

Healthy Home Cookin' Arthritis Cook-booklet

*Nightshade Free, Wheat Free, Egg
Free, Sugar Free, Dairy Free,
Soy Free, and Corn Free!*

by Angela Poch, N.C.



(photo used with permission © shutterstock)

From the Healthy Home Cookin' Cookbook Series.

Healthy Vegan Home Cookin' Arthritis Cook-booklet

*Nightshade Free, Wheat Free, Egg Free, Sugar Free,
Dairy Free, Soy Free, and Corn Free!*

by Angela Poch, N.C.

1st Edition

Revised February, 2010

ISBN 978-1-926784-00-7

Copyright © 2010 Sette Publishing

Printed in Canada

Introduction

Please follow your doctor or dietician's directions!!!

This book was designed for those with severe allergies and particularly those with arthritis. Major arthritis food triggers for many people:

1. Dairy products (all, not just high fat)
2. Corn
3. Meats (especially red)
4. Wheat (sometimes oats, rye)
5. Eggs
6. Citrus fruits
7. Potatoes (NOT sweet potatoes)
8. Tomatoes
9. Coffee
10. Salt (small amounts of sea salt seem ok)

A survey in the late 80's, of over one thousand arthritis patients, revealed that the foods most commonly believed to worsen the condition were red meat, sugar, fats, salt, caffeine, and night-shade plants (e.g., tomatoes, eggplant).¹ Dairy foods are also a real offender.²

New studies show certain diet changes help relieve arthritis. For instance, polyunsaturated and omega-3 oils have a mild beneficial effect, and researchers have found vegan diets are also helpful.^{3,4} The journal *Rheumatology* published a study that found a gluten-free vegan diet improved the symptoms of rheumatoid arthritis.⁵

Angela Poch, N.C.

1. Sobel D. *Arthritis: What Works*. New York, St. Martin's Press, 1989.

2. Skoldstam L, Larsson L, Lindstrom FD. Effects of fasting and lactovegetarian diet on rheumatoid arthritis. *Scand J Rheumatol* 1979;8:249-55.

3. Skoldstam L. Fasting and vegan diet in rheumatoid arthritis. *Scand J Rheumatol* 1986;15:219-23.

4. McDougall J, Bruce B, Spiller G, Westerdahl J, McDougall M. Effects of a very low-fat, vegan diet in subjects with rheumatoid arthritis. *J Altern Complement Med*. 2002 Feb;8(1):71-

5. Hafstrom I, Ringertz B, Spangberg A, von Zweigbergk L, Brannemark S, Nylander I, Ronnelid J, Laasonen L, Klareskog L. A vegan diet free of gluten improves the signs and symptoms of rheumatoid arthritis: the effects on arthritis correlate with a reduction in antibodies to food antigens. *Rheumatology (Oxford)*. 2001 Oct;40(10):1175-9.

Contents

Breakfasts

Oatmeal	7
Buckwheat Grouts	7
Millet	7
Crock-pot Breakfast	7
Oat Cakes	8
Apple Crisp	8
Granola	8
Pina Colada Granola	9
Easy Waffles	9
Simple Rice Waffles	9
Blueberry Topping - Deluxe	10
Easy Berry Topping or Jam	10
Date Walnut Spread	10
Fresh Berry Topping	10

Soups

Veggie Soup Broth	11
Lentil Soup	11
Moroccan Lentil and Chickpea Soup	12
Split Pea Soup	12
Vegetable Soup	12

Salads, Dressings & Spreads

Mayo	13
Sunflower Ranch Dressing	13
Creamy Cucumber Dressing	13
Spincah and Pine Nut Salad	14
Savory Sunflower Seeds	14
Millet Butter	14
Garbanzo Cheeze	14
White Cheeze	15
Lentil Slice/Paté	15
Mariner Spread	15
Hummus	16
Stafford Nut Meat	16

Desserts

Frozen Fruit Cream	17
All Fruit Strawberry Cream	17
Carob Pudding - Millet	17
Oat Cookies	18
Squirrels	18
Just Like Graham Crust - quickest	18
Rich Nutty Crust	19
Low Fat Oat Crust	19
Raspberry Millet Delight	19
Blueberry Pie	19
Carob Pie	20
Apple Pie - No Sugar, No honey	20
Carob Crispies	20
Omega Bars	21
Pineapple Millet Squares	21

Entrees & Starches

Golden Garbanzo Burgers	22
Lovely Lentil Burger	22
Baked Oat Patties	22
Bean 'n' Rice Burger	23
Donna's Millet Casserole	23
Savory Quinoa	23
Sweet Potato Lentil Balls	24
Rice 'n' Almond Dish	24
Savory Veggie Sauce	24

Breads, Muffins & Crackers

Hiking Crackers	26
Rice Muffins	26
Blueberry Muffins	26
Cherry Almond Muffins	26
Poppy Seed Muffins	26
Gluten Free Bread	27
Spelt Buns/Bread	27

Breakfast:

Oatmeal

- 3 cups water
- 2 cups quick cooking oats
- 1 cup raisins, optional

Bring water to a boil and stir in oatmeal. Reduce heat, add raisins, and simmer for 5 minutes. Remove from heat and let stand 5 to 10 minutes. Serve with rice/almond milk, chopped walnuts or pecans, fresh fruit, and ground flax seeds for your omega 3.

Buckwheat Grouts

- 3 cups water
- 1 1/2 cups buckwheat grouts

Bring water and buckwheat to a boil. Reduce heat and simmer for 15 minutes. Remove from heat and let stand 5 minutes. Serve with rice/almond milk, chopped walnuts or pecans, fresh fruit, and ground flax seeds for your omega 3.

Millet

- 1/2 cup millet
- 2 cups hot water (or fruit juice)
- 1 cup fresh or thawed raspberries, blackberries, or strawberries

Bring millet and water to a boil, reduce heat and let simmer on very low for 40 minutes, until millet “bursts.” Stir in berries. Serve topped with fresh fruit and almond/rice milk. For variations, add favourite dried fruits or chopped nuts while hot.

Crock-pot Breakfast

Choose 3 of the following grains:

- 1 cup millet
- 1 cup buckwheat (goes very soft)
- 1 cup brown rice (or any other whole grain - NOT flour)

Add: 9 cups water

- 1 to 2 cups dates, pitted & chopped (or raisins)
- 1 Tbsp vanilla or maple flavor

Prepare the night before. Thoroughly wash all the grains and drain. Add all ingredients into crock-pot and stir to mix. Cook on low, about 6 to 8 hours. In the morning, stir in vanilla. Serve with rice or almond milk.

Oat Cakes

Created by Grandma Helen Stafford in the 1940's.

- 3 cups rolled oats (not quick, can try buckwheat)
- 2 2/3 cups rice/almond milk
- 3 Tbsp vegetable oil
- 3 Tbsp honey (or alternative such as stevia to taste)
- 1/4 cup cashews or walnuts, optional
- 1/4 cup sesame seeds, optional

Combine all and place in oiled 9 x 9 pan. Sprinkle with cashews/walnuts and sesame seeds. Bake at 350°F for 40 minutes or until light brown.

Serve with any favourite fruit sauce, maple syrup, apple sauce, or even a savory gravy and burger.

Apple Crisp

- 2 cups quick oats (*SEE below for oat free)
- 1/4 cup canola oil (adds omega 3)
- 2 to 3 Tbsp apple juice (or vegetable oil)
- 6 to 7 medium apples, sliced (or canned)
- Frozen Fruit Cream

Place sliced apples in a 9 x 13 pan. Stir oil and apple juice into oats, add enough apple juice or oil to make a crumbly mixture, still quite dry, but will hold together a bit if squeezed. Crumble on top of apples and bake at 350°F for 30 to 40 minutes or until topping is golden brown. Top with Frozen Fruit Cream.

Granola

- 16 cups rolled oats (not quick)
- 1 cup sunflower seeds
- 1 cup walnuts, chopped (or other)
- 1/4 cup sesame seeds
- 1 cup dates, chopped
- 3 cups applesauce (or pear puree)
- 1 1/2 cups raisins

Combine all dry ingredients, except raisins, in a large bowl. Add applesauce and stir well. Divide into four portions. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

Pina Colada Granola

- 12 cups rolled oats (not quick)
- 2 cups coconut
- 1 1/2 cups almonds, chopped
- 1 cup dates, chopped
- 1/4 cup vegetable oil
- 1 cup crushed pineapple
- 1 cup pineapple juice concentrate
- 1/4 cup honey (or stevia to taste or omit)
- 1 1/2 cups raisins

Mix wet ingredients, heat if necessary to mix well. Combine all dry ingredients in a large bowl, add wet ingredients and stir well. Divide into four. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

Easy Waffles

- 3 cups oats, quick
- 3 1/2 cups very HOT water
- 1 Tbsp honey (or maple syrup)

Place all ingredients in a blender and blend on high for 2 to 4 minutes. Let stand 5 minutes, and bake in HOT waffle irons. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. We often make large batches ahead and freeze. Warm in the toaster, makes for a quick meal. If too dark and/or comes apart, reduce the water. If too heavy, add more water.

Simple Rice Waffles

- 2 3/4 to 3 cups brown rice, cooked
- 2 cups water
- 1/2 cup brown rice flour (or organic corn flour or mix)
- 1 Tbsp honey (or maple syrup)

Blend all ingredients until very smooth. Let stand 5 minutes. Bake in hot waffle irons, approx 15 minutes. (I leave in until the done light has come on twice on my waffle irons.) If they are sticking, leave to cook a bit longer. If still sticking, add more rice flour. You may have to try this a couple times in your waffle iron to get just right, but don't give up because these are light and crispy.

Blueberry Topping - Deluxe

1/3 cup grape juice concentrate, undiluted

1/2 cup water

3 to 4 Tbsp tapioca starch

4 cups fresh or thawed blueberries

In saucepan mix juice, tapioca starch, and water. Cook over medium heat until thick. Stir in blueberries. (If using fresh berries, use 3 Tbsp of tapioca starch. If using thawed or frozen berries, use 4 Tbsp of tapioca starch.) Add 1 Tbsp more tapioca starch if you would like a firmer topping. Use 1 Tbsp less for pancakes and waffles.

Easy Berry Topping or Jam

3 to 5 cups thawed berries (Rasp, Black, or Strawberries)

4 to 8 dried pineapple rings

(The more pineapple the sweeter and thicker it gets.)

In a bowl break up pineapple into small pieces and mix with berries. Be sure to cover the pineapple with the juice of the berries. Let soak 6 to 8 hours or overnight and blend with a hand blender or food processor. Very good even for those who do not like pineapple.

Date Walnut Spread

1 cup almond milk (or other or water)

1 cup dates, chopped or whole pitted

1 cup walnuts

Soften dates in rice/almond milk over medium low heat. Remove from heat and place in food processor. Add walnuts and process on high until smooth. Variation: Use 1/2 almonds and 1/2 walnuts.

Fresh Berry Topping

3/4 cup apple juice concentrate (or white grape)

1/2 cup water

2 to 4 Tbsp tapioca starch or arrowroot*

1 to 3 Tbsp honey (or stevia to taste), to taste

2 cups fresh berries (blueberries, strawberries, or a mix)

Whisk tapioca starch and raw sugar in water and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheezecake or use as waffle topping. *Use 4 Tbsp for thick toppings for cheezecakes, etc.

Soups

Veggie Soup Broth

Use this recipe if you can't find a good bouillon or chicken/beef seasoning.
(Use in place of water in roasts, patties, etc.)

- 6 cups water
- 1 cup chopped zucchini or other squash, optional
- 2 stalks celery
- 3 med carrots, diced
- 2 lrg onions, sautéed if desired
- 1 tsp parsley
- 1 to 2 tsp basil
- 1 tsp oregano or marjoram
- 4 to 5 med bay leaves
- 1 clove garlic
- 1/4 cup nutritional yeast flakes
- 1 cup red lentils (for beef like)
- 3 to 4 tsp sea salt to taste

Combine all in large pot and bring to a boil. Reduce heat and let simmer 30 minutes, until carrots are tender. Adjust water and salt to taste. Strain for a clear broth or puree for a richer flavor and more nutrients.

Lentil Soup

Thick and rich, full of nutrients.

- 1 large sautéed onion, optional
- 1 cup red lentils
- 1/2 cup brown lentils or more red lentils
- 4 cups water
- 2 tsp Italian Herbs
- 1 tsp sea salt (or Chicken Flavour)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils are tender. Adjust water and salt to taste. Puree half in a food processor until smooth. Puree remaining half until small in texture. Serve warm.

Moroccan Lentil and Chickpea Soup

- 2 quarts water
- 1 can chickpeas, drained (540ml/19oz)
- 3/4 cup lentils, rinsed
- 1 stalk chopped celery, optional
- 1 large onion, diced, optional
- 1/2 cup chopped fresh parsley (or cilantro)
- 1 tsp sea salt, to taste
- 1/2 tsp turmeric
- 3 o 4 Tbsp Chicken Flavour (or salt to taste)
- 2 to 3 tsp lemon juice, to taste

Combine all ingredients and bring to a boil. Simmer, partially covered, for about 45 to 60 minutes (or until the lentils are cooked).

Split Pea Soup

- 1 lb green split peas
- 1 large onion, chopped, optional
- 10 cups water
- 1 1/2 cups carrots, diced (2 large)
- 3/4 cup celery, chopped, optional
- 2 Tbsp Chicken Flavour (or salt to taste)
- 1/2 tsp sea salt

Combine peas, water, Chicken Flavour (or salt to taste), celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add potatoes and carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, thin it with water. Season with sea salt to taste.

Vegetable Soup

- 9 cups water
- 1 cup lentils, optional
- 1 cup diced carrots
- 1 cup chopped celery (or spinach)
- 1/2 cup chopped onion
- 1 tsp sea salt (or 1 Tbsp Chicken Flavour)
- 1 cup diced sweet potatoes, turnips, or squash
- 2 med bay leaves

Bring water to a boil. Add the rest of the ingredients. Bring back to a boil; reduce heat and simmer 1 1/2 hours. Freezes well.

Spreads, Salads & Substitutes

Mayo

- 3/4 cup raw cashews, rinsed
- 1/4 cup lemon juice, to taste (up to 1/3 cup)
- 1/2 to 1 tsp onion powder
- 1/2 tsp sea salt
- 1/2 to 3/4 cup soy milk (or other milk or water) as need
- 1/4 to 1/2 cup canola oil (VERY optional!)
- dash turmeric, optional
- 1 to 2 Tbsp nutritional yeast flakes, optional

Put cashews and enough soy milk to completely cover cashews. Blend on high until smooth, add remaining ingredients. Will thicken in fridge. To use as dip or to thin add more soy milk as needed.

Sunflower Ranch Dressing

- 1/4 cup sunflower seeds
- 1/4 cup raw cashews
- 2 Tbsp lemon juice (if can use some lemon or omit)
- 1/2 cup water
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 to 1 tsp parsley, basil, and oregano

Combine all in blender and blend until smooth and creamy. Store in fridge up to 5 days.

Creamy Cucumber Dressing

Tasty, cool dressing for summer.

- 3/4 cup Mayo of your choice
- 1/2 med cucumber, with peel (any kind)
- 1 to 3 tsp lemon juice, to taste (if can use or omit)
- 1/2 tsp sea salt
- 1/2 tsp onion powder
- 1 tsp dill seed or weed, 1 tsp basil & 1/2 tsp oregano

Combine all in blender and blend until smooth. Store in fridge 3 to 5 days.

Lemon alternatives if you can grow it or find it: lemon thyme - lemony but no zing, sour grass - zing but not lemony, sumach - a middle eastern herb, crab apple juice, or apple cider vinegar.

Spinach and Pine Nut Salad

- 8 cups washed baby spinach
- 1 cup grated carrots
- 2 to 4 Tbsp olive oil
- 1/2 cup pine nuts (lightly toasted if desired)
- 1/2 cup olives

Toss and serve with favorite dressing.

Savory Sunflower Seeds

Give your salad an extra crunch!

- 4 cups sunflower seeds, rinsed well
- 1/2 cup nutritional yeast flakes
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 tsp sea salt

Stir well and spread on a cookie sheet. Bake at 300°F for 60 to 90 minutes. Cool, break up into chunks if needed, and store in fridge.

Millet Butter

A low fat, healthy and delicious spread.

- 1/3 cup millet cooked in 1 cup of water
- 1/2 cup raw cashews and 3/4 cup water
- 1 tsp sea salt
- 2 Tbsp nutritional yeast flakes
- 1/2 cup vegetable oil, optional but very GOOD!

In blender put raw cashews and water, blend. Add remaining ingredients and blend until smooth. If adding oil, slowly add while blender is running.

Garbanzo Cheeze

- 1 cup water
- 1/4 cup sunflower seeds
- 1 cup cooked & rinsed garbanzos (1/2 - 19 oz can)
- 2 Tbsp nutritional yeast flakes
- 1 tsp salt to taste
- 3 Tbsp lemon juice, fresh best (if you can use some lemon or omit)
- 1/2 tsp dill weed or more to taste
- 1/2 tsp celery seed

Blend all ingredients together until very smooth. Pour into dish and chill until firm. Use as a spread.

White Cheeze

A good pizza cheeze or substitute for mozzarella.

3/4 cup water

1 cup raw cashews (or blanched almonds)

1/4 cup sesame seeds

1 tsp sea salt

1 /4 cup nutritional yeast flakes

2 Tbsp lemon juice, fresh is best (or omit)

1 tsp onion powder

Rinse cashews well, place in blender with sesame seeds, and cover with water. Blend on high until smooth. Add remaining ingredients and blend until very smooth. Use over pasta, lasagna, or pizza.

Lentil Slice/Paté

1 1/4 cups brown lentils, raw

4 cups boiling water

1 1/2 Tbsp onion powder

1 tsp garlic powder

2 to 3 cubes Beef Flavour (or salt to taste)

Bring water to a boil in a medium saucepan over medium heat. Grind lentils into a flour with blender or coffee grinder, add onion and garlic powder. Dissolve bouillon in boiling water and vigorously whisk in “lentil flour” (or add water to lentil flour and return to saucepan). Cook for 8 to 10 minutes, stirring frequently, until thick. Spray a plastic container with non-stick spray and pour mixture in. Chill until firm, about 6 to 8 hours, and slice or use immediately as a pâté.

Mariner Spread

2 cups garbanzos or chickpeas (19 oz can)

1/2 cup Sunflower Ranch Dressing

1/4 cup green onions, chopped (or chives)

1/2 cup chopped celery

1/2 tsp dulse (or kelp)

1 tsp kelp, to taste (if unavailable add a dash of salt)

1 tsp fresh lemon thyme (or 1/2 tsp dried), optional

1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations: Add, 1/4 cup chopped red or sweet white onion, and/or 1 Tbsp fresh parsley.

Hummus

- 2 cups garbanzos or chickpeas (19oz can)
- 1/2 cup Mayo (more or less to taste)
- 1/4 cup green onions, chopped (or chives)
- 2 to 4 cloves roasted or raw garlic
- 1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve.

Nut Meat

Thank you, Mrs. Ruth Stafford, adapted!

- 1 3/4 cup water
- 1/2 cup lightly roasted cashews or almonds
- 1/2 cup walnuts
- 1/3 cup garbanzo flour
- 3 Tbsp nutritional yeast flakes
- 2 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 tsp sea salt
- 1/2 cup finely chopped peanuts

Place all ingredients, except peanuts, into a blender and whiz until smooth. Stir in peanuts and place in tin cans 3/4 full (14oz or so). Cover with foil and steam in water 2 to 3 hours until firm. Let cool and remove from tins. Slice and serve in sandwiches.

Desserts

Frozen Fruit Cream

- 2 to 3 medium bananas, peeled and frozen
- 1 cup peaches, frozen*
- 1 tsp vanilla extract
- 1/4 cup almond/rice milk as needed

Whiz all ingredients in a food processor on high. Add a touch of milk as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. Bananas make it sweet and creamy.

All Fruit Strawberry Cream

- 3 medium bananas, peeled and frozen
- 2 cups strawberries, frozen

Alternate strawberries and frozen banana's in Champion Juicer. Comes out like soft-serve ice cream. OR whiz all ingredients in a food processor on high. Add a touch if rice/almond milk as needed and process until creamy. Bananas make it sweet and creamy.

Carob Pudding - Millet

Takes a good blender to get this smooth, but it is yummy!

- 1/2 cup millet
- 2 cups water
- 3/4 cup water
- 1 cup dates
- 1 tsp vanilla extract
- 1/4 cup carob powder
- 3 Tbsp honey (or stevia to taste to taste)
- 1/2 tsp almond extract

In medium saucepan, bring millet and 2 cups of water to a boil; simmer 30 minutes and remove from heat. Cook the dates in 3/4 cup water until soft (5 to 10 min) over medium heat. Combine all into a blender and blend until smooth. This takes plenty of stopping the blender, and poking, stirring, etc. Try blending on high while scraping the sides (CAREFULLY!). When smooth, let cool or serve warm.

Oat Cookies

- 3/4 cup honey
- 1/2 cup apple juice concentrate
- 1/2 tsp sea salt
- 1 cup quick oats
- 1/2 cup brown rice flour
- 1/4 cup tapioca starch
- 1/2 cup raisins or carob chips, optional
- 1 Tbsp vanilla extract

Preheat oven to 350°F and prepare two cookie sheets. Put honey and orange juice in small pan over low heat for 8 minutes. Combine oats, flour, and zest in a large bowl. Stir in the honey mixture until well combined. Stir in raisins or carob chips if using. Spoon onto cookie sheet and bake 10 to 12 minutes, until golden brown. Remove from cookie sheet and let cool.

Squirrels

- 1 cup honey
- 1 cup chopped dates
- 1/2 cup water
- 1/4 cup carob powder
- 2 tsp vanilla extract
- 1/8 tsp almond extract
- 1 cup oats*
- 1 cup coconut
- 3/4 cup chopped almonds

Bring dates and water to a full boil until soft. Add honey, carob powder, salt, vanilla. Boil for 10 minutes, stirring frequently. Remove from heat and add remaining ingredients. Drop onto an oiled cookie sheet and let cool. Place in airtight container and refrigerate. If too chewy, let warm to room temp before serving. *Oats are healthier if toasted in a dry skillet until golden brown first, only takes 10 minutes or so.

Just Like Graham Crust - quickest

Very simple! Very quick!

- 1 1/2 cups granola (no raisins is best)
- 2 to 4 Tbsp water

Process granola in food processor briefly to get a coarse meal texture. Mix in water and press firmly into a 9" pie pan. Ready – NO BAKE!

Rich Nutty Crust

Can be used raw or cooked.

- 1 cup pecans
- 1/2 cup almonds, ground
- 1/2 cup dates
- 1/4 tsp sea salt

Process all ingredients in food processor till crumbly. Press firmly into pie pan. Works best for creamy pies. Can bake at 350°F for 10 minutes.

Low Fat Oat Crust

- 1 1/2 cups quick oats
- 1/2 cup applesauce
- 1/4 tsp sea salt

Combine all gently. Press into prepared pan. Bake for 10 to 15 minutes at 350°F or according to recipe directions if using in another recipe.

Raspberry Millet Delight

My husband's specialty while at AFCOE!

- 1/2 cup millet
- 2 cups hot water
- 1/2 cup raw cashews
- 1/4 to 1/3 cup honey
- 1/4 cup lemon juice, fresh best (if you can use some - or omit)
- 1 tsp vanilla extract, optional
- Crust & Raspberry Topping

Bring millet and water to a boil. Reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients. (Except crust and raspberry topping.) Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked 9" crust, let cool 15 minutes, and top with raspberry topping. Chill until set.

Blueberry Pie

VERY scrumptious and healthy too. Pictured on cover.

- 4 cups blueberries, fresh or frozen
- 1/3 cup grape juice concentrate
- 4 to 6 Tbsp tapioca starch or arrowroot powder
- Crust

Stir all together (except crust of course). Pour into crust. Bake at 375°F for 30 to 40 minutes. Serve warm with Frozen Fruit Cream.

Carob Pie

1 cup dates, pitted and chopped
3/4 cup water
1/3 cup tapioca starch or arrowroot powder
1/4 cup carob powder
2 cups rice/almond milk, vanilla best!
1 to 3 Tbsp raw sugar (or honey or stevia to taste to taste)
1/2 tsp vanilla extract
Crust

In saucepan simmer dates and water over medium heat until soft (5 to 8 minutes). Combine all in blender and blend till smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping.

Apple Pie - No Sugar, No honey

VERY appetizing and full of flavor.

5 to 7 lrg apples, peeled and sliced
1/2 can frozen apple juice concentrate
1/2 tsp cardamom (or cinnamon)
1/8 tsp sea salt
Crust

Simmer all until thick (except crust of course). Pour into crust and top with 'crisp' or granola. Bake at 375°F for 30 to 40 minutes.

Carob Crispies

1/4 cup carob powder
3/4 cup date butter (3/4 c dates softened in 1/2 c water)
3/4 cup nut butter (almond or peanut)
1/2 tsp sea salt (if nut butter is unsalted)
3 to 5 Tbsp raw sugar
1/4 tsp almond extract
2 to 3 cups brown rice crispies

Prepare with non-stick spray a 9 x 13 pan. Combine carob powder, date butter, nut butter, and almond extract. Stir in rice crispies and pat into pan, chill and cut. Crispies go soggy next day.

Omega Bars

Full of omega 3's – 1.8grams per serving.

1/2 cup brown rice syrup (or honey, will be sweeter)

1/4 cup canola oil

1 cup almond butter (or chopped almonds)

1 cup chopped walnuts

1/2 cup pumpkin seeds

1/2 cup ground flax

1/4 cup sesame seeds, optional

3 cups brown rice crispies

Heat syrup and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 12 and chill.

Pineapple Millet Squares

From Donna's kitchen. A sweet delight.

1 cup millet

5 1/4 cups pineapple juice

1 can pineapple, tidbits, slices, or chunks

1/2 tsp salt

1/3 cup dates (or raw sugar)

2 Crust recipes in a 9 x 13 pan

Cook millet in pineapple juice until done - about 40 minutes on medium-low heat. Combine remaining ingredients in blender then add millet mixture. Blend all together well and pour onto crust. Refrigerate to set. Top with fruit topping of your choice or serve with fresh fruit.

Entrées & Starches

Golden Garbanzo Burgers

- 2 cups cooked garbanzos (or chickpeas)
- 1 to 2 cups water, as needed
- 1 med onion, diced, optional
- 2 cups quick oats
- 1/2 cup ground pecans or walnuts
- 3 Tbsp Chicken Flavour (or salt to taste)
- 1 tsp garlic powder
- 2 to 4 Tbsp olive oil

Blend garbanzo beans and water in blender well, adding only enough water to blend. Pour into large bowl and add remaining ingredients. Add water as needed to form patties. Cook until golden brown in frying pan using olive oil.

Lovely Lentil Burger

Lentils give this a nice flavor.

- 1 cup brown lentils
- 2 cups veggie broth
- 1 cube Beef Flavour (or salt to taste)
- 1 small onion, chopped
- 1/2 cup spelt flour (or other flour)
- 1 clove garlic
- 1/2 cup ground walnuts (pecans or almonds)

Bring tomato juice to a boil and add lentils and bouillon. Bring back to a boil and reduce heat. Simmer 45 minutes. Mash well and add remaining ingredients. Shape into 8 burgers and fry in a non-stick skillet (use some oil if needed to brown evenly). These are good re-heated in gravy or tomato sauce.

Baked Oat Patties

- 4 cups boiling water
- 4 cups quick oats
- 1 med onion, chopped
- 1/4 cup nutritional yeast flakes
- 2 tsp garlic powder
- 3 Tbsp Beef Flavour (or salt to taste)
- 3/4 cup ground walnuts, optional
- 1/4 cup Bragg's Aminos
- 1/2 tsp basil & oregano

Combine all ingredients well. Let stand 10 to 15 minutes. Spoon onto prepared baking sheet, like you would for cookies, flatten slightly. Bake at 350°F for 20 minutes, flip, press down, and bake 15 to 20 minutes more.

Bean ‘n’ Rice Burger

- 1 can Romano Beans, rinsed (or Pinto - 540ml/19oz)
- ¼ cup sesame seeds
- ¼ cup sunflower seeds
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 tsp basil
- 1 tsp sea salt
- 1 tsp parsley
- 1 1/2 cups cooked rice

Mash Romano beans (I use a food processor) and stir in remaining ingredients. Form into patties and cook over medium heat on a non-stick skillet lightly sprayed with oil, until evenly browned. (To make into a casserole, double the rice and bake in a 9 x 13 pan at 350°F for 35 to 45 minutes or so.)

Donna’s Millet Casserole

- 1 1/2 cups millet, rinsed
- 2 lrg carrots, grated
- 1 med onion, sliced
- 2 to 4 Tbsp Chicken Flavour (or salt to taste)
- 5 cups water
- 1/2 tsp sea salt
- 2 to 3 cups White Cheeze (or soy cheese if you can have soy)

Combine all and bring to a boil over medium heat. Reduce to a simmer for 25 minutes. Place all into a prepared 9 x 13 pan and top with “cheeze.” Bake at 350°F until heated through (about 20 minutes from the refrigerator).

Savory Quinoa

- 1 cup lentils
- 2 cups quinoa, well rinsed
- 1 large onion, diced
- 5 cups vegetable broth
- 1 teaspoon basil
- 1/2 tsp organo
- 1 clove garlic
- 1/2 to 1 tsp sea salt

Combine all in casserole dish and bake at 350°F for 45 to 60 minutes.

Sweet Potato Lentil Balls

Nice with a gravy.

- 1 1/4 to 1 3/4 cups mashed sweet potatoes
- 1/2 cup lentils, ground into flour (use blender)
- 1 cup gluten free bread crumbs or crackers, as needed
- 2 tsp garlic powder
- 2 Tbsp onion powder
- 2 Tbsp Beef Flavour (or 3/4 tsp sea salt)

Combine all, adjusting bread crumbs until a very soft dough forms. Drop onto well oiled cookie sheet with a ice-cream scoop or spoon.

Rice 'n' Almond Dish

Rice 'n' almonds go so well together in a savory dish like this.

- 1 1/2 cups brown rice
- 1/2 cup boiling water
- 1 cube Chicken Flavour (or salt to taste)
- 1 1/2 cups water
- 1 cup rice/almond milk
- 3/4 cup almonds, sliced or chopped

Place ingredients in a 3 quart casserole dish and stir once. Cover and bake at 350°F for 1 hour. Remove from heat and let stand 15 minutes before serving.

Savory Veggie Sauce

Very nice on rice or pasta.

- 1 lrg onion, diced
- 1 med carrot, sliced
- 1 stalk celery
- 1 Tbsp olive oil
- 2 cups water
- 1 tsp sea salt to taste
- 3 Tbsp tapioca starch
- 1 to 2 Tbsp Bragg's Aminos
- 1 to 2 cloves minced garlic

Sauté onion in oil until brown, even a bit dark on the edges. Add the peppers and carrot and continue to "brown." Add remaining ingredients and cook till thick and carrots are soft.

Breads, Muffins & Crackers

Hiking Crackers

1 1/2 cups oat flour (grind oats in blender)

1/4 cup ground almonds (or other nut)

1 cup buckwheat (grind in blender)

1 tsp sea salt

1/2 to 1 cup water, as needed

1/4 cup almond butter (or non-hydrogenated margarine)

Combine water and almond butter well. Mix all ingredients thoroughly. Roll out until very thin (1/16") on a cookie sheet. Cut into squares and bake at 375°F for 8 to 12 min or until golden brown.

Rice Muffins

Quick wheat/gluten free alternative.

1 cup spelt or brown rice flour

1/3 cup tapioca starch (or corn flour)

1/2 cup spelt or millet flour (millet ground in blender)

1 1/2 Tbsp Ener-G Baking Powder

1/3 cup honey (or stevia to taste)

1 cup rice milk or nut milk

1/4 cup applesauce (or vegetable oil)

1 tsp vanilla extract

Preheat oven to 400°F. Combine dry ingredients in large bowl. Combine wet and stir into dry. Fill 12 muffin tins

Blueberry Muffins

Add 1 cup blueberries to dry ingredients.

Cherry Almond Muffins

Add 3/4 cup chopped cherries, 3/4 cup chopped almonds to dry ingredients. Add 1/2 tsp almond extract to wet ingredients.

Poppy Seed Muffins

Add 2 Tbsp poppy seeds, 1 Tbsp tapioca starch, and 2 to 3 Tbsp raw sugar to dry ingredients.

Gluten Free Bread

- 2 tsp active dry yeast
- 1 Tbsp raw sugar
- 1/2 cup tapioca starch
- 2 cups brown rice flour
- 1/2 cup oat flour (or millet)
- 1 Tbsp Ener-G Egg Replacer (optional, but not as good without it,
can use two free range eggs)
- 1 tsp sea salt
- 2 Tbsp olive oil
- 1 3/4 cups very warm water

Mix dry ingredients. Combine wet ingredients. Mix all together until soft dough forms. Beat 2-3 minutes, I use a mixer, and pour into a prepared medium loaf pan. Place in warm oven (150°F and turn off) and let rise until almost double (about 15 to 20 minutes) do not let get over top of pan! Remove from oven and preheat oven to 425°F. Bake 10 minutes, reduce heat and bake at 375°F for 25-30 minutes or golden brown. Yields 1 loaf or 12 small “buns.”

To make buns:

Pour into prepared muffin tins half way, let almost double and bake at 375°F for 20-30 minutes.

Spelt Buns/Bread

- 1 Tbsp active dry yeast
- 4 cups whole wheat flour
- 1 + cups oat flour (oats on blender work well) as needed
- 1 tsp sea salt
- 1/4 cup canola oil, optional (or reduce if desired)
- 2 1/4 cups very warm water

Combine spelt flour, 1 cup oat flour, and yeast in a large bowl. Combine liquids and add into flours mixing well. Knead in more oat or spelt flour as needed to form a soft ball, knead 5 minutes. Shape into 12 burger buns, or 2 small loaves, on a prepared baking sheet (or pie pan) and let rise until double. Bake at 375°F for 10 minutes, reduce heat to 350°F and bake 10 to 15 minutes more. Let cool and place into a bag.

**If you liked this booklet, you will love the
Healthy Home Cookin' Cookbook Series
Each book has over 70% recipes wheat free,
sugar free, and gluten free!**

(Or variations and tips to make them that way.)

Available at:

Sette Publishing
3988 Galloway Frt Rd
Elko BC V0B 1J0
www.SettePublishing.com
sales@settepublishing.com
Ph: 1-877-59-SETTE

Like vegan cooking shows?

**www.TheVegetarianCookingSchool.com offers a monthly mail
out with 60 to 90 minutes of vegan cooking and health info.**

For FREE recipes go to: www.TheVegetarianCookingSchool.com

**For our FREE newsletter or more publications on
health and character visit us at:**

www.SettePublishing.com

This book was designed for those with severe allergies and those who have arthritis. It is full of health, easy, simple recipes for restricted diets.

These recipes were taken from the Healthy Home Cookin' Cookbook series.

Sette Publishing and Angela Poch are not here to give medical advice, we encourage you to see a health professional for any medical issues you may have. We are not responsible for health information or misinformation that may be given, errors in recipes, or ingredients that may cause any issue or problem.

**This booklet is available FREE online at:
www.HealthyHomeCookin.com**

About the Author: Having graduated from Total Health School of Nutrition in Calgary, Alberta, Canada, Angela Poch is well versed in common nutritional needs and myths. Both a housewife and cook, she has created and adapted recipes for healthy luncheons, cooking classes, and for picky eaters (such as herself.) She has published seven cookbooks, did cooking shows on 3ABN an international T. V. network, and is the director of The Vegan Vegetarian Cooking School.



Angela Poch, N.C.