) in a large salad bowl and enjoy. This salad is full of food with dark colored flavonoids.

Herbal Legacy Recipes

Seed and Veggie Salad

by Elisa Buenaventura

1/2 Avocado, ripe
1/4 cup Asparagus spears, diced, raw
1 carrot, raw, shredded
1 large piece broccoli, raw
1/2 cup kale, finely chopped, raw
1/4 cup cauliflower buds, raw
2 tbsp. sunflower seeds, ground or whole

Add all ingredients in glass bowl. Top with avocado dressing.

Herbal Legacy Recipes

Dressing Recipes

Almonnaise

Avocado Dressing

Raspberry Poppy Seed Dressing

Garbanzo Guacamole

Thousand Island Dressing

Herbal Legacy Recipes

Almonnaise

A Perfectly Mucusless blender Mayonnaise!

Ingredients:

- * 1/2 cup whole raw almonds soaked in distilled water for 24 hours
- * 1/2 cup distilled water
- * 1 tsp nutritional yeast
- * 1/4 tsp garlic powder (optional)
- * 1/2 tsp sea salt or salt-free seasoning, such as kelp or Vegit
- * 1-1 1/4 cups 100% expeller pressed safflower oil
- * 3 Tbs. fresh squeezed lemon juice
- * 1/2 t apple cider vinegar

Directions:

1. Peel almonds. After soaking for 24 hours, peels should be easy to remove.
2. Place almonds in blender with 1/2 of water, blend until smooth, adding more water as necessary.
3. Stop blender and add any remaining water, yeast, garlic powder and sea salt. Blend until smooth and creamy.
4. Remove insert from top of blender. With blender running on low, drizzle oil in a thin stream until it suddenly becomes thick, somewhere between 1 and 1 1/4 cups.
5. Add lemon juice and vinegar, blend 1 minute longer until it reaches desired consistency.
6. Refrigerate tightly sealed, up to 10 days.

Note:

Occasionally blender mayonnaise will not thicken as expected. I have been making it for 3 years and had about 5 batches fail. The many times it was successful, however, made it well worth it.

This recipe was adapted from Marilyn Diamond's "The American Vegetarian Cookbook"

This recipe was given to us by Traci from Thayne, Wy.lmonnaise

Herbal Legacy Recipes

Avocado Dressing

1 ripe Avocado, mashed
1 tsp. lemon juice
1 tomato, diced

Place ingredients in blender and blend until smooth. Yield about 1 1/2 cups.



Herbal Legacy Recipes

Raspberry Poppy Seed Dressing

INGREDIENTS:

1 cup olive oil or grape seed oil
3/4 cup raspberry vinegar
1/4 cup agave (you could also use honey - about 1/2 cup)
1 1/2 Tab. poppy seeds
1 1/2 tsp. salt
1 1/2 Tab. fresh green or yellow onion, minced
3/4 tsp. dry mustard

DIRECTIONS:

Combine in blender & refrigerate 3 days

Herbal Legacy Recipes

Garbanzo Guacamole

Adapted from Fat Free Vegan

Ingredients:

2/3 c. canned garbanzo beans, drained
1 tbs. lemon juice
1 large clove garlic, halved
3/4 c. coarsely chopped onion
1/2 c. peeled, cubed avocado
2 tbs. canned chopped green chilies
1/4 tsp. salt
1/4 tsp. pepper
1 c. seeded, finely chopped tomato
1/2 c. finely chopped green onion

Directions:

Add garbanzo beans, lemon juice and garlic to food processor. Process 20 seconds, scraping sides of processor bowl once. Add onion, avocado, chilies, salt and pepper; pulse 5 times or until mixture is chunky. Transfer mixture to a medium bowl; stir in tomato and green onions. Cover and chill thoroughly. Serve with chips.

Herbal Legacy Recipes

Thousand Island Dressing

INGREDIENTS:

1 cup soy mayonnaise (such us Vegenaise)
1 tbsp. chopped pimento
1 tbsp. green onion
1 tbsp. chopped green pepper

DIRECTIONS:

Mix all ingredients together and chill.

Herbal Legacy Recipes

Beverage Recipes

Almond Milk

Infection Fighting Lemon Garlic Drink

Green Veggie Energy Drink

Herbal Legacy Recipes

Almond Milk

Ingredients:

- *1 ½ Cups of Almonds
- *5 Cups of Water
- *1 TBSP Honey
- *1/4 Cup Hot Water
- *1 tsp Vanilla

Directions:

Put almonds and 5 cups of water in blender. Blend well. Pour through strainer. Mash with spoon. Add more water and blend again. Strain again. Melt honey in hot water and add vanilla to honey. Add to almond mixture. Chill.

Herbal Legacy Recipes

Infection Fighting Lemon Garlic Drink

Contributed by Janet H, Ivins, Utah

Yield: 1 serving

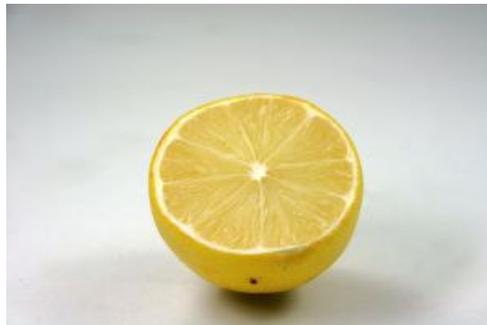
Ingredients:

1 lemon
1-2 garlic buds
2 c water
1 tbsp sweetener, optional

Directions:

Using a peeler take off only the yellow part of the rind of the lemon, leaving the white part with it's Vitamin C complex. Cut lemon in half with the seeds and throw in the blender. Put yellow lemon peelings in a ziploc bag in the freezer (use one inch when you make a fruit smoothie for a nice lemon taste). Throw in garlic and water and blend well. The strong lemon and garlic flavors mellow each other out for an easily drinkable therapeutic treat.

I had an abscess and prayed about what I could do to eliminate it - this drink recipe came into my mind and it worked within a day to reduce the swelling. For an even more powerful healing experience, take 1/2 tsp of cayenne and 1/3 cup water, mix and drink quickly before the lemon garlic drink.



Herbal Legacy Recipes

Green Veggie Energy Drink

Contributed by Sarah Greer

Tools: Juicer/Vita-Mix

Makes: 1 Serving

- *4 Leaves Romaine lettuce
- *1 small bunch of spinach
- *1 small bunch of parsley
- *Dandelion greens to taste
- *3 stalks of celery
- *2 large apples, cored
- *Fresh mint leaf to taste

1. One at a time, roll the romaine lettuce, spinach, parsley and dandelion greens into a tight ball and push them through the juicer (or just put in your Vita-Mix)
2. Push the celery and apple through juicer: you can then garnish your energy booster with mint

**Even better: Try using all organic Veggies and fruit for an even better kick of energy!

Herbal Legacy Recipes

Dessert Recipes

Andraya's Favorite Non-Cheesecake

Watermelon Popsicles

Ginger Melon Sorbet

Frozen Banana Ice Cream

Raisin Nut Balls

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Andraya's Favorite Non-Cheesecake

Contributed by Master Herbalist Yvonne Salcido

Crust:

- 2 C. almonds (grind in first in the food processor alone)
- 1/4 C. unsweetened macaroon coconut
- 1/2 C. dates

Blend all ingredients in a food processor. Press into 9 by 13 glass or stainless steel pie pan.

Filling:

- 3 C. cashews (soak 2 hours)
- 3/4 C. honey
- 3/4 C. lemon juice
- 3/4 C. coconut oil
- 1 t. vanilla
- 1/2 t. sea-salt

Blend together in blender until smooth. Pour on the crust and freeze. Take out of freezer 10 minutes before serving.

Topping:

- 2 C. frozen or fresh fruit (my favorite is raspberry or strawberry)
- 1 T. agave

Stir together and drizzle over cheesecake when serving.

NOTE: This cheesecake has a strong lemon flavor – if you prefer less lemon use less lemon juice in the filling.

Herbal Legacy Recipes

Watermelon Popsicles

INGREDIENTS:

1 cup seedless watermelon chunks
1 cup orange juice
1 cup water
Popsicle sticks and cups

DIRECTIONS:

Blend these ingredients into a blender, pour into molds, insert sticks, and freeze.

Recipe from: recipesource.com

Herbal Legacy Recipes

Ginger Melon Sorbet

Contributed by Cindy C. in Idaho Falls, Idaho

Ingredients:

- * 1 Cantaloupe (3 to 3 1/2 pounds) cut into cubes or balls
- * 1/4 C Honey
- * 1 1/2 Tablespoons freshly squeezed lemon juice
- * 2 Tablespoons freshly grated ginger
- * 2-3 sprigs of fresh spearmint leaves

Directions:

Combine the melon, honey and lemon juice in the blender and puree until smooth.

Add the ginger and blend.

Place the mixture into an ice cream maker and freeze according to manufacturer's direction.

Remove from freezer and allow to thaw a bit and then return to the blender and blend again until smooth.

Repeat this process one more time.

Serve and garnish with fresh mint leaves.

This is a yummy treat that the store bought kinds can't compare with!

Herbal Legacy Recipes

Frozen Banana Ice Cream

Adapted from “The Regenerative Diet”

The ice cream is made by freezing peeled bananas and putting them through a Champion Juicer (a hand food grinder or blender works, but not quite as well). The result is a smooth, creamy, incredibly rich dessert that tastes better than ice cream.

For one serving use:

2 frozen bananas

Top with cinnamon, nuts, coconut, berries or your favorite topping.

Herbal Legacy Recipes

Raisin Nut Balls

If you want a treat that looks and tastes like candy, try preparing some raisin-nut balls. In a blender, chop up a mixture of raisins or currants with almonds, cashews, pecans and walnuts.

If the proportion of raisins to nuts is about 50/50, you can easily roll the chopped mixture into balls and they will hold together well. You can add other items for flavoring, such as vanilla or almond extract, cinnamon, allspice, and honey.



Place the raisin-nut balls in the freezer to chill before serving.