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Please see the easy "INDEX" on the last page of this booklet to help you find recipes quick. This book is ready for a three-ring binder for your own personal recipe book or purchase a bound book with all of Dr. Diana's research for

\$15 delivered to your door.

Also, please know that each time a new video is posted to YouTube the recipe will be updated in the next week to this FREE download. Give your gift once and then download this file until Diana leaves this earth.

Thanks for watching. May God bless you as you search for better health from eating God's foods.

EVOO Garlic Salad Dressing

1/2 cup apple cider vinegar
3/4 cup EVOO (Extra Virgin Olive Oil)
1/2 teaspoon-to-1 Tablespoon minced garlic
1/2-to-1 teaspoon canning salt
1 Tablespoon dried parsley or dried cilantro (optional)

- Mix vinegar, EVOO, garlic, salt and parsley in a bottle that has a tight-fitting lid. You will need to shake this mixture right before pouring each serving.

Suggestion: Start with 1/2 teaspoon minced garlic and increase to your family's preference. (No need to refrigerate.) I'm in a rut, this is my ONLY salad dressing!



Homemade Minced Garlic

In a blender or use a wand mixer to blend inside your glass jar:

- Add EVOO until you can see it on the side of the garlic.
- Peel one-to-two heads of garlic. (about 15-to-30 pieces)
- Blend

NOTE: Minced garlic will store in the fridge for at least 3 months.

1/4 cup Extra Virgin Olive Oil (EVOO)
(enough to cover 1/2 of garlic)
1 or 2 heads of garlic.
(about 15-to-30 pieces, peeled)

Minced garlic strengthens your immune system, lowers blood pressure and adds flavor to any meal.

Always read the ingredient list on all food products you eat.

Lazy Sunday Red Beans & Yellow Rice

**3 cups red beans (rinsed and
bad beans picked out)**
8 cups of boiling hot filtered water
(If the water isn't boiling,
the beans won't cook right.)
1 teaspoon canning salt
1/2 teaspoon cayenne pepper
**2 Tablespoons Homemade Minced
Garlic**

Perfect Brown Rice Recipe

**Topping: 1 small onion, chopped
(optional)**

**One pound of non-hormone ground
meat for topping. (optional)**

In a crock pot:

- Add the first five ingredients. I usually make this the night before.
- Make sure the water is HOT!
- Put Crock on low heat
- Put on the lid and don't peek for about 8 hours.

In the morning:

- Turn the crock pot off.
- Make the Perfect Rice while eating breakfast and getting ready for church or make it when you come home.
- See Index: "Perfect Brown Rice". This takes an hour.
- Assemble meal:
 - Brown rice
 - Red beans with a little of it's juice.
 - Sprinkle on some Mock Sausage. (optional)
 - Sprinkle on chopped onion (optional)
- Microwave on high for a minute.
- Rotate each person's meal for its one minute on.
- One minute off. One minute on to warm.

Perfect Brown Rice

2 cups of brown rice
Short or long grain
(not from a box)
4 cups of filtered water or
home-made chicken
broth

In a 13 x 9-inch glass baking dish:

- Add rice and water to baking dish.
- Bake in the oven with a cookie sheet **on top** at 350 degrees for 1-hour to 1-hour, 10 minutes

(You will know the rice is done when you cannot see bubbles in the baking dish.)

NOTE: If you don't put the stainless steel cookie sheet on top, this won't work! Never use aluminum or aluminum foil.

No-Hormone Meatloaf

1 Cup Whole-Grain
Couscous
1 teaspoon canning salt
1 teaspoon EVOO
1 cup boiling water

Medium onion (I like red)
1 head garlic (peeled)

1 pound no-hormone beef

Paprika (sprinkle on top)

In a glass measuring cup:

- Add couscous, salt, EVOO and boiling Water.
- Cover & let sit for 10-to-15 minutes.

In a Blender:

- Medium onion,
- One entire head of garlic (peeled)
- 1 teaspoon filtered water (optional)

In a Large Bowl:

- 1 pound no hormone beef
- Measuring cup ingredients (above)
- Blender ingredients (above)
- Blend well with your hands.
- Put in glass one-pound loaf pan.
- Bake at 400 degrees from cold oven for 45 minutes.

Serve with salad and bread.

See YouTube for videos for cook-ahead ideas and EVOO Garlic Salad Dressing.



Peppers & Yellow Rice Casserole

1/4 teaspoon cayenne
1 cup brown rice
1 teaspoon turmeric
2-1/2 cups filtered water
1/2 cup EVOO
1 Tablespoon homemade
minced garlic
4 cups cleaned, bite-size
Peppers—any kind
1 Creative Veggie cup*

In a 12 by 9 inch baking pan:

- Add all of the ingredients.
- Stir
- Put a stainless steel cookie sheet on top.
- Bake 350 for 90 minutes.

Serve with homemade bread and salad. Want meat? Simple Salmon in this cookbook is great.

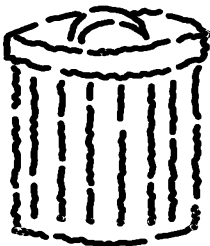
***Creative Option:**

An alternative to 5 cups of cubanelle peppers, would be to put 2 cups of red bell peppers, 2 cups of green peppers and one cup of zucchini.

If zucchini doesn't ring your bell, how about celery? Carrots? Peas? Green Beans? Corn? The four cups should be peppers—your favorite kind, and then the fifth cup can be your creative cup to make it your own dish. Even a fifth cup of another kind of pepper is tasty, too. Have fun!

Leftovers:

In the morning, I put the leftovers in an iron skillet for 5 minutes on medium heat—until warm. Then push them over to the side, add some EVOO, and fry me an egg for breakfast. Fast and yummy! My two favorites cooking words.



Throw margarine & vegetable oil away!
It's deadly! Why?

Margarine is one molecule away from being plastic and shares 27 ingredients with paint. Another name for margarine & vegetable oil is transfatty acids. Yes, that's the oil that is in the news. Margarine is banned in many countries in the world.

Your liver has a big clean-up job to eliminate this poison from your body. Without your liver. . .you don't live! Butter is better and has been around for over 2,000 years!



Put down that
canned broth,
and no one will
get hurt!

In my opinion, there isn't anything on super market shelves that is more lethal than canned broth. It has so many chemicals in it, I dare say it is, without a doubt, NOT good food.

Try this chicken broth instead. No, this won't work as a substitute with recipes that call for canned broth, because those recipes are relying on the "chemicals" to excite your brain into thinking, "Wow, this food tastes great!" So, if you want to be healthy, don't eat that stuff.

Dr. Blaylock, a neuro-surgeon, believes that these chemicals are sometimes stored in the brain and promote brain tumors. (MSG was one of the main "triggers" that contributed to my migraines.)



Homemade Chicken Broth

Making your own homemade chicken broth is easy. Always boil enough chicken for two meals:

**6-to-7 chicken thighs without bones
(optional) and skin
(not optional)
(more chicken for two meals)
4 quarts of filtered water
1 rounded Tablespoon minced
garlic.**

Some Options include: Chicken and yellow rice, Chicken Vegetable Soup, or Chicken Salad Sandwiches.

In 4 quart pot:

- Add all the ingredients into the pot. Boil for 30-to-45 minutes. Let pot cool to room temperature.
- Cover and put in fridge.
- Next day: Skim off fat and throw away.

I love to home can this broth for another lazy day.



Cinnamon Buns

This tastes too good
to be healthy, but it is!

1 cup lukewarm water
1 teaspoon raw honey
4 teaspoons active dry yeast OR
one package dry yeast

1 cup EVOO
1 cup filtered water
1/4 cup raw honey

6 cups whole wheat flour
2 teaspoons sea salt

Filling:

3/4 cup raw honey
1-1/2 Tablespoons ground cinnamon
1-1/2 cups chopped walnuts
1/2 cup raisins (optional)

In a two-cup measuring cup:

- Add water (105 degrees or like a warm baby's bottle.)
- Add yeast
- Add raw honey
- Stir with spoon until dissolved.
- Let rest for 5 minutes until mixture becomes bubbly. (This is called "proofing" the yeast.)

In a four-cup measuring cup:

- Add EVOO (extra virgin olive oil), water and honey.

NOTE: This basic dough mixture is used for the Crescent Rolls and the No Need to Knead Rolls.

In a very large mixing bowl:

- Add six cups whole wheat flour.
- Stir in sea salt.
- Add yeast mixture. (Once proofed.)
- Add EVOO mixture.
- Mix with a spatula until too firm.
- Use hands to combine mixture. Dough will be slightly sticky.
- Take out of the bowl and wrap in plastic wrap.
- Put in the fridge for over night or at least three hours. Careful, this mix expands in the fridge!

Next day: in a two-cup measuring cup:

- Add honey and cinnamon and stir together.
- Roll out dough with a rolling pin 1/8 inch thick and a 12 inch by 15 inch rectangle.
- Drizzle honey and cinnamon mixture evenly on the dough rectangle.
- Sprinkle on nuts as evenly as you can.
- Use hands to roll dough from the top edge down. (the 15-inch side.)
- Cut into one-inch wide pieces and put into a pan that has been liberally sprayed with EVOO. Place dough on side so you should see the roll of filling. 1/4-to-1/2 inch of room between each roll. Let rest for two hours. (See Bread Basics)
- Bake for 20-to-25 minutes at 350 degrees. Cinnamon rolls should be golden brown. This mixture makes about 24-to-36 cinnamon rolls.



Drinks that Detoxify

Promoting Digestion: Peppermint tea –hot or cold is a great drink to help your stomach produce the right ratio of digestive juices to promote digestion. Better digestion helps weight loss. Drink as often as you like because it doesn't have caffeine. Make sure you check the ingredient's label before you buy any tea. The label should say: peppermint leaves. That's it! Please, no black tea or flavorings.

Apple cider vinegar is another food/medicine that will promote digestion. 1 teaspoon in eight ounces of water. Take 20 minutes before you eat. Easier/faster digestion will promote gentle weight loss because you are detoxifying.

Kidney stones or bladder problems: Corn silk tea will dissolve your kidney stones and promote detoxification. Yes, you read that correctly! You can drink corn silk tea hot or cold. Sweeten with raw honey or dilute by 50% with 100% apple or grape juice. No fructose or flavorings, please.

Corn silk tea recipe: Buy some raw corn with the husks still on them. I use two ears. Use the corn's tender leaves nearest the ear and the silk for the tea. Simply boil 8 cups of filtered water. Then place the leaves and silk into water. Continue to cook on low-to-medium heat for about 15 minutes.

Take off the heat and cover with a tight-fitting lid. Let stand at least 20 minutes. Strain and your tea is ready. Stays in the fridge for about a week.

Dane said, "I would hear a "plop" in the toilet bowl and knew I had painlessly passed another stone!"

The tea "alone" may NOT produce these results. Dane also stopped eating the "stuff" found in most food. See the index for more on "stuff." The combination of no "stuff" and this corn silk tea, produced amazing results.

Depression & other emotional symptoms: Because Food Manufacturers remove B vitamins in order to increase their food product's shelf life, you may have a shortage that could contribute to depression & other emotional symptoms. To replenish your body's B Vitamins, drink un sulphured black-strap molasses.

Black strap molasses is great hot, and may be a good coffee replacement. It is rich in **D**iron and calcium. One Tablespoon (more or less to your taste) in a cup of hot water.

Distilled Water: For faster detoxification, distilled water is great. Why? Because distilled water has had all it's minerals and anything else removed. This way the body can throw off any toxins with less processing. Add some lemon juice to help detoxify your liver.

Dandelion Tea: I grow my dandelions in a pot on my patio. The leaves and flowers from the dandelion plant are excellent for detoxifying! Did you think those weeds were worthless? God put a lot of dandelions on earth because He knew we would need a lot of cleaning up from our toxic world. The leaves can be dried or just follow the same recipe as the corn silk tea recipe and substitute the corn leaves with dandelion leaves. Mix half tea, half 100% juice.

		Extra Virgin Olive Oil Conversion	
Butter		EVOO	
1 teaspoon		3/4 teaspoon	
1 Tablespoon		2-1/4 teaspoons	
2 Tablespoons		1-1/2 Tablespoons	
1/4 cup		3 Tablespoons	
1/3 cup		1/4 cup	
1/2 cup		1/4 cup and 2 Tablespoons	
2/3 cup		1/2 cup	
3/4 cup		1/2 cup and 1 Tablespoon	
1 cup		3/4 cup	



NOTE

Keep your portion of meat to about 15-to-20 percent of your entire meal. That's about the size of a deck of cards.

Eating less meat is easier for your digestion. Easier digestion means easier weight management.

Hormones in your food has been linked to heart disease, obesity and other illnesses.

Whole Wheat Everything Bread (Daily Bread, Bread Sticks Flat Bread, French Bread, Pizza)

**1-1/2 cups warm filtered water
(See video)
1 Tablespoon dry yeast OR
one package of dry
active yeast
1 Tablespoon raw honey
4 cups of whole wheat flour
1 teaspoon canning salt**

In two-cup measuring cup:

- Add 1 cup filtered water at room temperature.
- Add 1/2 cup boiling water
- Temperature should be about 120 degrees
- Stir in dry yeast and raw honey.
- Stir with spoon until dissolved. Let stand for 10 minutes. (Proofed mixture will look bubbly.)

In very large mixing bowl:

- Add flour
- Add proofed yeast mixture to flour.
- Mix with a rubber spatula until it is too hard to stir.
- Knead in bowl by hand. Mixture will clean bowl

and not be very sticky when it is ready.

- Cover with dry cloth.
- Let rest for one or two hours.
- Flatten and knead for a minute or two.
- One Tablespoon of EVOO into a one-pound, glass baking loaf pan and spread with your fingers. Ahhhhh, tactile cooking for us frustrated “mud-pie babies!”
- Stuff into pan.
- Let rise until it is over the top of the pan -- about one or two hours.
- Bake at 350 degrees from a cold oven for about 45 minutes. The smell is gonna make you feel loved.

Note: You can use this dough for pizza dough, flat bread, French bread, and daily bread. You can freeze either of these recipes in a freezer bag for another lazy day. Freeze French bread after letting it rise the first time. Punch down. Wrap in plastic, and then put into freezer bag for the freezer.



Beware! Healthy, Store-bought bread that is difficult to find.

“Hydrogenated oil, dough conditioners, flavorings are all deadly & unhealthy ingredients.

Reading food labels is crucial to your good health.



Peanut Butter Cookies

1/2 cup EVOO (extra virgin olive oil)

3/4 cup raw honey

2 cups whole wheat flour

1 teaspoon baking soda

1/4 cup peanut butter

Topping: 1 whole pecan on each cookie (optional)

2-cup Measuring Cup:

- Add EVOO (extra virgin olive oil.)
- Add raw honey. (up to 1-1/4 line on cup)
- Add peanut butter (ingredients say: peanuts or Peanuts & salt -- that's it!!)
- Up to 1-3/4 line on measuring cup
- Stir until smooth.

Large Bowl:

- Add Whole Wheat Flour
- Baking soda
- Stir baking soda into flour with fork to smash any lumps.
- Add measuring cup ingredients. Use spatula to scrape the measuring cup.
- Stir all ingredients together with spatula
- Finish mixing with hands. (Ahhhhh, more tactile cooking for us mud-pie babies!)
- Form into balls (about 1/2 the size of a golf ball)
- Put onto a stainless steel baking sheet. (aluminum is NOT good, nor Teflon - both outgas chemicals that gets absorbed into your food. If you cannot find stainless steel, put some parchment paper down on the sheet or use a glass lasagna pan.)
- Flatten with a fork.
- Put one whole pecan on each cookie (optional)
- Bake at 350 degrees for 8 from a cold oven.
- Second batch takes less time. (6 minutes)
- Put on cookie sheet to cool.

WARNING: These cookies go up in smoke FAST! Put on a timer and stay CLOSE! The second reason Food Manufacturers use margarine or Crisco, the smoking point is much higher. The first reason -- it is CHEAPER than EVOO.

Puh-leeze give these cookies to your children. These cookies are good for you!

Variation: Add some raisins on top or into the cookie dough.

**All Purpose Flour
Has NO Purpose!**

Bread Basics

Foundational Bread Baking Information:

- Never use baking powder for quick breads. Most brands have aluminum. Aluminum absorption in the brain has been linked to Alzheimer's Disease. I use baking soda and cream of tartar. See the Cooking Substitutes section for more information.
- I don't use whole wheat flour from graham—that's for pasta, not bread. I use traditional stone ground whole wheat flour. My flour says, "nothing added, nothing taken away." The amount of gluten will determine how fluffy the rolls are from brand to brand. Experiment.

"Proofing the Yeast" The Science Behind Baking Bread:

- Put warm filtered water in the measuring cup. Warm means about 105 degrees—this is about the temperature of a baby's bottle.
- Add the raw honey into the warm water.
- Add active dry yeast.
- Stir with a spoon until all lumps are dissolved.
- Let the mixture proof. ("Proofing the yeast" means to wait until the mixture becomes bubbly. About five-to-ten minutes. If you use a small mixing cup, the mixture may bubble right out of the mixing cup. If the yeast doesn't bubble, you have dead yeast. The number one cause for bread that look like a big hockey puck!)
- In a separate bowl, put the salt in the flour.

The bread will work its chemical magic and become bread dough when you combine the dry flour mixture and the wet yeast mixture.

Note: Food Manufacturers want bread making to look complicated, because then they have job security. Can't blame them, Food Manufacturing is *their* livelihood. Can't blame you for making your own bread, it is *your* livelihood!

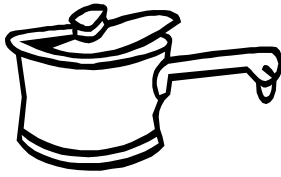
From: Henry A. Schroeder, M.D. in the U.S.,
and by M.O. Bruker, M.D. in Germany

11 minerals are lost in refining flour:

Calcium 60%
Chromium 40%
Cobalt 89%
Copper 68%
Iron 76%
Magnesium 85%
Molybdenum 48%
Phosphorous 71%
Potassium 77%
Selenium 16%

11 other nutrients lost in refining flour:

Strontium 95%
Zinc 78%
Vitamins B3, B2 and B3 72-81%
Vitamin B6 72%
Pantothenic acid 50%
Folacin 67%
Vitamin E 86%
Linoleic acid 95%
Protein 33%,
Fiber 95%



Homemade Deep Fryer

When you go to a restaurant, don't eat anything fried. Why? Because most restaurants use the cheapest oil they can purchase. The problem with cheap oil is that it is man-made and highly-processed oil. Hydrogenated oil causes many health problems.

Stop eating hydrogenated oil and reduce your odds by 43%
that you **won't** get heart disease!!

You can make your own deep fryer and eat fried foods at home. The deep fryers that are on grocery store shelves are not safe. The coating peels off from inside the pot and into you. Yes, you eat it! So, try this!

Directions:

1. Buy a large iron pot with a lid. The lid cannot be a see-through lid because EVOO needs to be stored in a dark, cool place. I store my homemade deep fryer right on the top of my electric stove or in a dark, cool cabinet.
2. Add EVOO—extra virgin olive oil—to the pot until it is about two-inches deep. Buy a long-handled basket (not aluminum or copper, please) or a stainless steel slotted spoon will work. Always fry at a medium heat. You don't want to over heat or let EVOO smoke. That breaks down the oil and may make it UNHEALTHY.

Please note:

After 8-to-10 meals, the oil may need to be changed. If you see black in the oil on the bottom of the pot, you waited too long to change the oil. Keep a watchful eye.

Yes, this is a little on the pricey side, but when you've tasted your first French fry, you'll be hooked! Extra Virgin Olive Oil (EVOO) is NEVER greasy and adds to the taste of the fresh-cut potatoes or pre-baked potatoes



Air-Popped Popcorn

Great Take-Along
Lunch Snack!

Air-popped popcorn is a great snack. Add a little canning salt and EVOO and no one will guess it is a healthy snack.

Stays on the kitchen counter in baggies for about three days before it loses its crunch.

For two servings:

- Air pop 1/3 cup of plain kernel popcorn
- Drizzle EVOO on popped popcorn. (about 1/8 cup)
- Sprinkle canning salt to taste.

I use quart baggies for storage. (this serves as a good one-serving size)

EVOO Garlic Mustard

1/2 cup apple cider vinegar
3/4 cup EVOO (Extra Virgin Olive Oil)
1 teaspoon-to-1 Tablespoon minced garlic
1 teaspoon canning salt
1 teaspoon tumeric
1/8 teaspoon cayenne (optional)

1-1/4 cup Whole Wheat Flour

Two Cup Measuring cup:

- Mix ACV, EVOO, garlic, salt, tumeric & optional cayenne

In a blender:

- Add a half cup of Whole Wheat Flour
- Blend
- Repeat until all the flour is gone
- or mustard is thick enough to spread.

Suggestion: Start with 1 teaspoon minced garlic and increase to your family's preference. (No need to refrigerate.) I'm in a rut, this is my ONLY salad dressing!

Transfer to a glass canning jar & refrigerate. Stays for about two months.

Fruit—the Easiest & Best Breakfast

Boxed cereals are not food! Don't eat it. When I tell people that boxed cereals are bad for them—they say, "What do I eat?" Eat fruit!

The "I don't have time for breakfast" club, now has an answer to the dilemma of making time for eating breakfast:

1. Very little time is involved for grabbing a banana as you fly low out the door.
2. No time is involved for eating an apple as you drive to work. Careful driving Put the apple down after each bite.
3. No preparation time. It is Fast.
4. Low calorie.
5. Portable.
6. Packaged by God. (The ONLY Food Manufacturer you can truly trust.)
7. Fruits are high in water content. The natural water content in fruit is especially formulated by the same Person who created you. You have Designer water and Designer food all rolled into one healthy food—fruit!
8. Packed with nutrients, such as protein, vitamins A & C.
9. Fruits are low in fat.
10. High in fiber (protects against colon cancer)
11. Low in calories.

Benefits of fruit include:

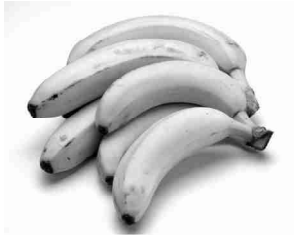
- Helps the body digest fat. (lose weight)
- Helps to cleanse toxins out of the body.
- Fruit satisfies your sweet tooth with God's dessert.

Junk-Food Junkies, please NOTE:

Part of losing weight is changing your "wanter". That means you won't "want" junk food any more because you are into the fruit habit. Fruit will satisfy your sweet tooth, and won't make you fat. Fruit takes away the junk-food cravings!

Changing your life style is difficult because you are changing the way you think. Once the "thinker" gets changed, the lifestyle follows. The "thinker" is the hardest part of this new lifestyle. It takes a little time, but it is worth it! Hang in there!

Idea: Instead of stopping at a fast food drive through for a meal, try a grocery store produce department. Grab a bunch of bananas or a pound of grapes? Most grocery stores have fruit that is already cut up.
with a tasty wrapper.



Breakfast Smoothie

1/4 cup 100% apple juice
2 peeled bananas
4 ice cubes

OR:

1/4 cup 100% orange juice
1 cup cantaloupe or honeydew*
1 teaspoon lemon juice
4 ice cubes

In a 5.5-cup blender:

- Add apple juice.
- Add banana (half at a time) and ice.
- Blend after each piece, until smooth.*
- Drink cold.

(*Another option is frozen strawberries and delete the ice.)

OR

- Add orange juice, melon, lemon juice and ice.
- Blend until smooth*. Drink cold.

(*Other options: Freeze the fruit and delete the ice cubes.)

Get creative. How about a Tablespoon of peanut butter?

Use your favorites. This is very difficult to mess up.

My Favorite To-Go Breakfast



Blender:

- Two Bananas (peeled)
- 4 ice cubes
- Blend

Eat.

Honey Raisin Cookies

1 free-range chicken egg
1/2 cup EVOO (extra virgin olive oil)
3/4 cup raw honey

2 teaspoons baking soda
2 cups whole wheat flour
1 cup raisins

Large Bowl

Mix Dry Ingredients first:

- Whole Wheat Flour
 - Baking soda
 - Oats
 - Raisins
 - Nuts (optional)
- (make sure the raisins are not clumped)

2-cup Glass Measuring cup:

- EVOO (extra virgin olive oil.)
- Honey
- Egg
- Blend well with fork
- Add to dry mixture.
- Use spatula to blend and then use your hands.
- Mixture should be fairly stiff.
- If mixture does not look like cookie dough, add 1/4 cup more flour.
- Use a Tablespoon to dollop onto stainless steel cookie sheet
- Bake at 350 degrees for 8 minutes for chewy
- For crunchy flatten with a fork and bake for 10 minutes

OPTIONAL: I like one whole pecan on top of each cookie.

Chewy Oatmeal Raisin Cookies

1 free-range chicken egg
1/2 cup EVOO (extra virgin olive oil)
1/2 cup raw honey
1-1/2 cups old fashioned oatmeal
1 teaspoons baking soda
1-1/2 cups whole wheat flour
1 cup raisins

Large Bowl (blend with a hand mixer after adding each ingredient:

- Free-range chicken egg
- EVOO (extra virgin olive oil.)
- Raw Honey
- Whole Wheat Flour
- Baking soda
- Oats
- Raisins
- Mixture should look like cookie dough.

- Use a Tablespoon to dollop onto stainless steel cookie sheet
- For chewy, bake at 350 degrees for 8 minutes
- For crunchy, flatten with fork and bake at 350 for 10 minutes

OPTIONAL: I like one whole pecan on top of each cookie.

Index:

-B-

Banana Smoothie	15
Beans (red)	2
Bread Basics	11
Bread Sticks	9
Breakfast:	
Fruit	14
Brown Rice	3
Butter Conversion	8

-C-

Cancer Note	4
Canned Chicken Broth	5
Casserole:	
Veggie Rice	4
Chicken Broth	5
Cinnamon Buns	6

Cookies:

Peanut Butter	10
Oatmeal Raisin	17
Honey Raisin	16

Crock Pot:

Red Beans	2
-----------	---

-D-

Deck of Cards	8
Deep Fryer	12

Desserts:

Chewy Oatmeal Cookies	17
Honey Raisin Cookies	16
Peanut Butter cookies	10

Drinks that detoxify	7 & 8
Dressing	1

-E-

EVOO conversion chart	8
EVOO Salad dressing	1
EVOO Garlic Mustard	13

-F-

Flat Bread	9
French Bread	9
Fruit Benefits	14

-G-

Garlic Mustard	13
Green Peppers	4

-H-

Hamburgers	3
Home made Chicken Broth	5
Home made minced garlic	1
Home made deep fryer	12
Honey Raisin Cookies	16

-J-

Junk Food Junkies Note	14
------------------------	----

-L-

Liver Helping Drinks	7 & 8
Lose Weight Note	14

-M-

Margarine Note	4
Meat balls	3
Meat portion suggestions	8
Meatloaf	3
Minced Garlic	1
Mustard	13

-N-

No-Hormone Meatloaf	3
---------------------	---

-O-

Oatmeal Raisin Cookies	17
------------------------	----

-P-

Peppers & Yellow Rice	4
Popcorn	13
Pizza Dough	9

-R-

Red Beans & Rice	2
Rice (Brown)	3

-S-

Salad Dressing	1
Smoothie	15

Snacks:

Popcorn	13
-T-	
Tortilla	9
-V-	
Vegetable Oil Note	4
Veggie Rice Casserole	4
-W-	
Whole Wheat Bread	9