

Taste of Paradise Recipes

Season 4

Program Code: TOP000040

Cauliflower Popcorn

Ingredients:

- ½ c water
- ¼ c olive oil
- 1 Tbsp tahini
- 1 tsp maple syrup
- 1 Tbsp onion powder
- 1 tsp garlic powder
- ½ c Nutritional Yeast Flakes
- ⅛ tsp cayenne pepper
- ⅛ tsp cumin
- ¼ tsp turmeric
- 1 ½ tsp Himalayan Salt

Instructions:

Cut up the cauliflower into large pieces. In a bowl place the wet ingredients and whisk until completely mixed. Add maple syrup. Add the dry ingredients to the bowl. Add the cauliflower. Gently turn by hand until the cauliflower is completely coated. It can be eaten at this point or you can dehydrate it for overnight.

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Oh My! Cocoa Me!!

It May be Cocoa Tea

Ingredients:

- 5 c milk of your choice
- $\frac{2}{3}$ c carob chips
- sweetener to taste

Instructions:

Pour the milk into a pot. Boil the milk and add the carob chips. Stir continually. Add the sweetener. Finish cooking.

Whipped Cream

Ingredients:

- 1 c non-dairy milk
- 1 c oil
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ c sweetener
- $\frac{1}{4}$ c lemon juice

Instructions:

Using a blender, pour in the oil, milk, sweetener, lemon juice and salt.

Whip until mixture is stiff.

Pour cocoa into a cup and add a dollop of whipped cream.

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Program Code: TOP000041

Almond Milk

Ingredients:

- 3 c water
- 1 c soaked almonds
- 1 Tbsp coconut oil
- 2 dates
- ¼ tsp Himalayan Salt

Instructions:

Use a high powered blender to mix really well. Put almonds into the blender container. Add water, coconut oil, 2 dates and salt. Blend thoroughly. Use a strainer bag to pour milk in and squeeze the bag until all the liquid is extracted. All that will remain is the pulp.

Cherry Vanilla Granola

Ingredients:

- 3 c buckwheat, soaked
- 1 c almonds, soaked, chopped
- 1 c dried cherries, soaked
- 1 Tbsp vanilla extract
- 1 tsp coriander
- 1 tsp cardamom
- 1 c honey
- ½ tsp Himalayan salt

Instructions:

Chop the almonds in a food processor. Pour the buckwheat in a bowl and add the almonds. Add the cherries, vanilla extract, coriander, cardamom, honey and salt. Stir thoroughly. You can eat the granola raw but I like to dehydrate it overnight.

Serve a bowl of granola with the almond milk.

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White, Bright and Tight!!

Homemade Toothpaste

Ingredients:

- ½ c baking soda
- ¼ c hydrogen peroxide
- 1 drop essential oil (to your taste)
- 1 Tbsp activated charcoal

Instructions:

Put the baking soda and hydrogen peroxide in a bowl. Mix well. Add activated charcoal and blend (will be black.) Add the flavor (wintergreen or peppermint) you want and stir the mixture.

Find a tube type bottle and pour the toothpaste in for storage.

Put a small amount of the toothpaste on your toothbrush. Brush your teeth well and rinse thoroughly. The black will come off.

Taste of Paradise Recipes

Season 4

Program Code: TOP000042

Stuffed Tomatoes with Dill Sauce

Ingredients:

- 4 medium tomatoes, halved with centers removed
- ½ c celery, diced
- ½ c jicama
- ⅓ c scallions, sliced
- ⅓ c pumpkin seeds
- Himalayan salt to taste

Instructions:

In a food processor, coarsely process pumpkin seeds. Put them in a bowl. Add scallion, jicama and salt. Mix well

Dill Sauce

Ingredients:

- 1 c cashews, soaked
- ½ c water
- 2 tsp lemon juice
- ½ tsp Himalayan salt
- 1 clove garlic, crushed
- 2 tsp dried dill
- 1 Tbsp maple syrup
- ½ tsp turmeric
- ½ tsp cayenne

Instructions:

Put cashews and water into a high power blender. Add salt, lemon juice, dill, and maple syrup. Turn on blender and blend until absolutely smooth. Pour into bowl.

Assembly

Take a little bit of the dressing and combine with the stuffing mixture to bind it a little. Fill half of the tomato. Continue until all of the tomato halves are filled. Drizzle a little dressing on top of each tomato.

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Sauce It Up!

Delicious Spaghetti Sauce (base recipe)

Ingredients:

- ¼ c tomato paste
- ¾ c water
- 1 ½ Tbsp chicken-like seasoning
- 2 Tbsp honey
- 1 Tbsp basil
- ½ Tbsp lemon juice

Instructions:

Put tomato paste in a bowl, add water, honey, basil and chicken-like seasoning. Mix thoroughly and add lemon juice. Ready for your spaghetti.

B B Chew Sauce

Ingredients:

- ¼ c molasses
- ¼ c lemon juice
- ¼ c honey
- ½ t cayenne
- 1 Tbsp chicken-like seasoning

Instructions:

In the bowl with the spaghetti sauce add the above ingredients and whisk until combined.

Taste of Paradise Recipes

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Program Code: TOP000042

Sauce It Up!

Quick and Good Chili!

Ingredients:

- 1 c black beans
- 1 c potato cooked, cut up
- 1 c carrots cooked
- 1 c tomato, chopped
- 1 c cooked rice
- 1 tsp turmeric
- 1 tsp sea salt
- $\frac{3}{4}$ c B B Chew sauce

Instructions:

In a pot place all the ingredients. Mix gently and heat thoroughly.

Taste of Paradise Recipes
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Program Code: TOP000043

Coconut Mexican Ceviche

Ingredients

- 2 young coconuts (meat) julienned
- 2 limes, juiced
- ½ cucumber, julienned
- 1 red pepper, julienned
- 1 handful cherry tomatoes
- 1 clove garlic, pressed
- 1 onion sliced
- ½ c cilantro roughly chopped
- 1 Tbsp dulse flakes
- 1 tsp Mexican Oregano
- 1 Tbsp coconut water
- ½ tsp Himalayan salt

Instructions:

Put the julienned coconut meat into a bowl. Add cucumber, red pepper, cilantro, oregano, lime juice, salt, onions, garlic, dulse flakes and a splash of coconut water. Mix thoroughly.

Fill a small dish with the Ceviche and serve with corn chips.

Taste of Paradise Recipes
Season 4

Program Code: TOP000043

Oh Ma Love Me Some Home Fries

Ingredients

- 5 potatoes, pre-boiled for easy cooking
- 1 Tbsp paprika
- ½ tsp turmeric
- 2 Tbsp beef-like Seasoning
- 2 tsp garlic powder
- ¼ c olive oil
- 1 medium onion, sliced
- salt to taste

Instructions:

Saute onion in olive oil. Add sliced potatoes and paprika. Mix gently. Add salt and keep on low heat until cooked.

Home Remedy for Ear Infection or Ear Ache

Warm one onion cut in half. Place half over each ear. Fix to the head with plastic wrap, ace bandage or scarf. Sleep overnight and ears should be better in the morning.

Preparation HP (potato suppository)

Take a regular potato and cut to size of french fry. Remove the peeling. Insert the suppository gently and leave overnight. It will come out in the morning and everything will be alright.

Taste of Paradise Recipes

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Program Code: TOP000044

Asian Slaw with Ginger Almond Dressing

Dressing

Ingredients:

- ¼ c honey
- ¼ c olive oil
- ¼ c lime juice
- 1 Tbsp Braggs Liquid Aminos
- 1 tsp tahini
- 2 Tbsp almond butter
- 1 tsp Himalayan salt
- ½ tsp cayenne pepper
- 1 Tbsp fresh ginger, minced
- 1 large garlic clove, minced

Slaw

Ingredients:

- 8 c nappa cabbage, shredded
- 4 c carrots, shredded
- 1 red bell pepper, thinly sliced
- 4 medium scallions, finely sliced
- ½ c cashews, soaked and chopped
- 1 c fresh cilantro, loosely packed

Instructions:

In a blender pour lime juice, olive oil, honey, aminos, ginger, tahini, almond butter, cayenne, salt and garlic. Blend. Take bowl of shredded cabbage and carrots. Use a tongs to mix well. Add green onions, cilantro, red bell pepper and cashews.

Pour dressing over slaw and toss with your tongs.

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Program Code: TOP000044

Lem-Olay, Oh Happy Day

Meatball Base (gluten-free)

Ingredients:

- 2 c tofu
- ½ c onions
- 1 Tbsp oregano
- ¼ c chicken-like seasoning
- 1 Tbsp olive oil
- 1 c yellow squash
- zest of one lemon

Instructions:

Place tofu in a bowl, add onions, squash, olives, oregano, olive oil and lemon zest. Squeeze with your hand. Place in sprayed pan and saute until brown.

Meat Mix

Ingredients:

- ½ c brown rice, cooked and blended into paste
- 1 c meatball base above
- 1 Tbsp olive oil

Instructions:

Put meat mix in a bowl. Mix by hand. Form medium-sized ball. Spray a sheet pan or use parchment paper to line the pan. Place meatballs on tray.

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Program Code: TOP000044

Lem-Olay, Oh Happy Day

Cornmeal Breading

Ingredients:

- 1 c cornmeal
- 1 Tbsp chicken-like seasoning
- 1 Tbsp cornstarch

Instructions:

Put ingredients in bowl. Mix it up. Place the meatballs in the breading and coat completely.

Meat Substitute

Ingredients:

- 1 Tbsp chicken-like seasoning
- 1 tsp sage
- $\frac{3}{4}$ c Vital Wheat Gluten

Preheat oven to 350 degrees

Instructions:

In cornmeal breading add one cup of meatball base. Add meat substitute ingredients and mix. Form into balls and place on pan. These meatballs are not gluten-free.

Place in 350 degree oven and bake until golden brown.

Taste of Paradise Recipes

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Program Code: TOP000045

Raw Apple Ginger Bars

Ingredients:

- 3 medium Fuji apples, cored, shredded
- 1 c raw almonds
- 6 dates, chopped
- ¼ c maple syrup or agave
- ¼ tsp coriander
- 1 tsp ginger
- ½ tsp cardamom
- ¼ tsp sea salt
- ¼ c raisins

Instructions:

Grind the almonds in a food processor to a fine texture. Put the shredder blade on and shred all of the apples. Scrape into a bowl along with the almonds. Re-insert the 'S' blade and put the apple mixture back in the food processor. Add the syrup, ginger, cardamom, coriander and dates. Blend. Add salt and raisins. Pulse lightly. Put mixture in bowl. Take a small amount shaped into a bar and place on dehydrator sheet. Continue until all the mixture is used. Dehydrate for 12 - 14 hours.

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Program Code: TOP000045

Food Fortifier!!

Molasses Spice Cake

Ingredients:

- 1 ½ c unbleached flour
- ½ c Whole Wheat Flour
- ¾ tsp sea salt
- 1 ½ tsp coriander
- 1 ½ tsp cardamom
- 1 tsp egg replacer
- 1 tsp cornstarch
- ¾ - 1 c evaporated cane juice crystals
- ½ c olive oil
- 1 c water
- 1 Tbsp lemon flavor
- 2 Tbsp vanilla flavor
- 3 Tbsp Grandma's Molasses
- 1 Tbsp Featherweight Powder

Preheat oven to 375 degrees.

Instructions:

In a large bowl add flour, cane crystals, coriander, cardamom, vanilla, cornstarch, egg replacer and salt. Mix the dry ingredients. Add water and molasses and mix. Add olive oil and mix. Add Featherweight powder, mix thoroughly. Pour into square pan right away and put into the oven.

Bake 45 minutes, check after 30 minutes.

Fix the toppings of your choice.

Taste of Paradise Recipes

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Program Code: TOP000046

Good For You!!

Spicy Jimaca Fries

Ingredients:

- 2 jicamas, sliced into thin strips
- 1 Tbsp olive oil
- 1 Tbsp paprika
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 tsp Himalayan salt
- ¼ tsp cayenne pepper
- ¼ tsp chilli powder

Instructions:

Cut the jicamas into strips. Place in a bowl. Drizzle olive oil on fries so that the seasonings stick. Sprinkle on the salt, onion powder, garlic, paprika, cayenne and chili powder.

Raw Avocado Fries

Ingredients:

- 1 c golden flax seed, ground
- 2 Tbsp chili powder
- 1 tsp onion powder
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp ground cumin
- ¼ tsp Himalayan salt
- 2 large avocados

Instructions:

Remove the seed from the avocado and cut into slices, remove peeling. Put the ingredients into a bowl and mix. Drop avocado in, coat really well. Place on dehydrator sheet and dry for 8 to 10 hours.

Sun-dried Tomato Ketchup

Ingredients:

- 1 c sun-dried tomatoes, soaked
- 6 medjool dates, soaked
- 1 c tomatoes, chopped
- ¼ c onion, chopped
- 2 Tbsp lemon juice
- ¼ - ½ c water from soaked sun-dried tomatoes
- ¼ tsp Himalayan salt

Instructions:

Put the soft ingredients in a blender. First tomato, water, lemon juice, olive oil and garlic. Blend. Then add onions and dates. Blend well. Then add sun-dried tomatoes, finish blending.

Serve fries with the ketchup

Mama Mia Fruitti Pizza

Pizza Crust

Ingredients:

- 1 c unbleached flour
- 1 c whole wheat flour
- 1 tsp salt
- ½ c water
- ½ c olive oil

Bake at 350 degrees

Instructions:

Put the flours and salt in a bowl. Mix. Make a hole in the center of the flours and add the water and olive oil. Mix ingredients until forms a dough ball. Knead with your hands. Pat the ball flat and shape into a circle on a pizza pan. Stretch to the edge as much as possible. Remove from the oven when the crust pricked with a fork comes clean and seems firm not doughy.

Mama Mia Fruitti Pizza

Sauce (Whipped Cream)

Ingredients:

- 1 c soy milk
- 1 ½ c olive oil
- ½ tsp sea salt
- ¼ c sweetener of your choice
- ¼ c pineapple juice/lemon juice
- 3 slices of peach

Instructions:

Put in a blender. Whip until it stiffens. Pour onto the crust and spoon close to the edge.

Color your pizza like a rainbow. Try your favorite fruit!!!

Ingredients:

orange slices

blueberries

peaches

mango

raspberries

strawberry slices

Arrange the way you would like..

READY TO EAT!

Taste of Paradise Recipes

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Program Code: TOP000047

Pad Thai

Sauce

Ingredients:

- 1 c coconut water
- 1 juice of lime
- ½ c honey
- ½ tsp Himalayan salt
- 1 Tbsp almond butter
- 2 tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- 1 Tbsp ginger

Instructions:

Put ingredients in blender and mix.

Entree

Ingredients:

- 1 c red or yellow pepper thinly sliced
- 1 ½ c broccoli, chopped
- 1 ½ c shredded coconut
- 2 - 3 carrots, sliced
- 4 - 6 zucchinis, spiralized
- ½ c fresh basil
- ½ c cashews, soaked and dehydrated

Instructions:

Put zucchini, carrots, ginger, coconut meat, broccoli, peppers, cashews and basil in a bowl. Toss with a tongs. Add the sauce and toss again.

“Wearing Your Food”

Lemon Cookies

Ingredients:

- $\frac{3}{4}$ -1 c evaporated cane juice
- 1 Tbsp vanilla flavor
- $\frac{1}{2}$ -1 tsp lemon flavor
- $\frac{3}{4}$ -1 tsp sea salt
- $\frac{1}{4}$ c pineapple juice
- $\frac{1}{2}$ c whole wheat pastry flour
- 1 $\frac{1}{2}$ c unbleached flour
- $\frac{1}{2}$ c pecans, chopped
- $\frac{3}{4}$ c oil non-hydrogenated butter
- 1 Tbsp Energy or Featherweight Powder

Bake in a 350 degrees

Instructions:

Put the Featherweight aside. Put all the other ingredients in a bowl. Mix thoroughly until dough-like. Spray a tray with a non-stick spray. Fold the Featherweight in the dough at the last minute.

Make small balls and flatten slightly. About a 2-inch cookie when baked. Fill a tray. Bake for approximately 15 - 20 minutes.

Lemon As a Deodorant

Ingredients:

2 oz Real Lemon Juice
2 drops lemon oil
4 drops tea tree oil

Instructions:

Take the Real Lemon Juice and put in a small bowl. Drop the oils into the juice. Mix. Have a bottle with a roll-on top or a small spray bottle. Pour liquid into the bottle and use as your underarm deodorant. This will last 24-36 hours.

Lemon Juice is a good astringent, antibiotic and antiviral liquid. When drinking the juice use a straw to bypass the teeth. The ascorbic acid will corrode the tooth enamel.

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Program Code: TOP000048

Raw Vegan Mock 'Crab' Cakes

Ingredients:

- 4 c zucchini, spiralized
- 1 ½ c almonds, ground
- ½ tsp thyme, dried
- ½ c parsley
- ½ c onion, finely minced
- ¼ c celery, finely minced
- ¼ c dulse, minced
- 2 Tbsp nutritional yeast flakes
- 2 Tbsp lemon juice
- 1 nori sheet, shredded with a scissors
- 4 Tbsp red bell pepper, finely diced
- ½ tsp cayenne pepper
- 1 c golden flax seed, ground
- 4 cloves garlic, minced

Instructions:

Grab your food processor. Put in zucchini, parsley, dulse, yeast flakes, garlic, bell pepper and onions. Pulse a little. Add cayenne, celery, salt, thyme and nori. Pulse. Add golden flax seed. Pulse. Transfer to a bowl, mix well. Take a sheet from your dehydrator. Use a canning lid, fill with the mixture. Turn and press out the patties on to the tray. Dehydrate overnight. The creamy dill sauce is next.

Creamy Dill (Tartar Sauce)

Ingredients:

- 1 c cashews, soaked
- 1 ½ Tbsp lemon juice
- 2 - 3 Tbsp water
- 1 Tbsp dried dill weed
- 1 clove of garlic, minced
- 2 Tbsp celery, minced
- 1 Tbsp red onion, minced
- ½ tsp Himalayan Salt

Instructions:

Put the ingredients in the blender. Wait to put in the celery and onion. Blend slightly. Add water. Blend until only slightly chunky. Add the celery and onion and stir around a little bit. Blend for a minute.

Your crab cakes are now ready to enjoy with the dill sauce.

"Mr. Potato Say, Cheese!!!"

Potato Cheese

Ingredients:

- 1 c water
- ¼ c dairy-free milk
- ½ c carrots, cooked
- ½ c potatoes, cooked
- ¼ c pimentos
- ¼ c red bell peppers
- ½ c nutritional yeast flakes
- 2 tsp lemon juice
- 2 tsp onion powder
- 2 tsp sea salt
- 2 tsp olive oil

Instructions:

In your blender, add potatoes, carrots, soy milk, lemon juice, bell peppers, pimentos, olive oil, some water, yeast flakes, onion and salt. Blend for 30 seconds. Use as a sauce (dip) if creamy. If it is watery, put in a saucepan and cook until creamy.

Mango Salsa

Ingredients:

- 1 c mango, diced
- 1 c tomato, diced
- 1 medium onion, diced
- 1 red bell pepper, diced
- ¼ c lemon juice
- ¼ c cilantro, chopped finely

Instructions:

In a mixing bowl, place first 4 ingredients. Sprinkle lemon juice and add cilantro. Mix all ingredients thoroughly.

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Program Code: TOP000049

Pecan Cranberry Torte

Carob Crust:

Ingredients:

- 2 c almonds, finely ground
- ¼ c carob powder
- ¼ c coconut oil, melted
- ¼ tsp Himalayan salt

Instructions:

Grind the almonds to a fine powder in your food processor. Add the carob powder. Process. Add the coconut oil and salt. Process. Take this mixture and pat around the bottom of a large torte pan.

Filling:

Ingredients:

- 2 c cashews, soaked
- ½ c filtered water
- 1 ½ c coconut oil, melted
- 1 c agave nectar
- 1 c fresh cranberries, chopped
- ¾ c pecans, chopped
- 1 Tbsp lemon juice
- ¼ tsp Himalayan salt

Instructions:

Place the cashews in your blender. Add the water, salt, lemon juice, agave and coconut oil. Blend. Pour into a bowl. Put in cranberries and pecans. Stir slightly. Gently pour into the crust. Chill in the refrigerator overnight.

“Grandma’s Best Never Settle For Less!!!”

Cornbread

Ingredients:

- ½ c cornmeal
- ½ c flour (bleached or unbleached)
- 1 tsp salt
- ⅓ c sweetener
- 1 Tbsp Featherweight Powder
- ½ c oil
- 1 c coconut milk
- ½ c soy milk

Place in a preheated 350 degrees

Instructions:

In a large mixing bowl put in the cornmeal and flour. Mix with a whisk. Stir in salt and sweetener. Add the soy milk and oil. Mix. Add coconut milk. Mix thoroughly. Add Featherweight and mix until blended.

In a baking dish sprayed with non-stick spray pour the batter. Bake until toothpick inserted comes out clean.

“Grandma’s Best Never Settle For Less!!!”

Savory Collard Greens

Ingredients:

- 2 lbs collard greens
- 1 can coconut milk
- ½ c nutritional yeast flakes
- 3 medium sized tomatoes, diced
- 1 medium onion, diced
- 3 Tbsp butter
- 1 Tbsp salt
- 2 Tbsp onion powder
- 1 Tbsp garlic powder
- ¼ c Braggs Liquid Amino
- 1 Tbsp paprika
- 1 tsp turmeric
- 2 - 3 c water

Directions:

Put water in large pot to boil. Fill the pot with the collard greens. While the greens are cooking down, in the bowl with the coconut milk, add the paprika, onion & garlic powders, salt, Braggs and turmeric. Mix well.

The greens have cooked down some. Put the onions, butter, yeast flakes and tomatoes on top of the greens. Cover and cook until tender.

Taste of Paradise Recipes

Season 4

Program Code: TOP000050

Creamy Raw Vegan Alfredo Sauce

Ingredients:

- 2 c cashews, soaked
- 1 ½ c water
- 2 garlic cloves
- 2 Tbsp lemon juice
- 1 tsp Himalayan salt
- ¼ tsp cayenne pepper
- 1 c shredded spinach
- 2 - 3 c zucchini, spiralized
- ¼ c red pepper, finely chopped
- ½ tsp onion powder

Directions:

Pour cashews into a blender, add water, salt, onion, lemon juice, cayenne pepper and garlic. Blend thoroughly.

Spiralize zucchini. Place in a large bowl and tear into shorter pieces. Place spinach and peppers into the bowl. Toss with a tongs. Add enough Alfredo Sauce to cover the ingredients. Toss again until thoroughly coated.

Lean Green Bean Cuisine

Ingredients:

- 1 family size bag of green beans
- water to cover green beans by one inch
- ¼ c chicken-like seasoning
- 3 Tbsp nutritional yeast flakes
- 1 tsp italian seasoning
- 1 tsp sea salt
- 2 Tbsp olive oil

Directions:

Put the green beans in a large pot and cover with water. Boil 20 - 30 minutes.

Millet with Tomatoes

Ingredients:

- 2 ½ c water
- 1 c millet
- 1 c tomatoes, diced
- 1 tsp sea salt

Directions:

Boil water in 6-quart pot. Then pour in millet, salt and tomatoes. Boil on high heat 20 - 30 minutes and then turn heat on low to get fluffy.

You can now turn down the heat on the green beans. Add chicken-like seasoning, yeast flakes, italian seasoning and oil. Continue to cook until beans are tender.

Cabbage

Ingredients:

- 1 small cabbage, sliced
- 2 tomatoes, sliced
- 1 medium onion, sliced
- 2 Tbsp chicken-like seasoning
- 3 Tbsp oil
- salt to taste

Directions:

Pour oil into large pan. Add cabbage, onions, chicken-like seasoning and tomatoes. Mix it up. Saute until tender.

Plating your dinner:

Fluff the millet and scoop onto a plate. Place the cabbage over one side of the bed of millet and the green beans over the other. Enjoy!

Remedies:

String Bean Tea:

Scoop a cup of water from the boiling green beans. Can be drank as a tea for its nutritional properties. This tea also aides diabetics in lowering their glycemic index.

Cabbage Poultice:

Take an outside leaf of the cabbage. You a round object to massage the veins until they weep. Place the leaf on an area of inflammation, wrap with plastic wrap. Leave on for 8 hours. The poultice is helpful with arthritic inflammation.

Taste of Paradise Recipes

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Program Code: TOP000051

Stuffed Raw Red Bell Peppers

Ingredients:

- 2 red bell peppers, sliced
- 1 ½ c raw walnuts, soaked
- 2 Tbsp Braggs Liquid Aminos
- 1 Tbsp filtered water
- ½ Tbsp fennel seeds, ground
- ¼ c spinach, finely chopped
- ¼ tsp cayenne pepper
- ¼ tsp fresh garlic, minced
- 2 Tbsp red onion, finely chopped
- ½ pinch of Himalayan salt

Directions:

Pour walnuts into a food processor. Add fennel seed, salt, Braggs and garlic. Pulse. Add spinach and onions. Pulse again until everything is chopped. Pour into a bowl. Take half of a pepper and spoon a couple tablespoons of the stuffing into it. Cut each half into fourths and serve.

“Spring It Up!!!”

Pineapple Base Topping

Ingredients:

- 3 c pineapple chunks
- ½ c sugar
- 1 ½ Tbsp cornstarch
- pinch of sea salt

Directions:

Put pineapple in saucepan, add sugar crystals. Bring to a boil. Stir together the cornstarch, some water and salt. While waiting for the pineapple to cook start the filling for the spring rolls.

“Spring It Up!!!”

Spring Rolls

Ingredients: Filling

- 2 c green cabbage, chopped
- 2 c carrots, shredded
- 1 c onions, sliced
- ½ c pimentos
- 2 Tbsp olive oil
- 3 Tbsp chicken-like seasoning

Directions:

Put the ingredients in a large pan and saute.

Add the cornstarch thickening to the pineapple and stir.

“Spring It Up!!!”

Sweet N Sour Sauce

Ingredients:

- 3 c of pineapple topping
- ¼ c onions, sliced
- ¼ c yellow peppers, sliced
- 3 garlic cloves, chopped
- ½ c pimentos

Directions:

Spray griddle and get it hot. Mix together onions, peppers, garlic, pimentos and salt. Pour on griddle and saute. While this is cooking start making the spring rolls.

Assembly of spring rolls:

Preheat oven to 400 degrees

Lay out spring roll wrap. Put approximately ¼ c of filling on wrap. Roll diagonally. Spray a sheet tray and place the rolled wraps on the tray. Spray the Braggs and then olive oil on the wraps. Place in the oven and bake for 15 - 20 minutes or until golden brown.

Serving the wraps:

In a blender put in the following ingredients:

- ½ c lemon juice
- 2 Tbsp sesame seed oil
- 2 Tbsp honey
- 1 tsp salt

Blend 30 - 60 seconds. Pour in a dish and serve with the spring rolls.

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Season 4

Program Code: TOP000052

“Spruce Up Your Salad!!!”

Salad

Ingredients:

5 oz spring mix

¼ c shredded cheddar (vegan)

¼ c freshly cut cilantro

1 c diced tomatoes

Southwest Brine

Ingredients:

- ¼ c olive oil
- 1 Tbsp cumin
- 1 Tbsp paprika
- ½ c lemon juice
- 1 c water
- 3 Tbsp chicken-like seasoning
- 1 c mock chicken, cut in strips

Directions:

In a bowl combine the ingredients for the brine. Add the chicken and let it marinate at least 1 hour but it is best to let it sit overnight.

“Spruce Up Your Salad!!!”

Sauté

Ingredients:

- 1 c black beans
- 1 c sweet corn kernels
- ½ c onions, sliced
- 1 garlic clove, chopped
- 2 Tbsp olive oil
- 2 Tbsp chicken-like seasoning

Directions:

Combine the ingredients above in a bowl. Add the marinated chicken and mix. Spray a griddle and pour the mixture on the griddle. Sauté for 5 - 7 minutes or until golden brown.

Lemon Olive Dressing

Ingredients:

- ¾ c lemon juice
- ¾ c olive oil
- 1 c water
- ¼ c cashews
- ¼ c raw sugar
- 1 Tbsp chicken-like seasoning
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp basil
- 1 Tbsp parsley

Directions:

Put all of the above ingredients in a blender. Blend about one minute til the cashews are broken down. Dressing can refrigerate for about a week.

“Spruce Up Your Salad!!!”

Assembly:

Plate the salad. Put the spring mix, tomatoes and cilantro on a plate. Lay the sauté on top of the mix. Sprinkle the cheese on top. Glaze your salad with the dressing.

