



# LIFE, HEALTH & FOODS ministries

## Debra Williams

### RECOVERY FROM BREAST CANCER USING GOD'S 8 LAWS OF HEALTH:

#### NEW START (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God)

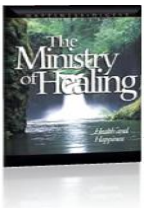
**Genesis 1:29** “ And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and tree whose fruit yields seed; to you it shall be for food”

*May 16<sup>th</sup> 2012 -morning of my surgery to remove cancer tumor from my left breast!!! My Lord was with me and he is taking me step by step back to good health - won't you come along this journey with me??*



Hi everyone,

Welcome to my story of God's amazing grace and how he healed me from breast cancer. I have followed His WORD, instructions through the book 'Ministry of Healing' by Ellen G. White and moved to a complete whole foods plant based diet and nine months after the cancer was in remission.



After discovering the 3.5 cm cancer tumor in my left breast, removed it in May 2012 only to find out from the post-surgery Pathology report that the cancer had already spread to lymph nodes under my

left arm, I decided to regain health with life style changes, a healthy and positive spiritual attitude trusting in God, food and nutrition (**no chemo poison and no radiation burning and did not remove my breast!**) and a focused detox programme. Since this experience, I have been on a journey to help others to prevent cancer and other life style diseases and to get to know Jesus Christ as their Great Physician, Lord and Saviour. This journey to starting a webpage for Life, Health & Foods Ministries and writing my book 'When Faith in God is bigger than the fear of cancer' came from the leading of our Lord Jesus and the support and love of many friends and family and I just want to say a big '**thank you**'!

The Lord lead me to start workshops and conduct lectures two weeks after surgery on 'healthy living God's way', I have met many new friends battling cancer along the way, some have died in faith now awaiting the day of resurrection and many others are alive today to praise God for His grace, mercy and love.

Since the change in life style and diet I have taken off over 40 unwanted/unhealthy pounds of my body, my mind is sharper and so much clearer these days, I have a ton of energy.....and I give thanks to God and our Lord Jesus Christ for divine grace and forgiveness of my sins in breaking the 'laws of health' which is what caused the cancer in the first place.. it has been great working with many of you – one-on-one in some cases and also in group settings. I look forward to all the new people I will meet as the journey continues in the future.

I sat down at my computer on November 11<sup>th</sup>, 2012 (at the eager/urgent request of my dear Bro Anthony Forbes and Bro Kelvin Clarke – thanks for the 'push' guys) and started putting on paper some of my favorite recipes with added health tips, which I do hope you find of help, as you prepare your homes/lives for your **NEW START** programme (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God) and I haven't stopped creating, writing and sharing recipes, scriptures and health tips since.

#### 8 Keys To Better Health

Nutrition  
Exercise  
Water  
Sunlight  
Temperance  
Air  
Rest  
Trust In God

So my dear family, friends and colleagues I pray God's richest blessings over your lives and your health, as it gives me great joy to share my journey back to health with you, through my book and the various articles and recipes on this website.

*First of all, let's start with some basics that just about everyone can agree upon when it comes to be the best healthy 'you', that you can be:*

- Eat as close to nature as possible: like whole fresh fruits, vegetables, nuts, roots, grains and seeds
- Eat less processed foods (better yet, eliminate processed foods entirely – that includes veggie chunks, tin processed veggie burgers, steaks, fake bacon and all that stuff – out!!!)
- Drink plenty of water – at least six to eight glasses per day, less if you are already vegetarian and eating lots of fruits and vegetables which are high in water content!
- Get exercise daily – walking is one of the best forms of exercise – 30 minutes five days per week is great!
- Rest – so often taken for granted, but most important for the regeneration of cells in the body!
- Read – read – read...about health and wellness – what you focus on directs your actions and that becomes a life style habit! – With information technology so advanced you can just about teach yourself how to become a Health Consultant – you can Google: recipes, training seminars on health, videos etc!
- Spend time alone with your Creator God daily (read your Bible and pray) – meet him first thing in the morning and consecrate your day to him – give him full charge over your plans, your life, your health, your business/job, your education, your assets, your family!!

- Do a body detox and clean the blood, lymph, liver, colon



I pray the Holy Spirit will be your teacher, counselor and coach as you embark on this journey to renewed/continuous health and wellness – in Jesus' name and by His divine grace and power, amen!!!

Debra

**Proverbs 4:21-22:** “*Don't let wisdom (application of knowledge/information) out of your sight; keep understanding (comprehension of knowledge/information) close to your heart. They are life to those who find them; they bring health to a man's body*”

## BASIC FACTS YOU SHOULD KNOW ABOUT CANCER

Research has taught me that cancer is a condition of mutating cells which the body is unable to deal with BECAUSE OF A COMPROMISED IMMUNE SYSTEM! Consequently, these cells will start mutating and proliferating in any body system or organ which has weaknesses and can migrate to any other system and attach itself there. Any symptom from a skin rash or constant indigestion or constipation to unexplained weight loss or swelling in any part of the body can turn out to be major symptoms of cancer.

### **SOME FACTS:**

1. Every person has cancer cells in their body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies and extreme toxicity. These could be due to genetic predisposition, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including whole food supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However, prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
- 11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply, AND eliminating all processed foods with any additives thus freeing up the lymphocytes to destroy the cancer cells. CANCER CELLS FEED ON:**
  - a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame which is harmful. A better natural substitute would be cane juice (fresh and unprocessed) agave, or honey. Table salt has a chemical added to make it white in colour, a better alternative is Sea salt or rock salt.
  - b. Cow's Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened nut, seed and grain milk, cancer cells are being starved.
  - c. Cancer cells thrive in an acid environment. A flesh-based diet is acidic. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
  - d. A diet made of 85% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 15% can be from cooked food taken from the above categories. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (use any vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C). Also eat a lot of pineapple and paw-paw as these fruits are very rich in digestive enzymes.
  - e. Avoid coffee, tea, and chocolate, which have high caffeine. Herbal teas are a better alternative and have cancer-fighting properties. Water: it is best to drink distilled water, Reverse Osmosis, or Coconut water, to avoid known toxins and heavy metals in tap water.
  - f. Cancer cells multiply faster and the cancer condition grows quickly when there is excess protein in the system. In order to see quick deterioration and elimination of cancer cells, take ALL animal protein out of the diet (including fish, chicken, and dairy products) and all processed protein from vegetable source (including Soya products and processed veggie products).
12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic build-up.
13. Cancer cell walls have a tough protein covering. By refraining from eating meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
14. All raw foods and whole food juices act as supplements and build up the immune system to enable the body's own killer cells to destroy cancer cells. Rebounding is known to result in stimulation of the

immune system, and killer Lymphocytes which cause programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level.
16. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn and practice to relax and enjoy life.

#### **MEDICAL DISCLAIMER**

The information given here is for educational purposes only. It is meant to be used as a guide towards health and does not replace the evaluation by and advice of a qualified licensed health care professional. For detailed interpretation of your health and specific conditions, consult with your physician.



**Psalm 30:2 “O Lord my God, I cried to you for help, and you have healed me.”**

**Subject: PET scan done!! 18 Jan 2013 - results just received 21st Jan 7 p.m.**

#### **CLINICAL P.E.T. OF OCALA**

#### **OUTPATIENT RADIOLOGY**

Patient: WILLIAMS, DEBRA  
 Chart number: 22420  
 Date of Service: 01/18/2013  
 Referring Physician: Okoh, Anthony MD

Examination: Body PET CT Fusion Scan  
 Indications for study: Breast Cancer Staging

Summary of findings: No abnormal uptake is detected (interpretation by Dr. Okoh – no cancer cells detected in my body)

**Avery B. Brinkley Jr. M.D.**  
**Diagnostic Radiologist**  
**Clinical P.E.T. of Ocala**  
**3143 SW 32<sup>nd</sup> Avenue, Suite 100**  
**Ocala, FL 34474**  
**USA**

**WITHIN 9 MONTHS (May 2012 to January 2013) with the help of God Almighty, I have reversed my stage 2 advanced breast cancer by rebuilding my immune system with natural therapies (NEW START Programme – nutrition, exercise, water, sunshine temperance, air, rest and trust in God), so my body could heal itself. I did not remove my breast and I opted not to do chemotherapy or radiation!**

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*January 21<sup>st</sup>, 2012*

*Hi family, it is with many tears of joy and thanks giving that I just got the results of the PET Scan test back and **in the name of Jesus Christ I AM NOW CANCER FREE**..... Not one*

*cancer cell is in my body!!! Oh praise God with me – thank him, for His has done a marvelous thing, to the honour and glory of His name, and to save the lives of many of His Saints – who are willing to listen to him and change over to a 'healthy way of living, eating and being'!!!*

*Love you all and we shall celebrate (in fine Jesus Christ style ) when I get home – oh thank you for the days and nights of prayers – your prayers of faith, and hope – your support and loving kindness - thank you!!!!!!!*

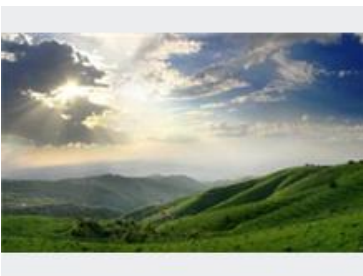
My song of praise <http://www.youtube.com/watch?v=buf-AuEH2-U>

"I never lost my hope" – God held me in his arms!!!!

Debs

### **What the Physician Attempts, Christ Accomplishes**

None but a Christian physician can discharge to God's acceptance the duties of his profession. In a work so sacred, no place should be given to selfish plans and interests. Every ambition, every motive, should be subordinate to the interest of that life which measures with the life of God. In all your business, let the claim of Jesus, the world's Redeemer, be recognized; let His example be copied. What the physician attempts to do, Christ can accomplish. They strive to prolong life; **He is the Life-giver. Jesus, the Mighty Healer, is Physician in chief.** All physicians are under one Master, and blessed indeed is every physician who has learned from his Lord to watch for souls while with all his professional skill he works to heal the bodies of the suffering sick.— Ellen G. White , Letter 26, 1889.



**Proverbs 4:20-22** - "My child, be attentive to my words; incline your ear to my sayings. Do not let them escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh."



## Education Better Than Miraculous Healing

Some have asked me, "Why should we have sanitariums? Why should we not, like Christ, pray for the sick, that they may be healed miraculously?" I have answered, "Suppose we were able to do this in all cases; how many would appreciate the healing? Would those who were healed become health reformers, or continue to be health destroyers?" Jesus Christ is the Great Healer, but He desires that by living in conformity with His laws we may cooperate with Him in the recovery and the maintenance of health. Combined with the work of healing there must be an imparting of knowledge of how to resist temptations. Those who come to our sanitariums should be aroused to a sense of their own responsibility to work in harmony with the God of truth. We cannot heal. We cannot change the diseased conditions of the body. But it is our part, as medical missionaries, as workers together with God, to use the means that He has provided. Then we should pray that God will bless these agencies. We do believe in a God; we believe in a God who hears and answers prayer. He has said, "Ask, and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you."—R.H., Dec. 5, 1907.

**Exodus 15:26** – "He said, **"If** you will listen carefully to the voice of the Lord your God, and **do** what is right in his sight, and give heed to his commandments and keep all his statutes, **I will not bring upon you any of the diseases that I brought upon the Egyptians; for I am the Lord who heals you."**

## When Prayer for Healing Is Presumption

Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. **He will then answer our prayer, if His name can be glorified thereby.** But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health. Those who will gratify their appetite, and then suffer because of their intemperance, and take drugs to relieve them, may be assured that God will not interpose to save health and life which are so recklessly periled. The cause has produced the effect. Many, as their last resort, follow the directions in the word of God, and request the prayers of the elders of the church for their restoration to health. God does not see fit to answer prayers offered in behalf of such, for He knows that if they should be restored to health, they would again sacrifice it upon the altar of unhealthy appetite.— Ellen G. White , 4SG 144, 145.

**Psalm 107:19-21** "Then they cried to the Lord in their trouble, and he saved them from their distress; **he sent out his word and healed them, and delivered them from destruction.** Let them thank the Lord for his steadfast love, for his wonderful works to humankind."

## Regular Exercise

If those who are sick would exercise their muscles daily, women as well as men, in outdoor work, using rain, bone, and muscle proportionately, weakness and languor would disappear. Health would take the place of

disease, and strength the place of feebleness. Let those who are sick do all in their power, by correct practice in eating, drinking, and dressing, and by taking judicious exercise, to secure recovery of health. Let the patients who come to our sanitariums be taught to cooperate with God in seeking health. “Ye are God’s husbandry, ye are God’s building.” God made nerve and muscle in order that they might be used. It is the inaction of the human machinery that brings suffering and disease.—Ellen G. White, Letter 5, 1904.



**Psalm 103:2-5** “Bless the Lord, O my soul, and do not forget all his benefits—who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle’s.

**Exodus 23:25** “You shall worship the Lord your God, and I will bless your bread and your water; and I will take sickness away from among

you.”

**Isaiah 53:4-5** “Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are whole.”



### Find Refuge in God

**Psalm 91:3-4** “For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions and under his wings you will find refuge; his faithfulness is a shield and buckler.”

## THE HIDDEN POWER OF PRAISE

By Stormie Omartian (**Book** “The Power of praying through the Bible – pg 321)

Read and Consider **Luke 17:11-19**



Ten lepers cried out to Jesus to heal them, and He did. But only one of the ten returned and glorified God. How often are we like the other nine?

God does something great for us, and we just take it in stride and don’t fall down on our face at His feet and thank Him for it. We often do that with healing, even when it is an answer a specific prayer we prayed. Many people think, “Well, this would have happened anyway”. We often take the blessings of our health for granted, instead of praising Him every day and giving thanks that He is our Healer.



We need to praise Jesus that He is our healer whether we are healed at that moment or not. We have to remember that God heals in His way and in His time. Though Jesus came to earth as our Healer, not all sickness or injury gets healed in this lifetime – at least not the way we always want it to be. If He doesn't heal us the way we ask Him to, it's because He has a greater plan and His glory will be seen in it.

Some sickness comes from the enemy. God allowed Job to be made sick by Satan. God allowed it for a reason. And even though we don't understand the reason that God doesn't always heal us, we can trust that He will bring good out of our suffering. If nothing else, suffering forces us to draw closer to Him. And the closer we are to Him, the more we will praise Him.

Prayer passionately and fervently for our own healing is not a problem because we are never apathetic about that, in fact we feel quite strongly about it. And the sicker, the more miserable, pained, and incapacitated we are, the more fervently we pray. The Bible says that if we are suffering, we are to pray, and we are to pray with passion. That means burning, devout, sincere, wholehearted, and enthusiastic prayer. That means with our whole heart. When we pray for healing, we pray passionately, knowing that the answer is all up to God.

He is our Healer, but not all of us find the healing we want when we want it. Sometimes the healing is delayed and we can grow weary in the waiting. Time passes very slowly when we are in pain or are suffering.

In God's presence there is healing. When we praise God, it invites His presence into our lives in a powerful way. Praising God for His presence and healing power in the midst our sickness, pain, weakness, or misery, opens up a channel through which His healing presence can penetrate our lives to heal us or to sustain us as He sees fit. That is the hidden power of praising God.

## SCRIPTURES ON HEALTH, WELLNESS AND HEALING



### **3 John 1:2**

*Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.*

### **1 Corinthians 6:19-20**

*Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*

### **Psalms 103:2-5**

*Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities; Who heals all your diseases; Who redeems your life from the pit; Who crowns you with loving kindness and compassion; Who satisfies your years with good things, So that your youth is renewed like the eagle.*

**Exodus 15:26**

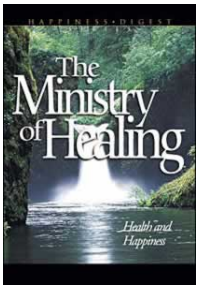
*And He said, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer."*

**Proverbs 17:22**

*A joyful heart is good medicine, But a broken spirit dries up the bones.*

**Philippians 4:6-7**

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.*

**RECOMMENDING READING:**

***The Ministry of Healing*** provides a well-rounded look at the principles of healthful living, beginning with the ministry of Jesus and extending to the life and ministry of every Christian. Many things contribute to good health—cheerfulness, fresh air, exercise, diet, and positive relationships with other people, to name a few. Crucial also is a personal relationship with the Creator who gave us life and everything we need for health and happiness. In this book Ellen White deals with sickness of the soul and the healing balm to be found by trusting God for all things. Written in simple, beautiful language, *Ministry of Healing* will point you to a life full of joy and gladness—a life in touch with the Source of healing power.



## SIMPLE PLANT BASED RECIPES TO GET YOU STARTED

### FRUIT PLATE



I start most mornings with a fruit or two, after I have two glasses of room temperature water. I try my best to stick to local fruits: bananas, papaya, pineapple, jackfruit, apples, oranges, grapefruit, naseberry, soup sop, coconut jelly etc etc etc (whatever is in season!!!)



### HERBAL TEAS

I drink about two to three cups of organic natural herbal teas throughout my day – no sugar added!!!! – I drink them for their health benefits, such as: detoxing of the liver, cleansing the blood/tissues and organs, increasing my energy level etc. Below are a few of the ones I use and why:

*Herbal teas are all the rage for the many medicinal qualities they are supposed to possess. It's claimed they can help with everything from easing a cold and indigestion to fighting infection and nausea. But when choosing a herbal tea remedy, make sure you pick the right one. While fruit flavoured teas - such as rosehip, apple and orange - tend to be delicious, they are developed for their flavouring more than anything else.*

*Herbal teas on the other hand, such as moringa, peppermint, red clover, dandelion root, sorrel, barberry root bark and ginger (to name a few) have greater therapeutic virtues. Susan Curtis, a homeopath for Neals Yard Remedies, says that fruit teas tend to be blended from synthetic ingredients, but herbal teas often contain real herbs. 'This means they make effective remedies if drunk at least three to four times a day,' she says. Susan suggests reading the ingredients first. 'If the label mentions real herbs then the quality will be good,' she says. 'Avoid any teas with artificial flavourings. The best quality herbal teas tend to be organic.'*

**Moringa tea – this is my favor and I drink this one the most:** The secret of moringa tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

**Lemon tea:** Lemons - are traditionally used as a digestive aid. This is because the citrus content helps to break down fats in the digestive tract.

**Ginger tea:** Ginger is an excellent remedy in the early stages of an infection because, as a warming spice, it can promote a fever and hasten healing. Ginger's warming effects are also said to relieve rheumatic aches and pains by widening the blood vessels and stimulating circulation.

**Nettle:** A British herb that is good to take when feeling run down. This is because of its rich mineral content. Nettle is a good source of iron, calcium and silica. Iron produces red blood cells, essential for energy. Calcium and silica are important for building bones, hair and teeth.

**Fennel:** A Mediterranean herb that has anti-spasmodic properties. This means it works on relaxing the intestinal muscles and is particularly good for constipation, colic and flatulence. Fennel is also a good detox because it is a diuretic - meaning it creates the urge to urinate. This helps to clean the kidneys and so rid the body of impurities, which then promotes a clearer skin.

**Peppermint:** A traditional remedy used for nausea and vomiting. By stimulating bile production in the gall bladder, peppermint breaks down fat in the digestion system, thus relieving nausea.

**Soursop Leaves:** According to a study conducted by experts from Purdue University in the United States stated that this soursop leaf content is very good for the treatment of various diseases, especially cancer. In the study proves that soursop leaves can inhibit cancer cell growth. Some types of cancer that can be treated are breast cancer, prostate cancer, lung cancer and 12 other types of cancer. The procedure to make it is: take old soursop leaves and boil with 3 cups of water. Leave until remaining one cup of water, drink 2 times a day

**Guinea Hen Weed:** The guinea hen weed, also known as anamu, is said to selectively disorganize cancer cells, sparing the healthy cells in the body. It also boosts the immune system by increasing the production of interferon and interleukins, substances naturally produced by the immune system. It lessens anxiety, reduces fever and pain and is said to reduce swelling (inflammation) when applied topically to the skin. It kills fungi and viruses. It demonstrates broad spectrum anti-microbial properties against several bacteria, fungi and yeast.

**Cautions for use of guinea hen weed** - Although there are many good uses for guinea hen weed in treating health conditions, there are cautions and restrictions to its use: The herb should not be used by pregnant females or by women who wish to become pregnant, as it can stimulate uterine contractions and lead to an abortion. Guinea hen weed contains coumadin and acts as a blood-thinner, which can cause complications if the person using it has a blood disorder, or is already taking blood thinners such as Warfarin. Guinea hen weed lowers blood sugar, so a diabetic individual, who is already on treatment, has to be careful that their sugar levels don't fall too low.

There does not seem to be any other side effects from using guinea hen weed, but this herb is still being researched and it is possible reactions could occur which are not yet listed.

To brew guinea hen weed tea: Rapidly boil three cups of water. Add one stalk of guinea hen weed, leaves, roots, or both. Allow to boil for a further three minutes. Remove from heat source and allow to cool. Drink sweetened or unsweetened.

Serve hot or chilled

## COCONUT WATER



I try to drink at least two glasses of fresh coconut water, at least three to four times a week (more if I can)

**Here is why:**

### What are the Benefits of Coconut Water?

Many studies have shown that the antiviral, antibacterial, anti-inflammatory and antioxidant activity of Coconut Water may help with a number of minor to severe health conditions. This nutrient rich drink has been used to regulate blood pressure, blood sugar, and cholesterol levels, and it has been found to boost energy levels and increase metabolism in the human body. Other conditions that it has been found to be effective at treating include stomach flu, dysentery, indigestion, constipation, intestinal worms, cholera, urinary abnormalities, urethral stone, malfunctioning kidneys, dry and itchy skin, age spots, and wrinkles.

**Boosting Energy:** Abundant in vitamins, minerals and other nutrients, Coconut Water makes a wonderful energy drink. In particular, coconut water has less sugar and sodium content compared to most sports drinks, while packing more Potassium, Calcium, and Chloride, which makes it a better choice to rehydrate, replenish and boost the body's energy levels after any strenuous activity or workout. For example, in every 100ml of Coconut Water there is approximately 294mg of potassium compared to 117mg in an average energy drink, 25mg of sodium compared to 200mg in energy drinks and 41mg in most sport drinks, 5mg sugar compared to 20-25mg, and 118mg of chloride compare to 39mg in average energy and sport drinks.

**Dehydration:** Rich in Potassium and other minerals, Coconut Water helps to regulate our internal fluids and replenish and rehydrate the body. It has been used to treat dehydration caused by dysentery, cholera, diarrhea and stomach flu, and the electrolyte balance and plasma in Coconut Water has been found to be similar to that of human blood. Therefore, drinking one cup of Coconut Water twice daily during digestive tract abnormalities, hot temperatures, and after strenuous workouts can help rehydrate the body quickly.

## Water Mellon Smoothie



This one is the simplest recipe – just slice a nice chunk of Water Mellon (do not remove the skin or the seeds) – cut into small pieces and place in the blender (no water necessary – remember Water Mellon is 95% water) – blend until smooth and drink right away!!

### Health Benefits of Watermelon:

1. **Watermelon is extremely alkaline-forming** in the body.
2. **Watermelon is the lycopene leader among fresh fruits and vegetables.** Deep red varieties of watermelon have replaced the tomato as the lycopene king. The red pigment — also found in apricots, pink grapefruit, and papaya — is an important antioxidant. It has been found to be helpful in reducing the risk of prostate, breast, and endometrial cancers, as well as lung and colon cancer. Lycopene's ability to neutralize singlet oxygen radicals was better than the antioxidant abilities of beta-carotene and vitamin E. (Source: Archives of Biochemistry and Biophysics in 1989)



3. **Watermelon is a diuretic and was a homeopathic treatment** for kidney patients before dialysis became widespread.
4. **Watermelon is a very good source of potassium**; it helps muscle and nerve function. **It can ease inflammation** that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer, and arthritis.

**Eating Watermelons:** **Eat watermelon on its own. Melons only take 15 – 30 minutes to digest; they do not combine with any other food. Always eat separately and wait 30 minutes before eating something else.**

- Eat room-temperature watermelon, as it is much easier on the stomach.
- Every part of a watermelon is edible, even the seeds and rinds.
- Yes you can eat watermelon rinds: We usually throw out the hard green rind of the juicy watermelon, but did you know that the watermelon rind has nutritional and healing benefits? This wasted food can do good things for your body. Also, using it will cut down on your garbage, thus helping the environment.

## GREEN VEGETABLE JUICE



Green Smoothies are simple – take any fresh greens you like and blend them alone or with coconut water.

Green Smoothies are easy to digest. A blender is the perfect set of teeth. It's a dream come true for your digestive enzymes. Nutrients are absorbed quickly and easily. The fibrous greens of a Smoothie are blended into a mush. Green Smoothies are a complete food. With their fiber, the fruit sugars are absorbed more slowly. You don't get that blood sugar rush you get from juicing because the smoothie still has the fiber.

Smoothies HEAL teeth and gums. When you blend a pound of greens a day, you give your body the Carotenes and Vitamin K1 it needs to convert into the fat-soluble vitamins A and K2, both essential for strong bones and teeth.

**THINK ABOUT THIS** - How does an elephant get her protein? She weighs 3,000 pounds! How does a gorilla get hers? She can bench-press 4,000 lbs! From eating green leaves. *Did you know, this is the best-kept secret in the capitalized world? That the richest source of protein for humans is green leaves?*

Leaf/vegetable protein is easy to digest, easily assimilated into the tissues, and has none of the harmful side effects of flesh protein. Green Smoothies contain all essential amino acids. If you're moving toward a heart-friendly, earth-friendly vegan diet (vegetarian with no dairy) then it's a good idea to eat Green Smoothie daily to meet all your nutrient needs. Believe it or not, Green Smoothies are a good source of Omega-3 unsaturated fat. Green leaves are the plant's food factory where it manufactures the fats it needs for every one of its cells.

## GREEN VEGETABLE SMOOTHIE

### Ingredients

- 1 cup coconut water
- 1 small head organic romaine lettuce, chopped
- ½ head of large bunch or ¾ of small bunch organic spinach OR callaloo





3–4 stalks organic celery  
 Juice of ½ organic lemon  
 1/3 bunch organic parsley  
 ½ cup water cress

### Preparation

Add the coconut water and chopped head of romaine and spinach to the blender. Starting the blender on a low speed, mix until smooth. Gradually moving to higher speeds, add the celery, water cress, parsley and lemon juice.

## RED VEGETABLE JUICE



My combination is - two carrots, half a small beet root, one large tomato and a small piece of peeled ginger. Put in your blender with a cup of spring or purified water (add ice if you desire) and blend until smooth – pour in a glass and drink within an hour of making. *Don't allow your vegetable juices to sit for more than an hour or two, because the mineral and enzymes starts to break down quickly once they have been processed*

### CARROT

3 pounds Carrot  
 especially when  
 take the straight  
 sweetener until  
 Lime Juice - one



### JUICE:

Agave sweetener or honey (very optional – I don't recommend sweeteners you consider that carrot is a very sweet vegetable – but some people can't carrot at first when they switch to a vegetarian or vegan diet – so use the you can put it away)  
 tsp

**Preparation:** Extract the juice from the carrot in a blender. Add sweetener to the extracted juice. Add lime juice and stir well.

## TOMATO JUICE



Try preparing a juice with tomatoes, green pepper, celery, ginger root and garlic. Another option is juicing tomatoes with cucumber, romaine lettuce and celery. Or try juicing tomatoes with zucchini, carrots and asparagus. Prepare a juice from tomatoes, beets and fresh lemon. For tomato vegetable juice that includes fruit, try combining tomato, blood orange and pineapple

## PUMPKIN JUICE



To make this juice you will need:

2 cups of uncooked (I much prefer uncooked) pumpkin, chopped up into chunks  
 2 cups of apple or carrot juice (best to use fresh apples, but if you don't have apples I use the Mott's brand 'Cold pressed organic apple juice sold in most supermarkets)

1/2 cup of pineapple juice (optional – I just like the combination)

1 teaspoon of honey (more or less to your liking)

Coriander, Ginger and/or Allspice (all ground, to taste)

## ALMOND NUT MILK:



**Almond milk** is a beverage made from ground almonds, often used as a substitute for milk. Unlike animal milk, almond milk contains no cholesterol or lactose. As it does not contain any animal products, it is suitable for vegans and vegetarians who abstain from dairy products. Almond milk can be made ground almonds water in a blender. Vanilla

and sweeteners are often added. Recipe - (not roasted) almonds to two cups of the blender with ice and blend until smooth. You can add two



at home by combining with water or coconut flavoring

one cup of soaked raw coconut water or purified/spring water. Add to table spoons of raw honey or four dates to sweeten. Strain and put in the fridge. This can last for two to three days.



Do not throw away the almond meat left in the strainer – you can add this back to make an **Almond Smoothie** – by adding in your blender: a banana, papaya, a cup coconut water, pumpkin and sunflower seeds, sesame seeds and raisins!!!

## Easy Vegan low-carb homemade breakfast cereal



This is one of the many uses for the almond meal you will have left over from the process of making almond milk above. Easy vegan cold cereal with the almond milk you already made, and the almond meal you have left from that process. You can eat it plain, or add dried fruits, other seeds and nuts, fresh fruit, or anything you please, to make this a convenient, nutrient-packed, high-protein, high-fiber, vegan, soy-free way to start the day.

## Oatmeal Mango and Coconut Delight

### Ingredients:

2 tablespoons unsweetened flaked coconut

1 serving quick-cooking or old-fashioned rolled oats



1 tablespoon brown sugar  
 1/2 cup mango, chopped  
 2 tablespoons cashews, chopped

#### Directions:

1. Preheat oven to 350° F. spread the coconut on a rimmed baking sheet and toast, tossing occasionally, until golden, 3 to 5 minutes.
2. Prepare the oats in a pot which you will boil in a cup of water for 5 minutes (remember that we believe in baking a large batch of oats for two hours in your oven to get rid of phytic acid, then keep it in jars to do your quick and easy recipes daily) . Stir in the maple syrup, honey or molasses. Top with the mangoes, cashews, and the coconut.

## Oatmeal with Banana and Molasses

#### Ingredients

1 serving quick-cooking or old-fashioned rolled oats  
 ½ banana, sliced  
 2 tablespoons chopped toasted pecans  
 2 tablespoons almond or soy milk  
 1 tablespoon molasses



#### Directions

1. Prepare the oats as above. Top with the banana and pecans. Drizzle with the milk and molasses.

## HUMMUS (CHICK PEAS) SPREAD:

2 cups chickpeas (soak overnight and cook for 10 minutes the next day)  
 ¼ cup tahini (roasted sesame seeds sold at the Health Food Store)  
 2 tbsp. lemon juice  
 1 tbsp. olive oil or cold pressed coconut oil  
 2 stalks scallion  
 2 cloves garlic, peeled  
 1 tsp. ground cumin  
 Pinch of cayenne pepper  
 Pinch of garlic power (optional)  
 Pinch of onion power (optional)  
 1 tsp. basil leaves  
 Sea salt to taste



#### Method:

Add all the ingredients into a food processor and secure lid. Press ON button and run for 1 minute until mixture is smooth. Serve with fresh raw vegetables (carrot stick, cucumber sticks)

## TOMATO SALSA:

4-6 small tomatoes  
 2 tbsp. cilantro  
 2 stalk scallions, cleaned and trimmed  
 1 small onion, chopped  
 ½ lemon, juiced  
 ½ jalapeno pepper  
 ½ red pepper, seeded and stem removed  
 Sea salt to taste  
 Method:



Add all the ingredients into a food processor and secure lid. Press ON button and PULSE for 1 minute until mixture is chunky.

## VEGETABLE SOUP:

### Preparation: Ingredients

2 small Tomatoes  
 1 small Onion, chopped  
 2 cloves Garlic  
 2 tsp thyme  
 2 medium sized Carrot  
 Small slice Pumpkin, diced  
 ½ cup Spring beans, diced  
 ½ cooked Beans  
 ¼ cup chopped cabbage  
 3 cups coconut milk or plain water  
 Pepper powder, garlic power and onion powder - 2 pinches  
 ½ tsp. cumin seeds powder  
 ½ coriander seeds powder  
 Coriander leaves - few  
 sea salt - according to taste

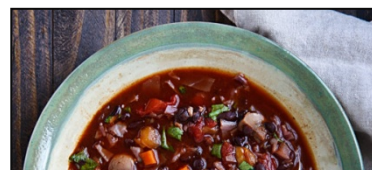


### Method:

Combine chopped onions, scallion, thyme and garlic cloves in pot. Then add chopped tomatoes and other vegetables. Add little rock salt and water to the contents. Boil the mixture on a low-flame for twenty minutes until the contents become soft and cooked. Put the cooked content into a soup processor or a blender and blend until smooth. Now add the powdered spices and boil for a while. Garnish with coriander leaves or pumpkin seeds as desired.

## BLACK BEAN SOUP:

### Ingredients:



3 cups water  
 2 cups black beans (soaked overnight)  
 2 small tomatoes  
 1 medium onion, peeled  
 3 cloves garlic  
 ½ red pepper, seeded  
 2 stalk scallions, cleaned and trimmed  
 2 tbsp. cold pressed coconut oil or olive oil  
 ½ tsp. cumin seed power  
 2 medium carrot, diced  
 1 slice pumpkin, diced  
 2 tsp Thyme leaves

### Method:

In a soup pot, sauté onion, garlic and scallion in oil for 2-3 minutes. Add all other ingredients and cook for 10-15 minutes. Add salt and pepper to taste. Carefully pour the hot soup in a bowl and serve.

## HEARTY BEAN SALAD

-1 cup of kidney beans, drained  
 -1 cup of pinto beans, drained  
 -1 cup of black-eyed peas, drained  
 -1 red bell pepper, chopped  
 -1 cup of corn  
 -½ bunch cilantro, chopped  
 -2 tablespoon olive oil  
 -3 tablespoon Balsamic vinegar (or white vinegar)  
 -Juice from 1 lime (about 1 ½ tablespoon)  
 -1 clove of garlic, minced (optional)



Soak the beans and peas over night – cook for 10-15 minutes, drain and cool. Combine all the above ingredients into a bowl and either serve immediately or let it chill in the refrigerator.

## THREE BEAN/PEAS STEW:

1 cup broad beans  
 1 cup (Pigeon) gungo peas  
 1 cup chick peas  
 1 cup coconut milk (can substitute with the 1 pack powered coconut milk powder)  
 2 medium carrots  
 Small piece of pumpkin cut in small cubes  
 Pepper powder, garlic power and onion powder - 2 teaspoon  
 Cumin seeds powder – 1 teaspoon



Coriander seeds powder - ½ teaspoon  
 Coriander leaves - few  
 Rock salt - according to taste  
 Cold pressed coconut oil or olive oil – 3 tablespoon  
 Onion, garlic cloves, scallion, thyme , green and red sweet pepper  
 Basil leaves and parsley leaves – 1 teaspoon  
 3 table spoon turmeric or curry power

### Method of cooking:

Soak peas and beans overnight – throw away that water the next day and put in a pot to boil with fresh water for 20 – 30 minutes or until tender

In a heated sauce pan pour oil and combine chopped onions, scallion, thyme and garlic cloves. Then add turmeric and all other dry ingredients. And little rock salt and coconut milk to the contents with the carrots and diced pumpkin. Boil the mixture on a low-flame for five (5) minute. Add the cooked beans and let simmer for another five to ten minutes until cooked.

## KIDNEY BEAN CHILLI:

### Ingredients:

- 2 tbsp chili powder
- 2 tbsp cumin
- 1/2 tsp red pepper
- 16 oz salsa
- 2 cloves garlic
- 1 medium onion, chopped
- 3 stalk scallion
- 2 tbsp. diced sweet pepper
- 1 tbsp. dried or fresh thyme
- 1 tbsp basil leaves
- 32 oz tomatoes, diced
- 1 cup water (or coconut milk )
- 3 cups of red kidney beans (soak beans overnight – drain and add fresh water and cook until beans are tender)



### Directions

1. In a large sauce pan cook onions ( I use a little water to help them soften and not get crispy) with garlic, sweet pepper and scallion until they are soft.
2. Add all other ingredients (except hot pepper) to pan. If you want a soupier chili, add some extra water till you get the consistency you desire.
3. Cook about 15 minutes or until hot.
4. Add hot pepper to season (optional).



## CASHEW CREAM CHEESE:

### Ingredients:

- 3 cups cashew (you can add ½ cup of pine nuts for a higher flavor experience)
- 1 cup water (hot) – (**for a firm cheese use less water**)
- 2 tablespoon roasted sesame seeds (tahini can be purchased at any health food store)
- 3 tablespoon nutritional yeast power or yeast flakes
- 1 teaspoon sea salt
- 2 teaspoon onion powder (or use one small onion)
- ¼ teaspoon garlic powder (or use two cloves garlic)
- ½ cup roasted or raw red bell (sweet) pepper – (for colouring)
- 2 teaspoon lime or lemon juice
- 1/8<sup>th</sup> teaspoon dill seeds
- 2 tablespoon cold pressed coconut oil or olive oil



### Method:

Combined ingredients in a food processor or a high-speed blender and mix/blend until smooth – leave on the counter for 12 hours covered in a glass or plastic container to age – then store in the refrigerator.

## ALMOND NUT MEAT:



### Ingredients:

- 2 cups soaked raw almonds
- 1/2 cup sunflower seeds and/or pumpkin seeds (optional)
- 1 clove garlic
- 1 onion
- 2 stalk of scallion
- 2 table spoon cold pressed coconut oil or olive oil
- 1 teaspoon dried basil leaves
- 3 table spoon turmeric
- 1/8 tsp pepper
- 1 tsp salt
- 1/2 tbsp mixed spices
- 1 tsp chopped sweet pepper
- Dash onion powder & garlic powder
- ½ tsp thyme leaf
  - For Mexican style nut meat:
    - Cumin, chili powder, cayenne, coriander, paprika, cilantro, lime.
  - For Italian style nut meat:
    - Sage, thyme, rosemary, oregano, basil, marjoram, sun dried tomatoes.

### Directions:

In your food processor, grind almonds, sunflower and/or pumpkin seeds until no large chunks are visible. Next you're going to pulse in the garlic, onion, scallion, salt, pepper, and additional spices. Add walnuts and blend

until a coarse crumb like consistency is reached. You can eat your nut meat right away, or let it sit in the fridge for a while to let the flavor develop. Nut meat should keep in the fridge for around four or five days. Enjoy it in lettuce wraps or with carrot sticks, celery sticks, or anywhere you would usually use meat!

### **Almond nut meat served with a fresh vegetable salad**



**Wrap the Almond Nut meat in Cabbage Leaves for a “Raw Taco”**



**Put the Almond Nut meat in Romaine Lettuce Boats**



**Mango (or pineapple), sweet pepper and corn combined with the almond nut meat**

### **LIVE VEGETABLE SALAD:**

#### **Ingredients:**

2 carrots  
1 medium cucumber  
½ cup of grated pumpkin (uncooked)  
½ cup thinly sliced String beans (uncooked)  
¼ cup diced Sweet bell pepper  
1/8<sup>th</sup> diced Red onions  
Hand full of Romaine lettuce  
½ cup diced pineapple  
½ cup Broccoli (uncooked)  
Fresh parsley – two table spoon finely chopped  
Optional – add sliced almonds or walnuts



#### **Method:**

Shred the carrot and pumpkin in a bowl. Wash and slice cucumber and string beans. Chop the romaine lettuce into small pieces and add to bowl, add broccoli, diced onions, diced sweet pepper, pineapple chunks, parsley and nuts

**Dressing:** cold pressed olive oil, garlic finely chopped or pressed through a garlic press, two table spoon honey and two table spoon lime/lemon juice – mix together in a small cut and pour over salad

### **SEASONED VEGETABLE RICE**



## Ingredients

- 2 tablespoons cold pressed coconut oil or olive oil
- 1 1/2 cups long-grain brown rice
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 clove garlic, minced
- 2 cups water (can substitute and use coconut milk for a richer taste)
- 1 (14 1/2-ounce) can diced tomatoes
- 1 teaspoons chili powder
- 1 teaspoon salt
- 1/2 cup shredded carrots
- 1/2 cup shredded pumpkin
- 1/2 teaspoon sea salt to taste
- 1/2 cup cooked green peas

## Directions:

In a large saucepan, pour out cold pressed oil over medium heat. Add the rice, onion, peppers, and garlic. Cook until the rice is toasted. Stir in the water, tomatoes, chili powder, and salt and bring to a boil. Reduce the heat and simmer, covered, until the rice is tender, about 15 to 17 minutes. Stir in the carrots, pumpkin, green peas (add any other vegetable that you like – broccoli, cauliflower, string beans, celery) and transfer to a serving bowl.

## STEAMED CABBAGE AND CARROT CURRY

### Ingredients:

- 1 cabbage, chopped
- 2 carrots, grated
- 1/2 cup bell pepper, chopped
- 1 onion, chopped
- 1 garlic clove, minced
- 2 tablespoons coconut oil
- 1/8 teaspoon coriander powder
- 1 teaspoon sea salt
- Dash of cayenne pepper (optional)
- 1/4 cup water
- 1 teaspoon turmeric powder



**Directions:** sauté onion, garlic and peppers in two tablespoons of water then add carrot and cabbage. Stir for a minute then add in turmeric, coriander and sea salt. Add water as needed, cover and steam for minute or two until tender but still crunchy.....add in coconut oil after the stove has been turned off to enhance the flavor.....enjoy!

## RAW CALALOO MIXED VEGETABLE SALAD

1 small bunch of Callaloo leaves (do not get the stem in the mixture), finely chopped  
 ¼ cup shredded raw pumpkin  
 ¼ cup shredded carrots  
 ½ head chopped lettuce  
 ¼ sweet pepper minced  
 1 large tomato (sliced or cubed)  
 ½ red onion thinly sliced  
 ½ cup of diced pineapple  
 ¼ cup of raisins



Method: Combine all ingredients. Mix well and serve.

**Dressing:** 2 tablespoon brags liquid aminos (natural soy sauce alternative), pinch of sea salt, 1 clove roasted garlic, 2 tablespoon cold pressed coconut oil, onion and garlic power, dried or fresh parsley leaves – combine in bowl and mix together.

## LETTUCE WRAPS WITH AVOCADO AND CARROTS:

### Ingredients:

Makes 4 servings

1 head lettuce, use large leaves  
 ½ ripe avocado peeled and sliced  
 salt and pepper, red pepper flakes, to taste  
 soy sauce to taste  
 3 tablespoons chopped garlic  
 2 tablespoons chopped ginger  
 ¼ cup bean sprouts  
 carrot cut into fine strips  
 ½ lemon juiced  
 1 teaspoon parsley flakes



### Directions:

Stir fry chopped garlic, ginger and carrot with some water in wok for a few minutes until soft.

Add soy sauce, salt, pepper and red pepper and parsley flakes.

Cook about another 1-2 minutes. Cool for five minutes a room temperature. Spoon the mixture into the lettuce/cabbage leaves, add a few drops of lemon juice, avocado and roll them up!

## STRINGED BEANS WITH ALMONDS OR CASHEW NUTS

### Ingredients:

2 cups string beans  
 ½ cup raw (soak overnight and drain) almonds or cashew nuts  
 1 ½ tbsp. coconut oil or olive oil  
 Sea salt to taste



Pinch of cayenne pepper  
 1 small onion chopped  
 2 cloves garlic, chopped  
 1 teaspoon basil leaves  
 1 teaspoon dried or fresh parsley leaves  
 1 sprig of celery minced or a dash of celery salt

**Method:** Clean and wash string beans, cut into bite sized pieces, remove the skin from the almonds and cut each into 3 or three pieces. Add oil to a hot pan, mix in the onions, garlic, tomato and let stir fry for a minute, add in the string beans and the nuts, then add all other dry ingredients. Add a small amount of water or coconut milk and let cook for 2 minutes.

## GUACAMOLE (AVOCADO SALAD)

Avocado is a great source of healthy unsaturated fats.

Makes 3 cups

- 2 medium avocados
- 1½ tablespoons freshly-squeezed lime juice
- 1 garlic clove, minced
- 2 tablespoon white onion, finely chopped and rinsed
- ½ scotch bonnet pepper, finely chopped (optional)
- 1 small tomato, cut into a ¼-inch dice
- Sea salt to taste



## FRESH PAPAYA SALSA

by [Nourishing Meals](#)

- 3 cups diced fresh papaya
- 2 cups cherry tomatoes, halved (optional)
- 1/2 cup chopped cilantro
- 3 to 4 green onions, thinly sliced into rounds
- 1 jalapeno pepper, seeded and finely diced
- 1 to 2 limes, juiced
- dash extra virgin olive oil
- 1/2 teaspoon sea salt



Toss all ingredients together in a bowl. Let sit for about 10 minutes before serving to let the flavors mingle



## HERBY CARROT AND GINGER DIP

by [Casey Lorraine Thomas](#)

- 1/3 cup fresh dill
- 1 handful fresh basil
- 1 small knob of ginger
- 2 carrots
- 1 small or 1/2 large avocado
- juice of half a lemon
- 6 drops of honey or maple syrup
- sea salt and black pepper to taste
- a couple of tablespoons of pure water for blending if necessary



Peel and cut the carrots and ginger. Cube the avocado and cut up the dill and basil.

Add all the ingredients into a blender or food processor and blend/process until well combined. If you have a high-powered blender you shouldn't need the water, but you will need it to help the blending process if you don't. A clove of garlic would also be a lovely addition to this recipe, as would a tablespoon of coconut oil for a variation on the flavor.

This recipe can be served as a dip, or you can add a little more water to thin it out and enjoy it as a dressing for salad or over a delicious bowl of cooked grains like millet or quinoa. Chop some fresh veggies into the bowl for crunch factor.

## CAYENNE TAHINI DRESSING

by [Kristen's Raw](#)

- 1/4 – 1/2 cup water or raw olive oil (I usually use 1/2 cup water)
- 1/2 cup raw tahini (roasted sesame seeds)
- 3 tablespoons fresh lemon juice or lime juice
- 1/4 – 1/2 teaspoon cayenne pepper
- 1/4 – 1/2 teaspoon sea salt



Blend all of the ingredients in a blender until smooth, adding more water as needed (or you can use a mixture of water and oil if you're aiming for an extra creamy, rich dressing).