

# SNACKS & FINGER FOODS



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In an ideal world we would consume all our food at sit-down meals; nevertheless, snacks have their place in today's diet, especially for growing children and for those whose metabolisms require small frequent feedings. Wise parents will keep a variety of nutritious snacks on hand, but at the same time will see to it that they do not replace proper meals.

Many of our snacks call for nuts, such as almonds, pecans, cashews and peanuts, either plain, in mixes, or as a basis for nut butters and cookies. Nuts are an extremely nutritious food if properly prepared. Once again, the habits of traditional peoples should serve as a guide. They understood instinctively that nuts are best soaked or partially sprouted before eaten. This is because nuts contain numerous enzyme inhibitors that can put a real strain on the digestive mechanism if consumed in excess. Nuts are easier to digest, and their nutrients more readily available, if they are first soaked in salt water overnight, then dried in a warm oven. (You may also use a dehydrator.) This method imitates the Aztec practice of soaking pumpkin or squash seeds in brine and then letting them dry in the sun before eating them whole or grinding them into meal. Salt in soaking water activates enzymes that neutralize enzyme inhibitors. An excellent snack is crispy nuts with raw cheese.

Our cookie recipes feature nuts, butter or coconut oil, natural sweeteners and arrowroot or bulgur flour made from sprouted wheat. These recipes offer you the opportunity to discover the merits of coconut oil. Coconut oil is richer than butter in medium-chain fatty acids, which the body absorbs directly from the small intestine for quick energy. Research has shown that coconut oil, like butter, promotes normal brain development, is less likely to cause weight gain than polyunsaturated oils, contributes to strong bones and has anticarcinogenic and antimicrobial effects. (For arrowroot and unrefined coconut oil, see Sources.)

We have included a recipe for pizza—the perennial favorite—made with a yoghurt crust and fresh tomato sauce. All snacks feature whole, natural ingredients in contrast to empty calories—in the form of refined sweeteners, white flour and rancid and hydrogenated vegetable oils—that make up the vast majority of commercially produced snack foods. These empty snack foods, consumed in great quantities by our youth, have resulted in a generation of teenagers imbued with the vague feeling that they have been cheated—as indeed they have.

A popular "health food" snack we must warn you about is rice cakes, made from puffed or extruded rice. Although theoretically nutritious, because made from whole grains, they are grains that have been subjected to high heat and pressure to cause them to puff. Diets of puffed grains cause rapid death in test animals.

## PEPITAS

(Crispy Pumpkin Seeds)

Makes 4 cups

*4 cups raw, hulled pumpkin seeds*  
*2 tablespoons sea salt*  
*1 teaspoon cayenne pepper (optional)*  
*filtered water*

This recipe imitates the Aztec practice of soaking seeds in brine, then letting them dry in the hot sun. They ate pepitas whole or ground into meal.

Dissolve salt in water and add pumpkin seeds and optional cayenne. Leave in a warm place for at least 7 hours or overnight. Drain in a colander and spread on a stainless steel baking pan. Place in a warm oven (no more than 150 degrees) for about 12 hours or overnight, turning occasionally, until thoroughly dry and crisp. Store in an airtight container.

## CRISPY PECANS

Makes 4 cups

*4 cups pecan halves*  
*2 teaspoons sea salt*  
*filtered water*

The buttery flavor of pecans is enhanced by soaking and slow oven drying. Mix pecans with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread pecans on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container. Great for school lunches!

### Variation: Crispy Walnuts

Use *4 cups walnuts halves and pieces, preferably freshly shelled* instead of pecans. Store in an airtight container in the refrigerator.

If you eat substantial quantities of raw pecans, walnuts, Brazil nuts, filberts or others, you have a choice of swallowing enzyme capsules with them to neutralize their enzyme inhibitors or first germinating the nuts and letting nature do the job through increased enzyme activity resulting from germination. . . . In the year 1918 or thereabouts, I was imbued with the idea of trying to avoid cooked food because of the potential destructiveness of heat. . . . I thought that raw meat was unsuited for the human diet and that the protein and fat of palatable raw tree nuts would take its place. . . after a period of about two months, during which I consumed liberal quantities of raw tree nuts of several kinds, I began experiencing an unpleasant heavy sensation in the abdomen and a feeling of extreme fullness and some nausea. The symptoms were pronounced enough to force my giving up this tasty diet. Almost anyone can eat several nuts without feeling any effect. But it is common knowledge that nuts "are heavy on the stomach" if consumed in substantial quantity. The enzyme inhibitors in seeds explain the mystery, but they were not identified until 1944. Edward Howell, MD *Food Enzymes for Health and Longevity*

Nuts are rich sources of natural oils, ranging in total fat content from 60% to 80% of calories. Almonds, pecans, cashews, macadamia nuts and peanuts have a high content of stable oleic acid. Thus, they do not go rancid easily and once prepared by soaking and dehydrating may be stored for many months at room temperature in an airtight container. Walnuts, on the other hand, contain large amounts of triple unsaturated linolenic acid and are much more susceptible to rancidity. They should always be stored in the refrigerator. SWF

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Pecans are the pride of the South. They grow on huge trees throughout the Mississippi River Valley, especially in Georgia, New Mexico and Texas. Pecan trees grow to 150 feet with trunks of 7 feet in diameter. Mature trees can produce up to 200 pounds of nuts per year.

Like all nuts, pecans contain enzyme inhibitors that can irritate the mouth and cause digestive problems. Native Americans understood instinctively that pecans had to be treated in some way before they were consumed. They ground the nuts and soaked them in water to make a nutritious milky drink, much as European farmers made a kind of milk from walnuts.

Pecans contain about 70 percent fat, most of it monounsaturated oleic acid. This stable oil protects pecans from rancidity and gives them good keeping qualities. Pecans contain calcium, iron, magnesium, phosphorus, potassium and selenium. They are an exceptionally rich source of manganese. Like all nuts from large trees whose roots extend far down into the earth, pecans are good sources of trace minerals. They contain B complex vitamins, carotenoids and vitamin C in small amounts.

Pecans will last about four months at room temperature. To keep them longer, store in refrigerator. SWF



## HOLIDAY PECANS

Makes 4 cups

*4 cups crispy pecan halves (page 513)*

*3 egg whites*

*pinch sea salt*

*1/2 cup maple syrup*

*1 tablespoon vanilla extract*

Beat egg whites with salt in a clean bowl until stiff. Slowly beat in maple syrup and vanilla. Fold in pecans until well coated. Spread on two buttered, stainless steel baking pans and place in a warm oven (no more than 150 degrees) for several hours until the egg white coating hardens. Store in an airtight container in the refrigerator.

## CRISPY PEANUTS

Makes 4 cups

*4 cups raw peanuts, preferably skinless*

*1 tablespoon sea salt*

*filtered water*

Mix peanuts with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container.

**Variation: Crispy Pine Nuts**

Use *4 cups pine nuts* instead of raw peanuts.

**Variation: Crispy Hazelnuts**

Use *4 cups skinless hazelnuts* in place of peanuts. (To peel hazelnuts, place on a cookie sheet and bake at 300 degrees until skins turn dark and begin to crack. Place hazelnuts in a kitchen towel and wrap up tightly. Hold towel-wrapped nuts in your hands and rub and squeeze for several minutes. Open up towel—most of the skins should have come off.)

## CRISPY ALMONDS

Makes 4 cups

*4 cups almonds, preferably skinless*  
*1 tablespoon sea salt*  
*filtered water*

Skinless almonds will still sprout, indicating that the process of removing their skins has not destroyed the enzymes. (The skins are probably removed by a machine process.) Skinless almonds are easier to digest and more satisfactory in many recipes. However, you may also use almonds with the skins on.

Mix almonds with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, stirring occasionally, until completely dry and crisp. Store in an airtight container.

### **Variation: Crispy Almond Slivers**

Use *4 cups slivered almonds* instead of whole almonds.

## CRISPY CASHEWS

Makes 4 cups

*4 cups "raw" cashews*  
*1 tablespoon sea salt*  
*filtered water*

Some care must be taken in preparing cashews. They will become slimy and develop a disagreeable taste if allowed to soak too long or dry out too slowly, perhaps because they come to us not truly raw but having already undergone two separate heatings. You may dry them in a 200 to 250 degree oven—the enzymes have already been destroyed during processing.

Soak cashews in salt and filtered water for 6 hours (no longer). Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (about 200 degrees) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container. Great for school lunches!

The cashew nut comes from a pear-shaped fruit called the cashew apple. Curiously, the nut grows outside of the apple and hangs down so that it can be easily harvested. A native of Brazil, where natives make the apples into preserves or liqueur, the cashew also grows in India. About 90 percent of our domestic supply of cashews comes from India.

Cashews are rich in protein as well as magnesium, phosphorus and potassium. They contain less fat than most other nuts.

Cashews contain a toxic oil called cardol between the inner and outer shell. This is released by cracking the nuts and roasting them at 350 degrees. They are then cracked and roasted once again. These are then marketed as "raw" cashews.

We recommend soaking "raw" cashews in salt water and then lightly toasting them to make them more digestible. Unlike other nuts which benefit from an overnight soaking, "raw" cashews should be soaked no longer than 6 hours.

Always buy whole cashews rather than pieces as they are less likely to be stale. SWF





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One of Australia's best gifts to the world is the macadamia nut, sometimes called the Queensland nut. This delicious nut now grows in other areas of the South Pacific, particularly in the Hawaiian Islands.

Like all nuts, macadamias are rich in minerals, such as copper, iron, magnesium, phosphorus, potassium and zinc. They also contain B vitamins, particularly vitamin B<sub>1</sub>. In addition, macadamias are extremely rich in vitamin B<sub>17</sub> or nitrilosides, containing as much per gram as bitter almonds.

Macadamias have a unique fatty acid profile. About 80% of the total fat content is stable monounsaturated, of which more than 22% is the 16-carbon monounsaturated palmitoleic acid. This fatty acid has strong antimicrobial properties; that is, it protects us from viruses, pathogenic bacteria and yeasts in the gut. About 60% of the total fat is monounsaturated oleic, the same kind of fatty acid found in olive oil. About 15 % is saturated fat with the remaining 3% as polyunsaturated fatty acids, with the ratio of omega-6 to omega-3 exactly equal—an excellent balance.

Like all seed foods, macadamias contain numerous antinutrients such as enzyme inhibitors that can cause gastric distress and irritations to the mouth and throat. It's best to buy raw macadamia nuts and then soak them to remove antinutrients. SWF



## CRISPY MACADAMIA NUTS

Makes 4 cups

*4 cups raw macadamia nuts (see Sources)*

*1 tablespoon sea salt*

*filtered water*

Mix nuts with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container.

## NUT BUTTER

Makes 2 cups

*2 cups crispy nuts, such as peanuts, almonds  
or cashews*

*3/4 cup coconut oil (see Sources)*

*2 tablespoons raw honey*

*1 teaspoon sea salt*

Place nuts and sea salt in food processor and grind to a fine powder. Add honey and coconut oil and process until "butter" becomes smooth. It will be somewhat liquid but will harden when chilled. Store in an airtight container in the refrigerator. Serve at room temperature.

## ROSEMARY WALNUTS

Makes 2 cups

*2 cups crispy walnuts (page 513)*

*2 tablespoons butter*

*2 tablespoons dried rosemary*

*1 teaspoon sea salt*

*1/2 teaspoon cayenne pepper*

Melt butter with rosemary, salt and cayenne pepper. Toss with walnuts, spread on cookie sheets and bake at 350 degrees for 10 minutes. Store in an airtight container in the refrigerator.

## TRAIL MIX

Makes 5-6 cups

- 1 cup crispy pecans (page 513)*
- 1 cup crispy cashews (page 515)*
- 1 cup raisins*
- 1 cup dried unsulphured apricots, cut into pieces*
- 1 cup carob chips (optional)*

Mix all ingredients together. Store in an airtight container. If carob chips are included, store in the refrigerator.

## CAROB CHIPS

Makes 1 cup

- 3/4 cup carob powder*
- 1/4 cup Rapadura (see page 536)*
- 1 cup coconut oil (see Sources)*
- 1 tablespoon vanilla extract*
- 1 teaspoon chocolate extract*

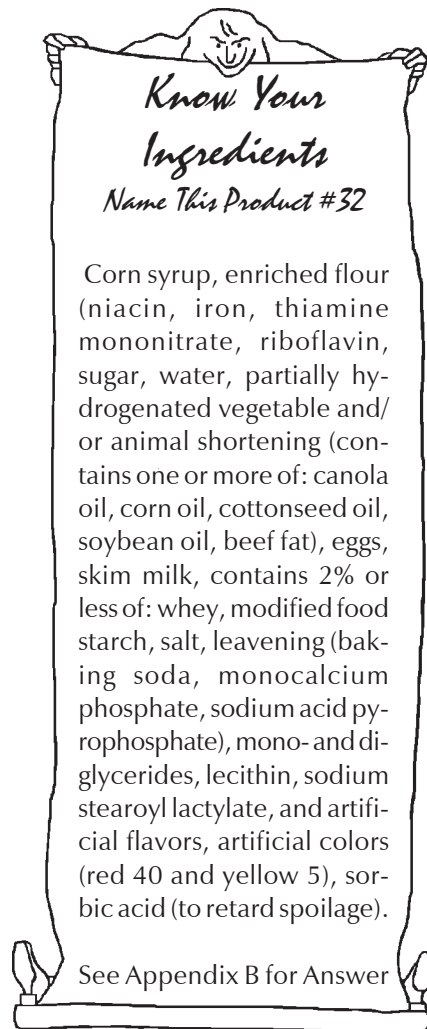
Place all ingredients in a glass container and set in simmering water until melted. Mix together well. Spread mixture on a piece of buttered parchment paper (see Sources) and allow to cool in the refrigerator. When hardened, remove parchment paper and cut into chips. Store chips in an airtight container in the refrigerator.

## TROPICAL DELIGHT TRAIL MIX

Makes about 6 cups

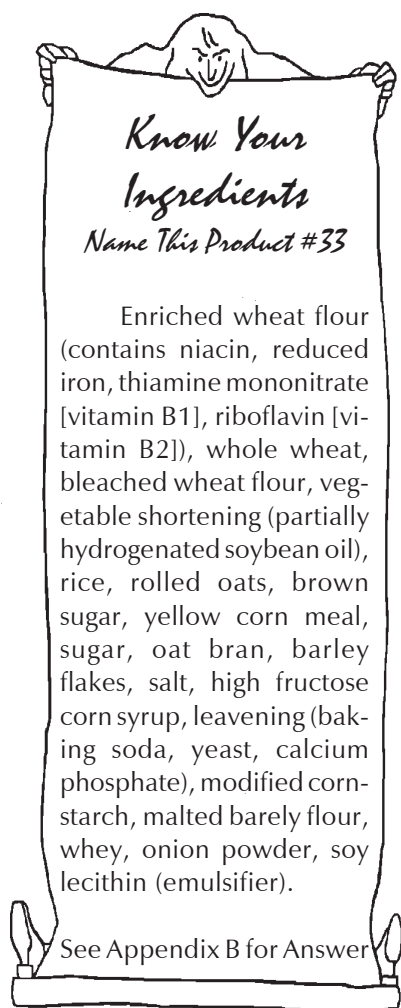
- 2 cups crispy macadamia nuts (page 516)*
- 2 cups crispy cashews (page 515)*
- 1/2 cup dried papaya, cut into small pieces*
- 1/2 cup dried pineapple, cut into small pieces*
- 1 cup large flaked dried unsweetened coconut*

Mix ingredients well. Store in an airtight container



It is very unwise. . . to depend on plant sources for vitamin A. This vital nutrient is needed for the growth and repair of body tissues; it helps protect mucous membranes of the mouth, nose, throat and lungs; it prompts the secretion of gastric juices necessary for proper digestion of proteins; it helps build strong bones and teeth and rich blood; it is essential for good eyesight; it aids in the production of RNA; and contributes to the health of the immune system. Vitamin A deficiency in pregnant mothers results in offspring with eye defects, displaced kidneys, harelip, cleft palate and abnormalities of the heart and blood vessels. *Vitamin A Vagary*

A diet high in unsaturated fatty acids, especially the polyunsaturated ones, can destroy the body's supply of vitamin E and cause muscular lesions, brain lesions and degeneration of blood vessels. Care must be taken not to include a large amount of polyunsaturated oil in the diet without a corresponding increase in the intake of vitamin E. Linus Pauling, PhD, p 155 *How To Live Longer and Feel Better*



## WHOLE GRAIN CRACKERS

Makes about 5 dozen

- 2 1/2 cups freshly ground spelt, kamut, whole wheat or rye flour, or a mixture*
- 1 cup plain yoghurt*
- 1 teaspoon sea salt*
- 1 1/2 teaspoon baking powder*
- 2 tablespoons sesame seeds, toasted in oven*
- 8 tablespoons butter, melted*
- unbleached white flour*

Mix flour with yoghurt and leave in a warm place for 12 to 24 hours. Place soaked flour, salt, baking powder and 4 tablespoons butter in food processor and process until well blended. Add sesame seeds and pulse once or twice to blend. Roll out to about 1/8 inch on a pastry cloth, using unbleached white flour to prevent sticking. Cut into squares with a knife or rounds with a glass. Place on a buttered cookie sheet, brush with remaining melted butter and bake in a 150-degree oven (or a dehydrator) for until completely dry and crisp. Store in an airtight container in the refrigerator.

## SPROUTED GRAIN CRACKERS

Makes about 2 dozen

- 3 cups sprouted soft wheat berries*  
*(page 114)*
- 1/2 cup sprouted small seeds such as sesame, onion or poppy (page 115)*
- 1 teaspoon sea salt*
- 1 teaspoon dried dill, thyme or rosemary*

Place all ingredients in food processor and process several minutes to form a smooth paste. Form into balls and roll into rounds on a pastry cloth, using unbleached white flour to prevent sticking. Place on a buttered cookie sheet and leave in a 150 degree oven (or a dehydrator) until completely dry and crisp. Store in an airtight container in the refrigerator.



## SOFT TORTILLAS

*6 sprouted whole wheat tortillas (see Sources)*  
*3 tablespoons melted butter*

Heat a heavy, well-seasoned skillet over a medium flame. Place one tortilla in the skillet for about 1 minute. Turn and cook for another few seconds. Remove to a platter and brush with melted butter. Repeat with other tortillas. Keep warm in oven. May be eaten with fajitas (page 432), or simply rolled up with some sliced avocado and a little grated raw cheese.

## BAKED TORTILLAS

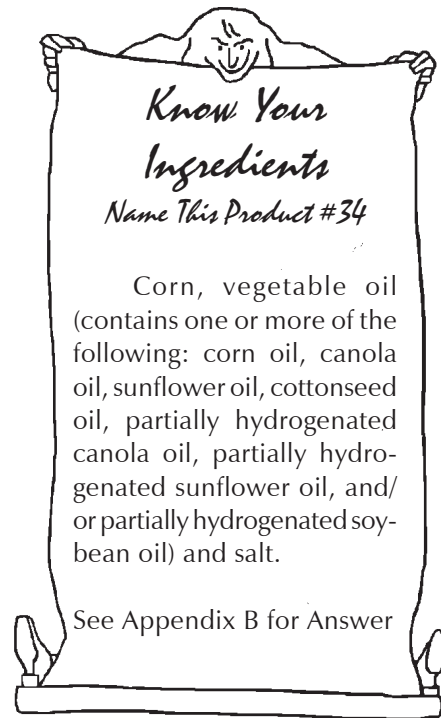
*6 sprouted whole wheat tortillas (see Sources)*  
*2 tablespoons butter*  
*2 tablespoons extra virgin olive oil*

Melt butter with oil. Brush tortillas with this mixture, arrange on cookie sheets and place in a 250-degree oven. Bake several hours until crisp. May be broken into "chips."

## FRIED TORTILLAS

*6 sprouted whole wheat tortillas (see Sources)*  
*about 4 tablespoons extra virgin olive oil or lard*

Using a heavy, cast-iron skillet, fry tortillas one at a time on both sides in olive oil or lard until crisp. Drain on paper towels and keep warm in oven. May be broken into "chips."



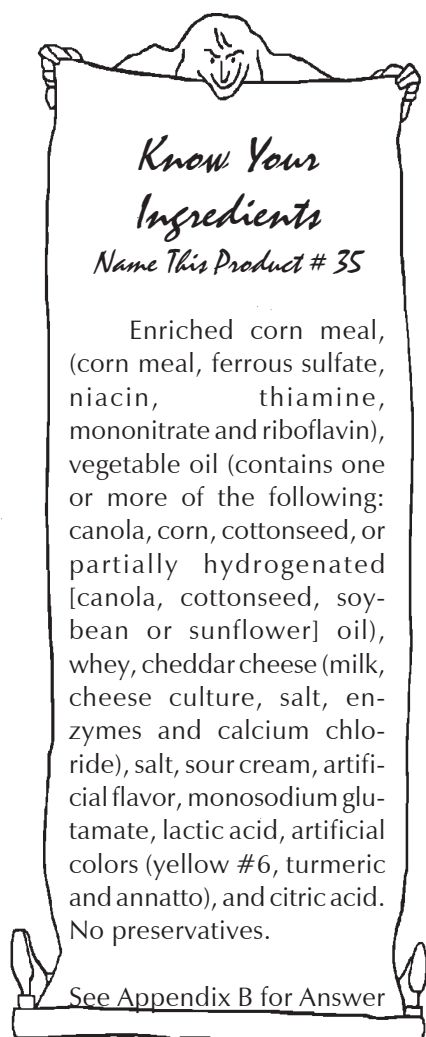
For years the B vitamins, vitamin E and octocosal—as well as desiccated liver—have been spotlighted for their contributions to greater endurance in exercises and athletic games. And they deserve the spotlight. However, there's still another helpful nutrient for endurance that, until now, has escaped attention: magnesium. Two experiments at the University of California at Davis reveal that a magnesium deficiency lessens the ability to endure long periods of exercising.

Foods richest in this mineral are blackstrap molasses, sunflower seeds, wheat germ, almonds, soybeans, Brazil nuts, pistachios, soy lecithin, hazelnuts, pecans, oats, walnuts, brown rice, chard, spinach, barley, salmon, corn, avocados and bananas.

Roughly 50 percent of magnesium in foods is absorbed.

It is well to remember that magnesium and calcium are removed from soft water, a good reason to drink bottled water with a high-mineral content. James F. Scheer *Health Freedom News*

Recent, preliminary evidence . . . suggests that partially rancid fats, rather than animal fat per se, may be one of the real villains responsible for atherosclerosis. Sources of stale fats include products such as bread, crackers, pastries and commercial cereals made from stored, processed flour. Granville Knight *Introduction to Nutrition and Physical Degeneration*



## ROUND CROUTONS

Makes about 1 dozen

*1/2 loaf good quality commercial or homemade  
sourdough whole grain baguette  
6 tablespoons melted butter*

Slice loaf at 1/4 inch intervals. Using a cookie cutter, cut a round from each slice. (Save crusts for making bread crumbs.) Brush with butter. Bake at 250 degrees about 1 hour, until crisp.

## TRIANGLE CROUTONS

Makes 1 dozen

*6 slices sprouted or sourdough whole grain  
sandwich bread  
6 tablespoons melted butter*

Trim crusts off bread (save for making bread crumbs) and cut slices in half on the diagonal to form two triangles. Brush with melted butter and bake at 250 degrees for about 1 hour until crisp.

## SALAD CROUTONS

Makes about 2 cups

*3 slices sprouted or sourdough whole grain  
sandwich bread  
6 tablespoons melted butter  
1 clove garlic, mashed (optional)  
1 teaspoon fine herbs (optional)  
1/4 teaspoon paprika (optional)*

Trim crusts off bread. (Save for making bread crumbs.) Mix optional garlic, herbs and paprika with melted butter. Brush on both sides of bread. Bake at 250 degrees for about 1 hour, turning once, until toasts are crisp. Allow to cool slightly and cut into small cubes.

## PITA CHIPS

Makes 48

*6 whole wheat pita breads*  
*1/2 cup butter, melted*  
*4 tablespoons extra virgin olive oil*  
*grated rind of 1 lemon (optional)*  
*1 mashed garlic clove (optional)*

Cut pita breads across center into quarters. Open up and place pieces, inside part up, on cookie sheets. Mix remaining ingredients and brush on pita pieces. Place under broiler for a few minutes until lightly browned, or bake in a 250-degree oven for several hours until crisp.

## POPCORN

Makes 8 cups

*1/4 cup popcorn*  
*2 tablespoons extra virgin olive oil*  
*sea salt*  
*1/4-1/2 cup melted butter or coconut oil (see Sources),*  
*or a mixture*

Popcorn is a nutritious snack enjoyed by young and old; but remember that it is prepared without the all important soaking or fermenting process, so don't overdo. Note: An electric popcorn popper is a good investment that makes popcorn-making fun and easy for children.

Place olive oil and corn in a large, heavy skillet. Cover tightly and cook over a medium flame, shaking constantly until popping starts. Lower heat slightly and cook, shaking, until popping dies away. (If using a popper, place olive oil and corn in the popper and proceed according to instructions.) Transfer popcorn to a large bowl. Drizzle on melted butter or coconut oil or the mixture and shake on sea salt. Mix well and serve.

### Variation: Cheese Popcorn

Add *1/4-1/2 cup finely powdered Parmesan cheese* to melted butter or coconut oil, or the mixture.

### Variation: Sweet Popcorn

Add *1/2 cup maple syrup* to melted butter or coconut oil, or the mixture. Omit salt.

There are still those diehards who insist that a candy bar or a couple teaspoons of sugar in the tea will charge you up with more energy than anything else. Well, 'tain't so!

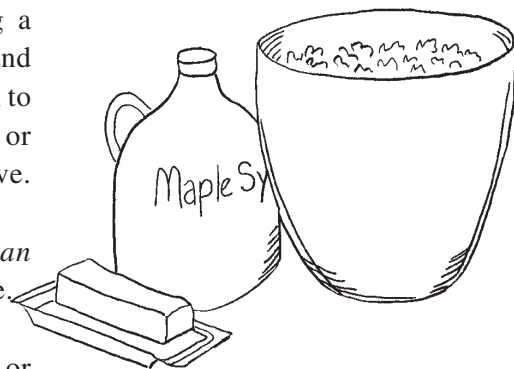
That's the word from Robert E. Thayer, Ph.D., psychologist at California State University, Long Beach, who ought to know because he conducted an experiment comparing energy generated from a candy-bar fix with ten minutes of brisk walking.

His finding? That rushing to the vending machine on a ten-minute break gives you a greater boost for sagging energy than a chocolate bar.

Thayer's test, involving 18 students over 12 days, compared energy levels from the exercise and from the candy bar without the exercise. Invariably the students felt greater energy at intervals of 20 minutes, one hour and two hours from the exercise than from the candy.

The energy boost from the candy bar lasted little more than 20 minutes and dropped off fast within two hours. Tension and stress usually mounted after the candy and decreased after the ten-minute walk.

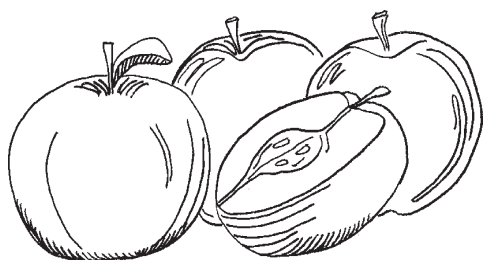
So the next time you're tempted to reach for a sweet to beat fatigue, don't. Instead, go take a hike! James F. Scheer *Health Freedom News*



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Patricia Hardman, Ph.D., Director of Woodland Hall Academy, a school for children with hyperactivity and learning disabilities in Maitland, Florida, says, "We can change a child's behavior dramatically by lowering his or her intake of sugar. If a child comes to school extremely depressed or complains that nothing is going right, or if he flies off the handle and can't be controlled, we ask him what he's been eating. It's almost always the case that the night before he had ice cream or soda or some other food with a lot of sugar."

"We had one child who was tested for his I.Q. and scored 140. Three days later he was tested and scored 100! It turned out that grandma had come for a visit and, that morning, had made the child pancakes for breakfast. Of course, they were smothered in store-bought sugary syrup. We waited another three days without sugar and tested him again. Sure enough, he scored 140. There's no doubt about it. Sugar makes children poor learners. At Woodland Hall, sugar is eliminated from the diet of every child." Gaynelle D'Arco *Health Freedom News*



## CELERY WITH NUT BUTTER

Serves 4

*several large stalks celery*

*1/2 cup nut butter made from cashews  
or peanuts (page 516)*

*1/4 cup dried sweetened coconut meat (page 159)  
or commercial unsweetened coconut meat*

Wash celery well and cut into 3-inch lengths. Fill hollow with nut butter and sprinkle with coconut meat.

## APPLE SLICES

Serves 4

*2 apples, peeled, cored and cut into slices  
juice of 2 oranges*

Dip each slice of apple in the orange juice and arrange on a serving plate. The orange juice keeps the slices from turning brown and combines well with the flavor of apple.

## CAROB-BANANA DELIGHTS

Serves 8

*4 bananas*

*toothpicks*

*1 cup warm carob sauce (page 550)*

*1/2 cup finely chopped crispy pecans (page 513)*

Slice bananas and stick a toothpick in each. Line a cookie sheet with waxed paper, place slices on it and freeze. Remove from freezer. Holding toothpick, dip each slice in carob sauce and then into the nuts. Place again on waxed paper, cover and freeze again.

## PIZZA

Makes 2 10-inch pizzas

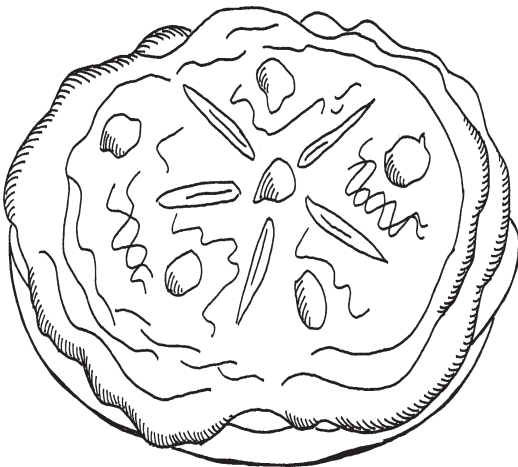
- 1 recipe yoghurt dough (page 485)*
- 2 cups chunky tomato sauce (page 154)*
- 2 teaspoons dried Italian herbs*
- 3 cups grated mozzarella cheese*

Roll out yoghurt dough and line two 10-inch, French-style tart pans. Prick well with a fork and partially bake at 300 degrees for about 30 minutes. Meanwhile, process tomato sauce in food processor until smooth. Stir in Italian herbs. Spread tomato sauce thinly on pizzas and top with grated cheese. Bake at 350 degrees for about 1/2 hour until crust fully cooks and cheese is melted.

### Variations:

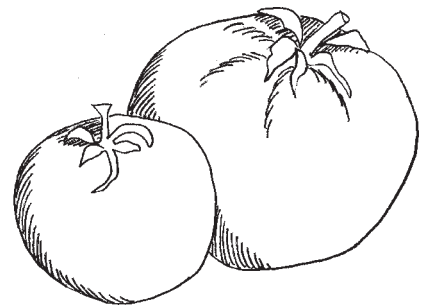
Add any of the following toppings to basic pizza:

- sliced green peppers*
- sliced onion*
- anchovy pieces*
- cooked turkey sausage (page 363)*
- cooked lamb sausage (page 364)*
- broccoli pieces*
- fresh tomato slices*
- sautéed mushrooms*



It is recognized that sugar present in chocolate milk, juice, soda, kool-aid, etc., as well as in solid forms, such as candies and cakes, can all interact with gastrointestinal yeasts to form fermentation products.

These fermentation products include alcohol, such as ethanol, as well as mold products. A combination of direct drug effect, as well as chemical intolerance in hypersensitization to mold products, has long been associated with mood changes including what appears to be a mild drunken state, hyperactivity, dyslexia and chemical imbalances that may refer to depression, hyperactivity, mania, etc. Gaynelle D'Arco *Health Freedom News*



The second reason I dislike microwave ovens is the more serious situation. What about the quality of the food that comes out of the oven and is immediately consumed—free radicals and all. With the depressed immune system of the average affluent American, the last thing we need is another increase in our free radicals. It is well documented that microwaves are powerful enough to rupture cell walls of the food matrix, and this is undoubtedly why protein molecules are altered from microwave cooking. Warren Clough *PPNF Health Journal*

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The most remarkable dish among them, as well as all the other tribes of Indians in those parts, both Chipewyan and Cree, is blood mixed with the half-digested food which is found in the caribou's stomach, and boiled up with a sufficient quantity of water to make it of the consistence of pease-pottage. Some fat and scraps of tender flesh are also shred small and boiled with it. To render this dish more palatable, they have a method of mixing the blood with the contents of the stomach in the paunch itself, and hanging it up in the heat and smoke of the fire for several days; which puts the whole mass into a state of fermentation, which gives it such an agreeable acid taste, that were it not for prejudice, it might be eaten by those who have the nicest palates. *The Journeys of Samuel Hearne* 1768

Venison was a primary part of many of the Native Americans' diet. The deer meat was often roasted on spits, as was wild fowl. Venison was also used to make "pemmican," an early convenience food of the Indians. Pemmican was a mixture of thinly sliced lean venison (or buffalo meat) dried in the sun, pulverized and mixed with melted animal fat and dried berries or cherries. This preparation was packed in sacks of hide, handy to carry. The high-protein mixture would purportedly keep indefinitely. The name comes from the Cree "pemmikkan" associated with their word "pimiy" meaning "grease" or "fat." Northwestern Indians utilized salmon to make a similar concoction. Patricia B. Mitchell *The Good Land*

## PIZZA TOASTS

Makes 8

*8 slices whole grain sourdough bread*  
*4 tablespoons extra virgin olive oil*  
*4 ripe tomatoes*  
*1 teaspoon Italian seasonings*  
*1/2 cup grated mozzarella cheese*

Slice tomatoes about 1/2-inch thick. Spread on paper towels placed on cookie sheets. Bake at 200 degrees for several hours until most moisture is evaporated or absorbed. Meanwhile, brush bread slices with olive oil, spread on a cookie sheet and bake at 200 degrees for an hour or so until just barely crisp. Arrange tomato slices on bread, sprinkle with seasonings and grated cheese and place under broiler for a minute until cheese just begins to melt.

## POTATO SKINS

Serves 4

*4 large baking potatoes*  
*2 tablespoons melted butter*  
*1 cup grated raw Cheddar or Monterey Jack cheese*  
*1 bunch green onions, finely chopped, for garnish*  
*piima cream or creme fraiche for garnish (page 84)*  
*duck cracklings (page 295), optional, for garnish*  
*chismole (page 184), optional, for garnish*  
*guacamole (page 172), optional, for garnish*

Wash and dry potatoes, brush with butter and bake according to master recipe (page 396) until soft. Split lengthwise and scoop out flesh. (Use flesh for potato and celery root purée, page 401, parsnip purée, page 393, or turnip purée, page 408.) Brush skins with butter, inside and out and bake at 350 degrees for about 1/2 hour or until skins become crisp. Serve with cheese, cultured cream and optional garnishes.



## PEMMICAN

Makes 3 cups

*3 pounds lean beef, such as brisket or bottom round*  
*1 pound beef suet or tallow*  
*1/2 cup dried cranberries (optional)*  
*1/4 cup maple syrup (optional)*

Slice beef into thin strips, spread on oiled racks placed on cookie sheets and bake several hours in a 150-degree oven until well dried. (You may also use a dehydrator.) Meanwhile, cut suet or tallow into small pieces and place in a pan. Melt over medium-high heat and allow to boil until any pieces of skin, meat or gristle have become crisp. Pour the hot fat through a strainer into a glass measuring cup—you should have about 3/4 cup rendered fat.

Cut dried beef into pieces and process in batches in the food processor, several minutes per batch, until the beef is reduced to a coarse powder. In a bowl, mix powdered beef, warm fat, optional cranberries and optional maple syrup. Press into a quart-sized, wide-mouth mason jar and cover tightly. Pemmican may be stored at room temperature. Eat pemmican as is, or fry it up in a pan.

## SALMON JERKY

Makes about 2 cups

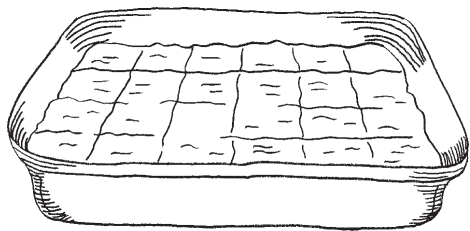
*1 1/2 pounds fresh salmon, skin removed*  
*1/2 cup naturally fermented soy sauce*  
*1 teaspoon freshly grated ginger*  
*3 cloves garlic, peeled and crushed*  
*1 teaspoon raw honey or pinch of stevia powder*

Mix soy sauce with ginger, garlic and honey or stevia powder. Cut salmon into strips, about 3/8 inches by 4 inches. Dip into soy sauce mixture and place on a rack, set over a cookie sheet. Place in a 150-degree oven for about 24 hours or until dehydrated, or dry in a dehydrator. Store in an airtight container in the refrigerator.

Pemmican is controversial. . . a number of scientists are on record that pemmican is good in cold weather, unsuitable in hot climates. But Europeans first encountered this food invention of the Plains Indians in the Texan-Missouri-Dakota-Manitoba sector, where midsummer temperatures go above 120° in the shade occasionally and above 100° frequently. Pemmican was there chiefly a summer food—because it was a travel food, and journeys were usually made in summer. Its most impressive record as the exclusive diet, or nearly so, of large numbers of men for long periods is from transportation crews of the fur trade working twelve to eighteen hours a day and straight through the noon period with its scorching or steaming heat.

The extreme supporters of pemmican recommend it as the most concentrated food known to man or possible within the modern concepts of physiological and chemical science. They say that it is a complete food in the sense that it will keep a hard-working man in top form for any length of time in any climate. They maintain, indeed, that it is the only concentrated food which ever has been tried out by large numbers of men for long periods which has met these specifications. . . .

There appears to be no disagreement . . . that pemmican is among the most preservable of foods. Cases are on undisputed record where packages, shielded only by rawhide, were in good condition after ten, twenty and more years, without any preservative, such as salt, and without protection . . . other than that given by the leather covering. Vilhjalmur Stefansson *The Fat of the Land*



## SUNFLOWER SEED BROWNIES

Makes about 18

*4 cups hulled sunflower seeds, freshly ground*  
*1/2 cup carob powder*  
*1/2 cup Rapadura (see page 536)*  
*1/2 to 1 cup chopped crispy pecans (page 513)*  
*1 tablespoon vanilla extract*  
*3/4 cup filtered water*

It's crystal clear that Americans . . . are paying for junk food addiction with their lives. The ones most devastated by the growth of the processed food industry are the populations of the underdeveloped nations. In their insatiable lust for sales, the food monsters are competing for overseas markets. They are pouring millions into Third World advertising campaigns, trying to convince the poor Brazilian farmer that "He Deserves a Break Today," and the starving child of Ghana that "Things Go Better with Coke" . . . . The food giants are certainly racking up a lot of victories in the Third World. Two noted food researchers, Frances Moore Lappe and Joseph Collins, have visited the tiny, rotting stores in the rural areas of poor countries and have found chewing gum sold by the stick, Ritz crackers sold one-by-one, and two-packs of Twinkies split up so the awful things can be sold separately. This demand for this poison has been generated by food conglomerate advertising which is doing a great job of teaching people in poor lands "that their traditional diets of beans, corn, millet and rice are worthless as compared to what Americans eat." To the food conglomerates, poor people turning from native, whole foods to processed junk means profit; to the people themselves it means death. Paul Stitt *Fighting the Food Giants*

This unusual brownie recipe contains no flour but is based on ground sunflower seed. It is baked very slowly in the oven so that all the enzymes and antioxidants are preserved. The long period of baking, in which the sunflower meal is warm and moist, also neutralizes enzyme inhibitors. Use a grain mill, fitted with the stainless steel grinder, to grind the sunflower seeds.

Mix sunflower meal with carob powder, Rapadura and nuts. Mix vanilla with water. Pour liquid into sunflower seed mixture and blend well. Dough should be very thick. Line a 9-inch by 13-inch pyrex pan with buttered parchment paper (see Sources) and pat dough to a thickness of 1/2 inch. Bake at 150 degrees for about 12 hours, turn and bake another 12 hours. Allow to cool and cut into squares. Store in an airtight container in the refrigerator.

## APRICOT TOASTS

Makes 4

*4 thick slices sourdough whole grain bread*  
*4 tablespoons butter, softened*  
*6 apricots*  
*6 teaspoons Rapadura (see page 536)*

Plunge apricots about 10 seconds in boiling water, remove and peel. Cut in half and remove stones. Generously butter the bread and place 3 apricot halves, cavity side up, on each slice and press in. Sprinkle each half with 1/2 teaspoon Rapadura. Bake about 40 minutes at 300 degrees.

## CAROB FUDGE

Makes about 1 dozen small squares

- 1 cup softened butter, preferably raw, softened*
- 1 cup raw honey*
- 1 cup carob powder*
- 1 teaspoon vanilla extract*
- 2 teaspoons chocolate extract (optional)*
- 1/2 teaspoon sea salt*

Place all ingredients in food processor and process until well blended. Line a large loaf pan with parchment paper (see Sources) and spread mixture about 1/2-inch thick. Wrap up in parchment paper and refrigerate several hours. Cut into small squares and store in an airtight container in the refrigerator.

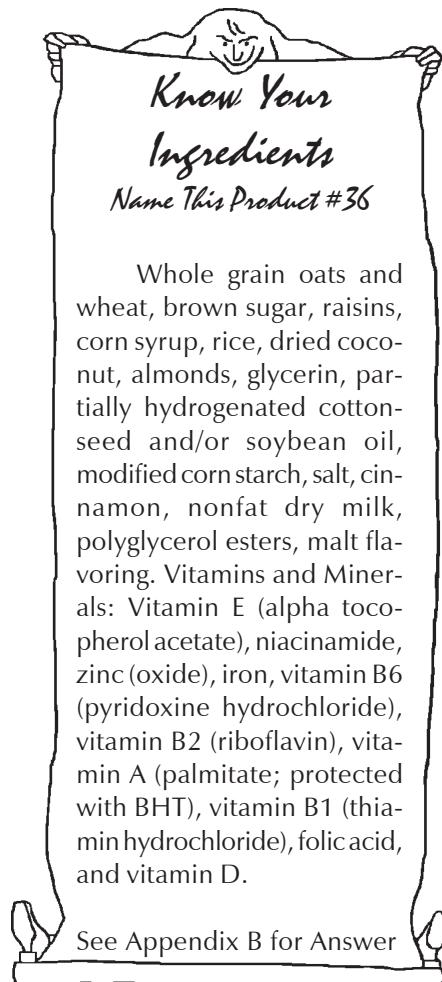
## CAROB CHEWS

Makes about 2 dozen small squares

- 1 cup crispy almonds (page 515)*
- 1 cup crispy cashews (page 515)*
- 1/2 cup carob powder*
- 1/2 cup raw honey*
- 1 tablespoon vanilla extract*
- 1 teaspoon sea salt*
- 1 cup dried sweetened coconut meat (page 159)*  
*or commercial unsweetened coconut meat*

Place almonds and cashews in food processor and pulse until finely chopped but not pulverized. Meanwhile, place honey, carob powder, vanilla and salt in a container set container in simmering water until melted. Blend well. Add honey mixture and coconut to nuts in food processor and pulse a few times more. Line a cookie sheet with buttered parchment paper (see Sources) and spread mixture about 1/2-inch thick. Wrap up in parchment paper and refrigerate several hours. Cut into small squares and store in an airtight container in the refrigerator.

Native to North America, the sunflower was first grown and used by American Indians. It was introduced to Europe in the 1500's where cultivation became widespread, principally for sunflower oil. Sunflower seeds are loaded with nutrients, containing calcium, iron, magnesium, phosphorus and potassium. They are good sources of B vitamins and carotenoids. They contain 27 percent protein, but it is an incomplete protein so sunflower seeds and their meal should be eaten with grains, legumes or dairy products. They contain about 50 percent fat, much of which is linoleic acid so they should not be consumed in excess. For reasons unknown, sunflower oil is more stable than most other high omega-6 oils. SWF



Arrowroot flour, the only starch with a calcium ash, is a nutritious food, obtained from the fleshy root stock of a tropical American plant. It is an easily digested food well fitted for infants and the convalescent.

It resembles cornstarch in being white, fine and powdery. When heated in water in certain portions, it thickens to form a jelly, an excellent thickening agent. It is also considered more desirable for gravies, sauces and pastries than some of the more common starches and flours. It is used primarily for food in dietetic use, where it enjoys a reputation for smoothness and palatability.

Arrowroot was once widely used in baby formulas as a superior carbohydrate, experience having shown it agreed with babies better than any other starch or sugar. We now find the reason. It is the only starch product with a calcium ash. In this regard, the calcium chloride, in the form of calcium found in arrowroot starch, is very important for the maintenance of proper acid and alkali balances in the human body.

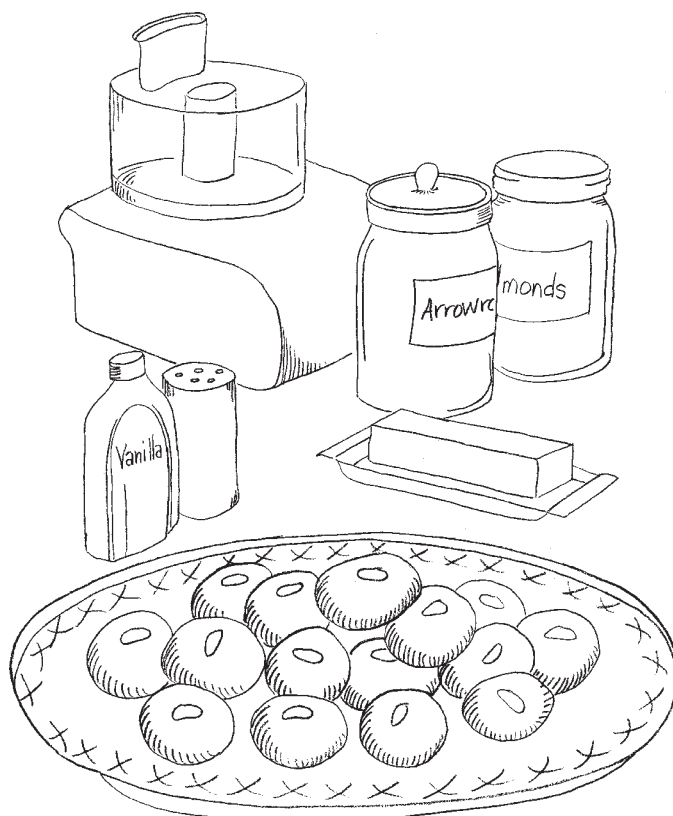
Arrowroot only thrives on tidal flats where the sea minerals are available. Its known health-building properties may be due to trace minerals from the sea, as well as from the calcium it gets from the sea water. If it is used in ice cream formulas in place of cornstarch, arrowroot imparts a vanilla-like flavor, a smooth texture. Arrowroot as it comes to you is not a refined product; it is simply the dried and powdered root. Royal Lee, DDS *Journal of the National Academy of Research Biochemists*

## ALMOND COOKIES

Makes about 18

*1 1/2 cups crispy almonds (page 515)*  
*1/2 cup butter, softened, or coconut oil (see Sources)*  
*1 cup arrowroot or 7/8 cup bulgur flour (page 461)*  
*1/2 cup Rapadura (see page 536)*  
*1/2 teaspoon sea salt*  
*grated rind of 1 lemon*  
*1 teaspoon vanilla extract*  
*1 teaspoon almond extract*  
*about 18 crispy almonds (page 515)*

Place almonds in food processor and process to a fine meal. Add remaining ingredients, except 18 almonds, and process until well blended. Form dough into walnut-sized balls and place on buttered cookie sheets. Press an almond into each. Bake at 300 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork. Let cool completely before removing to an airtight container. Store in refrigerator.



**Variation: Raspberry Jam Cookies**

Omit 18 almonds and use *1/4 cup naturally sweetened raspberry jam*. After 5 minutes in the oven, press cookies down slightly, make an indentation and fill with raspberry jam.

**Variation: Cashew Orange Cookies**

Use *1 1/2 cups crispy cashews* (page 515) in place of 1 1/2 cups crispy almonds and *grated rind of 1 orange* in place of grated rind of 1 lemon. Omit almond extract and 18 crispy almonds.

**Variation: Carob Cookies**

Add *1/2 cup carob powder*, *1 teaspoon chocolate extract* and an additional *1/8 cup softened butter or coconut oil*. Omit lemon rind, almond extract and 18 crispy almonds.

**Variation: Pecan Cookies**

Use *1 1/2 cups crispy pecans* (page 513) and *18 crispy pecans halves* (page 513) in place of almonds. Reduce butter or coconut oil by 1/8 cup and omit almond extract.

## PEANUT COOKIES

Makes about 16

*1 1/2 cups crispy peanuts* (page 514)  
*1/2 cup butter, softened, or coconut oil* (see Sources)  
*1 cup arrowroot or 7/8 cup bulgur flour* (page 461)  
*1/2 teaspoon sea salt*  
*1/2 cup Rapadura* (see page 536)  
*2 teaspoons vanilla extract*

Place peanuts in food processor and process to a fine meal. Add remaining ingredients and process until well blended. Form into walnut-sized balls and place on buttered cookie sheets. Bake at 300 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork. Let cool completely before removing to an airtight container. Store in refrigerator.

**Variation: Peanut Coconut Cookies**

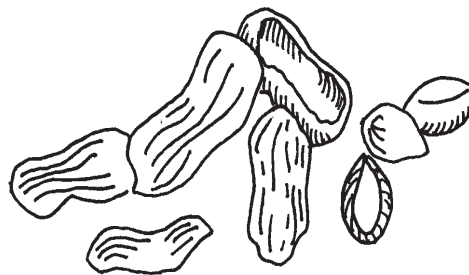
Add *1/2 cup dried sweetened coconut meat* (page 159) to the dough along with an additional *1 tablespoon butter or coconut oil*.

A factor in young grass is apparently the same one as described by Dr. Weston A. Price, in the second edition of his book *Nutrition and Physical Degeneration*, which he called "Activator X" and was found only in butter from cows fed spring grass. "Activator X" seemed very susceptible to oxidation, being lost in the butter within a few months after its production. "Activator X" was shown to promote calcification and health of bones and teeth in human patients. It inhibited the growth of the *caries bacillus* . . . completely, one test showing 680,000 salivary bacterial count before the use of "Activator X" and none after.

[Research shows] that this grass factor supports the differentiation of sexual development. Animals not getting the grass factor (but getting tocopherol) required 23% more time to become sexually mature.

It is highly interesting to find that tests of oleomargarine feeding to human subjects in comparison with commercial butter (having relatively low content of the fragile "X" factor) had the same effect of failing to bring out the secondary sex characteristics; not only a delay, but a failure to promote sex changes in toto.

A characteristic effect of castration of the child is a stimulation of growth and greater height. The investigators say the results vindicated oleo. What do you say? Royal Lee, DDS *Butter, Vitamin E and the "X" Factor of Dr. Price* Royal Lee, DDS





## 530 SNACKS &amp; FINGER FOODS

After analyzing hundreds of food samples for *trans* fatty acids and calculating dietary information, I have concluded that there are many people in the U.S. who consume 20% of the total fat in their diet as *trans* fatty acids. On average, though, 10.9% of the total fat is the average amount that can be calculated from all the published analyses. In the U.S. typical french fried potatoes have about 40% *trans* fatty acids, and many popular cookies and crackers range from 30 to 50% *trans* fatty acids. Doughnuts have about 35 to 40% *trans* fatty acids. Since these are all high-fat goods, someone who eats a lot of them will get a large amount of *trans* fatty acids. Several years ago we documented nearly 60 grams of *trans* fatty acids in one typical daily diet. More recently, the diet of a young student was found to contain nearly 100 grams of *trans* fatty acids every day because the foods being consumed included a pound of snack chips made with partially hydrogenated vegetable oil. Mary G. Enig, PhD *Know Your Fats*

Cholesterol is especially important to our brains. That's right, today's "most hated" substance is essential to the human brain function. In fact, infants need a constant supply of cholesterol during brain development, which is why mother's breast milk is so high in it. Modern science tripped over itself somehow when it named cholesterol the bugaboo of heart disease. Nature doesn't make that kind of mistake—but man does. [Most soy-based infant formulas contain no cholesterol.] Tom Valentine *Facts on Fats & Oils*

## GINGER SNAPS

Makes about 18

*1 1/2 cups crispy almonds (page 515)*  
*1/2 cup butter, softened, or coconut oil (see Sources)*  
*1 cup arrowroot or 7/8 cup bulgur flour (page 461)*  
*1/2 cup Rapadura (see page 536)*  
*1 tablespoon water*  
*1 1/2 teaspoons ground ginger*  
*1 teaspoon cinnamon*  
*1/4 teaspoon nutmeg*  
*1/4 teaspoon ground cloves*  
*1/2 teaspoon sea salt*

Place almonds in food processor and process until finely ground. Add remaining ingredients and blend well. Form into walnut-sized balls and place on buttered cookie sheets. Bake at 300 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork. Let cool completely before removing to an airtight container for storage. Store in refrigerator.

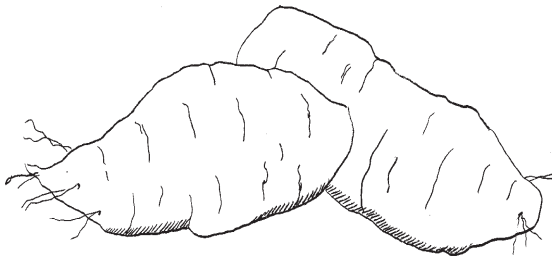
## SWEET POTATO COOKIES

Makes about 18

*1 cup cooked sweet potato or squash*  
*1/2 cup butter, softened*  
*3/4 cup maple syrup*  
*1 egg*  
*1/2 teaspoon sea salt*  
*1/2 teaspoon powdered cloves*  
*1/2 teaspoon ground nutmeg*  
*1 teaspoon cinnamon*  
*1 teaspoon baking soda*  
*2 cups bulgur flour (page 461)*  
*1/2 cup raisins*  
*1/2 cup crispy pecans, chopped (page 513)*



Place all ingredients except pecans and raisins in a food processor and process until well blended. Transfer to a bowl and fold in raisins and nuts. Form into walnut-sized balls and place on buttered cookie sheets. Bake at 325 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork. Let cool completely before removing to an airtight container for storage. Store in refrigerator.



## CAROB CHIP COOKIES

Makes about 18

*1/2 cup butter, softened, or coconut oil*

*1/2 cup Rapadura (see page 536)*

*1 egg*

*1/2 teaspoon sea salt*

*1/2 teaspoon baking soda mixed with*

*1 tablespoon hot filtered water*

*1 teaspoon vanilla extract*

*1 1/8 cups bulgur flour (page 461)*

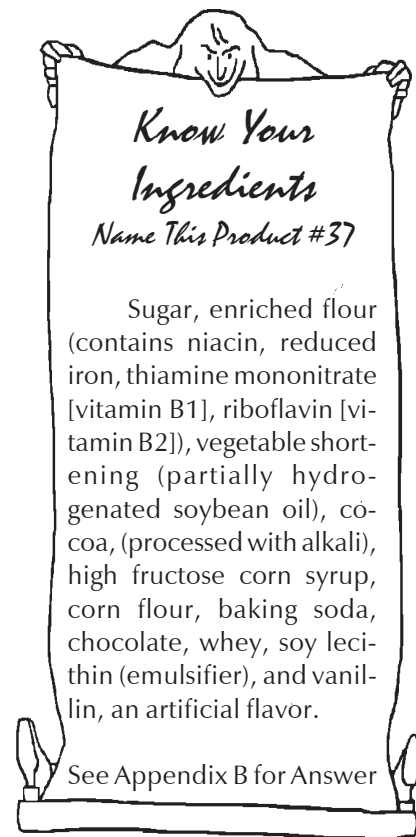
*1 cup carob chips (page 517)*

*1/2 cup crispy pecans (page 513), chopped*

Cream butter with Rapadura. Beat in egg, sea salt, baking soda with hot water, vanilla extract and bulgur flour. Fold in carob chips and chopped pecans. Form into walnut-sized balls and place on buttered cookie sheets. Bake at 325 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork. Let cool completely before removing to an airtight container. Store in refrigerator.

### Variation: Date Nut Cookies

Use *1 cup chopped dates* in place of carob chips.



### Know Your Ingredients

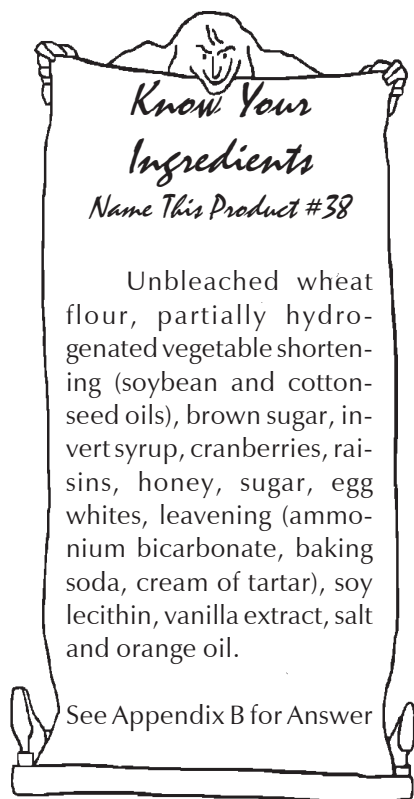
*Name This Product #37*

Sugar, enriched flour (contains niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2]), vegetable shortening (partially hydrogenated soybean oil), cocoa, (processed with alkali), high fructose corn syrup, corn flour, baking soda, chocolate, whey, soy lecithin (emulsifier), and vanillin, an artificial flavor.

See Appendix B for Answer

Suspected as a migraine causative for decades, chocolate has been cleared on the basis of insufficient evidence. Now things may be changing, thanks to new findings from a study by biochemist Vivette Glover . . . . Twenty heavy migraine sufferers volunteered for the study—12 eating real chocolate and eight eating a carob placebo made to taste identical to the chocolate.

Twenty-four hours after volunteers ate their test samples, five chocolate eaters experienced pounding migraines while the placebo eaters showed no symptoms. Asked what chemicals in chocolate brought on the migraines, Glover said that they had not as yet been isolated. Yet, two of the strongest suspects are catechin, also present in red wine, and theobromine, a biochemical cousin to caffeine in coffee. James F. Scheer *Health Freedom News*



It can be seen from a simple inspection [of the statistics] that cholesterol levels [are] apparently more closely related to sugar consumption than to fat consumption. For instance, it can be seen that two countries with the highest fat consumption, Spain and Ethiopia, had two of the lowest national blood cholesterol levels. However, these two countries with high fat consumption levels both had very low sugar consumption levels. On the other hand, two countries, Chile and Venezuela with high sugar consumption levels but with relatively low national fat consumption levels, had two of the highest national blood cholesterol levels. Chris Mudd *Cholesterol and Your Health*

## RAISIN NUT COOKIES

Makes about 2 dozen

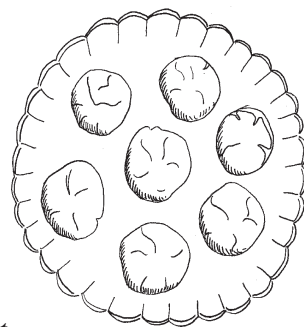
- 1/2 cup whole yoghurt (page 85)*
- 1/2 cup butter, softened*
- 1/4 teaspoon sea salt*
- 1 1/2 cups freshly ground whole wheat, kamut or spelt flour*
- 1 cup Rapadura (see page 536)*
- 1 teaspoon vanilla extract*
- 1/2 teaspoon cinnamon*
- 1/2 cup raisins*
- 3/4 cup crispy walnuts or pecans (page 513), chopped*

Blend yoghurt, butter, flour and salt. Place in a bowl, cover and leave at room temperature for 12-24 hours. Beat in Rapadura, vanilla and cinnamon until dough is very smooth. Blend in raisins and walnuts. Drop by spoonfuls on buttered cookie sheets. Bake at 350 degrees for about 20 minutes. Let cool completely before removing from pan. Store in refrigerator.

## MACAROONS

Makes 2 dozen

- 4 egg whites*
- pinch of sea salt*
- 2 tablespoons arrowroot*
- 1/2 cup maple syrup*
- 1 tablespoon vanilla extract*
- 2 cups commercial dried unsweetened coconut meat, finely cut*



Line a baking sheet with buttered parchment paper (see Sources). Beat egg whites with salt in a clean bowl until they form stiff peaks. Beat in the arrowroot and slowly beat in syrup and vanilla. Fold in coconut. Drop by spoonfuls on parchment paper. Bake at 300 degrees for about 1/2 hour or until lightly browned. Reduce oven to 200 degrees and bake another hour or so until macaroons are completely dry and crisp. Let cool completely before removing from parchment paper. Store in an airtight container.