

Nature's Recipes II



Glenda Laxton, ND and Farah Nazarali

No wheat? No dairy? No eggs? No sugar? No problem!

This cookbook is a cookbook of possibilities. Many people don't realize how easy it is to cook healthy, delicious meals. This cookbook is written for people who want to eat healthy, wholesome food, and need inspiration and guidance.

The recipes in this book use whole grains and flours, cold pressed oils and healthy fats, plant-based proteins, sea vegetables and natural seasonings, and natural, whole sweeteners.

The cookbook features:

- over 50 whole food recipes
- glossary of special ingredients
- instructions on how to cook beans and whole grains
- list of a well-stocked whole foods pantry and more!

Please note the following symbols, which are used throughout the book.



Wheat Free



Gluten Free



Dairy Free



Soy Free



Candida Friendly



Leafy Greens*

*Leafy Greens refers to any dark, leafy, green vegetables such as chard, collard greens, kale, mustard greens, or spinach.

When cooking, please remember to:

- use filtered water
- use organic fruits and vegetables whenever possible
- buy local and or seasonal produce whenever possible

We wish for you that you have as much fun cooking and eating, as we had creating these recipes.

Glenda & Farah

Contents

Dips Spreads Pates 4-14

Arugula Pesto	4
Baba Ganoush (Eggplant Dip)	5
Basic Nut Paté	6
Cashew Hummous	7
Green Hummous	7
Hazelnut Paté With Sliced Apples	8
Sesame-Ginger Edamame Dip	9
Mexican Black Bean Dip	10
Chipotle Pepper Paste	10
Parsley-Lime Spread	11
Salsa Mole	11
Spring Nut Pate	12
Sundried Tomato-Walnut Spread	13
Vegan Pesto	14

Soups Stews Chilis 16-25

Bean and Yam Hot Pot	16
Butternut Squash Soup	17
Creamy Coconut Mushroom Soup	18
Green Gazpacho Soup	19
Hot and Sour Coconut Soup	20
Lentil Kale Soup	21
Quick Lentil Ginger Soup	22
Tuscan- Thai Bean Soup	23
White Bean and Squash Soup	24
Zucchini Soup	25

Salads 27-35

Colorful Kale Salad	27
Deluxe Green Salad	28
Fall Salad	29
Fennel- Apple Salad	30
Italian Summer Salad	30
Rachel's Potato Salad	31
Olive Pasta Salad	32
Red Quinoa Salad	33
Winter Coleslaw Salad	34
Sun-dried Tomato Pasta Salad	35

Entrees 37-54

Barbeque Tofu Steaks	37
Barbeque Vegetable Kebobs	38
Chana Masala	39
No Cheese Lasagna	40

Roasted Peppers Lasagna	46
Spinach and Tofu Toran	48
Spinach and Zucchini Pie	49
Tofu with Peaches and Ginger	50
Walnut Loaf with Mushroom Gravy	51
Yam Fries	53
Portabello Mushroom Burgers	54

Desserts and Drinks 56-66

Almond Milk	56
Birds Nest Cookies	57
Biscotti	58
Blackberry and Apple Crumble	59
Chocolate Tofu Mousse	60
Chocolate Almond Cake	61
Chocolate Zucchini Cupcakes	62
Decadent Dark Chocolate Treats	63
Hazelnut Chocolate Spread	64
Oatmeal Chocolate Chip Cookies	65
Very Decadent Almond Rocca	66

Breakfast 68-73

Amaranth Porridge	68
Banana Blueberry Spelt Pancakes	69
Breakfast Beans	70
Protein Breakfast Bars	71
Quick Scrambled Tofu	72
Scrambled Tofu	73

Glossary of Ingredients 74

Appendix A: Making Substitutions 85

Substitutions for Wheat and Sugar	85
Substitutions for Dairy	86
Substitutions for Eggs	87

Appendix B: Whole Grains 88

Whole Grains: An Introduction	88
Nutritional Profile of Whole Grains	89
How to Cook Whole Grains	90

Appendix C: Beans and Legumes 91

How to Cook Beans	91
How to Cook Beans	92
Appendix D: List of Well Stocked Whole Foods Pantry	93
Appendix E: Farmers' Markets in Vancouver	94

Red Quinoa Salad

Ingredients

- 1 ½ cups red quinoa (uncooked)
- 3 cups filtered water
- ½ cup flax oil
- 2 lemons (juiced)
- 2 tsp. sea salt
- 1 cucumber (peeled and diced)
- 4 Roma tomatoes (diced)
- 4 spring onions (finely chopped)
- 1 carrot (peeled and grated)
- 1 bunch Italian parsley (finely chopped)
- 1 pkg. fresh mint (finely chopped)
- ½ cup pine nuts (toasted)

Directions

- 1** Cook the quinoa in the 3 cups water until water is completely absorbed. Remove from heat, and set aside to cool.
- 2** Toast pine nuts in oven or on stove. Keep an eye so pine nuts don't burn.
- 3** Mix the flax oil, lemon juice, and salt with a whisk in the desired salad bowl. Add all the vegetables and herbs and toss thoroughly.
- 4** When the quinoa has cooled add it to salad bowl.
- 5** Add the pine nuts just before serving to keep them crisp.

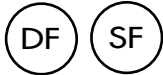


This yummy salad will keep in the refrigerator for up to 5 days but it's best fresh and when the quinoa is at room temperature.

Banana Blueberry Spelt Pancakes

Ingredients

1 ripe banana (mashed with a fork)
2 Tbsp. grapeseed oil or coconut oil + oil
for skillet or frying pan
2 cups spelt flour
1 tsp. baking powder
½ tsp. sea salt
1 ½ cups fresh or frozen blueberries
2 cups water



Directions

- 1** In a medium mixing bowl, combine spelt flour, baking powder, and sea salt.
- 2** Add water, oil, and banana to dry ingredients and mix together with a fork, making sure there are no lumps of flour.
- 3** Add blueberries to mixture and mix only enough to evenly distribute blueberries.
- 4** Add oil to a large skillet or frying pan and preheat on medium. When oil is heated, pour pancake mixture into pan forming pancakes of desired size.
- 5** When bubbles appear on edges of pancakes, carefully flip over.
- 6** When pancakes are fully cooked, serve with brown rice syrup or maple syrup and nut butter.

About the Authors

Glenda Laxton, ND

Glenda is a Naturopathic Doctor who runs Westcoast Naturopathic Clinic in downtown Vancouver. She specializes in helping the body heal itself with modalities such as botanicals, homeopathy, diet and nutrition, hydrotherapy, and the bowen technique. Glenda's experimental passion for cooking came when she started Naturapathic School in Portland, Oregon. Over the years, Glenda has worked hard to refine and adapt conventional recipes and has developed a reputation among her family and friends as a whole foods cook extraordinaire.

www.westcoastclinic.ca

Farah Nazarali

Farah Nazarali is a Hatha Yoga Instructor, and the creator of- The Smiling Yogi, a small business the specializes in promoting health and wellness. In her free time, she loves to cook and she loves Vancouver for the variety of produce and markets that offer endless possibilities for vegetarian cuisine . Through The Smiling Yogi, Farah leads classes and workshops on nutrition to help others learn about whole foods, and to inspire people to cook delicious, nutritious, meals.

www.thesmilingyogi.com

Additional Copies Available at: Westcoast Naturopathic Clinic

#1190 Thurlow St. Vancouver, BC V6E 1X3

Tel: 604.681.5585 Fax: 604.688.1176

www.westcoastclinic.ca