

Pure and Simple...

We chose that title because all the ingredients are very pure, without additives, sugar, artificial flavors and colors, or MSG. We purchase most of the items in the produce section and the bulk foods aisle of the store. We use mostly foods as grown. The few items that come in a can have very pure, simple ingredients, often just the main item and maybe some salt.

The recipes are not complicated and are written in a quick to use format. In some recipes, the preparation is very quick; other recipes take a little longer. It is as quick as we could make it while still using pure, natural ingredients, and the steps are still clear and easy to follow.

I like to take shortcuts, so I have simplified the steps as much as I could for each recipe. The recipes that do take a little longer are ones that are SO DELICIOUS that I still find them worth the time when I have it.

These recipes are so delicious that I can take them to any group of people, and get positive comments on the flavor. People eating the typical American diet have asked for recipes.

This book is designed to help those who would like to add delicious, whole foods to their diet.

The recipes will assist those who wish to avoid or reduce MSG, dairy, eggs, animal foods, wheat, gluten, sulfites and yeast.

My husband and I have to avoid allergens and MSG, but we still *love* flavor. My husband had felt deprived of tasty food, until I started cooking for him. It was a big challenge, greatly modifying nearly every recipe I found. My solution was to start with natural foods and use more herbs for flavor rather than MSG. The result was very satisfying. Now we've found that many people want tasty, whole foods and a healthier life.

So these recipes are for you, hoping that your journey to health is both delightful and a little easier.

Note: We made these recipes to *our* level of tolerance for MSG and gluten which seems to greatly benefit the majority of people, but may not be right for everyone. *Use your own judgment for your own health condition.* Also, in consideration of such a wide range of people enjoying these recipes, in a few cases we have left the wheat option there along with the gluten free option, so everyone can choose.

MSG-sensitive individuals: Long cooking times at high heat may cause problems for *extremely* sensitive individuals. In addition, tomatoes, corn and soy contain small amounts of free glutamic acid. For most people these foods are healthful and safe. See msgmyth.com for more information about MSG.

Celiac individuals: Although oats are gluten free, they may be grown with trace amounts of wheat. Extremely sensitive individuals may want to avoid the few recipes that use oats or use safer oats, such as those from glutenfreeoats.com.

Copyright 2007. Benton Health Promotions. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means electronic, mechanical, photocopying, recording, or otherwise, without written permission of the publishers.

ISBN: 978-0-9796443-0-6

bentonhealthpromotions.com

PURE & SIMPLE

Cream for Fruit

Blend in Vita-Mix or blender until smooth:

- 1 C almonds, soaked
- ¼ C macadamia nuts, optional
- meat of one coconut, or ½ C other nuts (cashews, almonds, macadamias)
- 2" vanilla bean or 2 t vanilla extract
- 4 Medjool dates
- 1 mango
- 1 frozen banana
- 1 C water (or enough to blend)

Serve with any fruit you like: bananas, strawberries, oranges, apples, blueberries, raspberries, pears or blackberries. Also try it over freshly blended applesauce! (See p. 23 & p. 24)

Rice Pecan Waffles

Throw all in Vita-Mix. Blend until smooth.

- 1 1/3 C uncooked brown rice*
- 1/3 C pecans
- 1 1/2 C water
- 1 t salt
- 1/8 t nutmeg
- 1/4 t anise seed
- 1/4 t ginger
- 1/4 t cloves

Bake in Waffle iron for 20 min. or until steam stops coming out.

*If using a regular blender, use rice flour instead of uncooked rice (you can buy bags of rice flour in health food stores). A regular blender cannot handle dry rice very well.

Raspberry Coconut Smoothie

Blend in Vita-Mix or blender until smooth and creamy:

- 1 frozen banana
- meat from one coconut
- 1 C almonds, soaked
- 2 C raspberries
- 2 C peaches
- 4 Medjool dates
- 1 ½ C water

Serve with banana, apricots, blueberries or other favorite fruit. Extra tasty with a nut cream on top. (See p. 167.)

Greek Salad

Prepare ahead: You'll need ½ C cooked garbanzo beans for this recipe.

Add the following ingredients to a large salad bowl and mix together:

- ½ C garbanzo beans, drained (save juice for dressing)
- ½ large red onion (8 oz), chopped
- ½ large green pepper, chopped
- 3 Roma tomatoes, chopped
- ½ long English cucumber, chopped
- ½ head romaine lettuce, shredded (optional)
- 2 cloves garlic, minced
- 12 olives, chopped

1 recipe Greek Salad Dressing

Greek Salad Dressing

Blend in blender until smooth:

- ¼ C juice from garbanzo beans (or use water)
- 1 T olive oil
- ⅓ C lemon juice
- 2 T honey
- ¼ t salt

Mix in dried oregano:

- ½ t oregano

Chill in refrigerator. Pour over Greek Salad and mix.

Teff Muffins

These are very good, light and tasty!

Preheat oven to 400. Combine the following dry ingredients in a bowl:

¾ C teff flour
¾ C rice flour
1 T tapioca flour
1 ½ t baking powder
½ t cinnamon
½ t salt

Blend the following:

2 T flax seed
1 C water
⅓ C olive oil
⅜ C honey

Stir everything together until smooth then add:

½ C chopped nuts (filberts, almonds, or pecans)

Oil muffin pans. Bake at 400 for 25 minutes. Makes about 8 muffins.

Onion Gravy

Sauté onions until soft:

1 large onion

Blend in Vita-Mix or blender until smooth:

3 C water

2 T rice flour (or 2 T dry rice if using a Vita-Mix)

$\frac{3}{4}$ C cashews, soaked

1 $\frac{1}{2}$ t salt

$\frac{1}{8}$ t garlic powder

Add blended mixture to onion and simmer 5 minutes or until thickened.

Bursting Veggie Soup

A delicious, flavorful soup!

Boil potatoes until tender, then add other veggies.

1 potato, cubed
water to cover potatoes

½ an onion, chopped
1 carrot, sliced
¼ crown broccoli, chopped (about 1 C)
1 – 2 C chopped cauliflower, chopped, optional
2 cloves fresh garlic, crushed

Add the following ingredients to Vita-Mix or blender and blend:

2 cups water taken out of boiling vegetables (above)
1 C cashews
1 T salt
1 T garlic powder
2 t onion powder
¼ t thyme
1 T dill
⅛ t rosemary
dash cayenne, optional

Blend until smooth and creamy and pour into the pot of potatoes and veggies. Cook until veggies are just tender, and creamy sauce is warm.

Indian Okra Curry

This is a pretty fast curry recipe.

Sauté the following ingredients until they start popping:

- 1 T oil
- 1 t whole cumin
- 1 t whole brown mustard seeds

Add the following and cook half a minute:

- 1 t ground cumin
- 1 t ground coriander
- 1 t garam masala*

Add onion and sauté until half done:

- 1 diced onion

Add the remaining ingredients and cook until everything is soft and starting to mush together a bit.

- 1 - 16 oz bag of frozen cut okra (can be found at Super Wal-Mart)
- 2 C diced tomatoes, fresh or from a can
- 1 ½ t salt

Serve on rice.

*Indian spice mixture. You can buy it at Indian grocery stores or online, or make your own (search Internet for recipes). This amount won't make the curry very spicy. Add more if you like or some cayenne if you like spicy food.

Cashew Almond Whipped Cream

This makes a whiter colored cream than some others.

Put all ingredients in Vita-Mix and blend until smooth and fluffy. Try to keep it as thick as possible while thinning it with just enough water to blend smoothly. Add more nuts if it gets too thin.

- ½ C cashews
- ¾ C slivered blanched almonds
- ¾ to 1 C cold water*
- 1 T honey
- 1" vanilla bean or 1 t vanilla extract

Makes 1 ½ to 2 C whipped cream.

*Toss in some ice cubes to cool.

Chocolate Covered Nuts

It's hard to imagine a tasty chocolate without milk and sugar, but these delicious treats will satisfy the chocolate cravings of the health-minded!

Blend the following until smooth and creamy:

- 4 T cocoa powder
- 8 Medjool dates
- ½ C cashews
- ½ C coconut oil
- 4 inches vanilla bean, or 4 t vanilla extract
- 1 T liquid lecithin, optional

Place nuts on plate or tray and pour chocolate mixture over them.

1 – 1 ½ C of nuts (choose from almonds, pecans, cashews, macadamia, peanuts, etc.)

Freeze or refrigerate until firm (around 30 minutes in freezer). Keep them cool until eating (coconut oil softens at room temperature).