



## Culinary Transformation Experience 2012

Welcome, we are delighted to have you join us! Meet your JOY TEAM who will educate, entertain and feed your bodies and mind. We will keep your interest, attention and appetite peaked all day with special activities like movement and LAUGHING YOGA breaks and HANDS-ON opportunities with equipment and food. Of course you will sample delightful morsels and bring home recipes galore. Healthy food is our Love & Passion!

Please write your questions on (provided) note cards, and we will answer questions at the end of the day or during session as time allows.

### YOUR JOY TEAM:

<b>Chef Sueson Vess</b> Special Eats / Cumin & Clove	<b>SpecialEats.com/CuminandClove.com</b>
<b>Sherrin Ross Ingram</b> Strategic Planning Expert	<b>TraditionalNutritionWisdom.com</b>
<b>Deepa Deshmukh, RD</b> DuPage Dietitians / Cumin & Clove	<b>DuPageDietitians.com</b>
<b>Jasmine Jafferlli, MPH</b> Healthy Jasmine	<b>HealthyJasmine.com</b>
<b>Bill Scheffler</b> Pure Prairie Farm	<b>Pureprairiefarm.com</b>
<b>Nina Sheehan, RN</b>	<b>ninasheehan@aol.com</b>
<b>Cristy Packer, RD</b> Beyond Organic	<b>EatingRealFoods.com</b>
<b>Kathy Pirtle</b> Performance Without Pain	<b>Performancewithoutpain.com</b>
<b>Olive Kaiser</b> The Gluten Syndrome	<b>Theglutensyndrome.net</b>

And a HUGE Team of Volunteers

Special "Thank You" to our generous sponsors:

**Goodness Greenness Organic food provider** [goodnessgreenness.com](http://goodnessgreenness.com)  
**Meadow Haven Organic Farm** [meadowhavefarm.com](http://meadowhavefarm.com)

**Special Eats™**  
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**DuPage Dietitians**

**TraditionalNutritionWisdom.com**  
**Rose's Wheatfree Bakery –**  
**rosesbakery.com**

## Culinary Transformation Experience 2012

Time	Description Wednesday, May 23	Team
8:30-9:00	Brief introduction/overview; meet the JOY TEAM	Sueson, Sherrin, Deepa, Jasmine, Olive, Nina, Cristy, Claire...cast of many!
9:00-9:30	Beyond Bone Broth	Sueson Vess
9:30-10:15	GFCF Bread making	Sueson Vess
10:15-10:45	Music - Movement Break - Psoas	Jasmine Jafferli
10:45-12:00	Fermentation 101 <ol style="list-style-type: none"> <li>1. HOW-TO, WHY TO, how to incorporate into kids' diet (hint: tools &amp; techniques)</li> <li>2. Discuss soaking nuts, seeds, beans, grains</li> <li>3. New recipes</li> </ol>	Sueson Vess, Sherrin Ingram & Kathy Pirtle
12:00 -2:00	Up Close & Personal-Table Time: Hands-on opportunities in the room: Smoothies, Juicing, Spiralize, Fermented beverages and foods, GFCF Breads and Treats, Books & more	
2:00-2:15	Music - Movement Break Exercises to enhance digestion	Jasmine Jafferli
2:15-3:00	Healing with Ayurvedic Spices & Herbs Roasted chickpeas	Deepa Deshmukh & Sueson Vess
3:00-3:45	Importance of organic, non-GMO foods and what to avoid and add for maximizing benefits. Evidence-based	Bill Scheffler, Pure Prairie Farm
3:45-4:00	Laughing Yoga Break	Jasmine Jafferli & Deepa Deshmukh
4:00-4:45	Snacks for all occasions: sweet/savory/salty Fig/date balls with raw cacao powder SCD Chicken bites with Apricot dipping sauce Kale Chips (seasoned or plain)	Sueson Vess & Sherrin Ingram
5:00-5:30	Q&A	All participants

## Culinary Transformation Experience 2012

### Chicken “Bone” Broth

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This “Mother of Soups” is a base for other soups, sauces, gravies and can be included anywhere a savory liquid is suggested to boost nutrition. It is high in minerals and used to strengthen bones and heal digestive issues.

Makes approximately 2 quarts

3 to 3 1/2 pounds free-range chicken pieces, mostly backs and wings, rinsed (Do not use chicken liver but may use other giblets)  
2-3 carrots, cut in large chunks  
3-4 celery stalks, cut in large chunks  
2 large onions, quartered  
1 leek  
1 bay leaf  
Handful of parsley and/or thyme sprigs (fresh)

May add additional vegetables: sweet potatoes, white potatoes, other to taste or dietary needs  
1/2 teaspoon whole black peppercorns  
1/2 teaspoon whole cloves OR juniper berries  
Cold, purified water  
2 tablespoons vinegar or fresh lemon juice  
Salt  
1 kombu “stick” (sea vegetable)

1. Place the chicken and vegetables in a large stockpot over medium heat. Pour enough cold water to cover chicken. Add vinegar or lemon juice. Add bay, parsley/thyme, peppercorns, and cloves or juniper berries and slowly bring to a boil.
2. Lower the heat to low and gently simmer for 3-4 hours. As the broth cooks, skim any impurities that rise to the surface.
3. Remove the chicken pieces and discard. Strain the broth through a fine sieve into another container and discard vegetable solids. If not using the broth immediately, place the pot in a sink full of ice water and stir to cool. When cool, cover and refrigerate or freeze.

### Lamb Porcupines in Broth

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Delicious lamb meatballs are transformed into floating porcupine balls when cooked in simmering broth. This hearty soup is high in protein and minerals, especially vitamin B12 and zinc, important for immune function. Spinach adds vitamins C, K and A, and is a good source of folic acid, magnesium and iron.

SERVES 4-6

1 pound ground lamb, preferably grass-fed  
1 piece fresh ginger root, peeled and finely minced  
2 garlic cloves or 1 small shallot, finely minced  
3 tablespoons fresh cilantro, chopped  
1/2 teaspoon turmeric powder  
1/2 teaspoon ground fennel seed

1/2 teaspoon sea salt  
1/4 teaspoon black pepper  
1/4 cup basmati rice  
6 cups gluten-free, dairy-free chicken or beef broth  
2 cups fresh spinach, coarsely chopped (leave whole if baby spinach)  
1/2 teaspoon sea salt

1. In a large bowl, combine lamb, ginger root, garlic, cilantro, turmeric, fennel seed, salt, pepper and rice. Do not over mix. Form into small walnut-sized meatballs and set aside. (A small ice cream scoop makes this an easy job.)
2. Bring broth to a rolling boil in a large (6 quart or larger) pot. Add meatballs and simmer covered for 15 minutes. Add spinach, salt and cook for an additional 2 minutes.
3. Taste and adjust seasoning.



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**GFCF Bread can be a challenge when there are other ingredients that need to be avoided and you want to make your bread at home. There are mixes that have quality ingredients:**

- Breads From Anna: [breadfromanna.com](http://breadfromanna.com)  
Free of gluten, dairy, rice, soy, corn, nuts and processed sugars (sweetened with honey or maple)  
May be made egg and yeast free  
Contains potato
- Pamela's Products Amazing Wheat Free & Gluten-free Bread Mix [pamelasproducts.com](http://pamelasproducts.com)  
Free of gluten, dairy, soy, corn, potato  
Contains Organic evaporated cane sugar, molasses and honey  
May be made egg free
- Namaste Bread Mix [namastefoods.com](http://namastefoods.com)  
Free of gluten, soy, corn, potato, dairy, peanuts or tree nuts  
Contains evaporated cane juice, rice milk powder

Recipes abound. Here is a recipe that cookbook author Carol Fenster made during a gluten-free expo to RAVE reviews. It is from her book, "1000 Gluten-Free Recipes" reprinted with permission.

Per Carol, "My perfect loaf is "Breakthrough Ready-to-Bake Bread" on page 100 from my cookbook, *1,000 Gluten-Free Recipes*. I prefer to make French baguettes, since they're quick-baking, easy to assemble, and gratifying to serve—especially to guests who will think you're a genius when you pull these perfect little loaves from your oven.

The secret is to make the dough, refrigerate it in a tightly-covered, glass container in your refrigerator for up to 3 days, and bake as much of the dough as you need whenever you want hot, fresh bread. Keep the remaining dough refrigerated until you want to bake again. I use a Pyrex 8-cup glass measuring cup because you can see how much dough you have and they come with snap-on lids."

### Ready-to-Bake Dough

You can bake French baguettes (my favorite), or individual rolls, which are even quicker but not as versatile. When I have a dinner party scheduled, I make the dough the day before and bake it into French baguettes just before my guests arrive so they're greeted with that heavenly bread-baking aroma as they walk into my house."

THANKS CAROL!

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### Carol Fenster's French Baguettes®

You can bake this bread in a two-loaf French bread pan or a 3-loaf baguette pan (see below). Either way, it is sure to delight. It uses a cold-oven start which works beautifully in my KitchenAid oven. Otherwise, let it rise until doubled and bake in a preheated 425°F until nicely browned, about 30 to 35 minutes. Makes 2 loaves. Serves 20 (1-inch slices)

1 cup + 2 tablespoons warm (110°F) nondairy beverage of choice  
 1 tablespoon active dry yeast  
 2 tablespoons sugar, divided  
 2 cups potato starch  
 1 cup Carol's Flour Blend (see below)  
 3 large egg whites (or ½ cup), at room temperature (reserve 1 tablespoon for egg wash)  
 2 teaspoons xanthan gum  
 1 teaspoon salt  
 ¼ cup melted nondairy margarine

2 teaspoons cider vinegar  
 Plus: 1 tablespoon egg white whisked with 1 tablespoon water for egg wash  
 Optional: 1 teaspoon sesame seeds or whole millet or poppy seeds, for sprinkling on top

#### Carol's Sorghum Flour Blend:

1 ½ cups sorghum flour  
 1 ½ cups potato starch (not potato flour) or cornstarch  
 1 cup tapioca flour

1. Dissolve yeast and 1 tablespoon sugar in 1 cup of the warm milk. Set aside to foam for 5 minutes.
2. Grease French bread pan (one with two indentations) or line with parchment paper.
3. In bowl of heavy-duty stand mixer, combine next 7 ingredients (potato starch through vinegar) plus yeast-milk mixture and remaining sugar. Beat on low speed to blend and then beat on high speed 30 seconds, stirring down sides with spatula. Dough will be soft.
4. Divide dough in half on prepared pan. A metal spring--action ice cream scoop helps assure loaves of each size. Smooth each half into a 10-inch log with wet spatula, taking care to make each loaf the same length and equal thickness, with blunt rather than tapered ends so they bake evenly. Brush with egg wash for glossier crust. With a sharp knife, make 3 diagonal slashes (⅛-inch deep) in each loaf so steam can escape during baking. Sprinkle with sesame seeds, millet, or poppy seeds, if desired.
5. Place immediately on lower-middle rack in **cold oven**. Set the temperature to 425°F and bake approximately 30 to 35 minutes, or until nicely browned. Cover loaves with foil after 15 minutes of baking to prevent overbrowning. (An internal temperature of at least 205°F is recommended.)
6. Remove bread from pans; cool completely on wire rack before slicing with electric knife or serrated knife.

#### French Baguettes:

Make the dough as directed above. Use a French baguette pan with 3 rather than 2 indentations. Bake 25 to 30 minutes. Makes 3 loaves.

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### How to Use the Ready-To-Bake Method

The “ready-to-bake” method was inspired by New York baker Jim Lahey’s “no-knead” technique. Mark Bittman wrote about Lahey’s technique in the New York Times and it was also featured in *Cook’s Illustrated* magazine. The dough in my gluten-free version keeps up to 5 days in your refrigerator. When you’re to bake, remove enough dough for as many loaves or rolls as you wish. Shape the dough in a nonstick (gray, not black) pan, let it rise, and then bake it in a preheated oven. Note that this bread is not only gluten-free, but is also dairy-free – but the crust won’t brown as deeply with nondairy substitutes.

1. Use cold milk, melted (but cooled) butter, and cold egg whites. Mix as directed. Refrigerate, tightly covered, for up to 5 days. Be sure to keep unused dough in the fridge; don’t let it sit on the countertop or come to room temperature because it has eggs in it.
2. To shape, using #12 metal spring-action ice cream scoop or well-greased one-third cup measuring cup, place dough in chosen pan(s) and shape with wet spatula as follows: 4 level scoops bread dough per French bread loaf, shaped to 10-inch log(s) -2 heaping scoops bread dough per French baguette loaf, shaped to 10-inch log(s); 2 level scoops bread dough per 5x3-inch loaf, top of loaf smoothed flat; 1 scoop for each dinner roll baked in muffin tin or ramekin or individual oven-proof container
3. Optional: Sprinkle with GF rolled oats, sesame seeds, poppy seeds or hulled millet.
4. Place dough in warm place (75-80°F) to rise until level with top of pan. With sharp knife, make 3 diagonal slashes (1/8-inch deep) in loaf so steam can escape during baking. Bake as directed above.

Carol Fenster, PhD

Carol Fenster is the author of 10 gluten-free cookbooks for those with celiac disease or non-celiac gluten sensitivity, including *100 Best Gluten-Free Recipes* (Wiley, 2010—one of the Denver Post’s “2010 Best Cookbooks” and *Natural Solutions* magazine’s “Top 12 Cookbooks from 2010”) and the award-winning *1,000 Gluten-Free Recipes* (Wiley, 2008). Her 10th cookbook, *125 Gluten-Free Vegetarian Recipes* (Avery/Penguin Group) published in July, 2011, is available wherever books are sold.

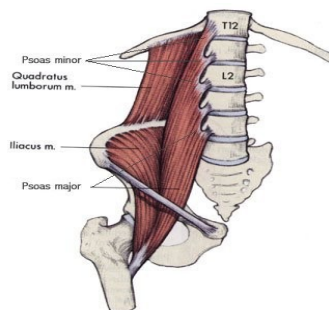
She was recently inducted into the invitation-only Les Dames d’ Escoffier and taught gluten-free cooking classes at the famed Rancho La Puerta Spa and Resort in Mexico. She offers a weekly gluten-free online cookbook at [www.GfreeCuisine.com](http://www.GfreeCuisine.com). She develops the gluten-free products for industry leader Bob’s Red Mill and appears on PBS, the Health Network as well as many radio, newspaper, and web sites. She is a spokesperson for the United Sorghum Checkoff and has been a guest speaker at the American Dietetic Association, Canadian Dietetic Association, International Association of Culinary Professionals, Whole Grains Council, Disney, National Product Expo, FoodEX in Tokyo, and the Institute for Biophysics and Genetics in Italy.

Sueson’s note: And, she is a really GOOD person, who was happy to help when I asked for her amazing bread recipe to share with you at Autism One. I own all her books and recommend them.

Website: [www.savorypalate.com](http://www.savorypalate.com) Blog: <http://carolfenstercooks.com>

## The Psoas (so-az) Muscle

1. Location
  - a. Only muscle to connect upper and lower body (16-inches in length)
  - b. Upper Psoas and diaphragm meet at the “solar plexus” called the nerve ganglia, may also be known as our “abdominal brain” (aka “gut feelings”)
  - c. Both sides form a triangle which lies beneath our digestive track
2. Function
  - a. Psoatic Shelf: The health, length and vitality affects organ functioning
  - b. Tensile Structure: Helps stabilize the spine
  - c. Hydraulic Pump: It’s movement stimulates and pushes fluids in and out of cells
3. What happens if the Psoas is not balanced?
  - a. Shortened Psoas
  - b. Impaired Digestion
  - c. Adrenals and Kidneys get tired
4. Releasing the Psoas
  - a. Constructive Rest Positioning: Active rest with both knees bent while feet are on the floor. Feet are hip socket width apart. Do not press hips into floor. Arms are resting at the sides of your body, relax your eyes.
  - b. Passive Psoas Release: Use the side of a bed or platform to passively release and lengthen your Psoas. Start with a balanced pelvis and keep it level while in constructive rest position. Softening the psoas at the hip socket, let one leg hang off the side of the support.
  - c. Lengthening the Psoas: Bring one knee to chest, pressing knee firmly. Slowly release other leg by sliding it down **without** moving the pelvis. Return bent knee to constructive rest position.



Source: *The Psoas Book* by : Liz Koch



## Culinary Transformation Experience 2012

### Fermented Carrots

**Carrots and Water Kefir OR Body Ecology® Veggie Culture Starter**  
**bodyecology.com**  
**Ferment at room temperature for 5-10 days.**

### Pickled Cucumbers

Makes 1 quart

4-5 pickling cucumbers or 15-20 gherkins  
1 tablespoon mustard seeds  
2 tablespoons fresh dill, snipped  
1 tablespoon sea salt  
4 tablespoons whey (NOTE: contains dairy). OR use an additional 1 tablespoon salt  
1 cup filtered water

Wash cucumbers well and place in a quart sized wide-mouth mason jar. Combine remaining ingredients and pour over cucumbers, adding more water if necessary to cover cucumbers. The top of the liquid should be at least 1-inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.

Variation: Wash cucumbers well and slice at 1/4-inch intervals. Proceed with recipe. Pickles will be ready for cold storage after 2 days at room temperature.

Recipe reprinted with permission from "Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats" by Sally Fallon with Mary Enig, Ph.D.

### Basic Vinaigrette/Salad Dressing using kefir water

MAKES 1 1/2 cups

3 tablespoons vinegar (avoid Malt vinegar or flavored vinegars from unknown ingredients)	Optional: 1 small shallot (or 1-2 garlic cloves), finely minced)
3 tablespoons water kefir or kombucha	1/2 teaspoon dried herb, select one of the following: herbes de Provence, oregano, basil, marjoram or dill
1/2 teaspoon GF Dijon-style mustard	Salt and pepper to taste
1 cup olive oil	
Optional: 1/4 teaspoon honey	

1. Whisk vinegar, kefir or kombucha, mustard, honey and shallot together. (May make in a blender)
2. In a slow stream, blend in olive oil to create an emulsion. Add herb of choice, salt and pepper. Taste and adjust seasonings.

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## Culinary Transformation Experience 2012

### Up Close & Personal Table Time

**FERMENTATION** We used “Cultures for Health” instructions [www.culturesforhealth.com](http://www.culturesforhealth.com) for basic water kefir which seem to be consistent with all the other online recipes or those in cookbooks. “Cultures for Health” also has videos for making water kefir, kombucha, flavored water kefir and more fermented foods. Natural & Nourished Family also has good recipes and instructions: <http://naturalandnourishedfamily.com/2011/09/so-simple-so-good-water-kefir/>

<http://kefirlady.com/> Marilyn Kefirlady - good information and will mail kefir grains \$20 but worth it

More resources: <http://nourishedkitchen.com/water-kefir/> <http://bodyecology.com/>

Books: *Wild Fermentation*, & *The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World*: Sandor Katz; *Nourishing Traditions*, Sally Fallon and Mary Enig Ph.D.

#### Basic Water Kefir Recipe

MAKES 1 Quart

1/4 cup Organic Evaporated Cane Crystals  
 3 1/2 cups of purified water  
 1/4 cup Water Kefir Grains (get from a friend or purchase from website)  
 Need: 1 glass quart jar

1. Heat a small amount of the water and dissolve the sugar in the hot water. Add the remaining cool water. Allow the mixture to cool to room temperature.
2. Add the kefir grains. Lightly cover the container with a cloth or paper coffee filter and let it sit on the counter for two days to culture.
3. Once the mix has cultured, strain out the finished water kefir using a plastic/nonmetal strainer (be sure to place the kefir grains in fresh sugar water immediately).
4. Add flavors as desired and leave on counter again COVERED tightly for additional ferment for 1-2 days. Refrigerate before drinking (tastes best cold).
5. If desired, a small amount of fruit juice can be added for additional flavor just prior to drinking. We do not recommend adding this additional juice and allowing the mixture to ferment further as it will often yield an overly fermented tasting or alcoholic beverage.

#### Basic Kombucha Recipe

MAKES 1 Quart

1/4 cup Organic Evaporated Cane Crystals or Sucanet, Maple Syrup, Molasses  
 3 + cups of purified water  
 2 green or black tea bags  
 1/2 cup kombucha or vinegar  
 1 SCOBY (get from a friend or purchase from website)  
 Need: 1 glass quart jar

1. Heat a small amount of the water and dissolve the sugar in the hot water. Add remaining hot water and tea bags. Remove tea bags after 10-15 minutes. Allow the mixture to cool to room temperature.
2. Add the kombucha and SCOBY. Lightly cover the container with a cloth or paper coffee filter and let it sit on the counter for 5 days – 2 weeks to culture.

## Culinary Transformation Experience 2012

### SMOOTHIES

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Wake up your taste buds with these delicious smoothies as part of a healthy breakfast or a snack/treat any time of day. Smoothies are a great way to blend powdered or liquid supplements. Add protein to smoothies using a GFCF powder like hemp protein, rice protein raw nuts (raw walnuts or cashews) or seeds (including pepita seeds, chia, sunflower, hemp or flax) as diet allows. Add fresh spinach to boost nutrient without impacting taste. A banana or avocado will provide creamy texture and is also good for suspending supplement powders. Ice transforms a smoothie into a soft-serve style frozen dessert that may be eaten with a spoon. Coconut, flax or hemp oils are beneficial fats to add as needed. Makes two 8-ounce servings

*Note: Freeze bananas for later use: remove peel, cut into pieces and place in freezer container*

<b>Name</b>	<b>Fruit ½ cup frozen*</b>	<b>Protein</b>	<b>Juice ½ cup</b>
Kermit's Delight	½ ripe pear, ½ cucumber, 1 cup spinach, 5 to 6 fresh mint leaves	½ avocado 1 tablespoon protein powder of choice	Juice of 1 lime or lemon + ¼-½ cup water or coconut water (pinch stevia, if desired)
Sunrise Surprise	2 cups watermelon cubes, 5 to 6 fresh mint leaves	¼ -½ avocado 1 tablespoon protein powder of choice	Juice of 1 lime (or lemon)
Just Peachy	1 banana, peaches or apricots, optional ¼ teaspoon cinnamon or cardamom	Nondairy yogurt or GFCF protein powder	Mango nectar, tart unsweetened organic cherry juice, coconut milk or coconut water
Blue Hawaii	1 banana, blueberries or half blueberries/half pineapple	¼ cup walnuts or nondairy yogurt &/or GFCF protein powder	Pineapple juice, orange juice, coconut water or coconut milk
Black Forest	1 banana, half blueberries/half cherries; may add 1 T raw, cacao powder to increase antioxidants	¼ cup walnuts or allowable nut/seed & nondairy yogurt	Tart cherry juice
Key Lime Pie	1 avocado, 1 whole lime or lemon (peeled, may include peel if using Meyer lemon)	2T ground pepita seeds (pumpkin seeds)	1 cup coconut milk (not lite) 4-5 ice cubes Sweeten to taste with honey, agave or stevia

\* If you are not using frozen fruit add 4-5 ice cubes except in recipes already calling for ice.



## Culinary Transformation Experience 2012

### Sweet Tart Smoothie

Recipe provided by Healthy Jasmine® Copyright 2012, all rights reserved

This recipe came by accident by blending blueberries and pineapples, the taste was familiar. After a few more sips it dawned on me that it tasted just like a sweet tart, well just about! Minus the additives and food dyes, you won't miss the candy.

1/2 cup frozen blueberries	1 scoop of your favorite vanilla protein powder; I like Sunwarrior Warrior Blend (Vegan, soy and corn free!)
1/3 cup frozen pineapple chunks	
2 cups of fresh green spinach	
1 tablespoon unfiltered flax oil	1/2- 1 cup filtered water

1. Place in Vitamix or blender in the order above starting with 1/2 cup of water and adding more water as needed.

### Raw Energy Soup

Recipe provided by *Beyond Organic* magazine, Copyright 2012, all rights reserved

1 cup fresh carrot juice	1 avocado, peeled and seed removed
1 lemon, peeled if not organic	1/2 tsp ground cumin
1 inch chunk ginger root	1/2 zucchini, grated (optional)

1. Juice carrots lemon and ginger. Pour the juice into a blender.
2. Add the avocado and cumin and blend until smooth.
3. Pour into 2 bowls and top with grated zucchini if desired. Serve chilled.

Recipe reprinted with permission from *Beyond Organic* magazine.

### Curb Your Cravings Smoothie

Recipe reprinted with permission from *The Ultimate Smoothie Book* by Cherie Calbom

Makes 1 serving

1/2 apple, juiced	1 tablespoon tahini
1/2 cup spinach	1 banana, peeled, cut in chunks and frozen
1 celery stalk	6 ice cubes

1. Put all ingredients in a blender and process until smooth.

Recipe reprinted with permission from *The Ultimate Smoothie Book* by Cherie Calbom  
Find more recipes in Jordan Rubin's book *Live Beyond Organic*.

## Culinary Transformation Experience 2012

**SPRALIZER:** Learn to turn veggies into pasta for perfect SCD/GAPS/Grain-free eating. Top your “pasta” with one of these delicious sauces to boost nutrition!

### Easy Marinara Sauce

Recipe provided by Special Eats, © Copyright 2012, all rights reserved.

MAKES: 1 quart

It is difficult to have an exact recipe for marinara sauce as it varies by season and what is on hand in the refrigerator and pantry. Be creative, have fun and use your favorite vegetables to create your signature marinara sauce.

1 tablespoon olive oil	1–32 ounce can crushed GF tomatoes in sauce
1 small onion, diced	May need to double amount of crushed tomatoes depending on amount of vegetables used.
1 clove garlic, sliced	1 teaspoon dried oregano
2 small-medium zucchini, diced	¼ teaspoon ground fennel
1 bunch kale, chopped	Salt and pepper
Optional: extra vegetables: fennel bulb, minced, mushrooms, chopped, bell peppers, chopped, fresh tomatoes, eggplant, carrots	Meat option: ground beef, buffalo or turkey, Italian sausage or combination

1. Sauté onion and garlic until soft; add rest of vegetables and sauté until softened. If using kale, sauté with onions and then add rest of vegetables.
2. If using meat sauté in a separate pan; set aside.
3. Add tomato sauce and seasonings to the vegetables and simmer for at least 15 minutes (longer cooking time thickens sauce and enhances flavor). Add meat to sauce if using and cook for an additional 15 minutes.
4. Taste and adjust seasoning.

### White – Mushroom Sauce

Recipe provided by Special Eats, © Copyright 2012, all rights reserved.

MAKES: 1 quart

This may be the best sauce I have ever made – at least that’s what my tasters and I agreed ENJOY!

1 tablespoon olive oil	Pinch cayenne (more or less to taste)
2/3 cup minced shallot	2 cups raw, unsalted almonds, soaked overnight or at least 8 hours in purified water
4 cups chopped mushrooms: shitake, crimini or blend	1 cup raw, unsalted cashew pieces, soaked in hot purified water for 30 minutes
6 tablespoons fresh squeezed lemon juice	1/2 cup unsalted pine nuts, soaked in hot purified water for 30 minutes
1/4 teaspoon ground nutmeg	
1/2-1 teaspoon salt (taste)	
1/4 teaspoon pepper	

1. Sauté shallot and mushrooms until beginning to color – about 10 minutes in saucepan over medium heat. Deglaze pan with lemon juice; add nutmeg, salt, pepper and cayenne. Remove from heat.
2. Drain almonds, cashews and pine nuts and add to a Vita-mix or other high-powered blender, add 1-2 cups water – do not add too much water as you want the nut “cream” to be fairly thick. Blend until very smooth consistency is reached – about 2 minutes.
3. Add mushroom-shallot mixture to nut cream and puree. May leave mushrooms chunky if desired.
4. Taste and adjust seasoning.

## Culinary Transformation Experience 2012

Healing with Ayurvedic Spices & Herbs	
Name	Medicinal Properties
<b>Black pepper</b>	Aids digestion, Antibacterial, NF-kB regulator; Stimulates taste buds to signal stomach to produce hydrochloric acid.
<b>Cardamom</b>	Aids digestion, Antibacterial, NF-kB regulator; Helps with constipation and gas
<b>Chili peppers/flakes/cayenne</b>	Anti inflammatory, Appetite stimulant, Digestive aid, Antibacterial
<b>Cinnamon</b>	Anti inflammatory, Appetite stimulant, Digestive aid, Antibacterial, Antimicrobial, Antioxidant; Helps with insulin sensitivity
<b>Clove</b>	Aids digestion, Anti inflammatory, Antibacterial, Antiseptic, NF-kB regulator; Germicide, Pain reducer
<b>Coriander/Cilantro</b>	Digestive aid, Anti inflammatory, Antimicrobial, Antibacterial, NF-kB regulator
<b>Cumin</b>	Appetite stimulant, Digestive aid, Antimicrobial, NF-kB regulator; Relieves cramps especially when toasted
<b>Fennel</b>	Digestive aid, Anti inflammatory, NF-kB regulator; Reduces acid reflux. May use seeds in place of chewing gum
<b>Fenugreek</b>	Anti inflammatory, lowers blood glucose
<b>Ginger</b>	Nausea reducer, Anti inflammatory, Antibacterial, NF-kB regulator; Effect increased when combined with protein
<b>Mint/Peppermint</b>	Digestive aid, Antimicrobial, NF-kB regulator; high in vitamin C; relaxes abdominal/stomach muscles, relieves gas
<b>Mustard Seed</b>	Appetite stimulant, Digestive aid; prompts salivation which promotes appetite
<b>Nutmeg</b>	Appetite stimulant, Digestive aid, Anti inflammatory, Antibacterial, NF-kB regulator; Aids with sleep
<b>Rosemary</b>	Digestive aid, Anti inflammatory, NF-kB regulator; improves circulation and immune function; gets blood flowing to the brain
<b>Saffron</b>	Digestive aid, Anti inflammatory, NF-kB regulator
<b>Turmeric</b>	Appetite stimulant, Digestive aid, Anti inflammatory, Antifungal; Anti cancerous

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## Culinary Transformation Experience 2012

### Spiced Garbanzo Beans

Recipe provided by Special Eats, © Copyright 2012, all rights reserved

These tasty beans make a great snack or on top of salads in place of croutons.

MAKES: 2 CUPS

2 cups cooked garbanzo beans (may use frozen or	1 teaspoon dried oregano
15 ½ oz. can, drained and rinsed)	1 pinch cayenne pepper
1 tablespoon olive oil	1 teaspoon sea salt
1 teaspoon garlic powder	Optional: Lemon zest/peel and juice
1 teaspoon ground cumin	

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In large bowl combine beans, olive oil and seasonings. Mix to combine well.
3. Spread in a single layer on prepared baking sheet.
4. Bake for 45 minutes, stirring every 15 minutes until lightly browned.
5. Store in an airtight container until ready to use.

### Snacks for All Occasions

#### Fig Date Balls

Recipe provided by Special Eats, © Copyright 2012, all rights reserved

Enjoy a healthier treat with pepita seeds for protein and figs for fiber resulting in a delicious anytime, guilt-free treat.

MAKES: 36-40 Balls

2 cups pitted dates	Unsweetened coconut flakes for rolling balls
6 dried figs, stems removed	Optional: add ¼ cup chopped dried cranberries or cherries
½ cup ground pepita seeds (pumpkin seeds)*	Optional: add 2 tablespoons unsweetened cocoa to dough OR coconut flakes before rolling
1 pinch salt	Optional: add 2 tea bags Earl Grey Tea to dough
1 tablespoon coconut oil	
2 tablespoons hot water	

1. Place pitted dates, figs, ground pepitas, salt, coconut oil and hot water into a food processor bowl fitted with knife blade.
2. Pulse until mixture comes together in a ball and is well combined. May have to add an additional tablespoon of water (add one teaspoon at a time).
3. Spread coconut flakes on a plate (or piece of waxed paper); add optional cocoa if using.
4. With two teaspoons form small (walnut sized) balls and drop into coconut. Roll between hands into balls.
5. May refrigerate for firmer texture or leave at room temperature and enjoy!

\*Grind pepitas in dedicated coffee bean grinder (not used for coffee) or a food processor or blender until finely ground.

## Culinary Transformation Experience 2012

**Coconut Chicken Bites (grain free)** Recipe provided by Special Eats, © Copyright 2012, all rights reserved  
Kid-friendly “breaded” chicken bites without any grain, nuts or eggs may sound too good to be true but this recipe will make a believer out of the toughest critics. Coated with coconut – high in beneficial lauric acid, these tasty morsels are delicious straight, dipped in a little honey (SCD compliant) or with apricot dipping sauce (GFCF). The addition of beneficial herbs and spices especially turmeric which is anti-inflammatory, antifungal and a digestive aid adds to the nutritional profile.

SERVES: 4 to 6

1 tablespoon GFCF Dijon-style mustard (SCD condiments are made with SCD compliant ingredients and are free of additives and sweeteners)\*

3 tablespoons olive oil

1 ½ cups shredded coconut, unsweetened

1 teaspoon paprika

1 teaspoon turmeric

½ teaspoon dried thyme

¼ teaspoon each salt and pepper

1 pound boneless, skinless chicken breasts (may substitute turkey tenderloins)

1. Preheat oven to 375 degrees.
2. Whisk mustard and oil in a small bowl until blended. Set aside.
3. Optional: Grind shredded coconut in a blender or food processor until small crumb consistency, may be small enough without grinding. Add seasonings and mix well. Place coconut mixture on a plate or waxed paper.
4. Slice chicken breasts in 1/4-inch slices. Dip chicken pieces into mustard/oil combination and roll in coconut mixture. Press coconut crumbs to adhere to chicken.
5. Place “breaded” chicken pieces on a parchment-lined cookie sheet or unlined, ungreased clay baking pan and bake for 16-18 minutes turning once.
6. Serve warm.

### \* Dijon Options & Notes

- Dijon mustards vary in salt content, read labels and adjust salt in recipe to fit your taste
- May use 2 eggs + 1 tablespoon water in place of Dijon
- May use 2 eggs + 1 tablespoon water + 1 tablespoon Dijon
- May omit Dijon and use allowable oil as needed for diet restriction

Texture Issues: Although these chicken bites are moist and tender some children prefer softer chicken bites. Use raw ground chicken or turkey and form into bite-sized pieces, follow above recipe instructions to prepare.

### Apricot Dipping Sauce

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MAKES 1 CUP

1 -10 ounce jar apricot or peach jam (preferably fruit juice sweetened)

1 tablespoon fresh lemon or lime juice

1 teaspoon horseradish

Mix jam, lime juice and horseradish in a bowl and set aside until ready to serve

## Culinary Transformation Experience 2012

### Kale Chips

Recipe adapted by Sueson Vess

Kale is more nutritious per ounce than practically any other vegetable. It is a good source of vitamins A and C; and minerals calcium, folic acid and iron. Although kale can be found in markets throughout the year, it is in season from the middle of winter through the beginning of spring when it has a sweeter taste. Plant some in your garden and have it available all season.

1 Bunch organic kale, (Lacinato variety is slightly sweeter and has flat leaves, also called dinosaur kale), Tuscan kale or curly kale – green or purple	Olive oil to cover all leaves Salt to taste Optional: Sesame oil and or kelp flakes
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1. Preheat oven to 300 degrees (if using convection oven turn off blower)
2. Thoroughly wash and dry kale. Remove the tough stem from each leaf.
3. Thinly coat leaves with olive oil by rubbing on with your hands. Place leaves on a parchment-lined baking sheet.
4. Bake in oven on low heat, about 300 degrees, until dry, 15- 20 minutes. Remove from oven and salt while hot. May sprinkle with optional sesame oil and/or kelp flakes.

### Lemony Hummus

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2 cups cooked garbanzo beans (or 15 ½ oz. can, drained and rinsed)	4 tablespoon fresh lemon juice +/- to taste
¼ cup tahini (sesame paste)	1 teaspoon lemon zest
2-3 garlic cloves, minced or shallots	½ teaspoon turmeric
1-1/2 tablespoons extra virgin olive oil	1 teaspoon oregano or thyme, dried
	Optional: Pinch of cayenne pepper

1. Mash beans into a thick paste in food processor. Add water, 1 tablespoon at a time, while pureeing to reach desired consistency.
2. Add tahini and mix well. Add garlic, lemon juice, lemon zest and oregano and mix well.
3. Taste and adjust seasoning. Stir in olive oil. Serve chilled.

### Fruit Pudding/Pie Filling No Bake

Recipe provided by Special Eats, © Copyright 2012, all rights reserved

Kudzu is beneficial and healing to small intestines. Cherry is high in melatonin. The combination makes for a great evening snack. Alter fruit to what is seasonally available or suits your taste/need.

1 tablespoon kudzu/kuzu starch	2 teaspoons lemon or lime juice
¼ cup red tart cherry juice, unsweetened	Pinch salt
4 cups frozen blueberries, preferably organic	Optional: honey to taste

1. Dissolve kudzu starch in COLD cherry juice, mix with blueberries, salt and lemon juice and pour into heavy bottom saucepan. Cook stirring until thickened.
2. Taste, adjust sweetness with honey or desired sweetener.
3. Serve as “pudding” or in prebaked pie crust.