



Simply Swap Key Ingredients  
and you can have  
Delicious *AND* Nutritious!



Where talent, passion, need, and conscience meet, there is our mission in life. My talent for cooking, my passion for healthy and delicious food, the need in the world as health declines, and the compulsion I feel to help, have all led to this little cookbook, and it's just a small part of how I hope to encourage others. I have been blessed by the education I have received from the not-for-profit organization, Angie's Option GRM, and by the friendship I have with the founders and other volunteers of that organization. It has been my privilege to put these recipes and information together. I hope it can be a starting place for others who may be struggling, like I was, in their journey to better health and quality of life.

And treats on the journey of life are a must. 😊

This little book comes not only from my kitchen, but from my heart and I dedicate it to my family and friends whom I love and cherish.

These people are the most important reason I cook.

And to my fellow humans in this journey called life,  
I wish your health and joy!

Here's to your health as you

**MAKE THE SWAP!**

-Angelica Orr

Thanks so much to those who contributed recipes.

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# The Basics of Swapping Ingredients

It's easy to substitute more healthy options for sugar, white flour, and other overly processed food-like substances. Even small changes, consistently made over time, make a big difference in our health, and we can still have treats! The recipes in this book have had just a few simple changes made. But what if you have a recipe that you want to modify? Consider the notes below from the contributors:

**Reading labels** is a great skill to make sure we are getting whole foods that support health instead of edible food-like substances that do the opposite. Can we pronounce all the ingredients? Do they have chemical sounding names? Can we tell where the ingredients come from? Does it say that the product has been made with genetic engineering? Most processed foods have one or all of these qualities. Whole foods are naturally occurring and don't have to be synthesized. An example is vegetable oil versus olive oil. Oil cannot be pressed from grain; it must be synthesized. On the other hand, oil can be pressed from an olive.

## **What does "Organic" mean and why does it matter?**

- Organic crops cannot be grown with synthetic fertilizers, synthetic herbicides or pesticides, or sewage sludge.
- Organic crops cannot be genetically modified or irradiated.
- Animals must only eat organically grown feed that is without animal byproducts, and can't be treated with synthetic hormones or antibiotics.
- Animals must have access to the outdoors and ruminants (hoofed animals, including cows) must have access to pastures.
- Animals must not be cloned

Buying Organic matters because "we are what we eat", and in the case of meat or animal products, "we are what we eat eats". What we eat becomes a part of us so we want the best and safest!

**It is best to avoid products containing corn and/or soy** altogether, such as corn syrup, soybean oil, soy lecithin, and many others. Most processed foods have some corn or soy derived ingredient in them. But, if these products are needed, it is especially important to look for the organic label. Most corn and soy are genetically modified.

**Where modern wheat is concerned**, the organic label does not mean that the wheat has not been overly hybridized. Overly hybridized wheat has an addictive quality and damages our brain and gut. Many processed foods have ingredients that are derived from wheat because of the addictive quality.

**When buying produce**, a helpful resource is EWG's Dirty Dozen & Clean Fifteen list. Some produce is more heavily sprayed than others and when organic produce is not available or when we need to choose between which produce to buy, their list gives good guidelines for which produce is generally safe. Visit their website at [www.ewg.org](http://www.ewg.org).

**The best meat** comes from free-range, grass-fed, organically raised animals, that also doesn't have nitrates or nitrites or other fillers and preservatives added to it.

**When buying eggs**, look for eggs from free-range, organically raised chickens. Cage-free is not the same as free-range.

**In place of pasteurized cow's milk**, use raw milk or nut milks such as almond milk. It is best (and easy!) to make nut milks from scratch because what is found in stores is often made with sugar and other harmful chemical ingredients. When buying nuts, the best option is raw, unsteamed and unsprayed, but choose steamed or blanched over sprayed.

**In place of yellow cheddar**, use white cheddar. White cheeses are better because they are made without food coloring and/or other chemical ingredients. The best option is cheese



made with raw milk. With parmesan, look for parmigiano reggiano that has the red and yellow seal that says "Guarantees Authenticity-Quality and Production Methods".

**In place of all-purpose flour or modern whole wheat flour,** use ancient grain flours. Khorasan wheat is an ancient grain and can also be found under the brand name Kamut. In order to qualify for the Kamut brand, khorasan wheat has to be grown with organic standards and is protected against being hybridized. To request information on an excellent source for khorasan and many other safe grains, visit [GRMVetted.org](http://GRMVetted.org). There are other ancient wheat varieties, but khorasan is very easy to use when making substitutions. White khorasan flour hasn't been bleached or fortified; it has simply had the bran taken out. Khorasan and other wheat berries can be ground into whole wheat flour. To preserve the nutrition and freshness, store freshly ground whole wheat flour in the freezer. Generally, use the same amount of khorasan flour as you would all-purpose or modern whole wheat flour that a recipe calls for. In cookies or bread, it may take slightly less flour.

**In place of refined table sugar (or white sugar),** use non-GMO Trehalose. To request information about an excellent source, visit [GRMVetted.org](http://GRMVetted.org). It is about 40% as sweet as table sugar so you may have to use slightly more, such as a rounded measurement instead of an exact measurement. Or add a little X5 sweetener (more information below) or raw honey to increase the sweetness. **IMPORTANT NOTE** about baking with Trehalose: with a few exceptions, the texture of the food will be best if baked at a lower temperature for longer. 325° is best for cookies and bars. 325° to 350° is okay for breads, cupcakes, and muffins. The recipes in this book have already been adjusted to accommodate this. Also, for best texture for things like cookies or bars, store them in the freezer if they won't be eaten the same day as baking.

Trehalose has none of the harmful effects of refined sugar and several amazing benefits. Read more about this in a few pages.

**X5 Sweetener** is a mix of Trehalose and stevia. The stevia is high quality from a clean source. X5 is 5 times as sweet as table sugar and is a great option when a recipe needs a little extra sweetness. Add a small amount in addition to the Trehalose. Read more about X5 in a few pages.

**For brown sugar**, use a rounded measurement of Trehalose and add 1 T molasses for each 1 cup. There is no need to mix them together before adding to a recipe, just add them at the same time and mix as usual. The darker the molasses, the more vitamins and minerals it has, but it will have a slightly more bitter taste. Look for an unsulfured version of molasses.

**Raw honey can also be substituted for sugar.** A local source is best. If honey has crystallized, beat with a strong hand mixer to soften, then scoop into a separate container. We like to do about a quart jar full at a time for our family of five. Heating honey destroys all the good enzymes and nutrients. However, if baking or cooking with it, it is a better option than refined sugar. Use about  $\frac{3}{4}$  the amount the recipe calls for. Honey acts like corn syrup when used in cooking.

**Other good substitutes for refined sugar** are real maple syrup and coconut sugar. Be wary of stevia and agave. It is difficult to find a truly safe product.

**In place of vegetable oil**, with high heat, use extra virgin coconut oil, organic butter, ghee, or avocado oil. In baking, use extra virgin coconut oil, organic butter, ghee, extra virgin olive oil, or avocado oil. For dressings or sautéing over low heat, use extra virgin olive oil or any of the other oils mentioned. In place of shortening, use extra virgin coconut oil or organic butter. You should be able to smell the coconut in the coconut oil. When cooking with coconut oil, it generally doesn't make the food taste like coconut, it just gives it a nice creamy flavor. There are other good oils that we didn't mention, some are less readily available than others. When buying oils, consider the food it comes from and the extraction process.

**In place of canned "cream of..." soups,** make a white sauce with butter, flour, and milk or broth. Recipe is included. Heavy cream can also be seasoned and cooked to reduce and thicken it.

**In place of bouillon,** use organic broth; either chicken, beef, or vegetable. Just use the same amount as the amount of water a recipe calls for and omit the bouillon. If the bouillon is being used to add flavor, add a generous sprinkle of each onion powder, garlic powder, celery salt, real salt, and ground black pepper. Also add a dash of Worcestershire sauce, or a small dash of quality fish sauce.

**In place of processed, iodized salt, use sea salt or other real salt.** There are many kinds. Real salt has all the good minerals and no fillers or flow agents. Check the label to be sure.

**In place of instant or quick yeast,** use natural yeast. Natural yeast has a learning curve but the benefits are worth it. Natural yeast gives sour dough bread its slightly sour flavor. Different strains of yeast have more mild or stronger sour flavors which is also affected by the type of flour used to feed the start and the temperature of the room it's in. There are many great resources, including books, websites, and social media sites, to help you learn to use and bake with natural yeast!

**Most cocoa powder** is highly processed and from farms that don't use the best harvesting practices. Look for an organic fair-trade cocoa, or less processed raw cacao powder.

**In place of corn starch,** use organic tapioca starch, also known as tapioca flour. Or, buy organic corn starch.

**When buying baking powder,** make sure it is non-GMO with no aluminum added. Baking powder contains corn starch, so organic or non-GMO is especially important.

**In place of prepackaged spice mixes**, such as envelopes of taco or spaghetti mix, make spice mixes from organic spices and store in small jars or airtight containers. Some recipes included in this book.

**Make salad dressings** from scratch using organic or homemade mayo and milk for creamy dressings like Ranch. Nuts such as cashews or pecans can also be used as a creamy base. Soak the nuts in water that has been brought to a boil and then removed from the heat, and then blend in a powerful blender. Use quality oils and apple cider or other vinegars that include the mother, for vinaigrette style dressings. Recipes included in this book.

**In place of whipped topping**, use heavy cream from organically raised cows, whipped with Trehalose or real maple syrup.

**Make ice cream** at home with raw milk, heavy cream from organically and pasture raised cows, or full fat canned coconut milk, sweetened with Trehalose or another natural sugar. If using canned coconut milk, check the ingredients to make sure there isn't any other added ingredients, such as citric acid. It gives the ice cream a slightly sour flavor. Or, choose a naturally sweetened, organic/non-GMO version from the store.

**Make your own jam** with organic frozen berries, organic chia seeds or tapioca granules, and Trehalose. Recipe included in this book.

**When buying nuts**, the best option is raw, unsteamed and unsprayed, but choose steamed or blanched over sprayed.

**In place of microwave popcorn**, use organic popcorn and pop over the stove with extra virgin coconut oil or high quality butter. Don't forget the real salt!

**Replace instant gelatin salads and desserts** with real organic gelatin made with real fruit juice and fruit.

**Make marshmallows from scratch** using organic gelatin and Trehalose or raw honey. Recipe included in this book.

**Make your own extracts to use in baking.** You can choose real, quality ingredients and it's so easy! An extract is created by soaking a raw ingredient, such as vanilla beans, in alcohol. Instructions included in this book.

**Essential oils** are called for in several of the included recipes. Essential oils are very concentrated, flavors included. They are readily absorbed into our body and skin when ingested and used topically so it is especially important to use organic or wild-crafted oils. Therapeutic grade and other classifications are not a guarantee that the oils are organic and food safe. Look for the USDA Organic seal or "Wild-crafted" on the bottle. Because they are concentrated, it takes only a few drops to add flavor. To request information about an excellent source for organic and wild-crafted essential oils, visit [GRMVetted.org](http://GRMVetted.org).

# Example of how to make “Swaps” in a recipe

## Lemon Bundt Cake

### Original

1/2 cup coconut oil

1 cup honey →

1 cup sugar →

6 large eggs

3 tsp vanilla extract

1/2 cup applesauce, unsweetened

1 1/4 cups Greek yogurt, plain

2 T lemon zest

2 T lemon juice

1 1/2 cups whole wheat flour →

1 1/2 cups all-purpose flour →

2 tsp baking soda

1/2 tsp salt

### Swap

OR 1 stick organic, free-range butter

2 cups Trehalose + 3 1/2 T X5 Sweetener + 2 T raw honey OR 1 3/4 cups raw honey

free-range, organic

real vanilla

organic

free-range, organic, whole fat OR organic sour cream

zest from about 2 organic lemons

fresh-squeezed from organic lemons

2 3/4 cups white khorasan flour

real salt

## More about Trehalose

One Smart Sugar

From: The Endowment for Medical Research

Read science papers and get other amazing information on [www.endowmentmed.org](http://www.endowmentmed.org)

Trehalose is a multi-functional, naturally occurring sugar about half as sweet as sucrose (table sugar) and has a clean profile with no aftertaste. Trehalose is a white crystalline dihydrate powder produced from tapioca or other starch. It is a non-reducing disaccharide consisting of 2 glucose molecules (compared to table sugar that has 1 glucose and 1 fructose molecule). It is anti-oxidative and anti-inflammatory. It is stable in high acid conditions and does not attract moisture. This results in a free-flowing dry crystal that is stable to 94% humidity.

Trehalose is low-cariogenic and has been shown to have substantially reduced cariogenic potential compared with sucrose and can therefore be used in the formulation of "kind to teeth" and "tooth friendly" products, but without the laxative effects of other low-cariogenic bulk sweeteners.

Trehalose has shown protein and cell membrane stabilizing capabilities and may preserve and protect multiple normal biological systems by protecting the cell proteins and assisting with the production of protein cluster aggregates. Trehalose may maintain and help the body's natural cellular processes of protein turnover and reduce neurological cell stress. Trehalose has a very low insulin response and provides sustained energy.

Trehalose sourced by the Endowment for Medical Research is superior to other Trehalose because it has **not** been genetically modified.

## **More about X5 Sweetener**

[www.sweetandhealthyx5.com](http://www.sweetandhealthyx5.com)

Sweet and Healthy X5 is a blend of non-GMO Trehalose, 100% pure organic Stevia extract, and Xylitol. It is 5 times sweeter than table sugar so it can be used to add a little extra sweetness to recipes when using Trehalose, or when only a small amount of sugar is needed.

Sweet and Healthy X5 is designed and scientifically tested to benefit health several major areas:

- Diabetic Friendly
- Provides Sustained Energy
- Supports Neurological Health
- Strengthens Cell Membranes
- Improves Brain Function
- Reduces Fat Cells



**Are you hungry yet?**

**Continue on for delicious  
family tested recipes...**

## **Taco Seasoning**-Use organic spices where possible.

3 tsp cumin  
2 tsp real salt  
1 ½ tsp garlic powder  
1 tsp onion powder  
1 tsp paprika  
¾ tsp dried oregano  
½ tsp fresh ground black pepper  
¼ tsp crushed red pepper OR ¼ tsp cayenne for mild, or  
½ tsp cayenne for medium

Mix all together and store in a small jar or airtight container. For milder flavor, reduce chili powder to 2 teaspoons and omit crushed red pepper.

Use 2-3 T per pound of meat. Or substitute quinoa for great tacos or taco salad. Use 2 T per cup of uncooked quinoa.

## **Fajita Seasoning**- Use organic spices where possible Angelica Orr

3 T ground cumin  
2 T onion powder  
2 T garlic powder  
2 T real salt  
2 ½ T paprika  
2 T ground coriander  
1 ½ T dried oregano  
½ to 1 tsp cayenne pepper (depending on how much heat  
you want)  
⅛ tsp ground cloves  
⅛ tsp ground allspice

Mix together and store in an airtight container. Use 1-2 tsp of seasoning per chicken breast or steak. Marinate meat or veggies overnight or at least for several hours before cooking.

**Ranch Seasoning**-Use organic spices where possible.  
Can be used to make ranch dressing. See recipe in this book.

¼ cup dried parsley  
1 T garlic powder  
1 T onion powder  
1 T dried basil  
2 tsp real salt  
1 tsp dill weed  
½ tsp ground black pepper

Combine all ingredients in a small jar or spice grinder. Store in an airtight container.

**Italian Seasoning**- Use organic spices where possible

¼ cup dried basil  
¼ cup dried marjoram  
¼ cup dried oregano  
2 T dried rosemary  
2 T dried thyme  
1 tsp onion powder  
1 tsp garlic powder  
½ tsp ground black pepper

Combine all in a jar and shake to mix; or use a spice grinder.  
Store in an airtight container.

# Mayonnaise

Angelica Orr

3 egg yolks, room temperature

1 cup avocado oil or other mildly flavored oil

1 T fresh squeezed lemon juice or raw apple cider vinegar

$\frac{1}{8}$  to  $\frac{1}{4}$  tsp garlic powder

$\frac{1}{8}$  to  $\frac{1}{4}$  tsp onion powder

$\frac{1}{2}$  tsp salt

$\frac{1}{4}$  tsp pepper

1 T Trehalose or a sprinkle of X5 sweetener-optional

Put egg yolks in a food processor. While on a slow speed, pour avocado oil in as slowly as possible to give the egg yolks time to emulsify. If you pour the oil in too quickly, the egg and oil won't mix and it will be runny. After all the oil is incorporated, add the lemon juice or apple cider vinegar and seasonings and process until mixed. Store in the fridge.

The other method is to combine the egg yolks and oil in a bowl and use an immersion blender. Add other ingredients and mix well.

Can add another  $\frac{1}{2}$  T lemon juice or vinegar for more tangy mayo.

## **Ranch Dressing**- Especially good on taco salad!

Angelica Orr

1 cup organic or homemade mayo

1/2 to 3/4 cup raw milk depending on how runny you want it

3 T ranch seasoning mix

Whisk all together in a small bowl or use a mixer bottle. Store in the fridge.

## **Sweet Vinaigrette Dressing**

3/4 cup raw honey

1/3 cup raw apple cider vinegar

4 1/2 tsp grated onion or 1 1/2 tsp onion powder

3 tsp ground mustard

1 tsp organic chia seeds

1/2 tsp real salt

1 cup olive oil

In a small bowl, combine first six ingredients. Slowly add oil while whisking briskly. Store in a mixing bottle or cover, and refrigerate until serving. Bring to room temperature before serving as olive oil will partially solidify.

# Cashew Caesar Dressing

Angelica Orr

- 1 cup raw cashews
- 1 cup filtered water
- ¼ cup fresh-squeezed lemon juice
- 1 T brown or Dijon mustard
- 1 tsp Worcestershire sauce
- 1 ½ tsp real salt
- 1 tsp garlic powder
- ½ tsp fresh ground black pepper
- ½ cup grated parmesan cheese

Heat the water to boiling and remove from heat. Pour over the cashews and let sit for at least 30 minutes.

After the cashews have soaked, add all ingredients except parmesan cheese to a high-powered blender. Blend for a minute and scrape down the sides. Blend for one more minute. Add parmesan and blend for 30 seconds. Taste for salt. Refrigerate.

Great for Caesar salad, green salad, or pasta salad.

## **Korean Salad Dressing**

Angie Law

2 T Trehalose

2 T Braggs liquid aminos (great alternative to soy sauce)

1 ½ T raw apple cider vinegar w/mother

1 tsp organic garlic powder

½ tsp ground pepper (mix of black, red, and white is good)

2 T organic roasted sesame oil

¼ cup avocado oil

Put all ingredients in a jar and shake to mix. Shake well each time before using and use a spoon to dress individual salad plates instead of dressing a whole bowl of salad, unless the salad will be eaten immediately. Makes about 1 cup.

Goes great on a green salad with chopped cucumbers, carrots, cabbage, cherry tomatoes, and green onions.

# Teriyaki Sauce

Angelica Orr

- 1/2 cup organic low-sodium tamari
- 1/2 cup coconut aminos (similar to soy sauce or tamari)
- 1/2 cup honey
- 1/2 cup water
- 2 tsp molasses
- 3 tsp minced fresh ginger, OR 1/2 tsp ground ginger powder
- 2 cloves garlic, minced or pressed ahead of time, OR 1 tsp garlic powder
- 2 tsp sesame oil
- 1 tsp sambal (ground chilies) or 1/2 tsp sriracha
- 1/4 cup water mixed with 2 T white Kamut flour OR 3 tsp organic corn starch

Mince or press garlic if using and let sit for 10-15 minutes.

In a medium sauce pan, combine all ingredients except water and flour. Simmer on medium-low heat for 10 minutes. Add water and flour mixture and whisk constantly until sauce comes to a boil and thickens. Store in the fridge. Flavors mellow and blend over a couple days, but it can be used immediately. A little goes a long way.

To use as a marinade, omit thickener. For a glossy sheen on the food, use the corn starch option instead of flour.



## Dill Dip

Angie Law

- 2- 8 oz packages organic cream cheese-room temperature
- 1 cup organic mayonnaise (or, recipe included in this book)
- 3 tsp dried minced onion
- 2 tsp dried dill weed
- 2 tsp dried chives
- 1 tsp dried parsley
- ½ tsp real salt
- ½ tsp celery seed

In a medium bowl, put the softened cream cheese, mayonnaise, and seasonings and blend until fully mixed. A hand mixer works well. Cover or put in an airtight container and refrigerate for at least two hours.

Great with cut up veggies or for cucumber sandwiches.

**To make cucumber sandwiches,** spread dip on two slices of bread (made with safe wheat and natural yeast is best) and place cucumber slices to cover the bread. Put slices of bread together and cut into small squares or triangles. Best eaten fresh.

# Sprouted Almond Milk

Angelica Orr

$\frac{3}{4}$  cup raw almonds  
2 cups purified or filtered water

Combine and soak almonds overnight.

Pour almonds and water into a powerful blender. Add another 1  $\frac{3}{4}$  cups purified or filtered water.

Add:

3 tsp unsulfured molasses  
1  $\frac{1}{2}$  tsp real vanilla extract  
 $\frac{1}{4}$  tsp real salt

If your blender has a "whole juice" setting, select it and let the blender run for one complete cycle. If the blender doesn't have that setting, run on the highest speed for 1 minute. Scrape down sides if necessary and run for 1 more minute.

If smoother consistency is desired, strain through 4 layers of cheese cloth, or a flour-sack towel. Squeeze excess liquid out and discard almond solids. Chill before serving. Store in the fridge. Swirl gently before serving.

Note: Sprouting nuts and seeds doesn't mean that a little green plant starts growing, though if you soak the nuts or seeds long enough, they can certainly do that. Sprouting is just the process of soaking that activates the enzymes and makes the nutrition that is present in the food more available to our bodies.

**White Sauce-** Can use in place of "cream of..." soups and other processed sauces  
Angelica Orr

3 T organic butter  
3 T white khorasan flour  
1 cup milk or broth or a combination of both  
Salt and Pepper to taste

Melt butter in a medium saucepan over medium heat. Add flour and stir to combine. Allow to brown for a few minutes, stirring often. Add liquid gradually, whisking constantly until sauce boils and thickens. Add spices as desired.

**For homemade macaroni and cheese:** Can add ½ tsp onion powder and garlic powder, 1 tsp mustard, 3 cups shredded cheddar or a mix of different kinds of cheeses, and ⅓ block organic Neufchatel or cream cheese (optional). Pour over two cups pasta, cooked al dente. Stir gently to coat. Serve.

Can also use to thicken chowders and soups. Just adjust the proportions of butter and flour as needed for the amount of liquid and use the liquid from the soup in place of the milk or broth.

Use to make sausage or other gravy by using the fat from the browned or cooked meat in place of the butter. Great on biscuits!

# Chicken Gravy for Hawaiian Haystacks

Angelica Orr

2 large organic chicken breast halves-trimmed and cut into 2 or 3 pieces

6 cups organic chicken broth, divided

1 tsp onion powder or 1 medium onion, diced

1 tsp garlic powder or 3 cloves garlic, minced

2 tsp mild green herbs (such as basil, dill weed, chives, chervil, or parsley, or a mix of different kinds)

1 tsp real salt

½ tsp ground black pepper

In a large sauce pan, put 4 cups chicken broth, onion powder, garlic powder, herbs, salt, and ground black pepper. Bring to a boil, add chicken, reduce heat and simmer chicken for about 20-30 minutes. Remove chicken to a large mixing bowl and shred using a hand mixer or stand mixer. Reserve liquid.

In large sauce pan over medium heat, melt 1 stick (½ cup) organic butter. Add ¾ cup white or whole wheat khorasan flour and whisk together. Let brown for a few minutes, whisking occasionally. Add reserved liquid from cooking the chicken and the other 2 cups of chicken broth. Whisk constantly until gravy begins to thicken and boil. Taste for salt. Add shredded chicken.

Serve over rice. Top with shredded cheddar or other cheese, sunflower seeds, diced pineapple, dried cranberries, raisins, sliced celery, sliced cucumbers, sliced green onions, and unsweetened shredded coconut.

# Nacho Cheese Sauce

Angelica Orr

4 T organic butter

4 T white khorasan flour

1 ½ cups organic chicken broth

½ cup raw milk

1 tsp onion powder

½ tsp garlic powder

½ tsp cumin

½ block (4 oz) organic cream cheese or Neufchatel cheese

3 cups shredded white cheddar

1 small can diced green chilies

In a medium sauce pan, melt butter over medium heat. Add Kamut flour and whisk constantly until lightly browned. Add liquid and whisk constantly until sauce starts to thicken. Reduce heat to medium-low and add seasonings. Add cream cheese, shredded cheddar, and diced green chilies. Stir until cheese is melted. Remove from heat and serve. Sauce will thicken as it cools. Store left over sauce in the fridge.

## Mixed Berry Jam or Sauce

Angie Law

6 cups frozen mixed berries (strawberries, blueberries, raspberries, and/or boysenberries)

1 cup Trehalose or  $\frac{1}{2}$  cup raw honey, to taste.

1 cinnamon stick (or 2-3 if you like more cinnamon taste),

Dash of real salt

Juice of 1 organic lemon

$\frac{1}{3}$  cup organic chia seeds or  $\frac{1}{3}$  cup tapioca granules for jam, slightly less for sauce, adjust for your thickness preference

If using tapioca granules, cover granules with a little water and let it sit while you prepare the other ingredients.

In a large sauce pan, add the frozen mixed berries and the Trehalose or honey. On low heat, stirring occasionally, let the berries thaw until they can be mashed with a fork. Add the cinnamon stick(s), salt, lemon juice, and chosen thickener. On low to medium heat, bring to a boil and let simmer for 10 minutes, stirring frequently. Remove from heat and remove the cinnamon stick(s). Let it stand until cooled enough to ladle into small glass jars.

Makes 2 half-pint jars. If you want to freeze it, make sure you leave  $\frac{1}{4}$ " head space in the jar to allow for expanding. Store if in the fridge for up to 3 weeks and in the freezer for up to a year.

When the sauce is warm, it makes a great topping for ice cream. Chill and use as jam. Goes great with chia seed pudding (recipe included in this book).

# Apricot Jam

Angie Law

8 cups fresh apricots

1/4 cup fresh squeezed lemon juice

3 cups Trehalose (or more if you like it sweeter)

Heaping 1/4 cup organic tapioca granules

Peel, pit, and crush the apricots.

In a large sauce pan, combine all ingredients and stir to mix. Taste for sweetness.

Turn on heat to medium and bring to a slow boil, stirring constantly. Boil for 1 minute, continuing to stir. Jam should thicken. If it doesn't thicken as much as you'd like, bloom 1 T gelatin in 1/4 cup water. Let sit for 5 minutes. Whisk gelatin into jam and stir constantly. Bring back to a boil.

Remove from heat and pour into small jam jars. Refrigerate for 24 hours to let it set up. Freeze what you won't eat in 2 weeks.

# Quick Lightly Sweet Pickled Cucumbers

Angie Law

Makes 1 quart + 1 pint. Wide mouth jars work best.

1 cup organic apple cider vinegar with the mother  
2 cups Trehalose  
3 T X5 sweetener  
1 T real salt  
8 cups sliced cucumber rounds  
1 large organic red onion, sliced  
1 organic red bell pepper, sliced (optional)

In a medium sauce pan, stir together apple cider vinegar, Trehalose, and X5. Bring to a boil. Make sure the Trehalose is dissolved. Remove from heat and add salt.

Put the vegetables in a big bowl and pour the brine over the top. Toss gently to coat the vegetables. Ladle into jars. It's okay if the brine doesn't completely cover the vegetables. Leave an inch of head space. Cover and refrigerate. In one or two days they will be pickled and ready to eat.



## **Quick Pickled Zucchini** (Tastes like pickles!)

Angie Law

For each pint jar: (wide mouth is easiest to work with)

3-4 medium sized zucchinis cut into rounds

1-2 tsp fresh minced garlic

1 tsp organic whole peppercorns (mixed colors or just one kind)

½ tsp dry yellow mustard

½ to 1 tsp freeze dried dill weed

Brine: (will make more than is needed for 1 pint)

2 ½ cups water

1 cup organic apple cider vinegar w/mother

½ cup Trehalose

2 T real salt

Place seasonings in the bottom of each jar. Add zucchini rounds until the jar is full, leaving about ½" of head space.

In a medium sauce pan, bring brine ingredients to a boil. Make sure Trehalose is dissolved. Pour hot brine into filled jars and put lids on. Refrigerate for 24 hours before eating.

## Jello (Not Jell-O)

Angie Law

4 cups organic, unsweetened fruit juice

2 T gelatin (from organic pasture-raised animals is best)

3-5 T Trehalose, depending on the sweetness of the juice

In a small bowl, measure out  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of the fruit juice and sprinkle the gelatin over the top. Whisk and let sit for 5 minutes. It will be really stiff.

Pour the rest of the juice into a sauce pan and heat over medium heat until almost boiling. Remove from heat and stir in the Trehalose until it's dissolved. Taste for sweetness. Gently whisk in gelatin and stir until dissolved. Pour into an 8x8 baking dish and refrigerate for 4 hours.

To add fruit: Let cool until almost room temperature but make sure gelatin is not setting up, then stir in fresh or drained, canned fruit. Pour into pan and refrigerate.

Note: The gelatin will not set up if you use pineapple juice or fresh pineapple. Canned pineapple is fine because it has been heated.

# Graham Crackers

Angelica Orr

7 T butter, softened  
1 cup Trehalose  
1 T molasses  
⅓ cup honey  
2 tsp real vanilla  
2 cups whole wheat khorasan flour  
1 tsp ground cinnamon  
1 tsp baking soda  
½ tsp salt  
¼ cup whole milk or nut milk  
White Kamut flour for dusting

Cream butter, Trehalose, and molasses until smooth. Add honey and vanilla and beat well. Add flour, cinnamon, baking soda and salt and mix until crumbly. Add milk and mix until dough comes together. Gather together in a ball and refrigerate for 30 minutes.

Preheat oven to 325°.

Tear off a piece of parchment that's the size of a cookie sheet. Working with half the dough, form it into a cube. Roll dough out on parchment paper into a rectangle until it is ⅛" thick, dusting with white Kamut flour as you go.

Trim off the rough edges into a straight line and cut the shape you want, squares or rectangles, with a pizza cutter. Prick crackers with a fork four to six times. Transfer parchment with dough to a cookie sheet. Bake for 22-23 minutes. Crackers will crisp up as they cool. Immediately after removing from the oven, recut the crackers so they break apart easily after they are cool. Store in an airtight container for a couple weeks, or in the freezer for several months.

# Quick Homemade Crackers with Khorasan Flour

Angie Law

1 ¼ cups whole wheat or white khorasan flour  
3 T Trehalose or 1 T raw honey  
¼ tsp onion powder  
¼ tsp garlic powder  
¼ tsp chili powder  
¼ tsp paprika  
4 T organic butter or coconut oil, melted  
¼ cup water  
Sea Salt to sprinkle on top

Preheat oven to 400° F.

Measure out dry ingredients into large mixing bowl. Stir in melted butter. If using honey, mix with the water and add to dry ingredients, stir until just combined. Or, if using Trehalose, just add water to dry ingredients. Can use a food processor.

Roll out dough between two sheets of parchment, adjusting parchment as needed, as thin as possible. It may help to have someone hold the parchment in place. Thinner crackers will be crispier and using parchment allows you to roll the dough out thinner. Use a pizza cutter to cut into squares or triangles or whatever shape you want. Remove top sheet of parchment and use bottom sheet to transfer crackers to a pizza stone or baking sheet, leaving parchment under crackers.

Bake for 10 minutes. The edges may be thinner, if so, remove the edge crackers and continue baking for another 2 minutes. Leave crackers on the stone to cool. Crackers will crisp up as they cool. Store in an airtight container.

# Pizza Dough

Angie Law

1 pkg. or 2 ¼ tsp active dry yeast  
1 cup warm water  
3 cups white khorasan flour  
¼ tsp real salt  
2 T butter, softened

Dissolve yeast in warm water. Let stand for 10 minutes until foamy. In a large bowl, combine flour, salt, and butter. Stir in yeast mixture. When dough has pulled together, turn it out on a lightly floured surface and knead until smooth and elastic, about 8 minutes. To the previously used mixing bowl, add a little bit of olive oil and return dough to bowl and turn to coat with oil. Cover the bowl with a damp cloth. Let rise in a warm place until doubled in size, about 45 minutes.

Split dough in half and roll each portion into a 12-inch circle. Place on pizza stone or turn a baking sheet upside down and cover with parchment paper (for easier removal).

Top with your favorite marinara sauce, mozzarella cheese and other toppings. Bake at 400° for 20 minutes. Let sit for a few minutes before cutting.

# Khorasan Bread

Greg Hall

3-4 cups whole wheat Khorasan flour

¼ cup ground flax (Freshly ground is best for freshness. Flax goes rancid quickly after grinding. Also, flax has to be ground to make the nutrients available to our bodies. A spice grinder is a great way to grind it.)

1 ½ tsp real salt

3 T raw honey or maple syrup

1 ¼ cups water

1-2 T extra virgin coconut oil or organic butter, or mixture of both

2 tsp instant or active dry yeast

Put half the flour in a mixing bowl. Add all the water and raw honey. Stir in the yeast. Let sit for 30 minutes.

Add flax and mix. Add oil or butter, real salt, and remainder of flour. Mix well. Knead for 8-10 minutes. Dough should be tacky, not sticky. If needed, add 1-2 T of flour at a time, or if dough is too dry, add a sprinkle of water and knead in. Knead until dough is glossy and passes the "windowpane" test. Lightly oil mixing bowl and replace dough, turning to coat with oil. Cover lightly. Let rise until double in size. Punch down and form loaf. Place in greased loaf pan. Let rise until double. Bake at 330° for 28 minutes. Turn out of loaf pan to cool. Wait until completely cool to slice.

## **Baked Cheese Toasts**

Angie Law

- 1 cup organic mayonnaise (or, recipe included in this book)
- 1 rounded T finely chopped green onion
- 1 rounded T finely chopped white or yellow onion
- 1 ¼ tsp Worcestershire Sauce
- ¼ cup finely grated medium cheddar cheese
- ¼ cup finely grated parmesan cheese (from a wedge)
- ¼ cup finely grated white cheddar cheese

Place slices of bread on a cookie sheet and generously spread with cheese topping, mounding slightly. Bake at 400° for 7-10 minutes until melted and bubbly.

The best bread to use is real natural yeast sour dough.

# Cinnamon Rolls, Orange Rolls, or Dinner Rolls

Angelica Orr

Dough:

- 2 cups warm water
- 1 T instant yeast
- 2 tsp vanilla
- 6 T butter, melted
- 1 ¼ cups Trehalose
- 5 ½ to 6 cups white khorasan flour
- 2 tsp real salt

In a large bowl, combine warm water and yeast. Let bloom for 10 minutes. Add vanilla, melted butter, and Trehalose. Stir to mix. Add 2 cups Kamut flour and salt. Stir with a fork to mix well. Add 2 more cups flour and stir to mix. Add 1 ½ cups flour and stir to mix. There will be dry parts. Knead to combine and knead for 8-10 minutes. It's easy to do this in the large bowl, or turn out on a lightly floured surface. Dough should be slightly tacky, but not sticky so that it leaves a lot of dough on your hands. Lightly oil the mixing bowl with butter or coconut oil and replace dough. Turn dough to coat with oil. Lightly cover and let rise for an hour or so until the dough is doubled in size.

Filling:

For Cinnamon Rolls-

- 1 stick organic butter, softened
- 1 cup Trehalose brown sugar ( 1 cup Trehalose mixed with 1 T molasses)
- 3 tsp cinnamon
- 1 tsp real vanilla
- Dash of real salt

For Orange Rolls-

- 1 stick organic butter, softened
- 1 cup Trehalose



## Rolls continued

30 drops organic orange essential oil  
Zest from one orange  
1 tsp vanilla  
Dash of real salt

To make cinnamon rolls or orange rolls:

Turn dough out onto a lightly floured surface. Form dough into a rectangle with your hands with the long side of the rectangle parallel to the edge of the counter. Roll dough out until it's  $\frac{1}{2}$ " to  $\frac{3}{4}$ " thick and is about a 24" wide by 14" high rectangle. Spread desired filling across dough, leaving 1" of space along the long side of the dough that is away from the edge of the counter. Roll dough, using a little bit of tension, but not too tight, starting on the long side of the dough that is closest to the edge of the counter. Seal open edge by pinching dough together. Turn dough so that the seam is down. Cut into 16 rolls with a sharp knife by dividing dough in half, then the halves in half, repeating until you have 16 portions. Place on a lightly greased baking sheet in a 4 by 4 pattern. Let rise until double in size. Bake at 350° for 20 to 24 minutes until lightly golden on top.

After rolls have completely cooled, top with glaze if desired.

Glaze for cinnamon rolls:

2 cups Trehalose, put through a blender to finely grind it.  
2-3 T raw milk  
1 tsp vanilla  
Dash of real salt

Whisk together in a small bowl. Lightly spread over cooled rolls.

Continued on next page

Rolls continued

Orange Honey Caramel Glaze for orange rolls:

Juice from 2 large oranges

½ cup Trehalose

1 T butter

2 T raw honey

4 drops organic orange essential oil

Combine all in a small sauce pan. Whisk to combine. Heat over medium-low heat until boiling, whisking constantly. After it comes to a boil, reduce heat if necessary to keep it at a low simmer without boiling over. Simmer for 5-7 minutes, whisking only occasionally. While glaze is still warm, using a large table spoon, spoon glaze over rolls and spread a bit.

**For dinner rolls:**

Omit vanilla and decrease Trehalose to  $\frac{3}{4}$  cup. Mix as directed previously. After first rise, gently knead a couple times and form rolls to desired shape. Let rise until double in size and bake using previous instructions.

# Naan (Indian Flat Bread)

Angie Law

2 tsp dry active yeast

2 tsp Trehalose

½ cup water

¼ cup extra virgin olive oil

⅓ cup organic plain yogurt

1 large egg, organic and free-range

2-3 cups white khorasan flour, divided

½ tsp sea salt or real salt

In a small bowl, combine the yeast, Trehalose, and water. Stir to dissolve and let sit until frothy. When frothy, whisk in the oil, yogurt, and egg until evenly combined.

In a separate medium bowl, combine 1 cup of the khorasan flour and the salt. Pour the wet ingredients into the dry and stir until well combined. Continue adding ½ cup of flour at a time until you can no longer stir with a spoon- around 2 to 2 ½ cups.

Turn the dough out onto a lightly floured surface and knead for about 3 minutes, adding small amounts of flour as necessary to keep dough from sticking. Dough should be smooth and very soft but not sticky. Avoid adding too much flour because bread will be dry and stiff. Khorasan takes a few minutes to absorb moisture so wait for a few minutes between additions of flour to see how the dough ends up.

Loosely cover the dough and let rise until double in size (about 1 hour). After rising, turn dough out and gently flatten into a disk. Cut 8 equal pieces. Shape each piece into a small ball.

Heat a large heavy bottomed skillet over medium heat. Working with 1 ball at a time, roll it out until it is about ¼” thick or approx. 6 inches in diameter. Cook in hot skillet until

## Naan continued

bottom is golden brown and large bubbles have formed on the surface. Flip the dough and cook the other side until golden brown. Stack naan on a plate and cover with a clean towel while you cook the remaining dough. Serve plain or brushed with melted butter and sprinkled with herbs.

# Biscuits

Angie Law

1 3/4 cups white khorasan flour  
1 T non-GMO baking powder  
1 heaping T Trehalose  
1 tsp real salt  
6 T organic salted butter, very cold  
3/4 cup raw whole milk

Chill the butter in the freezer for 15 minutes.

Preheat the oven to 425°. Line a baking sheet with parchment paper.

Combine flour, baking powder, Trehalose, and salt in a large bowl and mix well.

Remove the butter from the freezer and either cut it into cubes and then cut it into the dry ingredients with a pastry cutter, or the preferred method is to use a box grater and grate the butter into the dry ingredients and stir. Stir until the mixture resembles coarse crumbs.

Add the milk and stir to combine. Turn dough out onto a well-floured surface and gently use your hands to combine the dough together. Add more flour if the dough is very sticky.

Fold the dough over and pat to flatten the dough. Turn the dough 90 degrees and fold the dough over again, repeating the process 5 or 6 times to build up the layers, being careful not to overwork the dough.

Use your hands to flatten the dough to 1" thick. Lightly dust a preferred size of biscuit cutter and cut biscuits close together until you have cut as many biscuits as possible. Place the cut biscuits less than 1/2" apart on the prepared baking sheet.

## Biscuits continued

Combine the dough, pat out to 1" thick and cut again until all the dough has been used up.

Bake for 12 minutes or until tops are just starting to turn golden brown.

If desired, brush with melted salted butter immediately after removing from the oven. Serve warm.

## **Corn Bread**

Kelsie Beeston

1 cup white or whole grain khorasan flour  
1 cup organic cornmeal  
1 cup Trehalose  
1 tsp real salt  
3 ½ tsp organic baking powder  
1 egg  
1 cup milk  
⅓ cup organic butter or extra virgin coconut oil, melted

Preheat oven to 400°.

Coat a 9” square baking pan with coconut oil and flour with khorasan.

In a large bowl, mix together flour, cornmeal, Trehalose, salt, and baking powder.

Stir in egg, milk, and oil until well combined.

Pour batter into prepared pan and bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.

## **Honey Butter**

Angelica Orr

1 stick organic butter, room temperature  
½ cup raw honey  
½ to 1 tsp cinnamon-optional

Blend butter until smooth. Add honey, and cinnamon if desired, and beat until smooth. Store in fridge. Let sit out until room temperature to serve.

# Flourless Pumpkin Chocolate Chocolate Chip Muffins

Angie Law and Kelsie Beeston

- 2 large eggs
- 2 cups natural peanut butter or almond butter, crunchy or creamy
- ½ cup real maple syrup (less sweet) or 1 cup Trehalose + 6 T real maple syrup (more sweet)
- 1- 15 oz can pumpkin
- 6 T unsweetened cocoa powder or raw cacao powder
- 2 tsp baking soda
- 2 tsp vanilla
- ½ cup mini dark chocolate chips

Combine wet ingredients and mix well. Add dry ingredients and mix well. Line muffin pan with papers and fill cups  $\frac{3}{4}$  full with batter. Bake at 350° for 20-25 minutes for full size muffins, or 10-15 minutes for mini muffins, until toothpick inserted in center comes out clean. Be careful not to over bake them. Let cool for at least 10 minutes before removing from muffins pans to make the paper liners come off easier.



# Cranberry Bread

Angie Law

2 cups frozen unsweetened cranberries  
1  $\frac{2}{3}$  cup Trehalose  
1 cup raw whole milk  
2 tsp grated lemon zest or orange zest  
2 tsp vanilla  
4 eggs  
3 cups white khorasan flour  
 $\frac{3}{4}$  cup coarsely chopped raw pecans  
4 tsp baking powder  
1 tsp real salt  
 $\frac{1}{4}$  cup raw honey  
 $\frac{2}{3}$  cup coconut oil-melted

Preheat oven to 350°. Grease the bottoms only of 2 loaf pans.

Mix cranberries, Trehalose, milk, lemon or orange zest, vanilla, and eggs in a large bowl.

Stir in dry ingredients and mix well.

Add honey and coconut oil and mix well.

Pour into pans. Bake for 50-60 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes. Loosen sides of loaves from pans and gently remove from pans. Cool completely on a wire rack before slicing.

Store tightly wrapped in the fridge for up to 1 week.

# Pumpkin Chocolate Chip Bread

Angelica Orr

½ cup (1 stick) organic butter, softened  
1 ½ cups Trehalose  
2 eggs  
¾ cup pumpkin  
1 ¾ cup white or whole wheat khorasan flour  
1 tsp baking soda  
½ tsp real salt  
1 tsp cinnamon  
½ tsp nutmeg  
¼ tsp ground cloves  
¾ cup chopped organic pecans  
¾ cup organic chocolate chips

Butter and flour a loaf pan. Preheat oven to 350°.

In a large mixing bowl, cream together butter, Trehalose, eggs, and pumpkin. Sift together flour, baking soda, salt, and spices. Add to wet ingredients in 3 portions, mixing well between each addition. Fold in nuts and chocolate chips.

Spread batter in prepared loaf pan. Bake for 1 hour to 1 hour and 15 minutes until a toothpick inserted in center comes out cleanly.

Turn bread out onto wire rack to cool. Cool completely before cutting. Flavor is better the second day. Store in an airtight container or bag.

# Zucchini Bread

Kelsie Beeston

3 cups white khorasan flour  
1 tsp real salt  
1 tsp baking soda  
1 tsp organic baking powder  
4 tsp cinnamon  
3 ½ cups grated zucchini, lightly pack to measure (can use as few as 2 cups or as much as 4 cups)  
3 eggs  
½ cup organic applesauce  
½ cup organic butter or coconut oil, softened  
2 ¾ cups Trehalose  
4 tsp vanilla  
1 cup chopped organic pecans

Preheat oven to 350°. Generously butter and lightly flour two 8x4 loaf pans.

In a medium bowl, sift together flour, salt, baking soda, baking powder, and cinnamon.

In separate large mixing bowl, beat together eggs, applesauce, butter or coconut oil, Trehalose, and vanilla. Slowly add the dry ingredients in 3 portions, mixing after each addition. Beat well to fully combine.

With a rubber scraper or wooden spoon, stir in grated zucchini and nuts and mix well.

Pour half the batter into each of the prepared pans. Bake for 45 to 60 minutes until a toothpick inserted in the center of the loaf comes out cleanly. The bake time will vary depending on how much zucchini is added.

Remove bread from pans and cool completely on a wire rack.

# Honey Khorasan Multigrain Cereal

Greg Hall

This cereal stores very well and makes for a hearty breakfast. It is meant to be soaked, not cooked. Soaking the grains helps retain the nutrition, makes it easier for our bodies to digest, and blends the flavors better. (See Angelica's notes on the next page.)

4 cups rolled khorasan  
2 T raw honey  
1 tsp molasses  
1 tsp vanilla  
1 tsp maple flavoring

Stir together the honey, molasses, vanilla, maple flavoring, and salt (if desired). Then stir the mixture into the rolled khorasan until well blended.

Add:

1 tsp cinnamon  
¼ cup of any or all of the following-  
    raw sunflower seeds  
    ground flax  
    hemp hearts  
    oat bran  
    pecans, almonds, or other nuts  
¼ cup dried cranberries, raisins, golden raisins, currants, or chopped dates

Mix everything together with the Kamut. Store in an airtight container. Stores very well at room temperature or in the fridge.

When ready to eat, soak about ½ to ¾ cup per person in slightly less water than it would take to cover the cereal. Soak overnight, or at least several hours. Stir occasionally.

## Cereal continued

Angelica's notes:

Our family likes this a little sweeter so I double the amount of honey. I use 1 T real maple syrup instead of the maple flavoring. I add ½ tsp real salt and mix the cinnamon into the honey mixture. Using a spice grinder is a great way to grind the flax. The flax must be ground to make the nutrition available to our bodies. We like to put a little bit of raw whole milk on our cereal to eat it.

## Crepe Batter and Fillings

Angelica Orr

3 eggs

1 cup milk or almond milk

2 T organic butter or extra virgin coconut oil, softened

¼ tsp real salt

2 T Trehalose or 1 T real maple syrup

1 ¼ cups white khorasan flour

Add all ingredients to blender and blend just until smooth. Or, mix by hand combining flour, Trehalose, and salt in a large bowl. Add eggs and until mostly combined in a thick paste. Mix in 2 T butter or coconut oil. Add milk in two or three portions, whisking between each addition.

Let batter rest for 20 minutes.

For thinner crepes, add an extra ¼ cup milk.

If using a frying pan, preheat pan on medium heat until a few drops of water sizzle on contact. Coat pan with a little butter and swirl to spread. Add ¼ cup crepe batter for an 8" frying pan and rotate the pan to spread the batter. When top looks dry, flip the crepe with a thin spatula and cook for 10 more seconds. Remove from pan.

Store leftover crepes by putting a layer of parchment between individual crepes and placing in a zip-top bag, and freezing. Crepes will store in the fridge for several days.

One of my favorite appliances is my crepe griddle. It makes crepe cooking so quick and easy. We have two of them for our family of 5.

**For breakfast** we like crepes filled with diced fresh strawberries sweetened with a little Trehalose, and topped with whipped cream sweetened with real maple syrup or

## Crepes continued

Trehalose. We also like the breakfast crepes filled with scrambled eggs, ground sausage or crumbled bacon, and shredded cheese, and topped with plain Greek yogurt and salsa.

**For dinner** we like crepes with creamy ranch chicken filling, spinach or other greens, plain Greek yogurt, and shredded Manchego cheese. We roll them up and eat them with our hands or with a fork. The recipe for creamy ranch chicken is included in this book.

**For dessert** we like crepes filled with lemon custard, strawberries, whole hot fudge, honey caramel sauce, or any combination of them, and topped with whipped cream. The recipes are found in this book.

# **Creamy Ranch Chicken Filling**

Angelica Orr

2 large boneless, skinless chicken breasts, cooked and shredded.

-Cut the chicken into 5 or 6 pieces and slowly simmer the chicken for 20-30 minutes in about 4 cups organic chicken broth with real salt to taste, 2 tsp of a mix of green herbs (such as parsley, basil, chives, dill weed, French tarragon, and chervil), onion powder, garlic powder, and black pepper. Or, pressure cook the chicken at high pressure for 15 minutes with half the amount of broth and the seasonings. After chicken is cooked, remove it from the broth to a large mixing bowl and use a hand mixer to shred it.

2 T Ranch Seasoning (recipe found in this book)

½ cup organic whipping cream

Reserve the broth from cooking the chicken.

Combine all in a frying pan and simmer for 10 minutes. Add some of the reserved chicken broth if it looks too thick.

Use in crepes or as enchilada filling.



# Sausage Balls

Angie Law

- 1  $\frac{3}{4}$  cup white khorasan flour
- 3 tsp organic, aluminum free baking powder
- $\frac{1}{2}$  tsp sea salt or other real salt
- 2 T organic butter
- 1 lb. ground sausage
- 8 oz raw cheddar cheese or goat cheese, shredded

Note: Meat and dairy from free-range and organically fed animals are best.

Preheat oven to 400°. Line baking sheet with parchment paper.

To a food processor, add flour, baking powder, salt, and butter and process until butter is incorporated. Add cheese and pulse a couple more times. Add uncooked sausage and pulse until it comes together. Use a melon baller or small cookie scoop to form mixture into bite-size balls and place them on the lined baking sheet. Bake 15-25 minutes. Since ovens vary, start with 15 minutes and add more time if needed until the sausage balls are golden brown and cheese is bubbly.

# Potato Leek Soup

Angie Law

1 large organic white onion-chopped  
3 stalks of organic leeks-chopped. Use part of the greens.  
1 quart organic vegetable broth  
12-14 small organic yellow potatoes  
1 T organic dried parsley flakes  
Sea salt or real salt to taste  
Freshly ground organic black pepper

Bake potatoes until tender. Peel. Cut into bit size pieces. Set aside.

Sauté onion and leeks in 6 T organic butter on medium low heat until translucent. Add a bit of vegetable broth if needed so they don't burn. Add potatoes to the leek and onion. Add the rest of the broth and season with parsley, salt, and pepper.

Using an immersion blender, or ladle out a portion into a regular blender then return to pot, blend until desired creaminess. (I like a lot of chunks!)

# Homemade Egg Pasta

Angelica Orr

For a main dish, use 1 whole egg and ½ cup white khorasan flour per adult. For soup with vegetables, such as chicken noodle soup, use about half the amount. Whole wheat khorasan flour can be used but the texture is not as fine and flexible.

In a large mixing bowl, put the desired amount of flour and make a "well" in the middle. Crack the coordinating number of eggs into the well and stir with a strong fork until mostly mixed. Knead by hand in the bowl until firm dough is formed. Dough will be sticky at first. Knead for a few minutes before adding any extra flour. If dough is too dry, wet your hands and knead for a couple more minutes to incorporate the water. Continue with steps if necessary, adding more flour or water, until the right consistency is reached. Dough should be slightly tacky, but not sticky. There should only be a slight amount sticking to your hands. Cover loosely with plastic wrap and let rest for 20-30 minutes. Don't skip the resting! Letting it rest allows the gluten to develop and improves the texture.

Work with a baseball sized ball of dough at a time. On a well-floured surface, roll out dough until it is less than ⅛" thick. Roll from the center toward the edge, turning and dusting with flour as needed, striving for a rectangle shape. The thinner the noodles, the more flexible they will be.

Prepare a large pot of boiling water with a pasta insert if you have one. A colander with handles works well. Add at least 1-2 T of real salt to the water. If boiling without a pasta insert, just use a pasta spoon to take the noodles out and put them in a colander.

If making fettuccini, cover dough generously with flour and cut noodles with a pizza cutter to desired length and width.

## Pasta Continued

Loosely drop noodles by small handfuls into the boiling water. Boil for 3 minutes. Depending on the size of your pot and pasta insert, you may need to do multiple batches. Rinse noodles with hot water.

If making ravioli, work with a baseball size ball of dough and roll out to a rectangle. Cut dough in half so you have two sheets. On one sheet, drop desired filling by teaspoonfuls onto dough, about 1 inch apart. Brush egg that has been scrambled with a little bit of water, between dollops of filling and place the second prepared pasta sheet over the top and press dough gently around filling to seal. Cut individual raviolis with a pizza cutter. Boil for 3-5 minutes until ravioli begins to float. Remove from water and rinse with hot water.

Can be used for lasagna noodles. Just roll out and cut wide noodles to fit the pan you're using. I make mine big enough to lay three noodles side by side in a 9x13 pan. If you're baking the lasagna immediately after you assemble it, there is no need to pre-boil the noodles. If you're making the lasagna ahead of time, boil the noodles 2 or 3 at a time, for 3 minutes and remove gently with tongs, being careful not to rip the noodles. You can cut fettuccini with left over dough cut from the edges of the lasagna noodles.

Note: You can replace part of the eggs with water, but do not exceed one-third of the total volume of liquid. Since the gluten in khorasan is different and less than in modern wheat, the eggs are needed to hold the noodles together. If using water, the dough will be much softer and a little more difficult to work with.

Noodles can be frozen after cooking. To reheat, put noodles in boiling water just until hot.

# Chocolate Balls

Angie Law

3-4 cups old fashioned rolled oats

$\frac{2}{3}$  cup unsweetened coconut flakes

$\frac{1}{2}$  cup chopped roasted peanuts

$\frac{1}{2}$  cup organic mini dark chocolate chips

$\frac{3}{4}$  cup organic raisins

1 T cocoa powder

$\frac{1}{2}$  cup natural crunchy peanut butter (creamy is okay too)

$\frac{1}{3}$  cup raw honey

1 tsp vanilla

In a large bowl, mix dry ingredients, starting with 3 cups of oats. Mix peanut butter, honey, and vanilla, then add to dry ingredients. Mix well until all is incorporated. If mixture is too sticky add more oats a little a time until consistency is easier to handle.

Roll into 1-inch balls. Can use gloves to make it less messy.

Refrigerate in an airtight container.

Makes about 20 chocolate balls.

## Cookies

### Chocolate Chip, Peppermint Chocolate Chocolate Chip, and Oatmeal Raisin Variations

Angelica Orr

Note: For this recipe it is especially important to use a measuring cup that is for dry ingredients. There should be no spout to pour on the measuring cup. To measure the flour, fluff it in the container and then overfill the measuring cup and scrape off the excess with a flat edge such as a butter knife or bench scraper.

½ cup organic butter or extra virgin coconut oil  
1 ¼ cups Trehalose  
1 T molasses  
2 T raw honey or real maple syrup  
1 egg  
1 tsp vanilla  
1 ½ cups white khorasan flour  
½ tsp real salt  
½ tsp baking soda

Beat room temperature butter, Trehalose, molasses and honey together until creamy. Add egg and vanilla (and essential oil depending on the version you want to make). Add dry ingredients, taking into account which version you want to make, and beat until mixed well. Drop by tablespoonfuls onto a pizza stone or buttered baking sheet. Bake at 325° for 10 - 13 minutes, until edges are just set. The middle should still feel soft. Watch carefully because temperatures vary from oven to oven. Cool for a few minutes before removing cookies to a cooling rack. Store in an airtight container. If not eating immediately, store in the freezer. This will keep the texture nice and chewy.

**For Chocolate Chip:** Stir in ½ cup chocolate chips at the end.

**For Peppermint Chocolate Chocolate Chip:** Add 5-10 drops of organic peppermint essential oil with the vanilla, decrease flour to 1  $\frac{1}{4}$  cups and add  $\frac{1}{4}$  cup cocoa with the dry ingredients, stir in  $\frac{1}{2}$  cup chocolate chips at the end.

**For Oatmeal Raisin:** Decrease flour by  $\frac{1}{4}$  cup, add 1 tsp cinnamon and  $\frac{1}{2}$  cup oats with the dry ingredients, stir in  $\frac{1}{2}$  cup raisins at the end. Optional: Add  $\frac{1}{2}$  cup chopped pecans or other nuts.

# Soft Lemon Cookies

Angie Law

1 stick (½ cup) organic butter- softened  
¼ cup organic cream cheese  
1 cup Trehalose  
3 T raw honey  
1 lg egg  
1-2 tsp lemon zest from organic lemons  
1 T fresh, organic lemon juice  
10-15 drops organic lemon essential oil  
1 ½ cups white khorasan flour  
2 tsp organic corn starch  
1 tsp baking soda  
½ tsp real salt

Cream butter, cream cheese, Trehalose, and honey. Add egg and beat until smooth and fluffy. Add lemon zest, lemon juice, and lemon essential oil. Mix well. Add dry ingredients and mix well. Form cookies and bake at 325° for 10 minutes until tops just start to crack. Let cool to set. Top with a small amount of glaze.

## **Glaze** (optional):

1 cup Trehalose  
2 tsp raw honey  
2-3 T fresh squeezed lemon juice

Whisk together in a small bowl.



# Chocolate Pecan Cookies

Angie Law

2 ¼ cups white khorasan flour  
1 tsp real salt  
1 tsp baking soda  
2 sticks organic salted butter, room temperature  
2 cups Trehalose  
3 T X5 sweetener  
1 T molasses  
2 lg eggs  
1 T vanilla  
¼ cup high quality cocoa  
2 cups mini chocolate chips  
1 cup chopped pecans

Preheat oven to 375°. Grease a baking sheet.

Combine flour, salt, and baking soda. Set aside.

Cream together butter, Trehalose, X5, molasses, eggs, vanilla, and cocoa.

Add dry ingredients to the wet and mix well.

Stir in the chocolate chips and pecans.

Bake for 8 minutes. Do not overbake! Cool.

Freeze any cookies not eaten with a day to preserve texture.

# **Peanut Butter Cookies**

Angelica Orr

1/2 cup butter, softened  
3/4 cup natural peanut butter  
1 cup Trehalose  
1 T molasses  
1/4 cup raw honey  
1 egg  
1 tsp real vanilla  
1 1/4 cups white khorasan flour  
3/4 tsp baking soda  
1/2 tsp real salt

Cream butter, peanut butter, Trehalose, molasses, and honey until smooth. Add egg and vanilla and beat until fluffy. Add dry ingredients and mix well.

Drop by tablespoonfuls onto a cookie sheet or baking stone and press with a fork to make the crisscross pattern.

Bake at 325° for 13-14 minutes, just until the edges are set. The middle should still be soft.

Store cookies in the freezer so they maintain their soft texture.

# Sugar Cookies

Angelica Orr

½ cup butter (1 stick), room temperature

1 cup Trehalose or ¾ cup honey

2 T X5 sweetener or 2 T honey (omit either of these if using honey)

1 egg

1 ½ tsp real vanilla

½ cup plain Greek yogurt

2 ¼ cups white Khorasan flour, plus more for dusting (increase to 2 ¾ cups if using honey)

1 tsp baking soda

½ tsp real salt

1 tsp ground nutmeg, optional

Cream butter and whatever you're using as the sugar. Add egg and vanilla and beat until fluffy. Add dry ingredients and mix well. Cover the bowl and refrigerate for 30 minutes.

Preheat oven to 325°. Using half the dough, roll out on a well-floured surface until about ¼" thick. Cut out shapes. Set aside the leftover dough. Use the other half of the dough to cut out shapes. Combine leftover dough from both halves and knead slightly until smooth. Do not over knead or the cookies will be tough. Finish cutting out shapes, slightly kneading dough and rolling it out until all the dough has been used.

Place cookies an inch apart on a baking sheet lined with parchment. Bake for 15-18 minutes depending on the size of the cookies. Smaller cookies will take less time to bake. The edges should be set and just starting to turn golden. Let cookies sit for a couple minutes and then remove to a cooling rack.

Freeze any leftover cookies within 24 hours to keep the soft texture.

# Soft Ginger Cookies

Angelica Orr

1 cup butter, softened  
1 cup Trehalose + 2 T X5 sweetener or 2T raw honey  
1 egg  
1/4 cup + 1 T molasses  
2 1/4 cups khorasan flour  
1 tsp baking soda  
1/4 tsp salt  
1 tsp cinnamon  
1 tsp ground ginger  
1/4 tsp ground cloves  
1/4 cup Trehalose for rolling dough balls in before baking

Preheat oven to 325°. Cream together butter and brown sugar. Add egg and molasses and beat until fluffy. Measure flour carefully by fluffing the flour, overfilling the dry measuring cup, then scraping off the excess with a flat knife or bench scraper. Add dry ingredients to the wet and mix well.

Form dough into 1" balls and roll in extra Trehalose. Place 2" apart on a greased baking sheet or pizza stone. Bake for 13-15 minutes until edges are set and cracks are just starting to form on top of the cookies. Remove to a cooling rack.

Freeze any leftover cookies within 24 hours to preserve the texture.

# Lemon Bars

Kelsie Beeston

1 ½ cups white khorasan flour, divided  
1 cup pecans, finely ground  
3 ½ cups Trehalose, divided  
½ cup extra virgin coconut oil  
8 large eggs  
1 cup fresh squeezed organic lemon juice (juice from about 6 lemons)

Preheat oven to 350°.

In a medium bowl, blend together 1 cup flour, 1 cup ground pecans, ½ cup Trehalose and ½ cup coconut oil. Press into the bottom of an ungreased 9x13 pan (add a little flour to your fingers to press if it's too sticky). Using a fork, prick the dough before baking. Crust should be thin. Use a smaller pan for thicker crust and thicker lemon custard.

Bake for 15-29 minutes, or until firm and golden.

In another bowl, whisk together the remaining 3 cups Trehalose and ½ cup flour. Whisk in eggs and lemon juice. Pour over baked crust.

Bake an additional 30 minutes. The bars will firm up as they cool.

Once the pan has cooled, cut into 2-inch squares. If desired, put ¼ to ½ cup Trehalose in a small blender on high for 30 seconds to make a healthy powdered sugar to dust lemon bars.

# Mint Brownies

Angelica Orr

## **Brownies:**

- 1 ¼ cups white Kamut flour
- 1 tsp real salt
- ¼ cup raw cacao powder
- 2 sticks organic butter, cut into 1" cubes
- ¼ cup semi-sweet chocolate chips (I use allergy friendly with minimal ingredients)
- 2 cups Trehalose
- 1 T unsulfured molasses
- 3 T raw honey
- 2 tsp real vanilla
- 4 large eggs, room temperature

Preheat oven to 325°. Generously coat a 9x13 pan with butter. Mix the batter by hand for the best texture. Sift together flour, salt, and cacao. In a separate bowl, melt together butter cubes and chocolate chips by heating 30 seconds at a time and stirring, repeat until chocolate is melted and smooth but not too hot. Add Trehalose, molasses, honey, and vanilla and stir until combined. Add two eggs to the chocolate mixture and stir just until combined. Add remaining two eggs and stir just until combined. Sprinkle the flour mixture over the chocolate mixture and gently fold until just a trace of the flour is still visible. Pour into pan and smooth with a spatula. Bake for 40-45 minutes, rotating pan after 20 minutes. Edges should be set and middle still soft. Remove and cool until room temperature.

## **Mint Frosting:**

- ½ cup organic, free-range butter
- 4 oz organic cream cheese
- 3 cups Trehalose powdered sugar
- 1 T raw honey
- 1 tsp vanilla
- Pinch of salt

5 drops organic peppermint essential oil

Blend butter and cream cheese until smooth. Add Trehalose confectioner's sugar and beat until creamy, about 3 minutes. Add honey, vanilla, and salt and beat until creamy, about 2 more minutes. Spread over cooled brownies. Refrigerate while making the ganache.

**Ganache:**

½ cup semi-sweet chocolate chips (I like to use an allergy-friendly variety with minimal ingredients)

¼ cup organic heavy whipping cream

Combine in a microwavable bowl and heat 30 seconds at a time, stirring gently after each. Repeat until chocolate is melted and smooth, but not hot. Or heat in a sauce pan on low heat just until melted. Pour over frosted brownies and spread gently with a spatula until top is smooth.

Refrigerate brownies until cool. Cut into 24 pieces to serve. Store leftovers covered in the fridge. If not eaten within a day, freeze to preserve texture.

**To make Trehalose Powdered Sugar:**

In a high-powered blender combine 4 cups Trehalose with ¼ cup tapioca flour or arrowroot starch (1 T starch for every cup of Trehalose). Blend on high speed until finely powdered.

# Pumpkin Bars

Angie Law

1 cup softened organic butter or melted coconut oil  
1  $\frac{3}{4}$  cups non-GMO Trehalose  
 $\frac{1}{4}$  cup raw honey (local if possible)  
2 cups organic packed solid pumpkin  
4 eggs, organic and free-range  
2 cups white Kamut flour  
1 tsp baking soda  
2 tsp organic, aluminum free baking powder  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{2}$  tsp sea salt or real salt  
 $\frac{1}{4}$  tsp organic ground ginger  
 $\frac{1}{4}$  tsp organic ground cloves

Butter a jelly-roll pan.

Mix ingredients in the order given.

Bake at 350° for 20-25 minutes. Cool and Frost.

## **Frosting:**

6 T organic butter-softened 3 oz organic cream cheese-room temperature  
1 tsp real vanilla  
1 tsp water  
1  $\frac{3}{4}$  cup powdered Trehalose (Put Trehalose in a high-powered blender to make it powdered. Will need slightly less than amount stated.)

Cream butter and cream cheese together until smooth. Add vanilla and water and mix. Add powdered Trehalose and mix until creamy.



# Apple Nut Cake

Terry Power

- 3 cups white Kamut flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 ½ cups Trehalose
- 1 ½ cups organic butter, or extra virgin coconut oil, melted
- 2 tsp vanilla
- 3 eggs
- 3 cups well diced organic apples
- 1 cup chopped pecans
- 1 cup unsweetened coconut flakes (optional)

Grease and flour a tube pan with coconut oil and Kamut flour. Preheat oven to 325°.

Sift together flour, baking soda, and cinnamon. In a large bowl, mix sugar, oil and vanilla. Add the eggs one at a time and mix well. Fold in the dry ingredients, apples, pecans, and coconut.

Pour into prepared pan. Bake for 1 hour and 15 minutes. Allow to cool for 20 minutes then turn cake out onto a cooling rack. Let cool completely.

## **Glaze:**

- 1 stick organic salted butter
- 1 ½ cups Trehalose
- 1 T molasses
- ¼ cup raw milk or almond milk

In a medium sauce pan, combine all ingredients. Bring to a boil over medium heat and boil slowly for 2 ½ minutes, stirring constantly. Pour over cake and allow to set.

Cake becomes more moist the longer it sets.

# Larry's Favorite Chocolate Zucchini Cake

Angie Law

1 cup (2 sticks) organic butter  
3/4 cup water  
4 rounded T organic unsweetened cocoa  
2 cups white Kamut (khorasan) flour  
2 cups Trehalose  
3 T X5 sweetener  
1/2 tsp real salt  
1 cup organic sour cream  
2 organic, free-range eggs  
1 tsp baking soda  
2 heaping cups fresh grated organic zucchini

Preheat oven to 350°.

In a large sauce pan, bring butter, water, cocoa to a low boil. Remove from heat and add sugar, flour, and salt. With electric hand mixer, beat on low-medium speed until well combined. Add eggs one at a time, mixing between each one. Add sour cream and mix. Add zucchini and mix. Lastly, add baking soda and just mix until incorporated, but don't over mix.

Put in a well-greased 9x13 pan OR double the recipe and use a 12x16 pan.

Bake for 25-35 minutes. Check at 25 minutes and add increments of 2-5 minutes until toothpick inserted in center comes out clean. Since each oven is different, it may take less or more time. The cake shouldn't jiggle and should have slight cracks on top. Since this is a very moist cake, a toothpick should come out almost clean without wet batter, but may have some bits of cake. I also "listen" to it. If you hear too much sizzling then it's not done. It should have only a very faint sound. A doubled cake will take at least 45-55 minutes.

# The Best Chocolate Cupcakes

Angie Law

2 oz ( $\frac{1}{4}$  cup) semi-sweet, chocolate chips  
1 cup full fat organic coconut milk  
1 tsp apple cider vinegar  
 $\frac{2}{3}$  cup Trehalose  
 $\frac{1}{4}$  cup unsweetened applesauce  
1 tsp vanilla  
1 cup Kamut flour, white or whole grain  
 $\frac{1}{3}$  cup cocoa  
 $\frac{3}{4}$  tsp baking soda  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{4}$  tsp real salt

Melt the chocolate chips in a double boiler or in the microwave. Stir and let cool while you whisk together the milk and vinegar. Let that sit for a few minutes to curdle. Stir the Trehalose, applesauce, vanilla, and melted chocolate into the milk mixture.

In a separate bowl, mix together the flour, cocoa, baking soda, baking powder, and salt. Add the dry to the wet ingredients a little bit at a time until there aren't any large lumps.

Line muffin pan with papers and fill cups  $\frac{3}{4}$  full with batter. Bake at 350 for 18-20 minutes or until a toothpick comes out clean.

If desired, while cupcakes are still hot, place a few chocolate chips on top to melt. Spread with knife to make a thin layer of "frosting". Store leftovers in an airtight container.

## Buttercream Frosting

Angelica Orr

1 cup organic butter, room temperature  
5-6 cups Trehalose confectioner's sugar  
2-3 T raw honey or real maple syrup  
2 T organic heavy cream  
1 tsp vanilla  
Pinch of real salt, to taste

Beat the butter until creamy, about 2 minutes. Add 2 T honey or maple syrup and blend until smooth. Add 5 cups of Trehalose confectioner's sugar and blend until smooth, scraping sides as needed. Add cream, vanilla, and salt and blend until smooth and creamy, about 3 minutes. More mixing is necessary for a smoother texture. Check for sweetness and add an extra tablespoon of honey or maple syrup if needed. If the frosting is too thin, add extra confectioner's sugar a little at a time until thick. Add 1 T cream if too thick. Frosting should be creamy and easily spreadable, but hold its shape. Frosting will thicken a bit if chilled. Store leftovers in the fridge and bring to room temperature and beat before using.

**To Make Trehalose Confectioner's Sugar:** In a high-powered blender, blend 4 cups Trehalose with  $\frac{1}{4}$  cup tapioca or arrowroot starch until it's the consistency of powdered sugar.

**For Chocolate Frosting:** Add  $\frac{1}{3}$  to  $\frac{1}{2}$  cup raw cacao powder or cocoa powder with the confectioner's sugar. Check for sweetness and thickness and add extra honey or maple syrup and cream if needed.

# Cream Cheese Frosting

Angelica Orr

1 cup butter, room temperature  
8 oz. organic cream cheese, room temperature  
5-6 cups Trehalose confectioner's sugar  
2 T raw honey or real maple syrup  
1 tsp real vanilla  
Pinch of real salt, to taste

Blend butter and cream cheese until smooth, about 2 minutes. Add Trehalose confectioner's sugar and beat until creamy, about 3 minutes. Add honey or maple syrup, vanilla, and salt. Beat until creamy, about 2 minutes. Check for taste and texture and add extra honey, maple syrup, confectioner's sugar, or salt. See instructions for Buttercream frosting for more details. Frosting will thicken when chilled. Let come to room temperature and beat before using.

For Lemon Frosting: Add 2 T fresh squeezed lemon juice and up to an extra cup of Trehalose confectioner's sugar.

For Mint Frosting: Add 10 drops organic or wildcrafted peppermint essential oil with the vanilla.

## **Pie Crust**

Angie Law

2 to 2 ¼ cups white khorasan flour

2 T Trehalose

¾ tsp real salt

1 cup (2 sticks) chilled, unsalted butter, cut into ½" cubes

6 T (approximate) ice water

Mix flour, Trehalose, salt, and lemon zest in a food processor. Add butter and pulse until a coarse meal forms. Gradually blend in enough water, 1-2 T at a time, to form moist clumps. Gather dough into a ball; divide in half. Form dough into 2 balls then flatten gently into a disk. Wrap each in plastic wrap and chill at least 2 hours or overnight. Makes 2 9" deep dish pie crusts.

For a pie crust for a chilled or pudding pie, preheat oven to 350°. Roll out pie dough to about ⅛" to ¼" thick and place in pan. Cut off excess dough and crimp edges. Prick all over with a fork. Bake for 15-20 minutes, until turning golden brown. Pie weights can be used to keep big bubbles from forming.

### **For Quiche:**

Roll out the pie crust and place in the pie dish. Put crust in the freezer while you clean up the counters. Roll out the crust, put in the pan, and put any ingredients in the crust that you would like (diced ham, bacon, spinach, etc.) and cover with scrambled eggs. Put cheese on top if you want. Bake at 350° for about 35-40 minutes until the eggs are done and a knife inserted in the middle of the pie comes out clean. Let cool for 10 minutes before cutting.

## Whole Wheat Pie Crust

Makes 2 deep dish pie crusts

2 ½ cups whole wheat flour (khorasan or spelt work well)  
1 cup organic butter, very cold  
½ tsp real salt  
1 egg  
1 T raw apple cider vinegar  
¼ ice water

Combine flour and salt in a large mixing bowl or a food processor. Grate butter into the flour mixture and cut in, or cut butter into cubes and drop several at a time into the food processor and pulse until mixture is crumbly. Mix together the egg, apple cider vinegar, and ice water. Pour into flour mixture and mix just until combined. If using a food processor, pulse until the dough comes together in a ball and the sides of the container are clean; scrape as needed.

Divide dough in half and form each piece into a flattened disk. Wrap in plastic wrap or bag. Refrigerate for at least 30 minutes. Letting it sit longer will make it easier to work with.

Gently roll out the dough on a silicone baking mat, plastic wrap, or parchment, slightly larger than the pie pan. Lift the crust and carefully turn it over onto your pie pan. Remove the backing and let the crust settle into the pan, helping as needed to settle it into the corner. Flute the edges if using for a one-crust pie. Pre-bake if needed at 350° for 15-20 minutes until turning golden brown. Or fill and bake.

## Shortbread Crust

Angelica Orr

½ cup (1 stick) organic butter, room temperature

⅓ cup Trehalose

1 tsp vanilla

¾ cup white Kamut flour

½ tsp baking powder

Preheat oven to 350°.

Cream butter, Trehalose, and vanilla together. Add flour and baking powder and mix well. Pat into a buttered pie pan. Bake for 15-20 minutes until edges are slightly brown. Cool to room temperature.

Double for a 9x13 pan.



# Fruit Pie Filling

Angelica Orr

Makes 1 two crust deep-dish pie

7 1/2 cups fruit. Thaw, if frozen.

A mix of raspberries, blackberries and blue berries (3 lb package frozen)

Sour cherries, or a mix of sweet and sour (3 lb package frozen)

Fresh peaches

1 1/2 cups Trehalose + 2 T X5 sweetener or honey, or 3/4 cup raw honey

1/4 cup granulated tapioca

1/2 tsp cinnamon

1/4 tsp real salt

1 T freshly squeezed lemon juice

Combine fruit and tapioca in a large sauce pan and let sit for 10 minutes. Add the other ingredients. Over medium heat, stirring constantly, bring filling to a boil and let boil for 1 minute. Remove from heat and let filling come to room temperature, or make ahead and refrigerate, before putting the filling in the pie crust. Cut vent holes in the top crust and put over the pie. Cut off excess crust and crimp edges. To make a woven lattice pattern, roll out the top crust and cut into strips. Using every other strip, place over the top of the pie, then fold first placement strips back half way and place the second half of the strips, alternating the folded strips with each new strip placed to make the woven pattern.

Bake at 375° in the bottom half of the oven for about 45 minutes until the crust is golden and the filling is bubbly. Let cool completely before cutting.

# **Haupia Chocolate Pie**

Angie and McKell Law

Prepare 1 9" pie crust. Recipe included in this book. Preheat oven to 375°. Roll out pie crust to an 11-12" circle. Place pie crust in a deep-dish pie pan. Trim excess and crimp edges. To pre-bake the crust, prick with a fork then place a piece of parchment paper over the pie crust in the pan and cover with a layer of dry beans. This keeps the crust from bubbling up. Bake for 10 minutes. Pour out the beans and remove the parchment paper. Continue baking for another 10-15 minutes until the crust has lost its shiny translucent look and is golden brown. Cool completely.

## **Chocolate Pudding Layer:**

1 cup raw whole milk or coconut milk

½ cup Trehalose

2 T cocoa

2 T organic corn starch

2 T (¼ stick) organic butter

2 lg egg yolks

½ tsp vanilla

In a medium sauce pan without heat, whisk together milk, Trehalose, cocoa, and corn starch. Add the rest of the ingredients and whisk together. Butter will melt as pudding is heated. Turn heat on to medium and whisk constantly until pudding comes to a boil. It will thicken as it cooks. Remove from heat and whisk often until pudding cools to about room temperature. Pour into prepared crust and put in fridge to chill.

## **Haupia (Hawaiian Pudding) Layer:**

1 can (about 13 oz) full fat coconut milk (not the drinking kind)

1 ¼ cups raw whole milk

1 cup Trehalose

⅓ cup organic corn starch

## Pie continued

In a medium sauce pan, combine all ingredients and whisk together. Turn heat on to medium and whisk constantly until pudding comes to a boil. Remove from heat and whisk often as pudding cools.

After chocolate layer is set, pour Haupia layer over chocolate layer and chill in the fridge. Can sprinkle unsweetened shredded coconut over the top of the pie.

For best taste and texture, chill completely before serving.

# Coconut Cream Pie

Angelica Orr

1 9" pie crust, previously baked. Can be either a regular crust or shortbread crust. Recipes included in this book.

## Filling:

1 can full fat coconut milk (not the drink)

1 ¼ cups Trehalose

¼ cup organic butter

4 egg yolks

4 T organic corn starch

1 tsp vanilla

¼ tsp real salt

1 cup unsweetened shredded coconut

¼ cup unsweetened shredded coconut for top of pie, toasted-  
optional

½ cup heavy whipping cream from organically raised cows, whipped and sweetened with 2 T Trehalose or 2 tsp real maple syrup

Combine all ingredients except shredded coconut in a medium sauce pan and whisk until smooth. Turn on heat to medium and whisk constantly until pudding comes to a gentle boil. Remove from heat and stir in 1 cup shredded coconut. Let cool to room temperature, stirring often. Pour in prepared crust and chill.

Whip ½ cup heavy whipping cream with 2 T Trehalose or 2 tsp real maple syrup, until it holds stiff peaks. Spread or pipe over top of pie. Sprinkle on ¼ cup toasted unsweetened shredded coconut if desired. Keep refrigerated.

## To Toast the Coconut:

Line baking sheet with parchment paper. Spread coconut on paper and bake at 350° for 4-5 minutes until starting to turn golden brown.

# Pumpkin Pie

Angelica Orr

2 cups cooked pumpkin

1 ½ cups whole raw milk or canned coconut milk

2 eggs

¾ cup raw honey OR 1 ½ cups Trehalose + 2 T raw honey  
OR 1 ½ cups Trehalose + 2-3 T of X5 sweetener

1 tsp real vanilla

2 tsp cinnamon

½ tsp each of nutmeg, ground ginger, allspice

¼ tsp ground cloves

1 tsp real salt

Whisk all ingredients together gently by hand until honey or Trehalose has dissolved. Pour into prepared deep dish pie crust.

Bake in the lower third of the oven. Bake at 425° for 15 minutes, then reduce heat to 325° and cook for 80-90 minutes. Pie is done when a knife inserted in the center comes out clean. Middle may still be a little jiggy, but will set as the pie cools.

# Chia Pudding 2 Ways

Angie Law and Angelica Orr

## Chocolate Chia Pudding

1 ¼ cups organic chia seeds  
1 ½ cups Trehalose  
3 T cocoa powder  
½ tsp real salt  
4 cups whole, raw milk  
1 tsp vanilla

In a medium mixing bowl, mix chia seeds, Trehalose, cocoa powder, and salt. Combine milk and vanilla and add to dry ingredients. Stir well. Chill for 8 hours. 1 hour into chilling, stir well to keep the chia seeds from settling to the bottom.

## Chia Pudding

2 cups coconut milk (see note below)  
¾ cup Trehalose  
½ tsp vanilla  
½ cup chia seeds  
Dash of salt  
Optional: ¼ tsp cinnamon

Blend all ingredients in a blender. Put chia seeds into a bowl, whisk in milk mixture. Chill for at least hours or overnight, stirring often in the first hour to keep chia seeds from settling to the bottom. Pudding is really yummy topped with mixed berry jam/sauce (recipe included in this book).

Note: When buying canned coconut milk, look for one that has the fewest ingredients possible. Especially look for one without citric acid since it gives the milk a slightly sour flavor that really doesn't work for chia pudding.

# Coconut Vanilla Pudding

Angie Law

1 can (about 13 oz) full fat coconut milk (not the drinking kind)

1 ¼ cups raw whole milk

1 cup Trehalose

⅓ cup organic corn starch

2 eggs

1 tsp vanilla

Dash of real salt

2 T butter

In a medium sauce pan, combine all ingredients, except butter, and whisk together. Turn heat on to medium and whisk constantly until pudding comes to a boil. Remove from heat and whisk in butter, 1 T at a time. Whisk often as pudding cools. Refrigerate.

Great with berries.

## Lemon Custard

Angelica Orr

Juice from 1 ½ organic lemons plus enough water to make  
1 ½ cups total liquid

Generous ½ cup raw honey or 1 cup coconut sugar or 1 cup  
Trehalose

2 egg yolks

¼ cup white Kamut flour

1 tsp vanilla

¼ cup (half stick) organic butter, cut into 1 T slices

With the heat off, pour lemon juice through a strainer into a medium sauce pan. Add water if not combined with lemon juice. Add honey, egg yolks, flour, and vanilla. Whisk to combine. Turn heat on to low and whisk constantly until honey is melted then increase heat and bring custard to a boil. Remove from heat and stir in butter, 1 slice at a time, until melted. Chill, whisking occasionally. Will thicken as it cools.

Serve in bowls topped with a dollop of whipped cream. Or whip ½ cup of heavy cream, fold gently into custard, and then serve in small dishes. It's very rich, so a little goes a long way.

Or eat with crepes. Recipe included in this book.



**Simple Syrup with Trehalose**- Use in place of corn syrup

¼ cup water  
1 cup Trehalose

Combine in a small saucepan over medium heat. Bring to a low simmer until sugar is dissolved and clear. Store in the fridge.

## **Caramel Popcorn**

Angie Law

Pop 10-12 cups of organic popcorn. Set aside.

Caramel:

1 stick of organic butter  
1 cup organic coconut palm sugar  
¼ cup of simple syrup (recipe above)  
¼ cup raw honey  
½ tsp real salt  
½ tsp baking soda

Melt butter in a medium saucepan. Add coconut sugar, simple syrup, raw honey, and salt. Stir together and bring to a boil. Stirring constantly, boil for 5 minutes. Remove from heat and add baking soda. Stir, caramel will foam. Pour over popcorn while warm. Store leftovers in an airtight container.

# Homemade Marshmallows

Angie Law

In a large bowl, put  $\frac{1}{2}$  cup cold water and 4 T plain organic gelatin. Can use the bowl of a stand mixer.

Coat a 9x13 pan with organic butter or coconut oil. Set aside.

In a small sauce pan put  $\frac{1}{2}$  cup water,  $\frac{3}{4}$  cup Trehalose and  $\frac{1}{4}$  cup raw honey. (Or use 1 cup honey.) Bring to a boil and stir constantly for 8 minutes.

Drizzle hot (sugar) liquid slowly over gelatin which has hardened in the large bowl. Beat with a hand mixer or a stand mixer on medium speed to start. When gelatin and sugar mixture are mixed, beat on high speed for 7- 15 minutes until it looks like marshmallow cream and makes soft to stiff peaks.

Pour quickly into prepared 9x13 pan. Use plastic wrap to press into pan evenly. Chill for a few hours. Cut into cubes of desired size (small for mini marshmallows, or larger for bigger marshmallows). Can dry the marshmallows in the pan for several hours or overnight. Remove from pan and toss gently in some blended Trehalose to keep marshmallows from sticking. Can freeze to keep fresh.

**To make popcorn balls**, add 3 T organic salted butter and 1 tsp vanilla to the marshmallows at the marshmallow cream stage. Fold 10-12 cups popped corn into the marshmallow mixture. With a plastic bag turned inside out over your hand, grab a handful of popcorn and form it into a ball. Turn bag right side out and set aside to cool. Close bags with a twist tie to store the individual popcorn balls.

# Whole Hot Fudge

Angelica Orr

⅓ cup extra virgin coconut oil

⅓ cup cocoa

⅓ to ½ cup raw honey

2 T organic butter

2 T raw whole milk or almond milk

¼ tsp real salt

In a small sauce pan, heat ingredients on low just until everything is melted together, whisking constantly. Store leftovers in the fridge. Reheat on low in a small sauce pan. Or, store in a glass jar and reheat by putting the jar, with the lid off, in a water bath in a medium sauce pan over medium heat and stir often until heated through.

# Honey Caramel Sauce or Candy

Angelica Orr

1 cup raw honey  
3/4 cup raw cream  
2 T organic butter  
1/4 tsp real salt  
1 tsp. vanilla

Combine all in a medium sauce pan and stir together. Cook on medium heat until it comes to a boil. Reduce heat if needed to keep it at a simmer without boiling over and cook to soft ball stage (about 10 minutes) for dipping apples or ice cream topping. Or cook to hard-ball stage for candies, instructions below. Store any leftover sauce in a glass jar in the fridge. To reheat, place jar with the lid off, in a water bath in a medium sauce pan over medium heat and stir often until heated through.

## **For candies:**

Cook to hard ball stage (about 20-25 minutes). Butter a shallow pan or line with parchment paper. Pour candy into pan and let cool. Cut into bite-size squares and roll individual squares in small pieces of wax paper, twisting the ends to close.

# Whole Peanut Butter Cups

Angelica Orr

- ½ cup extra virgin coconut oil
- ½ cup natural peanut butter
- ⅓ cup high quality cocoa powder
- ⅓ cup raw honey
- ½ tsp real salt
- 1 tsp vanilla

Line mini muffin pan with papers. In a medium sauce pan, combine all ingredients over low heat and heat just until melted together, stirring constantly. Fill cups full. A cookie scoop makes this easier. Stir occasionally while filling to keep peanut butter from settling to the bottom. Cool in the fridge or freezer to set. Store peanut butter cups in an airtight container in the fridge.

## **Variation: Fudge or Mint Fudge**

Use almond butter in place of peanut butter. For mint fudge, add 10-15 drops organic peppermint essential oil (to taste, start with 10 drops and add more if desired) after melting ingredients together. Coat pan with coconut oil; 8x8 pan for thicker squares, or 9x13 pan for thinner squares. Pour melted ingredients into pan and cool to set. Cut into squares. Store in the fridge.

## **Chocolate Milk Shake**

Angie Law

2 cups raw whole milk  
2 medium bananas, cut into chunks and frozen (freeze beforehand)  
2 tsp vanilla  
¼ cup Trehalose  
2 T cocoa powder  
8-10 ice cubes

Put ingredients, except ice, in a blender in the order listed. Blend until smooth. Add half the ice and blend. Check thickness and add more ice if desired. Blend until smooth.

## **Pumpkin Spice Milkshake**

Angelica Orr

1 cup raw whole milk  
1 medium banana, cut into chunks and frozen (freeze beforehand)  
¼ cup organic canned pumpkin  
1 tsp vanilla  
2-3 T maple syrup to taste  
1 tsp cinnamon  
½ tsp nutmeg  
⅛ tsp ground cloves  
4-6 ice cubes

Put ingredients, except ice, in a blender and blend until smooth. Add 4 ice cubes and blend. Check the thickness and add more ice if desired. Blend until smooth.

## Hot Cocoa Mix

Angelica Orr

4 cups coconut sugar or 5 cups Trehalose  
1 T vanilla  
1 cup cocoa or cacao powder  
½ tsp real salt  
1 tsp cinnamon-optional

Stir together sugar and vanilla. Use a fork and push against the sides of the bowl to get rid of big clumps. Or mix in a blender. Add the rest of the ingredients and mix well. Store in an airtight container.

To drink, add ⅓ cup cocoa mix to 1 cup hot milk, either raw whole milk, almond milk or coconut milk (the drink). Only heat the milk until hot, do not boil, or it will scorch and the milk will get a film on top. Stir well for several minutes and stir occasionally while drinking.

**For Peppermint Hot Cocoa**, leave out the cinnamon and add 1 drop organic peppermint essential oil for each 1 cup of milk heated.

**For Orange Hot Cocoa**, can add or leave out the cinnamon, and add 1 drop of organic sweet orange essential oil for each 1 cup of milk heated

# Whole Hot Cocoa

Angelica Orr

3 cups coconut milk (the drink, not the canned version), almond milk (recipe included in this book), or raw whole milk  
3 T organic cocoa or raw cacao powder  
1 T coconut oil (**omit** if using whole milk)  
3 T raw honey or  $\frac{1}{2}$  to  $\frac{3}{4}$  cup Trehalose to taste.  
Pinch of real salt  
1-2 tsp vanilla to taste

In a small bowl, mix together cocoa powder, coconut oil if using, honey, salt, and vanilla. Stir until everything comes together as a paste.

In a sauce pan, heat milk on medium-low, stirring constantly, just until milk is heated through. Do not boil or simmer or the milk will scorch and get a film on top.

Add the paste mixture to the heated milk and whisk until dissolved. Stir often while drinking.

**For Peppermint Hot Cocoa**, add 3 drops organic peppermint essential oil for each 1 cup of milk heated.

**For Orange Hot Cocoa**, add 3 drops of organic sweet orange essential oil for each 1 cup of milk heated.

**For Cinnamon Hot Cocoa**, add  $\frac{1}{4}$  tsp cinnamon to the paste mixture.



## Extracts for Baking

Soak raw ingredients in 80 proof vodka (or 40% alcohol) for 6 months to a year in a cool place out of direct sunlight. Vodka can be made out of corn or other grain, potatoes, and even sugar. I prefer to use organic vodka, but if it's made out of corn, it's especially important that it is organic. My favorite vodka to use is made from cane sugar. Glass jars work great to make and store the extracts. The extracts are ready to use when you can no longer smell or can only smell a trace or alcohol.

**Vanilla-** I like to make a full bottle of vanilla because I use it so much. A standard size bottle of vodka is 750 ml. For each bottle, use 8-10 vanilla beans. The vanilla will be ready quicker if you use larger and more beans. You can make a smaller amount by adding 4 small vanilla beans to 1 cup of vodka. You can also use rum or bourbon to make a richer vanilla; just make sure it's 80 proof. Slit the vanilla beans lengthwise and/or cut into 4 or 5 shorter lengths and drop them in the bottle. Gently invert the bottle a few times once a month or so.

**Peppermint-** 1 cup loosely packed fresh mint leaves + 8 oz vodka

**Almond-** ½ cup raw unsalted slivered almonds + 8 oz vodka

**Lemon-** Rinds from 2 organic lemons, peeled in strips + 8 oz vodka

**Orange-** Rind from 1 large organic orange, peeled in strips + 8 oz vodka

**Cinnamon-** 4 sticks whole cinnamon + 8 oz vodka

**Coconut-** ½ cup roughly chopped fresh coconut meat + 8 oz vodka

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