

*Recipes for*  
*Life Force Energy*  
*Children*

**Introduction:**

In my perfect world the statement, "Life Force Energy Children" would be redundant. Children would be walking, talking Life Force Energy and if anyone wanted to express the definition of "Life Force Energy," they could just point to any one of the children on our planet.

Modernity has produced innumerable marvels, yet as the external world develops at a rapid rate and technology seems to know no bounds, the same cannot be said for the advancement of our children's health and spirits. In fact, the opposite seems to be true; the more "wired" we become, the sicker, lonelier and sadder our children become. Worst of all, when a child acts out from their state of imbalance they are either scolded, made to feel bad about themselves or pigeon-holed as "troubled," scaring them deeply. All this and meanwhile they also have to deal with the confusion of the convoluted surroundings they are doomed to live among in their parent's misguided world.

With two children in elementary school in New York City, I'm privy to a first-hand view of a wide range of modern parenting approaches spanning all demographics and backgrounds. Even in our very enlightened city, I am astounded by the number of children who are left to consume cafeteria food for breakfast and lunch. Who knows what goes on at home but you can be sure there is junk TV, video and computer games and the like - it's a life of distraction and stimulation.

I ask myself how it is that parents can send their kids off to consume indecent quantities of unfit foods: antibiotic and hormone laden milk, cheap cereal, frozen, dead, gluey foods from the school cafeteria five days a week and not realize that that food is setting them up for disease and emotional/mental imbalances in the short and long term.

Granted, parents are trying to get to work on time and may have very little support at home, but how much time does it actually take to give your child some fruit and a whole grain sandwich? Well, I've timed it (I do it every morning) and can put a healthy "kid-friendly" breakfast and lunch together in seven minutes flat. Seven minutes. How much time is wasted on needless text messages, junk television, energy-leaching personal dramas? Certainly SEVEN MINUTES can be spared in the morning (or to prep the night before) to give our children the gift of a clean inner body!

With all the pressure put on young people to excel, consider what cheap, low quality food does to their little bodies and their futures?

What is the fight for the top school, the hours of extra-curricular classes, international vacations and refinement all for when the kids wake up years later to admit that their life is so dissatisfying they don't really see why they should be grateful for life. In fact, many of them are so distraught they don't have a

will to live. It is what I hear every week from the young people I work with. They cannot find any joy so they gravitate towards things that numb them - food, drugs, sex, alcohol, aggressive behavior.

I wish I could say that creating a clean physical body is all that needs to take place for that would be so much easier in many ways. Yes, it will make a tremendous impact, but it's only by addressing both the diet and the psychological healing together that a child will grow up empowered by its true nature.

These are a child's most basic needs. In addition to shelter, water, clothing and food, a child needs to connect with his essence and have the experience of clean cells. For without these two things he or she will forever be unplugged from the vital source of energy that sustains man and all life.

In order to survive in the jungle an animal needs all of its tools - its claws, its instincts, its night vision, its swiftness. Well, children need all of their tools to survive and evolve to. You cannot place them in a world where they were designed to have clean cells and all the power that comes with that and then take that away without dangerously compromising their ability to survive. What we see are children who have this core tool taken away and they do not survive. They do not cope. They crumble emotionally and psychologically and they wear down physically prematurely.

Internal cleanliness (meaning clean cells, intestines, pathways, organs, etc.) is one of the most basic needs, not a luxury. Somehow modern parenting spotlights loads of unnecessary wants and perceived needs yet skimps where it matters: namely on their kids vitality and soul food (quality time and heart connection). Why is this? It's simply a case of parents not knowing any better because those needs were withheld from them by their parents. The modern man lives a life of distraction and perpetual stimulation. He is not driven by wisdom but by what's in vogue, common and commercial. This is one of the biggest obstacles to getting life right. You have to be able to see the folly around you and go in a direction of truth even if you are the only one going there. The others will eventually either follow you or die off because their method is not life generating and will therefore eventually crater.

So the predicament of the state of modern children is rooted in communal folly which pivots on the motives of commercial enterprise, financial gain and the warped perspective we are raised to revere without question.

Thank goodness some of our children (like some of us adults) are rising up in revolt against it. If your child is "acting out" don't be too quick to reprimand him/her as he/she is just providing a mirror of all that is not harmonious with life so that the pain will

be loud enough for someone to pay attention and make the necessary changes.

In most cases parents will accept a "professional's" concern or diagnosis that the child is imbalanced and be given some diagnosis like ADHD, ADD, chemically imbalanced, etc. Yes, the child is imbalanced - his whole world is imbalanced. Most of you reading this are familiar with the folly of treating a symptom while ignoring the root cause of that symptom. Well this is precisely what is going on: the symptom is the child's behavior but it is resulting from the root cause of an imbalanced community. The community is sick at its core but all the parent and doctor acknowledge is the child's behavior.

The child is not to blame and treating his imbalance in a vacuum just labels him unfairly and taints his own opinion of himself. Meanwhile he is not the problem, he is simply a mirror of the problem.

It's heartbreaking really that our children need to take on the imbalances of the world they came into just to give their world perception that they do not readily see. Worse, they then have to move through life with the stigma of their imbalance like wearing the Scarlett letter.

A child's erratic or challenging behavior indicates that he or she is highly sensitive and perceptive to

what is out of alignment in their environment (locally and globally).

In almost every case, When I work with a "troubled" child or "rebellious" teen what I discover is that instead of being untamed, they are simply rebelling against being defined by a world that has nothing much to offer them in its castrated, plastic state. The children are simply "switched on" enough to perceive all the nonsense they are living amongst and are simply trying to manage their distaste of it and their profound intuition that the adult world is misguided (this, by the way, is also at the root of most eating disorders in young people).

Create a life-generating world around them and these kids become instantly lovely and joyful. They are quick to revile what's wrong but also quick to harmonize with what's right. In the latter environment they truly do respond in miraculous ways.

Don't you find it sadly curious that it is no longer considered unusual to have a physically or emotionally imbalanced child. Instead, it is pretty much the norm. Most children are either being treated for or suffer from ADHD, asthma, depression, weight imbalances, chronic ear infections, childhood cancers and the as yet unrealized precursors of adult cancers-to-be.

On the one hand, while the culprits (the Internet, television and video game addictions, impossibly unfit

foods, inharmonious home environments, deep sadness and a lack of adequate parental attention and community connection) and the solution are obvious, adults seem paralyzed to make the necessary changes.

Parents don't always know where to start and they tend to lack confidence in their ability to execute the necessary changes at home (not to mention they have very little knowledge about what actually constitutes ideal living and eating themselves.)

So many adults spend their lives cursing their bodies, their weight, their health and their food addictions. Parents, you know how debilitating this is! Chances are you too are suffering from your own set of physical or emotional handicaps. If you knew there was a way to shield your children from health and weight burdens forever, surely you would do it immediately. Well, I'm here to shout from the mountain tops that there is! Just because you may have suffered does not mean that your child should have to.

One of the issues that comes up is the financial implications of change: It's a common misconception that eating higher-quality-foods equates to greater expense and less convenience. But perhaps the biggest obstacle of all is that parents don't always want to make the changes themselves because that requires addressing their own ways of eating and living; it opens up a Pandora's Box of subconscious and physical relationships to food-lifestyle patterns and body image



issues that they have themselves. Lasting change which is the only way to create lasting health requires parents raising their consciousness around their bodies along with their children so that the whole household will corporately be comfortable and unanimous in embracing enlightened eating.

I know it can be scary. So much of a family's diet-lifestyle mishaps are due merely to habits and fear of change. It's human nature: when we are used to something (even if it does not actually provide pleasure or satisfaction), we tend to cling to it because it is at least predictable. Not knowing what to expect is not something humans welcome. It's intimidating to contemplate changing our most deeply engrained habits. Yet, our ability to change in this way is exactly what we are called to do as parents today in order to make the right turn at this critical juncture for the future generation. Don't be nervous and don't underestimate yourself or your kids as it really is easier and more fun than either of you realize!

There have been a handful of critical junctures in history when we have applauded the men and women who have challenged the thoughts of the day and because of their revolutionary spirit and vision, they changed the course of the future for the better. This is one of those times. Parents are the only ones who can effect meaningful change in the next generation. Parents, without you standing arm-in-arm with truth the future

cannot be very promising for your kids. When we are off the "axis of truth" we cannot expect health and harmony but rather further imbalances which become more dire illnesses - physically, emotionally and behaviorally.

Who is going to govern and guide your children in this time when everyone is mistreating their bodies and minds? We cannot depend on anyone else to help our kids blossom. The government is not looking out for our children; most schools are not in line with healthy living and with the exception of very few high minded doctors, they cannot be leaned on for guidance either. Religious institutions have their own agendas and businesses certainly have theirs. The buck stops with you.

Our children fully depend on us in every way. Are we to serve them up a bunch of lies in the form of food, environment and social programming because it's easy and lucrative for large corporations and our pride or convenience? Or are we going to serve them the truth? I cannot serve my children anything but the truth. Will you join me? We can only do this by giving them all they deserve - **the most light and life-enhancing nourishment from pure food, clear, untainted information, deep affection and complete appreciation for all that they are.**

Your children can all radiate their unique brand of luminous, indwelling life. "Life Force Energy" and

"Children" can be synonymous again! Enjoy the recipes  
in celebration of family healing and wholeness!

Natalia Rose  
December 12, 2007  
New York City

# THE RECIPES\*

Healthy and energizing drinks

## **Apple juice à la Chlorophyll**

1 head romaine lettuce  
2-3 Fuji apples

Juice the lettuce and apples in a juicer and enjoy.

\*I would like to give credit and gratitude to my intern, Laura Hassebroek for her dedication to editing and contributing to these recipes. I could not have done it without her diligence and wonderful ideas

## **Pink milk**

1 cup almond milk (fresh or pacific brand)

The juice of 1 beet (or ½ beet blended)

1 Tsp raw honey or agave or pure maple syrup

Blend, shake or stir the ingredients together and enjoy.

## **Chocolate milk**

1 cup fresh almond milk (or pacific brand)  
1 Tbsp pure cocoa powder  
Sprinkle nutmeg and cinnamon(optional)

Blend or mix until smooth & enjoy.

## **Nut & Seed Milks**

1 cup of your nut/seed of choice  
3 cups of filtered water  
3 dates or stevia to taste

- 1- Blend water and nuts in a blender until smooth
- 2- Strain through a cheesecloth
- 3- Add the dates and blend until smooth
- 4- Refrigerate or enjoy immediately

Feel free to dress up the nut milks with your child's favorite flavor - a little strawberry extract, chocolate or vanilla extract.

## Blended Delights

### **Strawberry n'cream**

1½ cups fresh Strawberries

1 Tbsp raw honey

1 cup fresh or pacific brand almond milk or ½ cup coconut fresh & ½ cup coconut water

Place all the ingredients in a blender, blend until smooth and enjoy!

### **Peaches n'cream**

1½ cups fresh peaches

1 Tbsp raw honey

1 cup fresh or pacific brand almond milk or ½ cup coconut fresh & ½ cup coconut water

Place all the ingredients in a blender and blend until smooth. Enjoy the summer blast!

### **Orange Ju-Jealous**

1 cup frozen orange juice cubes  
1 Tbsp raw honey  
1 cup fresh or pacific brand almond milk or ½ cup coconut fresh & ½ cup coconut water

Mix all ingredients in a blender.  
Blend until smooth and enjoy.

### **Lemon Custard Shake**

¼ cup fresh Lemon juice  
3 Tbsp maple syrup  
1 cup fresh or pacific brand almond milk or ½ cup coconut fresh & ½ cup coconut water

Mix all ingredients in a blender.  
Blend until smooth and enjoy.

## Yogurts

These creamy, non-dairy yogurts are as creamily delicious as a dessert and can perfectly be offered as snacks for kids. They are a quick, easy and healthy way to get more nutrients into your child's diet.

### **Lemon yogurt**

1 cup Fresh young coconut  
2 Tbsp Lemon juice  
1 Tbsp Raw honey, agave, stevia or maple syrup

In a blender, mix all the ingredients and blend until smooth.



### **Strawberry yogurt**

1 cup Fresh young coconut

½ cup of either fresh or frozen

Strawberries or 1 Tbsp pure Strawberry  
fruit spread

1 Tbsp Raw honey, agave, stevia or  
maple syrup

In a blender, mix all the ingredients  
and blend until smooth.

### **Peach yogurt**

1 cup Fresh young coconut

½ cup of either fresh or frozen

peaches or 1 Tbsp pure Peach fruit  
spread

1 Tbsp Raw honey, agave, stevia or  
maple syrup

In a blender, mix all the ingredients  
and blend until smooth.

## The Soups

### **Corn Chowder**

Corn Season! It's time for good corn chowder! Using fresh corn, its mellow, sweet flavor and lovely pale golden color are very comforting, and it is a big favorite with children.

Makes 3 1/2 Cups

3 cups fresh cut corn  
1/4 cup red bell pepper, diced  
2 tablespoons organic cream  
Celtic Sea Salt to taste  
1 clove garlic, diced  
Fresh pepper to taste  
1 tablespoon fresh rosemary, chopped &  
1 tablespoon fresh sage, chopped

In a medium saucepan, mix all of the ingredients. Bring ingredients to a

boil and let simmer for 10 minutes.  
Enjoy!

For a great raw soup, omit the cream  
and serve the soup cold & well tossed  
**"Quick, make gazpacho for mama!"**

¼ cup sun dried tomatoes, soaked until  
soft

2 cups tomatoes, crudely cut (I like  
to use the most fragrant tomatoes  
which are usually Roma, heirloom or  
oversized cherry)

1 tbsp garlic, diced

½ cup fresh basil, packed

1 tbsp fresh oregano

1 med cucumber, chopped

1 tbsp scallions, chopped

Blend all ingredients in blender and  
pulse until well blended but not  
smooth - small chunks of vegetables  
should remain.

I make this like a lazy peasant. I  
just crudely cut up ingredients and  
pulse in the blender until the pieces  
are small but still chunky. Enjoy with  
some raw olives!

## Split pea

**Makes 6-8 servings**

2 cups split peas (yellow or green)  
8 cups cold water  
2 stalks celery, chopped  
2 medium carrots, chopped  
2 small onions, chopped  
1 tsp sea salt  
½ tsp fresh ground pepper  
2 Tbsp. chopped parsley

Rinse the split peas several times. Place peas in large saucepan with water and bring to a boil over medium heat. Allow to simmer and cook for about 20 minutes, stirring occasionally.

Add celery, carrots, onions, salt, pepper, and parsley. Bring back to a boil, and then simmer, covered for an additional 30 minutes until vegetables are tender. Serve and enjoy!

## **Butternut Bambino**

Meat of 2 young coconuts

1 ½ cups coconut water

1 cup butternut or pumpkin cubes  
(approx. 1 inch)

8 organic dates or 1/3 cup pure maple  
syrup

1 pinch of pumpkin spice

Combine all the ingredients in a  
blender. Blend on high speed until  
smooth. Enjoy!

## Carrot-Sweet Potato Cream

Makes 4 servings

2 sweet potatoes

2 cups baby carrots

1 cup water

2 cups Pacific vegetable broth

½ teaspoon sea salt

1 packet stevia

¼ teaspoon minced garlic

Bake the sweet potatoes and boil the carrots until soft. In a blender, puree all the ingredients until it is of a smooth consistency. Pour the mixture into a large saucepan and heat to taste.

## **Classic Cream of tomato**

Cream of tomato

Serves 2

1 cup fresh Roma tomatoes

6 sun dried tomatoes, soaked until  
soft

1 tbsp organic pure cream

Basil and oregano to taste (optional)

Celtic sea salt, to taste

Chopped herbs to garnish (optional)

Blend all ingredients. Leave on simmer  
and enjoy

## **Rooted in Celery:**

Makes 4 Servings

1 cup water

1 cup Pacific Vegetable broth

2 cups chopped celery root

¼ cup celery, chopped

2 Tbsp. olive oil

1 tsp. lemon juice

Sea salt and pepper to taste

Place all ingredients in blender.  
Blend on high speed until a smooth  
consistency is reached. Serve and  
enjoy!



## **Puree of Jack-o-Lantern**

Makes about 4 Cups

1 ½ cups vegetable broth (Pacific Brand\*)

3 cups fresh pumpkin, chopped, peeled & seeded

2 Tbsp. Organic cream

Celtic Sea Salt, to taste

Cinnamon, nutmeg & clove to taste

In a medium saucepan, mix all of the ingredients. Bring ingredients to a boil and let simmer for 10 minutes.

Enjoy this soup for lunch on a cool fall day. It also does go a long way in making a cold and dreary winter afternoon way more bearable. The beauty of this soup, apart from being comfort and healthy, is that it's quick and easy to make.

Dressings/Sauces:

### **Italian Stallion Dressing**

½ cup olive oil  
2 Tbsp. lemon juice  
2 Tbsp. fresh parsley  
1 tsp. dried basil  
¼ tsp. dried crushed red pepper  
1 pinch dried oregano  
2 stalks celery  
1 clove garlic

In a blender, process all ingredients  
until smooth.

## Caesar Rules Dressing

Makes 3 cups

¼ cup cold-pressed olive oil  
2 cloves garlic, chopped  
4 medium celery, cut into thirds  
½ cup water  
¼ fresh lemon juice  
¼ cup Nama Shoyu soy sauce  
2 tablespoons white miso  
5 organic unsulphured dates  
Freshly ground pepper to taste

Blend all the ingredients in a blender and serve over romaine lettuce.

Keeps for about 10 days.

## **Back at the Ranch Dressing**

1 cup raw walnuts  
3 tsp. Fresh lemon juice  
1 tsp. onion powder  
1 tsp. minced garlic  
 $\frac{3}{4}$  tsp. dill  
1 tsp. Italian seasoning  
Basil to taste

Blend until smooth and enjoy!

## **Greek Geek Salad Dressing**

$\frac{1}{4}$  cup olive oil  
 $\frac{1}{8}$  teaspoon oregano  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{8}$  teaspoon dry mustard  
2-3 packets of stevia

Mix ingredients in a small bowl and enjoy!

## **Honey, My Mustard! Dressing**

2 Tbsp. cider vinegar  
2 Tbsp. Dijon mustard (I recommend WestBrae)  
2 Tbsp maple syrup (honey or agave)  
1/3 cup olive oil  
Sea salt to taste

Whisk in a small bowl and voila!

## **Tzatziki Sauce/Dip**

1 large cucumber, peeled and finely chopped  
1 cup plain goat milk yogurt  
1 tsp dried dill weed  
4 garlic cloves, minced  
1 Tbsp. fresh lemon juice  
Sea salt to taste

Combine all ingredients in a bowl. Let stand at room temperature for about 20 minutes. Serve with fresh veggies and start dipping! (Will keep for about 3-4 days.)

## Talkin' Teriyaki Sauce

Makes about 1 cup

½ cup Nama Shoyu

½ cup honey

1Tbsp. minced ginger

1 clove garlic, minced

¼ finely chopped scallions.

Combine the Nama Shoyu and honey in a saucepan. Cook over medium heat until bubbling. Turn off the heat and add the remaining ingredients.

The Salads:

### **The Rainbow Connection:**

Create a rainbow of vegetables using every color in the visible-light spectrum.

Here are a few suggestions...

**Red:** tomatoes, red bell peppers

**Orange:** carrots, orange bell peppers

**Yellow:** yellow bell peppers, yellow onions, summer squash

**Green:** lettuce, cabbage, broccoli, sprouts, avocado

**Blue:** edible flowers (pansies), sea vegetables

**Purple:** beets, red cabbage, kalamata olives

**White:** cauliflower, jicama

Feel free to get creative and make up your own creation! Top it all off with a tasty dressing and enjoy!

## The Olympian Salad

1 head romaine lettuce  
1 small cucumber  
2 medium tomatoes, cut into wedges, or  
8 cherry tomatoes halved  
1 small red onion  
½ cup olives  
½ cup Alta Dena goat milk cheese,  
grated

In a salad bowl combine greens, tomatoes, cucumber, red onions, olives, and cheese. Top with the Greek Geek Dressing above!



## Tostada Fiesta Salad

1 tsp. organic butter  
1 cup corn  
1 Tbsp. water  
1 tsp. cumin  
1 medium avocado  
1 Tbsp. lime juice  
½ medium tomato chopped  
2 Tbsp. green onions  
2 cups shredded lettuce  
Crumbled natural corn chips (optional)  
1 Tbsp. green onions, chopped  
1 Tbsp. fresh cilantro, chopped  
(optional)

In a small saucepan combine the butter, corn, water, and cumin. Cook on medium heat for about 2-4 minutes. Uncover and cook for an additional minute or two, allowing for excess moisture to evaporate.

Slice the avocado and add the lime juice. Combine with the corn mixture, tomatoes, and green onions. Spoon on to lettuce and add sea salt, chips, and green onions on top. Enjoy!

Sandwiches:

**A, B & J (Almond butter and jelly)**

Makes 1 sandwich

2 Slices sprouted grain bread (or highest quality grain bread you can get your child to eat)

1-2 Tbsp Raw almond butter

1-2 Tbsp pure fruit spread

(recommended brand: St-Dalfour)

Lay the bread slices on a flat surface or cutting board. Spread on the almond butter and the fruit spread. Put the two slices together to form a sandwich and then slice it and Bon appétit!

## **A, B & B: Almond Butter and Banana Sandwich**

Makes 1 sandwich

2 Slices sprouted grain bread

1-2 Tbsp Raw almond butter

1-2 Tbsp Banana slices

Lay the bread slices on a flat surface or cutting board. Spread on the almond butter and the banana. Put the two slices together to form a sandwich and then slice it and enjoy.

## **Almond butter and raw honey**

Makes 1 sandwich

2 Slices sprouted grain bread  
1-2 Tbsp Raw almond butter  
1-2 Tbsp Raw honey

Lay the bread slices on a flat surface or cutting board. Spread on the almond butter and the honey. Put the two slices together to form a sandwich and then slice it and enjoy.

## **Organic butter and jelly**

Makes 1 sandwich

2 Slices sprouted grain bread  
1-2 Tbsp. Organic Butter  
1-2 Tbsp. Pure Fruit Spread

Lay the bread slices on a flat surface or cutting board. Spread on the almond butter and the fruit spread. Put the two slices together to form a sandwich, slice it and enjoy!

## **"Cake" Bread**

Makes 1 sandwich

2 Slices sprouted grain bread

1 Tbsp organic cream cheese or goat yogurt

1 Tbsp favorite fruit spread like St-Dalfour brand

Spread one slice of bread with cheese and the other with the fruit spread. Put the two slices of bread together to form a sandwich and enjoy!

## **Classic cheese sandwich**

Makes 1 sandwich

2 slices Sprouted grain bread

1-2 slices beefsteak tomato (or other tomato of choice)

1 leaf romaine Lettuce

1 Tbsp Dijon mustard

Spread one slice of bread with mustard and then add the lettuce leaf, the tomato slice and the cheese slices. Put the two bread slices together and enjoy.

## **Classic Grilled Cheese Make-over**

Makes 1 sandwich

2 slices Sprouted grain bread  
2-4 very thin slices raw cheddar style  
goat cheese  
1 Tbsp organic butter

In a skillet, melt the butter. Place the cheese sandwich in the skillet, and cover brown on both sides until cheese is melted (about 2 minutes on each side).

## **Portobello sandwich**

Makes 1 sandwich

2 slices Sprouted grain bread  
2 Portobello mushrooms, sliced  
1-2 slices beefsteak tomato (or other  
tomato of choice)  
1 leaf romaine Lettuce  
1 Tbsp pasta sauce

Spread one slice of bread with pasta sauce and then add the lettuce leaf, the tomato slices and portabella. Put the two bread slices together. Enjoy hot or cold.

## **Green Machine**

Makes 1 sandwich

2 slices sprouted grain bread

1 tablespoon of Dijon mustard

½ medium, ripe avocados

1 small tomato, sliced

Sea salt and pepper to taste

Spread one slice of bread with mustard and then add the avocado and tomato slices. Sprinkle sea salt and pepper on to taste. Put the two bread slices together and enjoy.

## **Raw goat cheese with honey mustard**

Makes 1 sandwich

2 slices sprouted grain bread  
Leaf of romaine lettuce  
1-2 slices medium tomato  
1-2 slices of raw goat cheese  
(recommended brand: Alta Dena)

Lay the bread slices on a flat surface or cutting board. Place 1-2 slices of Alta Dena raw goat cheese on one slice, followed by a slice of tomato and leaf of romaine lettuce. Put the two slices together to form a sandwich, slice it and enjoy.

## **Sprouted grain bagels with honey**

Makes 1 bagel

1 sprouted grain bagel  
1-2 Tablespoons pure, raw honey

Slice bagel and spread one slice with honey. Put together and enjoy!



## **Sprouted grain bagels with butter**

Makes 1 bagel

1 sprouted grain bagel

1-2 Tablespoons organic butter

Slice bagel and spread one slice with butter. Put together and enjoy!

## **Sprouted grain bagel w/pure cream cheese**

Makes 1 bagel

1 sprouted grain bagel

1-2 Tablespoons pure cream cheese

Slice bagel and spread one slice with pure cream cheese. Put together and enjoy!

## **Petunia's Pita**

Makes 1 Pita

1 sprouted grain pita  
2 tablespoons hummus  
1-2 romaine lettuce leaves  
1-2 slices tomato  
¼ cup sliced cucumber  
¼ cup sprouts (optional)

Spread the hummus inside the pita.  
Then add the veggies, close, and  
enjoy!

Cozy Kid Entrees:

### **The Great Acorn Squash Awakening**

2 medium acorn squash, seeds removed  
1 tbsp organic butter, melted  
Celtic sea salt, to taste  
1 tbsp agave nectar

Slice the top  $\frac{1}{4}$  of squash. Cut the squash into 8 pieces of equal size. Mix the agave, the sea salt and the butter together. Brush sweet butter mixture on each piece of squash. Bake at 350 for 1 hour. The house will smell deliciously homey!

**Ratatouille** (My children and I came home and made this right after seeing the movie "Ratatouille".)

2 Roma tomatoes, chopped  
1 medium eggplant, cubed  
1 medium zucchini, cubed  
1 medium summer squash, cubed  
2-3 tbsp organic butter  
1 tbsp garlic, diced  
Celtic sea salt, to taste

In a med-large sauce pan heat 1 tbsp of butter. Add garlic and sauté until brown on high heat. Add the vegetables, the herbs and 1 tbsp of butter. Reduce heat to simmer and cover. Let simmer for 25 minutes adding the additional butter if needed and periodically stir. Plats, adding additional sea salt if necessary & enjoy!

## If You Need 'Em Chicken Fingers

(While I don't encourage the consumption of chicken, depending on you and your child's circumstances you might need a transitional dish like this.)

½ cup spelt flour  
1 organic egg  
1/3 cup grated Alta Dena cheddar style cheese (or highest quality cheese - preferably goat's cheese- you can get)  
1 lb. organic chicken tenders  
3 Tbsp. organic butter  
2 lemons quartered  
Sea salt and fresh ground pepper to taste

Preheat oven to 300 degrees. In a shallow bowl combine spelt, salt, and pepper. Beat egg in separate shallow bowl, and put cheese in a third. Place the chicken tenders in the spelt mixture and pat off excess. Dip in the egg and let excess drain. Then, dip in the cheese, covering both sides evenly and press so cheese adheres. Heat butter in a non-stick skillet over high heat until bubbling. Cook 2-3 minutes on each side. Serve on platter

with lemon wedges. Enjoy with sweet honey dipping sauce, organic ketchup, organic BBQ sauce, or whatever you desire!

## **The Pizza Place**

Makes 6 slices

1 sprouted grain tortilla or pita

3 tablespoons of Seeds of Change pasta sauce

2 ounces Alta Dena raw cheddar-style goat cheese, thinly sliced

1 teaspoon organic butter

Melt 1 teaspoon of butter in skillet and place the tortilla on top. Spoon the pasta sauce evenly on the tortilla. Layer the sauce, choice of toppings, and then sprinkle the cheese evenly on the top. Put pan over high heat and let the pizza cook until the cheese melts. Remove from the heat and slice like a pizza.

If you choose to bake in the oven, preheat the oven to 350 and bake for about 15 minutes.

### **Just see if you can top this pizza:**

-Mushrooms

-shredded lettuce

-basil

-Olives

-sliced tomatoes

-avocado

-Peppers

-sundried tomatoes

-zucchini

-Onions

-cilantro

-spinach

## **Don't Forghetti the Spaghetti**

1 container whole grain spaghetti noodles

1-2 cups Seeds of Change pasta sauce (or other high quality marinara sauce). Note: This can be omitted if you child just likes a simple butter and sea salt sauce as most younger children do.)

½ cup grated raw Alta Dena goat cheese

In a large pot boil water and add pasta, heat until soft. In a small sauce pan, heat pasta sauce. Drain pasta and add to the sauce. Dish up, sprinkle cheese on top, and enjoy!



## **Quesadillas**

Makes 6 servings

3 sprouted grain tortillas  
5 ounces organic marinara sauce  
4 ounces Alta Dena raw cheddar-style  
goat cheese, thinly sliced  
1 avocado, sliced

Place 1 tortilla in a skillet. Spoon the pasta sauce evenly over the tortilla and cover evenly with cheese. Top with the second tortilla. Layer the slices of avocado evenly, and finally top the last tortilla. Cook over high heat until the cheese melts. Grill both sides until slightly brown. Remove from the heat and slice like pizza.

## **Fajitas**

Makes 2 to 4 servings

Four burrito-size sprouted grain tortillas (i.e. St. Alverado St. Bakery)

2 medium zucchinis cut into thin strips

2 thinly sliced onions

2 medium red bell peppers thinly cross cut

2 medium yellow bell peppers thinly cross cut

1 avocado sliced

3 tablespoons balsamic vinegar

4 teaspoons olive oil

¼ teaspoon chili powder

Sea salt and fresh ground pepper to taste

Toss the onions, peppers, and zucchinis in the vinegar and oil. Season with the chili powder, sea salt, and pepper.

Grill the zucchini, onions, and peppers on a non-stick grill for 3 to

4 minutes on each side over medium heat. Remove from the heat. Warm the tortillas in the toaster or oven. Slice the avocado in to thin slices and arrange evenly on the tortillas with the peppers and onions on top. Fold the tortillas over the vegetable.

Serve the tortillas with salsa and guacamole or Taste Adventure brand black beans and/or brown rice.

## **Tomorrow's Tacos**

Makes 2 servings

1 cup of diced tomato

1 Tbs. minced fresh garlic

Sea salt and pepper to taste

4 large leaves of lettuce or cabbage

1 cup raw corn cut off the cob

1 cup shredded cheddar or jack style  
raw goat cheese

Mix all of the ingredients, except the cabbage or lettuce leaves, in a mixing bowl. Toss and place the mixture onto the cabbage leaves. Pick up and enjoy the fiesta!

## **Classic Corn Tacos**

Makes 4 servings

4 Garden of Eatin' brand blue or yellow taco shells

1 cup Taste Adventure refried beans (or other high quality brand)

1 cup of diced up tomatoes

1 cup shredded Lettuce

1 cup shredded Alta Dena goat cheese

Optional:

Organic sour cream

Guacamole

Place refried beans, tomatoes, lettuce, and goat cheese in a taco shell. Send kids to go wash their hands! Now they can pick up and enjoy!

## Mac n' cheese

Makes 2 servings

2 cups of quinoa elbows (I recommend Ancient Harvest\*)

1 tablespoon organic butter

3 ounces raw cheddar-style goat cheese, grated

Sea salt and fresh pepper to taste

Cook the quinoa elbows in boiling water until soft (approx. 8 minutes) and then rinse well. In a saucepan, heat the pasta with butter and the cheese, covered on low until the cheese is fully melted (approx. 2 min.) Add the sea salt and the pepper and serve while warm!

\*Ancient Harvest quinoa is both wheat free and gluten free. Quinoa is a super high quality grain, and very tasty, your child will love it.

## **Sunshine burgers with sprouted grain**

Sunflower burger

Makes 1 "burger"

2 Slices of sprouted grain bread  
1 patty sunflower brand veggie burger  
1 Tbsp Annie's organic ketchup  
1 leaf romaine lettuce  
1 large slice of tomato  
1-2 slices Raw cheddar style goat  
cheese (such as Alta Dena\*)

Spread one slice of bread with ketchup and then add the lettuce leaf, the tomato slice and the cheese slices. Put the two bread slices together and enjoy.

## **Check Out Fido!**

Makes 4 servings

4 sprouted grain hot dog buns  
1 cup corn  
1 cup diced tomatoes  
1 cup shredded lettuce  
1 cup diced onions  
1 cup sliced bell peppers

Place vegetables in the sprouted grain hot dog buns. Top with choice of organic ketchup, mustard, or relishes. Enjoy!



## **Ok, So They're Sweet Potato Fries!**

2 sweet potatoes  
2 tablespoons organic butter

Preheat oven to 400 degrees. You can peel the potatoes first, or not, it's up to you. Then cut each one into long wedges (about 8 per potato) and put them on a cookie sheet. Melt one pat of butter per potato on the cookie sheet. Then use the rest to brush onto the potato wedges. Bake in a 400 degree oven until they are golden brown and crispy (about 45 minutes). After about 20 minutes move them around once with a spatula. Enjoy!

## **Nachos**

1-2 cups Guiltless Gourmet chips  
1/3 cup Alta Dena cheddar style goat cheese  
1/3 cup fresh salsa

Sprinkle the thinly sliced cheese over the chips, heat, top with salsa and serve.

Desserts:

## **I Scream, You Scream, We All Scream...ICE CREAM!**

Makes 4 Servings

3 bananas  
3 tablespoons pure cocoa powder (I recommend Green & Black and Shiloh Farms)  
2 tablespoons organic, raw, unsalted tahini  
8 packets stevia  
6 organic dates, pitted  
 $\frac{3}{4}$  cups ice cubes

## **Chocolate Pudding**

2 cups coconut meat (or 1/2 avocado)  
6 dates  
4 Tbsp pure cocoa powder

Blend all ingredients in a food processor until smooth and dig in!

## **Chocolate Fudge**

1 cup raw nut butter  
 $\frac{1}{2}$  cup maple syrup (or agave nectar)

½ cup pure cocoa powder  
¼ tsp pure vanilla extract  
1 ½ tsp nama shoyu

Process all ingredients in a food processor. Store in a covered container in the fridge for up to two weeks.

### **Bananabergs**

12 oz. dark chocolate  
4-5 bananas  
¼ cup almond milk  
1 cup shredded, unsweetened coconut

In a double boiler, put a cup or two of water in the bottom pan. Put the chocolate and milk in the top part, turn the heat on low and make sure to stir often. Cook until chocolate is melted. Peel the bananas and cut into thirds. Dip the banana in the chocolate and then roll it around in the coconut. Set on wax-paper-covered paper plate and place in the freezer.

### **Hot Chocolate**

Makes 1 cup

1 cup Pacific brand almond milk  
2 tbsp. pure cocoa powder

¼ tsp. pure vanilla extract  
1-2 stevia packets

Mix all in a small saucepan and heat,  
stir often. Serve and enjoy!

Breakfast Anytime

### **Thandi's French Toast**

2 slices Alverado St. Bakery sprouted  
grain bread  
2 eggs, beaten  
1 Tbsp organic butter  
1 banana, sliced  
¼ cup pure organic maple syrup

Heat skillet on high heat. Add butter  
to pan. Saturate the bread with eggs.  
Place bread on buttered skillet. Brown

on both sides and serve with maple syrup and sliced bananas.

## **Pancakes**

2 cups spelt flour  
2 cups almond milk  
1 Tbsp. organic butter

Stir the flour and baking powder together in a large bowl. In a separate bowl combining the milk and oil and stir aggressively. Combine the milk mixture with the flour and baking powder. Stir to combine and don't worry about lumps. Next lightly butter the skillet over medium heat. For each pancake pour  $\frac{1}{2}$  cup of batter into the skillet. Cook until pancakes begin to bubble (about 2-4 minutes. Flip and cook until the other side is lightly browned. Serve

with a little organic butter and maple syrup.

### **Tommy's Cheesy Scramble**

2 organic eggs  
2 Tbsp. shredded Alta Dena goat cheese  
1 tsp. organic butter

Stir two eggs in a small bowl (may add 1 tbsp. goat milk or water). Heat skillet with butter and pour eggs in. Add cheese and salt and pepper to taste. Serve and enjoy!

### **Sunny Side up Delight**

2 organic eggs  
1 slice sprouted grain bread  
1 Tbsp. organic ketchup  
1 tsp. organic butter  
Sea salt and fresh ground pepper to taste

Heat skillet with organic butter and pour the two eggs in. Toast the bread and add a little bit of organic butter. Place the eggs on top of the toast with ketchup and add sea salt and pepper to taste.

## **Egg Burrito**

Makes 4 Servings

1 can organic black beans (Taste of Adventure)  
6 large organic eggs  
2 Tbsp. water  
¼ tsp. sea salt  
Freshly ground pepper  
1 Tbsp. organic butter  
4 large sprouted grain tortillas, warmed  
1 cup grated Alta Dena cheddar-style cheese  
½ cup sliced green onions  
Fresh tomato salsa

Place beans in a small saucepan over medium heat, stir occasionally. In a medium bowl, whisk together eggs, water, salt, and pepper to taste. In a skillet, melt the butter and then add the egg mixture. Let set for 20 seconds, then cook, stirring until eggs

are light and fluffy (approx. 2 minutes).

Lay tortilla flat and spoon some beans, eggs, cheese, green onions, and salsa. Roll, folding the ends. Serve and enjoy!

## **Sweet Potato Hash**

Makes 4 servings

1 Tbsp. organic butter

1 large yellow onion, chopped

1 small red bell pepper, seeded and chopped

2 sweet potatoes, peeled and diced

2 frozen veggie burgers, thawed and chopped

Sea salt and fresh ground pepper to taste

Set oven at 350 degrees and bake the sweet potatoes until tender.

Heat butter in a large skillet over medium heat. Add the onion and pepper, cover and cook until softened (about 5 minutes). Add the potatoes, veggie burgers, and sea salt and pepper to taste. Cook; stir frequently, until



lightly browned. About 10 minutes.  
Serve hot.