

Cara's Cooking Classes

The Complete Series 2008

Kitchen Basics

Beyond Basics

Breakfast, Lunch, and Dinner

Kitchen Sampler

Lunchbox and To Go Foods

A Taste of Fall

Cara's Cooking Class

The Basics

Crispy Nuts
Chicken Stock
Kefir Smoothie
Soaked Oatmeal / Pancakes

Crispy Nuts

All nuts and seeds contain enzyme inhibitors. By adding salt and soaking the nuts, the enzyme inhibitors are deactivated. For grains, we soak in an acidic solution to get rid of phytic acid. Nuts do not contain much phytic acid but do contain high levels of enzyme inhibitors. The method imitates the way the native peoples in Central America treated their nuts and seeds--by soaking them in seawater and then dehydrating them.

4 cups raw almonds
1 Tbsp. Celtic sea salt
Filtered water

Place nuts in a bowl. Cover with filtered water. Add sea salt. Cover with a dish towel and put in a warm place for 7 hours. Drain nuts in colander – do not rinse. Dehydrate in a food dehydrator for approximately 12 hours. Alternatively, spread them on stainless steel baking pan and place in a warm oven (no higher than 150 degrees) for 12-24 hours, turning occasionally until dry and crisp. Store in an airtight container for four months at room temperature or longer in the refrigerator.

You can substitute walnuts or pecans for the almonds – use 2 tsp. sea salt instead of 1 Tbsp.

Notes

Chicken Stock

Chicken stock is powerful food-medicine. It can provide relief from joint pain, arthritis, digestive disorders, and more. Bone broth is a high quality non-dairy source of calcium. It is a time honored tradition to begin a meal with bone broth as it prepares the body for digestion.

If you or your children are sick this winter, I encourage you to nurse them back to health with some good old fashioned chicken stock. It is beneficial for anything from a stomach bug to the flu, to recovering after childbirth.

I always buy chicken with the skin and bones on it. We save the bones in a gallon-sized Zip-lock bag in the freezer. When the bag is full, we make stock.

It is important to add the vinegar when making the stock as the vinegar pulls the nutrients from the bones into the water. Some people add vegetables when making stock which will increase the nutritional content. I find the vegetables create a muddy taste so I leave them out. Options for vegetables are onion (onion skin is especially good for making stock), carrots, celery, salt, pepper, thyme, and rosemary.

The stock should gel when put in the fridge – that how you know you have a healthy delicious stock. If yours does not gel, consider reducing it down by boiling it for a while after making it.

1 chicken carcass
2 chicken heads and 2 chicken feet (optional)
3-4 Tbsp. vinegar – I use raw apple cider vinegar
Enough filtered water to cover bones

Place all in a crock pot breaking up the bones if possible. Let it sit at room temperature for 30 minutes – this helps to draw nutrients out of the bones. Then set the crock pot on low for 24 hours. Strain and throw away the bones (or grind them up for pet food). Use stock within one week or freeze.

Notes

Kefir Smoothie

- Kefir literally translates to “feel good” in Turkish. The friendly flora helps to convert tryptophan in milk to serotonin, the brain chemical that makes you happier.
- Kefir is a **probiotic** which means it is full of healthy bacteria that fights off infections and other pathogenic microbes. Both yogurt and kefir have beneficial bacteria. The difference is that yogurt has transient bacteria that will fight pathogens and then pass out of your system. In contrast, kefir has bacteria that will colonize in your gut and continue to fight pathogens over and over again.
- Helps digest fats, proteins and carbohydrates, and has been known for thousands of years for its **anti-aging** and immune enhancing properties
- Rich in amino acids, enzymes, calcium, magnesium, phosphorus and B vitamins
- Especially important after antibiotic use
- Great for pregnant and nursing women as the flora will pass to the baby and help to build the baby's immune system

2 cups Kefir (see options for kefir below)

½ cup raw milk

1/3 of a bag of frozen cherries

½ frozen banana

2 scoops SuperGreens from www.bodyecology.com (optional)

1 raw egg yolk

Blend all in a blender and enjoy! You may use any fruit combination you like – cherries and bananas are my current favorite.

Options for Kefir

1. Buy from Whole Foods – get whole milk plain kefir if possible, otherwise Helios is a decent brand.
2. Buy from a farmer who will make it from raw milk
3. Make your own – there are two ways:
 - a. Buy kefir grains from www.gemcultures.com or get them from a friend – once you have your grains, they will last a lifetime
 - b. Buy a kefir starter from www.bodyecology.com

Notes

What to do with your milk kefir grains

When you get home today, pour the contents into a plastic colander with a bowl underneath it. Use a rubber spatula and gently strain the kefir until only the grains are left in the strainer. Transfer the grains to a clean mason jar and fill with milk. Place on your counter for 24 hours. What has been strained in the bowl is now kefir and you can either use it right away or save it in the refrigerator.

If you are going away or otherwise want to take a break from making kefir, simply place the grains in some milk in the refrigerator. They will be fine for a month or so.

Do not rinse grains under water – they love milk, not water.

If you happen to kill your grains, don't worry, I will give you more.

Notes

Soaked Oatmeal

The night before, place 3 cups of rolled oats (I get them from the bulk bin at Whole Foods) and 3 cups of plain kefir in a bowl. Stir to incorporate, cover with a dish towel, and place in a warm spot in your kitchen overnight. If you don't have kefir, use yogurt, soured raw milk, buttermilk, or raw milk.

The next morning,

Measure out 1 cup of the soaked oat mixture and put into a blender with ½ cup of water. Blend in the blender and pour into a pot. Add another cup of soaked oats and stir while cooking for about 5 minutes. Add:

1/8 cup of maple syrup
1 Tbsp. butter
¼ tsp of Celtic sea salt

Serve or add 1 more cup of water and continue to cook for 15 minutes.

Use the leftover oats for pancakes or muffins.

Why soak the oats? All oats and grains contain phytic acid which binds with vital nutrients and carries them out of the body before they can get absorbed. To neutralize the phytic acid, grains must be soaked. Soaking properly involves time, warmth, and an acid (yogurt, lemon juice, etc).

Notes

Soaked Pancakes

This pancake recipe is a crowd pleaser. You can pull out your waffle maker and make waffles the same time you are making the pancakes. I save the leftovers in the fridge and we use it instead of bread for sandwiches. I also freeze leftovers and pop one or so in the toaster oven whenever I want one.

The night before, place 3 cups of rolled oats (I get them from the bulk bin at Whole Foods) and 3 cups of plain kefir in a bowl. Stir to incorporate, cover with a dish towel, and place in a warm spot in your kitchen overnight. If you don't have kefir, use yogurt, soured raw milk, buttermilk, or raw milk.

The next morning add,
3-4 T melted coconut oil or butter
2-3 T raw honey or maple syrup
4 eggs
2 tsp. vanilla extract
1 tsp. of baking soda
Pinch of Celtic sea salt
1 T baking powder

Blend in the blender. Make pancakes. Top with raw butter and real maple syrup.

Notes

Cara's Cooking Class

Beyond Basics

Sprouted Flour
Soaked Granola
Fermented Salsa

Sprouted Flour

Over 100 years ago the milling industry was drastically changed by the introduction of modern food processing techniques. Up until then grains had been milled in their original state—whole and usually sprouted from the moisture in the air from the way grain was harvested and dried naturally in the field.

Sprouting a grain actually changes its composition from a starch to a vegetable.

When whole grains are sprouted, it turns into a plant, and the body recognizes it as a vegetable. Vegetables are the easiest-to-digest foods because they are broken down by vegetable enzymes, not pancreatic enzymes which are less abundant in most people's digestive systems.

Sprouting also produces Vitamin C, increases Vitamin B and carotene, and helps with absorption of calcium, magnesium, iron, copper and zinc by neutralizing phytic acid.

You can substitute sprouted flour one to one for all purpose white flour in most recipes. Store sprouted flour in an air-tight container in the refrigerator or freezer for six months or longer.

1. Place 4.5 cups of wheat berries in a bowl. Cover with water and place a towel over it. Let the wheat berries sit for 12-24 hours. (I do overnight)
2. In morning, strain the berries and rinse them off in the strainer. Set the strainer in a large bowl, or on a plate. It should be something that will catch any water from the strainer but not sit in the water. Cover with a cloth.
3. Rinse the berries 3- 5 times throughout the day. After 12-24 hours there will be a small white sprout at the tip of the berries.
4. Spread grains out in a food dehydrator and dry for 2-4 hours. Alternatively, divide between two cookie sheets and put in oven set at 150 degrees for 4-8 hours.
5. Grind into flour.

This makes approximately 2.5 lbs

Notes

Sprouted Muffins

I simply used the recipe that is on the back of the sprouted spelt flour that came from www.creatingheaven.net

2 cups sprouted spelt flour
1 tsp. baking soda
2 tsp. cinnamon
1/8 tsp. salt
3/4 cup yogurt
2 eggs
3/4 cup maple syrup
4 Tbsp. melted butter
1 1/2 tsp. vanilla extract.

Preheat oven to 400 degrees. Combine all ingredients. Bake 15 minutes - I use my stoneware muffin pan from Pampered Chef.

Notes

Soaked Granola

Modern cereals are made with a machine called an extruder which produces little shapes and O's. Extruded grains contain toxic protein fragments. Unfortunately, the more protein in a cereal, the more toxic protein fragments are in it. Eggs and bacon make a much more nutritious breakfast. If you like to have cereal as a snack, you can make this delicious granola. Another option is to pop some popcorn in coconut oil and then use the popcorn as your cereal. If you drizzle a little raw honey or maple syrup over the popcorn and milk, it may even taste like Corn Pops.

The reason we soak the oats is that all oats and grains contain phytic acid which binds with vital nutrients and carries them out of the body before they can get absorbed. To neutralize the phytic acid, grains must be soaked. Soaking properly involves, time, warmth, and an acid (yogurt, lemon juice, etc).

8 C Rolled oats
1/2 C Butter, melted
1/2 C melted coconut oil
1 ½ C plain kefir (or whole yogurt)
2 C water
1/2 C raw honey or grade B maple syrup
1 t Celtic sea salt
1 t ground cinnamon
1 C desiccated coconut
2 C chopped crispy almonds

1. Mix oats, kefir and water together in a large bowl. Pat down, cover with a plate and let sit covered on kitchen counter for 24 hours.
2. Add butter, coconut oil, maple syrup, salt, and cinnamon to the soaked oats.
3. Dehydrate in a food dehydrator for 6-12 hours. Alternatively, spread thin on cookie sheets and bake for 4 hours or until dry and crisp at 170 degrees.
4. Crumble granola and then add coconut and crispy nuts.
5. Store in airtight container.

Notes

Fermented Salsa

Fermented products are a great source of amino acids, vitamins, and minerals. The process of fermentation increases the amounts of some vitamins. Fermented vegetables are a great source of Vitamin C. The process of fermentation also increases the bioavailability of these foods. Fermented vegetables also help to strengthen your immune system by populating it with beneficial bacteria that fight off pathogens. I recommend at least a forkful of fermented vegetables at every meal.

The quantity you need depends on how many jars you want to make. I usually make 6 jars at a time.

Tomatoes – any kind – heirloom, cherry, preferably ones you grow yourself

Tomatillos

Variety of peppers from sweet to hot

Lime – approx 1 Tbsp. of juice and 1 slice per jar

Cilantro, about a handful

Garlic – crushed, whole

Celtic sea salt – a little less than 1 Tbsp. per jar

1. Chop up all vegetables and put into a mason jar.
2. Add salt.
3. You have two choices for inoculating the salsa. You can use a starter from www.bodyecology.com or whey. If using the body ecology starter – follow the instructions on the package (heat approximately 4 cups of water to body temperature and then add 1 packet, stir to dissolve). If using whey, strain yogurt for several hours using cheesecloth or a fine mesh strainer. The liquid part is whey.
4. Add approximately 4 Tbsp. or more of the body ecology starter or whey to each jar and then fill the remainder with filtered water. Let it sit on the counter in a warm spot for 3-4 days.
5. Drain and transfer to a food processor. Pulse 15-20 times until desired consistency.
6. Transfer to the refrigerator and enjoy.

Notes

Cara's Cooking Class
Breakfast, Lunch, and Dinner
A Day in the Life of Traditional Foods

Breakfast ~ Peaches and Cream

Lunch ~ Grain-free lasagna and Salad with Honey

Mustard Dressing

Dinner ~ Gluten-free Fish Sticks with Peas

Fermented Cod Liver Oil

Cod liver oil is a Superfood. Our grandparents knew this. My grandmother remembers taking cod liver oil every day of her life. Yet I was in my thirties before I had had a single dose. What happened? We have lost some vital wisdom and our collective health is proof of it. Among other things, cod liver oil contains DHA, EPA, vitamin A, and vitamin D. These four nutrients are needed for:

- Healthy skin
- Strong bones and teeth
- Healthy joints
- A healthy cardiovascular system
- A healthy nervous system and prevention of depression and other mood disorders
- A healthy lining for your digestive tract

The Weston A. Price motto is “cod liver oil and butter” as the two work synergistically in the body.

Today you sampled: Blue Ice, High Vitamin Cod Liver Oil, Cinnamon Tingle from www.greenpasture.org (402) 858-4818

Notes

Peaches and Cream

1 cup cream of buckwheat
5 cups raw milk
¾ tsp. Celtic sea salt
4 eggs
½ cup raw cream
2 farm fresh peaches – peeled and diced

The night before: Mix cream of buckwheat with milk – cover and set on the counter for 12-24 hours.

The next morning – transfer mixture to a pot. Whisk in salt and eggs and bring to a gentle boil. Turn heat to low and simmer 10 minutes – stirring frequently.

Add peaches and cream and serve immediately.

You can make a big batch of this once a week and re-heat all week long – adding a little more milk each time.

Why soak the buckwheat? All grains contain phytic acid which binds with vital nutrients and carries them out of the body before they can get absorbed. To neutralize the phytic acid, grains must be soaked.

Notes

Lasagna

For the sauce:

1 Tbsp. raw butter

1 onion - chopped

1 lb. pastured sausage – I love the sausage that is available from Polyface farm

www.polyfacefarms.com

1 lb. 100% grass fed ground beef – make sure it is grass fed and grass finished

2 cloves of garlic – minced

5-6 tomatoes -- I buy “seconds at the Farmer’s market blanched, skinned, and pureed in a blender – alternatively use Pomi strained tomatoes (in carton – not a can)

2-3 tomatoes chopped

Salt and pepper

1-2 Tbsp. fresh oregano

Taste and adjust seasonings as necessary.

For the □noodles□

4-5 zucchini sliced lengthwise into thin strips

For the cheese

Combine the following:

¾ lb. mozzarella - grated

1 hunk raw parmesan cheese - grated

1 hunk gruyere – grated

Whatever else is in your fridge works – I’ve used Swiss, cheddar, etc.

Sauté onion in butter. Add ground beef and sausage and brown over med-high heat. Turn heat down and add garlic. Then add tomatoes and seasonings. Simmer on low so that it is barely bubbling for 20 minutes to an hour.

Meanwhile, steam zucchini for 5 minutes, grate the cheese, and preheat the oven to 350 degrees.

To assemble: Add 1/3 of the sauce to cover the bottom of a 9X13 pan. Add ½ of the zucchini in a single layer. Add 1/3 of the sauce to cover the zucchini. Add ½ of the cheese. Add the remaining zucchini in a single layer, the remaining sauce in a single layer, the remaining cheese in a single layer.

Place in oven and bake 30 minutes at 350 degrees. Let it cool slightly before cutting and serving.

Notes

Salad Dressing

Making your own salad dressing instead of buying the bottled ones in the store is one of the easiest ways to eliminate additives and other undesirables from your diet. Even organic salad dressing is usually made with rancid canola oil. Remember olive oil is great to use as salad dressing and it is not to be used in cooking.

Homemade Honey Mustard Dressing

2Tbsp. raw honey

4 Tbsp. whole grain mustard

½ cup of olive oil

Mix all in a mason jar and store any extra in the refrigerator.

Notes

Fish Sticks with Petite Peas

This meal is something I can make in less than 30 minutes. Although I plan my meals each week, I occasionally have days when I have nothing defrosted and no plans for dinner. That's when I make this meal because I always keep these ingredients on hand.

Mahi-mahi or cod or any other wild-caught fish
Gluten-free all purpose flour – Bob's Red Mill
Coconut oil – virgin, unrefined – I buy it by the gallon from www.mountainroseherbs.com

I buy “frozen at sea” wild caught fish. Often “fresh” fish has been previously frozen. Wild caught fish is far superior to farm fish nutritionally.

Defrost the frozen fish in the refrigerator. If there is no time to defrost, simply run it under water until it defrosts. Cut into strips about the size of your finger.

Sprinkle gluten-free flour into a pie pan or other shallow plate and season with salt and pepper.

Heat 2-4 Tbsp. of coconut oil over medium/high heat in a large skillet – preferably cast iron. Never use any non-stick or aluminum pans. Stainless steel pans are acceptable too, but not for acidic foods.

Coat fish sticks in flour and put into the hot oil. When they are brown on all sides, they are done.

Honey Mustard Dipping Sauce
2 Tbsp. whole grain mustard
4 Tbsp. raw honey

Mix together for dipping sauce.

Serve with steamed, organic frozen petite peas.

Notes

Cara's Cooking Class

Kitchen Sampler

Popcorn

Kefir Soda

Green Monster Juice

Chicken Soup

Chocolate Ice Cream

Healthy Candy

Popcorn

Coconut Popcorn

Aprox. 4 Tbsp. coconut oil (enough to have a ½" layer on the bottom of your pan)
Aprox. 1 ½ cups of heirloom popcorn - make sure it is not GMO (enough to produce a single layer on the pan)
4 Tbsp. raw butter – melted
Sea Kelp
Celtic Sea Salt

Melt coconut oil in a heavy-bottom pan with a lid. Add popcorn and put the lid on. Meanwhile, melt butter. The popcorn is done when the popping noticeably slows down. Turn off heat and add butter, sea kelp, and salt to taste.

What's so special about coconut oil?

Coconut Oil May Speed Up Metabolism and Increase Energy. Coconut oil is high in medium chain fatty acids which are converted easily into energy. Other dietary fats (and excess carbohydrates) are more easily stored as fat. Because of its potential ability to speed up metabolism, coconut oil is a good food choice for people with sluggish thyroid glands, as well as for people who find it difficult to shed unwanted weight.

It's a Safe Oil for Cooking

The high percentage of saturated fatty acids found in coconut oil makes it stable when exposed to heat. Unlike almost all other vegetable oils, coconut oil contains virtually no trans fats, and is highly resistant to free radical formation when used for cooking at high temperatures.

It May Help Those with Digestive Problems

Many people who have suffered with inflammatory conditions of the intestines like Crohn's disease have successfully used coconut oil for its anti-inflammatory and soothing properties. Coconut oil's ability to help improve the balance of microorganisms in the intestines is likely another reason why people who suffer with digestive disorders benefit from using it on a regular basis.

Coconut Oil is Great for your Skin

In addition to its potential healing properties for your internal health, coconut oil makes for an exceptional skin moisturizer. First of all, it doesn't contain any of the [carcinogenic chemicals](#) that are found in many commercial moisturizers. Secondly, coconut oil is easily absorbed into your skin, where it can help to prevent free radical damage, wrinkling, and sagging. It may even be able to restore strength to the underlying connective tissue.

Notes

Kefir Sodas

There are two types of Kefir grains – one that loves milk, and one that loves water. I have both grains and will be happy to share them with you. I find using the grains is the easiest and most economical way to make kefir.

So you have your kefir grains...now what??

Fermented Lemonade

1. Fill quart sized mason jar with water and 6 Tablespoons of sugar. This is the *only* time I use regular refined white sugar in my house. It seems to be the energy source the grain prefer. Add kefir grains. Place a lid on the jar and let it sit out on your counter for 2-3 days.
2. Squeeze 2 lemons (or limes) into a clean mason jar.
3. Place a soft tea strainer into the mason jar that has the fresh squeezed lemons in it.
4. Pour fermented kefir water into the mason jar – the strainer will catch all of the kefir grains.
5. You now have fermented lemonade.
6. Start over with step one above.

Fermented Grape Juice

Another easier way to use your kefir grains is to put them in juice (either store bought or juice your own apple) and let them sit out for 2-3 days. Strain off the kefir grains, rinse them off, and use them again.

One note: if you put your kefir grains in grape juice too many times in a row, they may die. Instead, alternate between putting them in juice and putting them in sugar water.

Notes

Green Monster Juice

1 handful of spinach
3 carrots
1 apple

Juice all together and enjoy as an afternoon pick-me-up. Or add to kefir for a morning smoothie.

Of course there are endless possibilities to what you can juice, I am giving you my favorite combination. Other options include: cucumbers, Swiss chard, the tops to carrots, beets, and just about anything else. Make the above recipe first and then experiment.

Notes

Cara's Chicken Soup

2 Tbsp. butter
4 carrots - diced
4 stalks and leaves of celery - diced
1 onion – diced
1 lb. mushrooms – sliced and sautéed in butter
Diced chicken from whole roasted chicken
8 cups of homemade chicken broth and/or water
2-3 Tbsp. Cara's seasoning mix – see below

Melt butter in a Dutch oven over low heat. Add carrots, onion, and celery and put the lid on to let them sweat out for 15 minutes. Meanwhile sauté the mushrooms in a separate pan. Add mushrooms to other vegetables. Add seasoning mix and stir for 1 minute. Add chicken broth. Bring to a boil, and then add cooked chicken meat. Let it simmer for 10 minutes.

Cara's Seasoning Mix

This is my absolute favorite seasoning for all types of soups. The recipe is from *Gifts that Taste Good* by Anne Van Wagner

1 cup Celtic sea salt
Pinch of Sucanat
2 tsp. dry mustard
1 1/2 tsp. dried whole oregano
1 1/2 tsp. garlic powder
1 tsp. curry powder
1 tsp. onion powder
1/2 tsp. celery seeds
1/4 tsp. paprika
1/4 tsp. ground thyme
1/8 tsp. ground turmeric

Place all ingredients in a pint jar and seal. Shake until mixture is completely blended.

Notes

Homemade Chocolate Ice cream

My best friend Priscilla came up with this recipe. She has a delicious gluten-free nutrient dense cookbook that can be downloaded for \$5 at www.nourishingyouandyourchildren.blogspot.com I am not gluten-free and I use her cookbook every day.

I *love* this ice cream. Store bought ice cream has an ingredient similar to anti-freeze in it. This will be enough ice cream for a family of four. I gave up chocolate when I noticed the caffeine was affecting my baby who was exclusively nursing. The carob powder makes a great substitute.

2 cups whole raw milk
¼ cup raw cream
1 raw egg yolk
1/3 cup carob powder (or unsweetened dark chocolate powder)
1 tsp. Vanilla extract
1/3 cup grade B maple syrup

Blend all ingredients in a blender. Transfer to an ice-cream maker.

Notes

Healthy Candy

My best friend Priscilla came up with this recipe. I love to pop one of these candies in my mouth and feel it melt into deliciousness.

½ cup coconut oil
½ cup crunchy peanut butter
1/3 cup raw honey
4 Tbsp. black strap molasses
¼ cup nutritional yeast.

Blend all together. Put in freezer for about 15 minutes until it is hard enough to make into little balls. Roll into little balls and store in a container in the freezer for special treats that are healthy.

Notes

Cara's Cooking Class
Nutrient Dense
Lunchbox and To Go Foods

Honey Crispy Nuts

Popcorn

Mango Yogurt

Honey Mustard Dipping Sauce

Sprouted Muffins

Coconut Bread

Cheesy Muffins

Gluten-free Cookies

Ginger Snaps

Honey Chicken Drumsticks

Hard Boiled Eggs

How to build a nutrient dense lunch

Sample Week

Foods to Avoid

Introducing Nutrient Dense Foods to Picky Eaters

Sources

Crispy Nuts

All nuts and seeds contain enzyme inhibitors. By adding salt and soaking the nuts, the enzyme inhibitors are deactivated. For grains, we soak in an acidic solution to get rid of phytic acid. Nuts do not contain much phytic acid but do contain high levels of enzyme inhibitors. The method imitates the way the native peoples in Central America treated their nuts and seeds--by soaking them in seawater and then dehydrating them.

4 cups raw pecans
2 tsp. Celtic sea salt
Filtered water

Place nuts in a bowl. Cover with filtered water. Add sea salt. Cover with a dish towel and put in a warm place for 7 hours. Drain nuts in colander – do not rinse. Dehydrate in a food dehydrator for approximately 12 hours. Alternatively, spread them on stainless steel baking pan and place in a warm oven (no higher than 150 degrees) for 12-24 hours, turning occasionally until dry and crisp. Store in an airtight container for four months at room temperature or longer in the refrigerator.

You can substitute walnuts for the pecans. You can also substitute almonds for the pecans – just use 2 tsp. sea salt instead of 1 Tbsp.

Honey Crispy Nuts

2 cups crispy pecans
1 cup crispy almonds
deshicated coconut (optional)
2.5 Tbsp. butter
2.5 Tbsp. raw honey
¾ tsp. Celtic sea salt

Combine nuts and optional coconut in a bowl. Melt butter in a small saucepan. Add honey to the sauce pan and stir constantly until well combined. Pour warm honey butter over the nuts. Add salt.

Mango Yogurt

1 bag of frozen mango
1/3 cup of whole organic milk – preferably from grass-fed cows and raw
2 cups plain whole fat yogurt – I like Brown Cow cream top or Seven Star

Heat the mango in a small sauce pan over the stove for a few minutes to soften. Place softened mango into the food processor. Turn the food processor on and pour the milk into the drip spout. Puree until all the milk is combined with the mango.

You can either serve immediately or add it to plain whole fat yogurt to make your own fruited yogurt with no added sugar.

Honey Mustard Dipping Sauce

Kids love to dip carrot sticks or cucumber sticks into this dip. Also makes a great salad dressing.

2Tbsp. raw honey
4 Tbsp. whole grain mustard
½ cup of olive oil

Mix all in a mason jar and store any extra in the refrigerator.

Coconut Bread

This is my best friend Priscilla's recipe. She came up with it when she started the GAPS (Gut and Psychology Syndrome) diet to cure herself of Celiac's disease. Priscilla is the best cook I know. She has a gluten-free nutrient dense cookbook that can be downloaded for \$5 at www.nourishingyouandyourchildren.blogspot.com I am not gluten-free and I use her cookbook nearly every day. Watch for a new cookbook that Priscilla and I are creating together.

3/4 C Coconut flour (Add a little more or less if the consistency is not right)
5 eggs
1/2 tsp vanilla
1 tsp baking soda
5 dates
1/4 tsp xanthan gum
1/4 C milk
1/2 tsp cinnamon
1/8 tsp nutmeg
7 drops stevia
1/4 cup cultured salted butter
pinch of salt

Mix all ingredients until smooth in a food processor.

Butter a cake or bread pan and add the batter. Consistency of batter should be not so thin that it pours without help, but not so thick that it doesn't settle at all in the pan. You should have to spread it out in the pan but not have to mold it into place too much. Just a little thicker than a cake batter, but thinner than cookie dough. If you need to adjust the consistency a bit, use a little more milk or a little more flour. A little goes a long way, so be careful.

Bake at 350 for about 30 minutes or until golden brown and spongy to the touch.

Cheesy Muffins

This is my version of my best friend Priscilla's savory muffins.

.7 lbs of raw pine nuts
1 tsp. Celtic sea salt
½ cup of coconut oil
¾ cup coconut flour
6 eggs beaten
1 tsp. baking soda
1 cup cubed cheddar cheese

The night before...

Mix pine nuts with salt and filtered water and put in a warm place for 7 hours or overnight. Drain in a colander.

Preheat the oven to 350 degrees. Place nuts into food processor and grind. Combine pine nuts and all other ingredients except the cheese in a bowl. Fold cheese chunks in. Put in muffin pan and bake for 20 minutes.

Gluten Free Cookies

This recipe came from Priscilla's gluten-free cookbook
www.nourishingyouandyourchildren.blogspot.com

1 ½ C Gluten free All Purpose Flour from Bob's Red Mill
1 t Xanthan Gum
1 t Baking Soda
¼ t Sea Salt
½ C Unsweetened Carob powder or Cocoa powder
¼ C Butter
½ t GF Vanilla Extract
1 C Real Maple Syrup
1 Egg
½ C Crispy Pecans, chopped (optional but very good)

Preheat Oven to 350°F. Make sure butter is at room temperature and blend wet ingredients together. In a separate bowl stir dry ingredients together. Add wet to dry and incorporate without over mixing. Using a spoon, place cookie dough onto a cookie sheet and bake for 10 minutes on middle rack. Check after 7 minutes to make sure they are not burning. The smaller the cookie the faster it will bake.

Makes about 12 to fourteen cookies

Ginger Snaps

This recipe came from Sally Fallon's book Nourishing Traditions. I modified the recipe slightly

1 ½ cups crispy almonds
½ cup butter, softened
1 cup gluten-free all purpose flour from Bob's Red Mill
½ cup Rapadura or Sucanat
1 Tbsp. water
1 ½ tsp. dried ginger
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ground cloves
½ tsp. Celtic sea salt

Preheat oven to 300 degrees. Place almond in a food processor and process until finely ground. Add remaining ingredients and mix together with hands (otherwise the dough will be too dry). Form into walnut sized balls and place on a buttered cookie sheet. Bake 300 degrees for 5 minutes and then take cookies out and flatten with a fork. Bake for another 15 minutes. Let it cook completely. Store in refrigerator.

Honey Chicken Drumsticks

This recipe has been modified from Kerry Ann Foster's recipe for Honey Garlic Chicken Wings. She has a menu mailer for nutrient dense foods that is mostly gluten free. I highly recommend her recipes. www.tfrecipes.com

3 garlic cloves, pressed
1 Tbsp. honey
2 Tbsp. whole grain Dijon mustard
1 Tbsp. Tamari (or naturally fermented soy sauce)
2 Tbsp. lemon juice
¼ cup oil – I use a mix of olive, coconut, and sesame
2 tsp. Celtic sea salt
1 tsp. pepper
20-24 chicken drumsticks

In a bowl, combine all ingredients. Marinate up to 24 hours.

Preheat oven to 400 degrees. Place the chicken on a single layer on a wire rack over a cookie sheet lined with parchment paper. Bake 40 minutes.

Hard Boiled Eggs

It may seem funny to include a recipe for hard boiled eggs, yet I am always surprised how few people know how to make them anymore. Here's how I do it:

Place 6 eggs into a pot. Fill with filtered water. Bring to a boil. Once it boils, immediately turn off the heat, put a lid on the pot, and set the timer for 10 minutes. Scoop eggs out and place in cold water before peeling.

My Dad used to smash hardboiled eggs with a fork and add salt, pepper, and butter. It's my daughter's favorite way to eat eggs.

Building a Nutrient Dense Lunch

Choose One from each Category

Main

Hard Boiled Egg + Organic Valley raw cheese

Niman Ranch Salami + Organic Valley raw cheese

*Chicken drumstick

Sandwich

- Bread Options:
 - Millet Bread from www.DeLandbakery.com
 - Sourdough bread – homemade or ask baker if they use a sourdough starter
 - Nutrient dense breads from www.grindstonebakery.com
 - Leftover soaked pancakes
 - Leftover French toast
- Filling Options:
 - Peanut butter (or sunflower butter) and mashed banana
 - Peanut butter (or sunflower butter) and raw honey
 - Hummus and mashed avocado
 - Tomato, mozzarella, and basil

Side

*Sprouted grain muffin

*Coconut bread

*Honey Nuts

Lara bars

Nana chips with Salsa or guacamole

Olives from Whole Food's olive bar

Leftover French toast

*Heirloom Popcorn (no GMO) drizzled with raw butter and sprinkled with sea kelp

Unsweetened Banana chips cooked with coconut oil or palm oil (near bulk items at Whole foods)

Whole fat yogurt – Brown Cow cream top – with *pureed mango

Vegetables

Carrot sticks with *honey mustard dipping sauce

Cucumber sticks with *honey mustard dipping sauce

Fruits

Apple/ Cucumber / Avocado chunks

Organic apple sauce – homemade or with no other ingredients

Unsulphured, unsweetened dates

Whatever is in season

Drink

Coconut water or water

Sample Week

Monday

Hard boiled egg and raw cheese chunks
*Coconut bread
Cucumbers with *honey mustard dip
Coconut water

Tuesday

*Chicken drumstick
*Sprouted muffin
Avocado/ cucumber/ apple chunks
Water

Wednesday

Niman ranch Salami and raw cheese chunks
Lara bar (or Nana chips if nut free)
Coconut water
Unsweetened banana chips (with coconut oil or palm oil)

Thursday

Peanut butter (or sunflower butter) and mashed banana sandwich on millet bread from www.delandbakery.com
Kalamata Olives from olive bar at Whole Foods
Honey Nuts (or *heirloom popcorn with sea kelp if nut free)
Water

Friday

Hummus avocado sandwich on millet bread from www.delandbakery.com
Carrots with *honey mustard dipping sauce
Raw cheddar cheese chunks
Coconut water

*indicates recipe included in this packet

Avoid

Lunchables
High fructose corn syrup
Dyes (i.e., Yellow dye #5)
Granola bars
Cereal
Rice cakes
Partially hydrogenated oils
Canola oil
Store bought muffins, cupcakes, breads
Juice boxes
Sodas
Candy
Low fat foods
Processed foods
Any food that comes with a health claim “Low cholesterol, No Trans Fat, etc.”

Introducing Nutrient Dense Foods to Picky Eaters

1. Start as early as you can. The sooner, the better and it is never too late to start.
2. Mix in nutrient dense foods slowly. For example if your child is used to sugary yogurt, mix $\frac{1}{4}$ plain yogurt with $\frac{3}{4}$ of the sugary yogurt. After a while, mix $\frac{1}{2}$ and $\frac{1}{2}$. Eventually they will wean themselves from the super-sweet taste.
3. Add things to their lives instead of focusing on taking away.
4. Don't have junk food in the house anymore – if it's not in the house, it will be eaten a lot less
5. Don't make a big deal about food. Mealtimes should be enjoyable. Be careful with how you communicate about food. Some people say, “Ooooh, aren't you LUCKY – you get to have an ice cream sundae!” In our house we say, “Yuck, ice cream sundae. I may like the taste of it, but my body doesn't like it when I eat it.”
6. Educate your kids about food. Go to U-pick farms. Before each meal remind them of where their food has come from. In our house we say, “Thank you farmers for growing this spinach. Thank you chickens for giving us your eggs. Thank you cows for giving us your milk which we made into yogurt. Thank you Universe for our harvest.”
7. Don't assume what your kids will like or not like. My 1 year old LOVES fermented sauerkraut. I just gave it to him one day and he ate it. Assume nothing. You may be surprised.
8. Avoid the most harmful ingredients. In my mind, they are high fructose corn syrup, artificial dyes, and partially hydrogenated oil.
9. If you give your kids fresh, in season fruits and vegetables they are much more likely to enjoy them. I don't like grocery store tomatoes in the winter either.
10. Lead by example. Find nutrient dense foods that you really love and introduce them to your kids. Chances are if they see you enjoying them so much, they will too.

Sources

- Raw cheese Look for grass-fed, unpasteurized milk, raw milk cheeses
Organic Valley brand has raw milk cheddar cheeses
Whole Foods and Trader Joes have some
Can get directly from farmers that sell raw milk
- Fruit Fruit from the farmer's market or u-pick is the best
Apples – organic and local
Bananas – just remember these are not local – only eat them when they are very ripe (have brown spots on them)
Grapes – definitely buy organic and domestic
Santa Cruz Organic Applesauce or make your own
Organic raisons
It is best to eat whatever is in season. We really don't need to eat much fruit in the winter.
- Bread The bread you sampled today is millet bread from www.DeLandbakery.com.
It is an excellent tasting gluten free bread with no additives. There are some that say that millet should be eaten in moderation because it is a goitergen. Sourdough breads are preferred over wheat bread (even 100% whole wheat) because they are fermented and easier to digest. I also highly recommend breads from www.grindstonebakery.com all of their breads and cookies are free of wheat, yeast, and dairy, and many are gluten-free
- Coconut Water Coconut water is isotonic and full of electrolytes. It is far superior to Gatorade which contains high fructose corn syrup and artificial dyes. I like Vita Coco brand because it is available in "juice boxes." You can also make your own coconut water by cracking open a young green coconut and pouring out the juice. Fermenting coconut water is easy to do – and is one of the healthiest drinks for populating your gut with beneficial bacterial.
- Bento Box I highly recommend getting a Bento Box or something similar instead of using disposable items in the lunch box. The Bento Box you saw today was from www.reusablebags.com
- Sprouted Flour You can make your own sprouted flour or get Shiloh Farms brand from health food stores or www.creatingheaven.net
- Chips We like Nana corn chips which are available from Whole Foods. The chips are made from non-GMO corn, are local, and have been soaked in limestone to make the B vitamins more bio-available.
- Granola Bars The only granola bar I recommend is Lara bars. They have the fewest ingredients – usually only bananas, nuts, and dates.
- Salami The only salami I recommend is Niman Ranch. They have good farming practices and no additional nitrites.

Cara's Cooking Class

Taste of Fall

Homemade Chicken Stock

Squash Soup

Gluten –free Pizza Crust

Pesto sauce

Traditional red sauce

How to Freeze tomatoes

Spinach and feta egg scramblers

Squash Soup

There is nothing that says fall more to me than orange and brown leaves, crisp air, and squash soup. We enjoy this soup weekly in the fall.

1 medium onion
1 Tbsp. butter
2 cups homemade chicken stock
2 cups butternut or acorn squash peeled and diced
2 cups sweet potatoes, peeled and diced
2-3 medium apples, cored and diced
Salt and pepper
½ tsp. nutmeg
Raw sour cream (optional)

In a large soup pot, sauté the onions in butter on medium high heat until translucent. Add the stock, squash, sweet potatoes, apples, salt, pepper, and nutmeg and bring to a boil. Turn down the heat and simmer for 30 minutes. Puree with an immersion blender or puree in batches in a blender.

Before serving, add a dollop of raw sour cream to each bowl. The vitamins in the sour cream help to assimilate the vitamins in the vegetables.

Gluten-Free Pizza Crust

This recipe came from my best friend Priscilla who is the best home cook I know. She has Celiac's disease which lead her to create a gluten-free nutrient dense cookbook. I use her recipes nearly every day even though we are not gluten-free. Her cookbook is available to download online for \$5 from www.nourishingyouandyourchildren.blogspot.com

I love this recipe because I always keep all the ingredients on hand. I can put this pizza on the table in less than 30 minutes. It is my husband's favorite meal so we have made Friday nights "Pizza Night" in our house.

Crust:

1 Tbsp. yeast

1 ¼ cup Bob's Red mill gluten-free flour

2 tsp. Xanthan gum (look for this near the specialty flours in the baking aisle at Whole Foods)

1 tsp. Celtic sea salt

1 ½ tsp. Olive Oil

2/3 cup warm water

Preheat oven to 420 degrees. In a bowl mix all dry ingredients together. Add warm water and olive oil slowly until all is incorporated. The dough will be soft. Coat a cast iron skillet, pizza stone, or cookie sheet with olive oil. Put dough on pan and use a piece of plastic wrap to spread the dough out as thin as you can. Cook in oven for 9 minutes. Remove and turn oven down to 400 degrees. Put toppings on pizza and then put the pizza back in the oven for 10 more minutes until the cheese has melted and the edges are golden brown.

Pesto Sauce

1 bunch of basil (approximately 2 cups)
¼ cup grated raw parmesan cheese
½ cup olive oil
3 Tbsp. crispy pine nuts (optional)
3 small cloves of garlic

Chop basil leaves in food processor. Add nuts and garlic and parmesan cheese. Slowly add olive oil. Pesto freezes well.

Red sauce

Olive oil
Butter
Garlic – sliced
Fresh basil
Fresh tomatoes - chopped

Sauté sliced garlic in olive oil/ butter over low heat until fragrant (about 30 seconds). Add a large handful of basil. Add tomatoes and cook for 1-2 minutes. Sieve the sauce and return it to the pan to simmer for 5 minutes.

Gluten-free Pesto Pizza

Follow directions on page 40 for gluten-free pizza crust
Spread pesto (recipe above) on cooked pizza crust
Top with freshly grated mozzarella
Cook as directed on page 40

Gluten-free Traditional Pizza

Follow directions on page 40 for gluten-free pizza crust
Spread red sauce on cooked pizza crust
Top with freshly grated mozzarella
Cook as directed on page 40
Right before serving, sprinkle with fresh basil

How to Freeze Tomatoes

I recommend buying as many “seconds” from the farmer’s market as you can so that you can freeze these tomatoes and use them all year.

Boil a pot of water.

Drop 3-4 tomatoes into the boiling water. Take them out after 1 minute. Score (draw an X with your knife) the bottom of each tomato and peel the skin off. Core the tomato and then place it in your blender. Blend tomatoes to desired consistency and transfer to a freezer safe glass container. I like square Pyrex containers with plastic lids. Leave some room at the top for expansion and place in the freezer. Consider storing in containers that are the equivalent to 1 can.

I use these tomatoes for soups, chili, pizza and more throughout the year.

Spinach and Feta Egg Scramblers

It really doesn't take much longer to make these eggs in the morning as it would to prepare a bowl of cereal and it is soooo much healthier. Eggs are thought of as "brain food" as there are many nutrients that are important for brain development. Cereal is made from extruded grains which create toxic protein fragments. Cereal is a highly processed food that should be avoided.

There are some that say it is important to combine our food properly. Animal proteins combine well with vegetables because animal products have an acidic affect on our blood and vegetables have an alkalizing affect on our blood.

This breakfast satisfies me all the way until lunch without feeling hungry.

2 Tbsp. raw butter
1-2 handfuls of fresh spinach – ripped into bite sized pieces
5 Eggs
¼ cup of goat feta cheese

Heat butter in a skillet over medium-high heat. Add spinach and allow it to sauté for 1-2 minutes – until limp. Meanwhile beat eggs and crumbled feta cheese together in a separate bowl. Turn heat down to med-low or low. Add egg mixture and stir the eggs until cooked.

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