

*Daniel & Nancy's*

*Recipes*

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## APPETIZERS

### HUMMUS

1 VERY generous dose of olive oil and/or flax seed oil  
1 large or 2 small pieces garlic  
pepper-hot red, black, green (dried jalepeños)  
sea salt  
juice from one lemon plus some rind  
blend in cuisinart  
add tahini, healthy tablespoon, i like roasted, some like plain  
blend more  
then add chic peas either rinsed from a couple cans<sup>1</sup> or boiled for an hour from dry.  
blend the heck out of it until it looks right adding water if necessary  
raw sunflower seeds can be added if desired

### BABAGANOUSH

eggplant cut in 1 inch slabs  
scored salted peppered  
doused in olive oil  
baked then skinned  
pureed with tahini  
garlic and lemon  
blended with  
hot peppers  
more oil  
yummy yum yam yum

### FIG SPREAD

fresh cali figs  
organic raw walnuts  
pitted kalamata olives  
puréed in the cuisinart  
served in fresh whole wheat wrap  
with sliced heirloom tomato and herb goat cheese

### GUACAMOLE

2 diced tomatoes  
1 small individual clove of garlic diced finely or mashed  
juice from 1 lemon  
s, p & nanami togarashi<sup>2</sup>  
gently mash in 3-4 avocados so you still have chunks, sprinkle cilantro on top

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<sup>1</sup> Eden Organic=lowest salt content <[http://www.edenfoods.com/store/product\\_info.php?cPath=21\\_32&products\\_id=102960](http://www.edenfoods.com/store/product_info.php?cPath=21_32&products_id=102960)>

<sup>2</sup> <<http://www.tasteofjapan.co.za/product.asp?productid=0000124>>

## LUNCH/DINNER MEALS

### WHITE BEAN & NORI SALAD

shred ~10 sheets of nori in bottom of bowl  
add 1 can eden organic cannellini beans<sup>3</sup>  
add olive and flax oil, aged balsamic, and a dash of shoyu/soy sauce  
spice with thyme, dulse and black pepper--i also add red and dried jalepeno  
generous dose of nanami togarashi<sup>4</sup>  
sunflower/pumpkin/sesame seeds  
diced heirloom tomato (optional)  
stir around until nori absorbs liquid and beans are beaten up  
enjoy!

### SPLIT & FRESH PEA SOUP

boil 4 cups of water with 1 teaspoon of salt, add 1 cup of split peas and simmer  
in a separate pan, sauté 2 cloves garlic and 2 onions with 2 chopped tomatoes  
spice veggies with: turmeric, coriander, cumin, cayenne  
add 1.5 cups of water, 2 chopped potatoes and 1 cup of fresh peas  
simmer without lid until thoroughly cooked then add split peas and stir  
add kale, lemon juice, cilantro & 2 tablespoons of butter & serve over steamed rice

### HIGH PROTEIN CHIC PEA COUS COUS

olive oil, onion, garlic  
2 carrots, 2 zucchini, 2 heads chinese broccoli and sweat veggies until cooked  
6 whole tomatoes  
simmer for a bit adding ground black and red pepper  
3 cups phatty dank organic chic peas that you've pre-boiled in separate pot  
simmer adding tarragon and more pepper to taste  
when "done" add very large dollop of goat cheese and stir  
turn off the stove add cous cous (and chopped/baby spinach if desired)  
stir more and let sit under lid for 15 min  
serve happy

### MUNG BEANS & RICE

heat pan and add olive oil  
add: chopped onion, carrots & broccoli, diced garlic and ginger  
spice w/ black pepper, crushed red chili, turmeric, garam masala, yellow curry, cardamom  
when veggies pretty much all cooked add mung beans, brown basmati rice & water  
simmer, stirring often, until soft and yummy  
shoyu/bragg's<sup>5</sup>/ghee<- added at end to individual servings \*\*

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<sup>3</sup> <[http://www.edenfoods.com/store/product\\_info.php?cPath=21\\_32&products\\_id=103100](http://www.edenfoods.com/store/product_info.php?cPath=21_32&products_id=103100)>

<sup>4</sup> <<http://www.tasteofjapan.co.za/product.asp?productid=0000124>>

<sup>5</sup> <[http://ebmhost1.ebm.bestsoftwarehost.com.846/iwwidb.pvx?.multi\\_item\\_submit](http://ebmhost1.ebm.bestsoftwarehost.com.846/iwwidb.pvx?.multi_item_submit)>

## ENCHILADAS WITH TOMATILLO SAUCE

### Sauce:

2 medium onions cooked in oil  
20-30 ripe tomatillos  
Diced chili peppers  
Lime juice from 1 lime  
1 clove garlic  
2 tbsps oregano  
1 tbsp cumin  
1 tsp cilantro  
Dash of salt  
Cover pot and simmer until tomatillos liquefy

### Enchilada filler:

Sauté 1 small onion, 5 potatoes, and 8 frying peppers sliced in strips  
Grate block of Monterey Jack cheese  
Warm 12-16 corn tortillas (Ezekiel Sprouted Corn preferred)  
Roll corn tortillas with filler and cheese.  
Place filled tortillas side-by-side in a large roasting pan.  
Sprinkle with remaining cheese and top with tomatillo sauce.  
Bake in convection oven at 350 for 20 minutes.

## PINEAPPLE COCONUT RED CURRY & COCONUT RED RICE

BAKE-> tofu strips until brown (marinate in sesame/chili oil/shoyu/balsamic/thai spice)

SIMMER-> 4 cans coconut milk

1 diced/cored pineapple

2 heads diced broccoli

diced veggies: eggplant, zucchini, peas, green beans and/or bok choy

2 handful peanuts

2 handful coconut flakes (dry organic or fresh is better)

3 handfuls basil all different kinds

1/2 jar red curry paste (spicy)

add tofu & simmer until done (good cold the next day too☺)

RICE: in separate pan: 2 scoops of curry stock, shaved coconut, red rice (H<sub>2</sub>O as needed)

## LENTILS & BROWN RICE (OR SPELT)

olive oil

onion

garlic

diced lemon/orange rind

carrots

steam/simmer everything

6 whole tomatoes

add dried lentils and rice

add dill and a phat slab of butter

simmer adding water if needed

spice to taste

### BLACK BEANS/BLACK RICE (sometimes called "forbidden rice" from china)

olive oil, onion, carrots, garlic, jalepeño

add rice and a bit of butter

cloves/ tarragon/ rosemary

simmer for a bit

add 6 whole tomatoes (and tofu if desired)

2 cans eden organic black beans<sup>6</sup> (can substitute black soy or adzuki)

simmer until done spice and salt to taste

### RISOTTO

make veggie stock: boil water with thyme, parsley, rosemary, sage, celery, carrots

in large flat pan: simmer butter

add diced onion/garlic and mushrooms/asparagus (any veggies ok: peas, cherry tomatoes, squash, zucchini, etc)

add arborio rice<sup>7</sup> and stock

turn stove to high heat and stir constantly adding scoops of stock to prevent sticking when rice is cooked, grate hard cheese on top and mix; add pepper to taste

### PESTO QUINOA

Rinse and cook 1-2 cups quinoa (black, red or yellow)

While cooking, prepare pesto:

Pulverize using Cuisinart

1 clove of garlic

2 tablespoons of olive oil or flax oil

2-3 tablespoons almond butter, nutritional yeast and hemp seeds

Add fresh basil, S&P and pulverize again

Mix pesto with warm quinoa, pesto and sliced cherry or sugar plum tomatoes.

Top with shaved Brazil nuts.

Sliced avocado can be added as garnish.

### VEGETARIAN BEAN CHILI

Start with a large pot and either 7-8 tomatoes or canned/box of tomatoes as the stock

Add 4-5 cans beans: black, kidney, pinto, garbanzo, etc.

Optional: add textured vegetable protein,<sup>8</sup> diced carrots, chopped broccoli, other veggies

Salt

Pepper (black and cayenne)

Chili powder, cumin and Jalapeño (or other crushed chili) pepper

Top with Nancy's Organic Sour Cream<sup>9</sup>

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<sup>6</sup> <[http://www.edenfoods.com/store/product\\_info.php?cPath=21\\_32&products\\_id=102980](http://www.edenfoods.com/store/product_info.php?cPath=21_32&products_id=102980)>

<sup>7</sup> <[http://www.seasonbyseason.com/pantry/ingredients/arborio\\_rice\\_ing.html](http://www.seasonbyseason.com/pantry/ingredients/arborio_rice_ing.html)>

<sup>8</sup> <[http://www.healthrecipes.com/textured\\_vegetable\\_protein.htm](http://www.healthrecipes.com/textured_vegetable_protein.htm)>

<sup>9</sup> <[http://www.nancysyogurt.com/nancys\\_products/sour\\_cream.php](http://www.nancysyogurt.com/nancys_products/sour_cream.php)>

## TOFU & MUSHROOMS

warm pan on low heat  
add copious serving of butter  
add many different kinds of mushrooms sliced to bite-sized pieces  
(we usually use shitake, maitaki, lion's mane, chanterelles, enoki, etc.)  
add a few cherry tomatoes (but do not crush) for moisture  
add Mori-Nu Organic Silken Tofu (firm)<sup>10</sup>  
sauté until mushrooms and tofu are a nice dank brown  
enjoy~over rice is nice☺

## INSTANT VEGGIE REFRIED BEANS

simmer diced onion, garlic, carrots, tomato, sundried tomato  
add fresh jalepeno or other dried/crushed chili peppers for heat and taste  
(add rinsed canned beans if desired)  
when mix is thoroughly cooked, add dehydrated refried beans black, pinto or mixed  
turn off heat and add boiling water a little at a time, stirring until done

## TEMPEH SANDWICHES

Marinate 8 ounces of tempeh<sup>11</sup> in a sauce containing:  
Sesame oil, tamari, balsamic vinegar, canola oil, and maple syrup  
Roast in oven at 350 degrees for 20 minutes  
Serve on toasted bread with selected fixins (tomato, lettuce avocado etc.)

## PONE

mix one cup each: cornmeal, blue corn flour, spelt flour  
add pinch of salt and baking soda & dash of maple syrup, olive oil  
1 cup plain soy milk and water until a nice batter consistency is obtained  
stir in half stick of butter and bake until fluffy and done

## VEGETABLE MISO SOUP

water  
1 tablespoon of miso paste<sup>12</sup> (or 2 teaspoons-i like to mix a 3 year variety with a 1 year)  
sliced onions  
carrots  
broccoli  
mushrooms (shitake, portabella and oyster)  
a cup of shelled edamame<sup>13</sup>  
seaweed (dulse flakes, wakame, kelp, nori)  
tofu (cubed)  
generous dose of nanami togarashi<sup>14</sup>  
add soba or udon noodles for a really good time

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<sup>10</sup> <<http://www.morinu.com/product/tofu.html#11>>

<sup>11</sup> <<http://www.tempeh.info/>>

<sup>12</sup> <<http://www.southernmiso.com/>>

<sup>13</sup> <<http://www.edamame.com/>>

<sup>14</sup> <<http://www.tasteofjapan.co.za/product.asp?productid=0000124>>

### ROOT VEGETABLE/GOURD PURÉE

olive oil  
onion  
garlic and chopped ginger if desired  
peeled, chopped root veggies (e.g., sweet potato, celery root, beets, carrots)  
and or peeled, chopped gourds (e.g., butternut squash, spaghetti squash, acorn squash)  
1 tablespoon of miso paste<sup>15</sup> (or 2 teaspoons-i like to mix a 3 year variety with a 1 year)  
simmer adding water as necessary to avoid sticking  
add faro (spelt) or brown rice if desired  
simmer until happy  
purée with blender or wand until creamy

### PUMPKIN, APPLE, GINGER, RICE SOUP (goes with pumpkin pie in desserts below)

cut a pumpkin into 8ths, scrape out seeds and pulp, wrap in tinfoil and bake for an hour  
half of this will go for the soup and half for the pie  
separate seeds from pulp (bake seeds until golden for yummy treat!!)  
add pulp to pan with olive oil, diced onion, diced carrots, diced ginger, lots of chopped  
apples and brown rice  
add water or miso stock as necessary: the liquid from the baked pumpkin is perfect too  
skin baked pumpkin (easily done if sliced into strips like melon)  
add to half of it to soup (the other half is for the pie)  
when the rice is done, blend the whole shebang in a cuisinart or with a wand blender  
--mash with a potato masher or whisk if electrical appliances are unavailable

### MASHED POTATOES

quarter and boil potatoes with two cloves of garlic  
strain water out of potatoes when done  
blend with soy milk until creamy, add salt/pepper and enjoy

### VEGGIE SHEPHERD'S PIE

grease large Pyrex Casserole Pan with butter  
layer bottom with "PONE" batter (see above)  
add layer of "REFRIED BEANS" (see above)  
add layer of sautéed veggies (onion, garlic, kale, broccoli, carrots, peas, beets, etc.)  
add layer of textured vegetable protein  
spiced with ketchup, garlic powder, chili powder, thyme & marjoram  
add layer of "MASHED POTATOES" (see above)  
add top layer of "PONE" batter  
bake until baked! eat warm and happy!

### COLLARD GREEN WRAPS

Fry onion, sundried tomato, shitake mushroom diced collards, & tempeh in olive oil  
Add butter, shoyu, and balsamic vinegar to taste  
Wrap in fresh collard leaf (folding sides before rolling) for a delicious treat

<sup>15</sup> <<http://www.southernmiso.com/>>

## STUFFED PORTABELLA MUSHROOMS WITH SUNFLOWER SEED PATÉ

Clean 4 large portabella mushrooms with moist paper towel.

Remove and save stems.

Marinate caps for 2 hours, flipping occasionally, in: juice of 2 lemons, 1 tbsp Nama Shoyu, 1 tbsp balsamic vinegar, 2 tbsp sesame oil, 2 tbsp olive oil, 1 tsp Dijon mustard, fresh cracked pepper

Paté: In Cuisinart, blend: 1 clove garlic, ½ onion, 1 sweet pepper, 1 hot pepper

Add 10 sheets of nori, 1 cup sunflower seeds, portabella stems, blend again adding olive oil and sesame oil as necessary for lubrication. Blend until no chunks can be found.

Thinly slice remaining ½ onion and line oven pan with it. Place marinated portabella caps on top of sliced onion. Drizzle remaining marinade sauce on tops of caps and onion. Stuff caps with paté using a teaspoon or small ice cream scoop.

Bake in oven at 350 degrees for 1 hour. Turn off oven. Sprinkle each cap with shaved parmesan cheese. Allow them to sit in warm oven for an additional 15 minutes until cheese melts.

## DRESSINGS

### VINEGRETTE

Olive Oil and Balsamic Vinegar in a 1:2 ratio  
1 tablespoon Dijon mustard  
1 crushed clove of garlic  
thyme (fresh or dry, dice if fresh)  
Salt or dash of tamari  
Pepper  
Whip until thick

### SALAD DRESSING OR BAKED POTATO TOPPING

2 tablespoons + 2 teaspoons olive oil  
3 cloves garlic, chopped  
1/2 cup tahini  
2 teaspoons balsamic vinegar  
1/2 tsp salt  
fresh black pepper (a couple of dashes)  
juice of 1 lemon  
1/2 teaspoon paprika  
1/4 cup lightly packed fresh parsley  
1/2 cup cold water

Heat garlic in 2 tablespoons olive oil in a small sauté pan over low heat for 2 minutes, just until it's fragrant. Add garlic and all ingredients except parsley to the food processor and blend until smooth. Add the parsley and pulse until parsley is very finely chopped but not blended in. Refrigerate at least an hour in an airtight container.

## BREAKFAST

### **Drinks:**

#### LA TOTALÉ: LOVE JUICE<sup>16</sup>

1 red or gold beet  
1 granny smith apple  
1 red apple (macintosh, pink lady, fuji, etc.)  
1 orange  
5 large strawberries  
1 carrot  
hunk of ginger

#### THE ZIPPER (juice)

3 apples  
1 hunk of ginger  
½ peeled lemon  
zooooooooooooooooom!!!

#### BLUEBERRY SMOOTHIE (for the blender)

1-2 cups soy, almond, or rice milk (plain or vanilla)  
2 bananas  
1 cup fresh or frozen blueberries (can substitute strawberries or other berries)  
1 tablespoon vanilla extract  
pinch nutmeg  
pinch cinnamon  
tablespoon flax seeds or flaxmeal

#### PEAR JUICE

this one's pretty simple  
pick pears  
let them ripen in the fridge  
press them into juice  
clean up the mess  
enjoy

#### WARM BANANA SMOOTHIE/ COOL BANANA PUDDING

1 container Eden Unsweetened Soymilk  
6-8 ripe bananas  
add (1 handful each) shaved coconut, cashews, oat flower covered date rolls  
flavor with vanilla, cardamom powder and freshly grated nutmeg  
boil until bananas are dissolved  
then blend with a hand (immersion) blender until no chunks can be found  
serve warm with cinnamon sprinkled on top or chill to thicken into pudding  
can also be served as a dessert!

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<sup>16</sup> Best Juicer EVAH= <<http://www.jackspowerjuicer.com>>

**plates:**

THE QUICKIE

Nancy's Organic Nonfat Yoghurt<sup>17</sup>

mix in jam or jelly if desired

add nuts (cashews, walnuts, pecans, sunflower seeds, pumpkin seeds, etc.)

add berries (fresh or dry), and coconut flakes, stir and enjoy ☺

TOFU SCRAMBLER

olive oil

add chopped onion, garlic, carrots, ginger, tofu

greens (broccoli, kale, spinach, etc)

mushrooms

toasted sesame seeds

soy sauce or tomatoes if desired/spice to taste

TOFU OMELET

12-16 oz tofu

2-3 tbsp nutritional yeast

1 tbsp tahini

1 tbsp tumeric

1 tbsp tamari

2 tbsp tahini

1 tbsp safflower oil

Diced onion, pepper, and tomatillo

Mash all ingredients together. Spoon batter into skillet to form omelet shape. Cook until brown (2-3 minutes). Flip to cook other side 2-3 minutes.

HASHBROWNS

olive oil

diced onion

--garlic if desired--

diced (golden) potatoes

add rosemary, salt and pepper

fry like hell on med/high heat with no lid, stirring regularly

THE DANK

water

spelt flakes

maple syrup

grated cinnamon & nutmeg

fruit (banana, strawberries, apples, etc.)

nuts (walnuts, pecans, sunflower seeds etc.)

raisins (black and gold), cranberries, mulberries, shredded coconut, etc.

simmer until thick

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<sup>17</sup> <[http://www.nancysyogurt.com/nancys\\_products/organic\\_nonfat.php](http://www.nancysyogurt.com/nancys_products/organic_nonfat.php)>

### TOFU BREAKFAST PARM

stir fry Mori-Nu Organic Silken Tofu (firm)<sup>18</sup> in butter on low heat  
add diced tomatoes and sundried tomatoes (and mushrooms if desired)  
simmer until it resembles the scrambled, un-hatched young of chickens  
turn off heat and stir in diced, rennet-free cheddar, mozzarella, dry jack etc. and enjoy!

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<sup>18</sup> <<http://www.morinu.com/product/tofu.html#11>>

## DESSERTS

### WARM BANANA SMOOTHIES/COOL BANANA PUDDING

see recipe in breakfast section

### TAPIOCA (OR BASMATI RICE)PUDDING

slowly bring one container of soymilk to a simmer

add 1/2 cup of tapioca (or basmati rice)

add 1 tablespoon of vanilla

add two very ripe, sliced bananas

add shredded coconut, cardamom, fresh ground nutmeg and/or pitted dates if desired

simmer, stirring lots, until tapioca (or basmati rice) is clear and cooked

put lid on it and let it cool

be sure to put some sort of pot holder under pan:)

### PUMPKIN PIE

Crust: blend raw cashews or almonds until flour in cuisinart or w/ a mortar and pestle

add pinch of salt, table spoon of vanilla, almond or rice milk until a workable texture

butter a pie plate and form crust in it. set this to bake at 420° until golden

then remove add filling and bake for another 45 min at 375.

Filling: skin baked pumpkin (easily done if sliced into strips like melon)

drain off excess water (into the soup if your making it)

mash with table spoon of pumpkin-pie spice

grade A light maple syrup

tablespoon of vanilla

add to crust and bake

### RAW VEGAN COCONUT CREAM PIE

Crust: same as above (see pumpkin pie☺) except don't bake in oven; can add cinnamon, salt, raisins, or dried fruit to the mixture

Filling: blend the meat from 2-4 coconuts with 1-2 tablespoons coconut oil or coconut butter. Add agave nectar or maple syrup as sweetener. Add water or almond milk if needed to make creamy consistency. Flash freeze for a couple hours and then refrigerate.

Optional: layer pie crust with bananas sliced at an angle, add strawberries or blueberries to the coconut mixture for color. For key lime pie taste, add fresh squeezed lemon and lime juice.

### VEGAN PECAN PIE

Crust: same as above (see pumpkin pie☺)

Filling: blend pitted dates with maple syrup and vanilla until a thick paste

mix in LOTS of raw pecans

add to crust and smoosh down with cashews on top

bake for another 45 min at 375.

### APPLE PIE

Crust: same as above (see pumpkin pie☺)

simmer sliced apples, maple syrup, butter and tapioca spiced with cinnamon and nutmeg when apples are mushy and tapioca is cooked add to crust described above  
spread layer of raw crust on top of filling and bake for another 45 min at 375.

### AMY'S DANK GOO BALLS

2 cups cocoa powder

½ cup peanut butter (increase as needed)

½ cup honey

½ cup sunflower seeds

½ cup raisins

Mix up and shape it into goo balls!

### GINGER MOLASSES SNAP COOKIES

2 cups rolled oats

¾ cup sucanat (brown sugar can be substituted)

½ cup sifted white spelt flour

½ cup sifted barley flour

½ cup olive oil

½ cup rice milk

½ cup fresh ginger root grated

½ cup molasses

1 tsp powdered or crushed cloves

1 tsp ginger powder

½ tsp baking powder

½ tsp baking soda

½ tsp sea salt

Mix ingredients together but do not over-mix.

You may refrigerate dough before baking.

Spoon batter onto greased cookie sheets.

Bake at 350 degrees for 10-15 minutes.

For crispy cookies bake longer and for chewy cookies, bake for less time.

Cool on wax paper.

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## I AM DEVOTED (FROM CAFÉ GRATITUDE)

### Crust:

3 1/2 cups coconut flakes

5-6 ounces date paste

salt, vanilla

Process all ingredients until mixture is able to hold a shape. Add the date in increments, you only want to add enough to stick it together. Salt and Vanilla to taste.

### Filling:

4 cups coconut milk

1 cup coconut meat

3/4 cup date paste

salt, vanilla

3 tablespoons lecithin

3/4 cup extra virgin coconut butter

Blend everything together except the lecithin and coconut butter. Once everything else is creamy smooth, add the lecithin and (melted) coconut oil. Continue blending until smooth and the oil is all incorporated. Make coconut milk by blending the water and the meat together from a Thai young coconut. You can make your own liquid vanilla by blending a chopped up vanilla bean with water. For this to work well, you need like 5 vanilla beans blended with 1 cup of water. Blend until it starts getting steamy and totally smooth.

## BONUS DELUXE

--cut and pasted from older e-mails (Yogi Tea from SAT SANG-the tea master)

### Yogi Tea Recipe

2.5 Gallons Water

20 Cloves

30 Black Peppercorns

30 Green Cardamom Pods (Crush these)

12 Cinnamon Sticks

2 Cups of Sliced Ginger

Boil for 30-45 minutes on medium heat

Add 3 teabags of black tea (earl gray or whatever)

Strain and you have the Raw Tea

Store that raw tea in the fridge

As you like, add approx 20-30% milk (to taste)

and sweeten w/ honey. The milk and raw tea should be heated just to the point of boiling.

Options:

Instead of milk, you can use soy, or even apple juice (but drink it cold)

### GOLDEN (SOY)MILK

prepared in two parts:

(1) Prepare a golden yellow turmeric paste by taking a 1/4 cup of turmeric powder to 1/2 cup of pure water and simmer for 8 minutes. It will form a thick paste.

There is an important reaction that takes place at 8 minutes. This paste will be used for the next 40 days, so store it in a jar in the refrigerator.

(2) After the paste is made, once daily for 40 days, for each cup of Golden (Soy) Milk you want, blend together

1 cup of (soy) milk

1 teaspoon of almond oil, sesame or any vegetable oil,

1/4 teaspoon of the turmeric paste as prepared above

and honey to taste.

While stirring on a low heat, bring the (soy) milk just to the boiling point. The mixture may be then blended in an electric blender to make a beautiful foamy drink. Serve with a little cinnamon or nutmeg sprinkled on the top. (I always add cardamom too☺)