

1 level of simply cooking recipes (and some recipes from the 2 level)

Millet pudding (for 2 people)

Millet 250mg.

Peaches 2 pieces

Stevia (or muskovado 4 tablespoons, maltex (gluten) ...)

Boil the millet with the Peaches 20 - 30 minutes until the millet is good boiled for a porridge. While it is hot put in the blender together and blend it until you get a homogeneous mixture.

Dates puree

Clean the Dates from its seed. Put boiling water into the jar with the dates just to cover them, around 40 minutes. Then Put them in a blender with some of the water and makes pulp from them.

Vegetable almond milk

100g. almond

1l. hot water

Vanilla

sweeteners: Muscovado black 1Table spoon (or Stevia 2 small)

First you can grind the almonds in a Coffee grinder . Then you need to put them in a blender with little of the hot water and mix it. After a short mix you can add the rest of the water and add the vanilla and the muscovado or from the Stevia . Filter the milk through a cheesecloth, nut milk bag or strainer.

Some prefer without filtering. The rest of the almond residue can be used for making creams.

Biokrem

400 g. Dates

100 g. Almonds

1ts carob (or chicory bio coffee (gluten)), little vanilla

Boiling water as much as for covering the dates.

Dates need to cleaned from its seeds and placed in boiling water just to cover for about 40 min. Then put in the blender the dates with small amount of water and add the carob and vanilla. You can add water according to your desire of the density.

(2 recipe:

2dl nuts (almonds, peanuts, walnuts ...)

2dl dried fruits (dates, prunes, raisins ...) 2dl hot water

2 t.s. carob; 1 t.s. bio coffee; Little vanilla.

Dried fruit put 30-40 min in a boiling water, then put in a blender and mix, add the other ingredients.)

Sutlijash

1recept: Boil 1 cup of brown rice and strain it. Add 1-2 cups of soy milk and at low temperature let

simmer with occasional mixing 20 minutes. If needed add more soy milk. Consistency should be creamy. If you put honey should be placed at the end, otherwise muscovado and stevia at the beginning .For serving if desired you can put a little cinnamon.

Peanut Cream

First Recipe: Bake peanuts at Low Temperature until it can peel the shell. Remove them. When they are cool grind them in coffee grinder with a short turning, on nuts grinder. You can try removing the red shell from the peanuts with your hands. Mix it with muscovado syrup, maltex (barley gluten) or honey (lack of fiber). If necessary, add water tablespoon or two. Muscovado syrup you can make with 1 tablespoon muscovado black sugar boiled in 1-2 TS of water until it melts and thickens.

In the same way you can make sunflower cream, almond, hazelnut, walnut, etc..

2 Recipe: After baking the peanuts you can grind them in a grinder with a "S" blade. If needed add little water.

Corn pudding with fruit (for 2 people)

In about 1l. water put 2 tablespoons muscovado black (or 4 small Stevia spoons-according to taste) 2-3 full tablespoons corn flour mix in half a glass of water by putting a little bit at the beginning to get a homogeneous mixture. Then the mixture is added to the already boiling water with stirring.

On a low temperature boil for 15 minutes with stirring. Then add sliced apple the sweet one (or pear or other sweet fruit and dried fruit). After 1-2 minutes side depends of the consistency it is done. Pour crushed nuts such as walnuts, and dried fruit can be added such as raisins and decorated with seasonal fruit.

Susamki

Fry sesame seed in a pan without oil until you get a rosy color, but not over bake them. In half a cup of water put 2 tablespoons black muscovado to boil until it melts and thickens. When will thicken pull away and adds the sesame seed. Make balls and wallow it in a coconut flour. (Optional is to take row sesame seed)

Vegetable coconut milk

Put 200g. Coconut in a 1/2l water for 30 minutes (or boil it for 10 min.). Then blend it with sweetener and strain it.

brown rice (for 2)

Whole grain rice 250g.

Water 1L

Sea Salt 1 ts

Wash the rice in a hot water, rinse it and add it to the boiling water. Boil for 30-40 minutes until is good chowed but not over cooked. Strain the excess water (do not discard it, it can be used for a soup or rice milk with sweetener). Add cold water, stir and strain it again. Add salt and mix it.

millet (for 2)

Millet 250g

Water 1l

Sea Salt 1ts.

The millet is washed in a hot water and add to the boiling water. Boil 10-12 minutes check if it is well boiled and strain the water (do not discard used for soup). Add cold water, stir and strain it again. Add salt and mix it.

Cornbread

Corn flour 500 g.

250ml water.

Sea Salt 1 TS

Sesame seed 50g.

Flour mixed with water (possibly mineral water or a small part soy milk) in which we put salt. Place in casserole baking paper. Pour sesame previously toasted dry(without oil). Cut it into pieces and bake at temperature 200 degree C. 20 minutes. Pull it Out and cover it with a cloth, or brake it into pieces. Important point is that the oven is good heated before it is putted into the oven.

Boiling legumes

Boiling legumes in principle is the same. Wash the beans and place them in a boiling water and then over low heat boil them until they are good boiled but not over boiled. It is desirable to stay in a water couple of hours. In the first level cooking class they can be used in a way that will be only strained from the water (the water will be for soup). They only add salt and garnished with salad or cooked or steam vegetables. You can add optional toppings.

Into the 2 level of preparation you can prepare immediately prior to removal add fresh spice as menta, dill, sage, oregano, etc., Or green leafy vegetables for 5-6 minutes before the end. If adding chopped parsley it would be just before removal. Thickening can be made with crushed corn salt 1 TS corn flour or ground red pepper.

Into the 3 level of preparation made pates, combinations, baked recipes etc..

Steam vegetables

Essential is to have steam pot! Depending on the size of the vegetable pieces it will be the time that should be enough to be capable of consuming (minimum exposure to steam) and not as over cooked. The vegetables pieces should be the same size. In a case of not having steam pot, you can try in a boiling pot with a little water, covered and mixing from time to time and be careful not burning it if all the water has evaporated.

Steam potatoes

2-3 pieces, peel and cut long-like fries for example (Another option is on cubes). Then put salt and mix it with your hands. Put in a steam pot and cook 20 minutes with occasionally stirring.

Soups:

- a. Broccoli. Make small broccoli pieces (1cm) without stalks and boil for 4-5min. with salt or corn salt(baked corn flour, sea salt and grinded oregano).
- B. Cauliflower with red pepper 3-4min. (Or with corn flour as in the pudding it is mixed first in cold water and then in the boiling water)
- C. Young green beans boil for around 20 minutes, and for thickening 1-2 T.S. corn flour.
- D.. Spinach 5 min. Boil . You can blend it and make it smooth mixture. Mix sea salt.

Salads: Cucumber cut into small pieces, add a little water, salt and lemon. Mix. The same principle is done and the grated carrot and beetroot salad.

Salad dressing: soy milk thicker one made or coconut milk.

Musaka

Boil potatoes with skins. Not to be over boiled. Pull away and peel them, cut into rounds and arrange it into baking pot in a row. Then spread cooked strained beans with parsley and another row of potatoes wheels. Covering with a little soy milk (or coconut milk)and bake 20 minutes.

Lentil pâté

Lentils boiled well and strained 250mg.

green Onion (young onion)2-3 pieces or green garlic

Salt, Parsley

In a blender put all the ingredients and mix until you get a homogeneous mixture. Can be added and pieces of cucumber that had stayed in water with salt.

Mixed salad

Mix finely chopped cucumbers and tomatoes and add boiled sweet young corn and salt.

Eggplant pâté

Eggplant, cut in long 4 pieces and Baked. When finished then it need to be peeled, cut into small pieces and mixed into a blender. Put Salt and optionally other spices like parsley, garlic etc.

Burrito vege

1 cup corn flour mixed with cold water to obtain a homogeneous mixture. In the casserole we put baking paper and applied the mixture thin (like a pancake size) and consequently pressed potato slices chopped wheels as chips. On a Top place cooked brown beans, cooked brown rice, soy crumbles that have been stayed in water and strained etc. It can be added little soy dressing. Bake 15 minutes. When you take it out with baking paper role it several times and served with salad.

Fruit salad

Versatile seasonal fruit cut into cubes is mixed and covered with a compote from a sweet fruits like apples, pears, pineapple can etc. Second option is with fruit cream.

Risotto

Nettles washed and sliced finely (or spinach), boiled shortly about 5-10 min. In a little water. Then we can add already cooked and strained brown rice, boiled young corn and sea salt. Mix.

Avocado pate

Avocado peeled and mashed with a fork. Sea Salt and optional corn salt with oregano, or parsley, green onion or garlic.

Additional recipes:

Marmalade

Dried fruits (dates, prunes, raisins, figs ...) 500 g.

250ml water.

Dried fruit is placed in hot water (enough to cover) 40min.-1 hour. When they softened place them in a blender with some water and blend until you get a homogeneous mixture. You can add fresh fruit to it.

Rice bread

Rice 500 g.

250ml water.

Salt 1k.l.

Make rice flour in a coffee grinder, mix it with warm water and salt. Place in casserole on a baking paper. Pour sesame previously toasted dry. Cut into pieces and bake temperature 180st.C. 20 minutes. Out and covered with a cloth.

Simple recipe for jelly

Using a juicer gets grape juice grapes. Boil the juice long enough to thicken. When cool put in plastic bottles (or containers) with spare space and froze it in the freezer.

If you don't have juicer you can manually squeeze the grapes and strain it or by using milling machine. (To produce 5-6 liters of quality jelly, it takes from 25 to 30 liters of wine.)

* Juicer can make other various fresh juices useful in a juice therapy.

strawberries cream

Strawberries 250g. Vegetable milk 100ml. Muscovado 3S.L.ili Stevia. Mix together in a blender. On same way you can make other fruit toppings.

Tofu neutral, with olives

Soy milk 4l (thicker than 500 g. Soy)

Epsom salts (magnesium sulphate) (or lemon) 10g.

Olives pieces 200 g.

Salt 1k.l.

Heated soy milk at a temperature around 60degree Celsius. Pull it on a side. In a small pot mix epsom salt with water and permanently add the soymilk while mixing. Wait for 10-20 minutes. When you see

that the protein has separate from the water put it in a cheesecloth, add salt and add sliced olives. Put it on a side to strain. Add weight on a top to get harder tofu. After a half-1 hour take it out and cut it. Store in refrigerator.

Lentils with broccoli (for 4 persons)

Lentile 500 g. Broccoli 200 g. (one flower), Potato 2 heads, Onion chopped 1 head
Oregano, Water 3L.

Boil the lentils in water with peeled potatoes. When you cook it 15s minutes add chopped onions and broccoli on small pieces. Boil for ten minutes. Add fresh spices (mint, marjoram, celery leaves ..)

Potato soup, carrot, polenta (for 2)

2 potatoes (medium size), Carrot 2 carrots (medium size), polenta 2 tablespoons, corn flour 2
tablespoons Water 1L., Sea Salt 1 ts

Cut potatoes into small cubes, and carrots into thin circles. Placed in boiling water. In bowl put corn flour to which is added a few tablespoons of cold water. Stir, add more water and add slowly into the soup while stirring constantly with a spoon to prevent lumps creating. Add salt and polenta. Boil together 10-15 minutes and add dill.

Beet soup, potatoes, Brussels sprouts (for 2)

Beetroot ½ head , Potato 2 pieces, sprouts 3-4, Water 1L.

Cut potatoes into small cubes, and beets into thin slices. Placed in a boiling water along with the cuted on half Brussels sprouts. Add salt and boil together 10-15 minutes add spice as marjoram.

Kachamak (3 people) (Corn meal)

Corn flour 500 g.

1.5 l water.

Salt 2 ts

Boil water with salt and then pour corn flour without mixing. In the middle make a hole for the water to boil. Reduces fire and left it 1-1.5 hours. Pull it out of the stove and mix with a wooden spoon. If necessary add more water possibly vegetable milk. Serve with topping of nuts or soy milk and cooked vegetables.

Corn meal polenta(for 2 people)

Polenta 250mg.

Water 500мл.

Salt 1.5 ts

Put water to boil, add salt, reduce the intensity of the fire and add slowly the polenta stirring constantly with a spoon. Boil for 2-3 minutes stirring constantly. The Polenta is ready when it starts to separate. Served with nut cream and vegetables.

Tofu dressing / mayonnaise

Tofu put in a blender with a little water and finely cut parsley. Blend until the desired consistency.

Dressing Broccoli

Boiled broccoli 1 flower

Hot water 100ml. Salt

Marjoram (or other spices if desired)

We put everything in a blender and mix until we get a homogeneous mixture.

Carrot dressing and potato

Cooked carrots 3 pieces, cooked and peeled potatoes 1 piece

Hot water 100ml.

Salt ¼ ts, dill

Randy carrots and put in a blender with water, salt and dill. Mix until you get a homogeneous mixture.

Sunflower dressing / mayonnaise almond / seeds / Peanuts / Nuts / Hazelnut

Sunflower 100 g.

Soy milk (or water) half to 1 cup

Salt ½ t.s.

Grind sunflower seed in a coffee grinder and placed in a pot on a stove with the milk and salt. Add spices if desired. Mix a few minutes and pull it off.

Gomasio

Sesame seed 100 g.

Salt ½ t.s.

Sesame seed is put in a fry pan and baked dry until golden brown color comes. Then we put it into a coffee grinder and flip 2-3 times for into the mixture will remain whole seeds. Store it in a glass container in the refrigerator.

Alva dressing

In 2 cup water put 2 tablespoons black muscovado , 2 tablespoons tahini (sesame seed pasta) and vanilla to boil until it melts and thickens.

Poppy seed, millet and muscovado

In a 2 cups boiling water add 3-4 tablespoons of ground poppy 1T.S.muscovado black and half cup rinsed millet. Boil over low heat for about 20s to 30 min. occasional stirring. If necessary add more water.

t.s. tea spoon; T.S. Table spoon

* In most of the recipes, the measures are indicative only.

This is appendix to the menu and How to combine the food for health!

Note: Depending on the condition of the person it is necessary to make adjustments.

Consult and explore before you decide to change your lifestyle!

***** All rights reserved. The recipes may not be used for commercial purposes. "Center for preventive medicine and natural healing" Strumica *****

www.natural-remedies-healthy-lifestyle.com

077.88.44.22