

# Recipes

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More recipes in Sheryl's books co-authored with David Brownstein, MD –  
"The Guide to Healthy Eating", "The Guide to a Gluten-Free Diet" and  
"The Guide to a Dairy-Free Diet"

## Popcorn

A popular snack for children and adults! It is a fun snack that you can see, hear, smell and taste!

Note: An electric popcorn popper is a good investment that makes popcorn making fun and easy for children.



Corn kernels (choose organic to avoid genetically modified corn!)  
Virgin coconut oil  
Butter  
Celtic Sea Salt

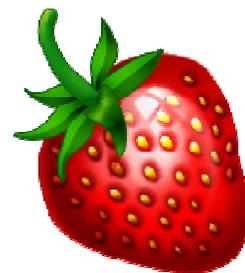
Using an air popper: Place desired amount of corn in popper and follow manufacturer's instructions. **YOU DO NOT ADD OIL TO THE AIR POPPER!**

Using a pot on the stove: Place popcorn in the bottom of the pan and add enough oil to cover kernels. Cover the pot and wait for popcorn to begin popping. As the frequency of the popping becomes less you may move the pan around, shaking lightly. Once popping stops for a few seconds, remove the pot from the heat and pour popcorn into bowl.

Top the popped corn (either air popped or prepared in a pot) with melted coconut oil and/or butter. Then sprinkle Celtic sea salt on top and add optional garlic, cinnamon, nutritional yeast, parmesan cheese or a small amount of maple syrup if you like sweeter popcorn.

## Strawberry Yogurt Fruit Dip

1 ½ cups whole milk yogurt  
½ cup whole milk cultured cream cheese  
1 cup fresh or frozen strawberries  
2 tsp vanilla  
½ Tbsp maple syrup



Place ingredients in a food processor and blend until smooth. Refrigerate before serving. Serve with fresh fruit such as strawberries, grapes, pineapple, apples, etc.



### **Salsa**

Salsa is a staple when entertaining; however many of the canned version have unnecessary additives and ingredients. Consider buying a homemade version in the refrigerated section of the grocery store (read the label and look out for added sugar and chemicals!) OR... why not make your own!

- 1 28oz can tomatoes or 4 big tomatoes chopped
- 1 oz bunch cilantro
- 4 dash Cayenne (add to hotness)
- ½ Lime – squeezed (or use lemon)
- 1 small Vidalia onion or 1/8 of large
- 1/8 tsp Celtic Sea Salt
- 3 cloves Garlic (or use jalapenos and use seeds if want it hot)

Serve with Blue Chips or make your own chips:

### **Baked Tortillas**

*(from Nourishing Traditions, by Sally Fallon)*

- 6 sprouted wheat tortillas *(Food For Life)*
- 2 Tbsp butter
- 2 Tbsp extra virgin olive oil or coconut oil

Melt butter with oil. Brush tortillas with this mixture, arrange on cookie sheets and place in 250 degree oven. Bake until crisp. May be broken into "chips."



### **Mexican Style Chips and Cheese**

Use homemade chips (above) or buy blue chips and top with raw shredded cheese. Put under broiler until cheese is melted. You can add beans as well.

Top with salsa, sour cream, olives, or other condiments you would enjoy.

### **Applesauce**

- 6-8 apples quartered
- ¼ tsp nutmeg
- 1 tsp cinnamon
- 1-2 Tbsp maple syrup or raw honey

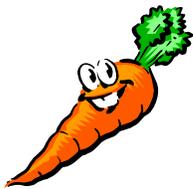
Boil apples in 2 cups of water for 45 minutes to 1 hour or until tender. Place in blender with nutmeg, cinnamon and sweetener and blend until smooth. Chill and serve.



### **Ranch Dip**

1 cup strained whole milk yogurt (so it will be thick and creamy) or sour cream  
½ tsp onion powder  
½ tsp garlic powder  
1 tsp dill (fresh or dried)  
½ tsp parsley  
sea salt and pepper to taste

Mix ingredients until well blended, adjust seasonings to taste. Refrigerate before serving. Serve with fresh chopped vegetables such as carrots, celery, bell peppers, broccoli, cucumbers, etc.



### **Hummus**

Chickpeas or Garbanzo beans are one of the most nutritious of all the legumes, high in calcium, phosphorus and potassium. They have exceptionally high iron and Vitamin C content and contain B complex as well. Like all pulses, they are rich in essential fatty acids however high Omega-6 compared to Omega-3 (so I added flax oil to give more of a balance with omega-3 below in the Hummus).

1 can Chick Peas, drained (Westbrae or Eden)  
3- 4 cloves Garlic  
3 Tbsp Tahini (Raw Organic Maranatha)  
¼ C Lemon Juice  
1/2 Tbsp Cumin  
2 Dash Cayenne (add to taste)  
1/8 tsp Celtic Sea Salt  
½ - 1 Tbsp flax oil

Put chick peas in food processor with the S-blade and process until smooth. Then add the rest of the ingredients and process until well mixed and smooth. To serve: In bowl, pour 1 Tbsp olive oil over top, sprinkle with paprika, add Kalamata olives and parsley. Serve with fresh chopped vegetables such as carrots, celery, bell peppers, broccoli, cucumbers, etc.

## CHILD FRIENDLY IDEAS

### French Toast

- 1      tablespoon coconut oil
- 4      free-range eggs, lightly beaten
- ¼     cup heavy cream
- 1      teaspoon vanilla
- ¼     teaspoon nutmeg
- 6      slices sprouted, whole grain bread\*



*Servings: 3-4*

*Prep: 10 minutes*

*Cook: 10 minutes*

Heat coconut oil in skillet over medium heat. Combine eggs, cream, vanilla, and nutmeg in square dish. Dip bread into egg mixture to cover both sides. Cook in skillet until lightly browned on both sides.

***Storage Suggestion:*** *Make in large batches and separate with waxed paper before storing. Store them in the freezer for quick reheating in the toaster.*



### Nut Butter Sandwich

- 2      pieces sprouted, whole grain bread\*
- 1      tablespoon raw almond butter in its natural oil
- ½     cup chopped berries (or 1 tablespoon low-sugar jam)

*Servings: 1*

*Prep: 5 minutes*

Spread bread with almond (or peanut) butter and add chopped berries (or low-sugar jam) and serve.

### Cheese Quesadillas

- 4      sprouted wheat tortillas\*
- 2      tablespoons butter
- 2½    cups shredded raw cheese\*
- 1      tablespoon coconut oil



*Servings: 2*

*Prep: 10 minutes*

*Cook: 5 minutes*

Butter the outsides of the tortillas. Place cheese on non-buttered side of tortilla and make a sandwich with two tortillas keeping butter sides facing out. Cook in coconut oil at medium-high heat, flipping once, until both sides are lightly browned and cheese is melted in the middle.

***Serving Suggestions:*** *Add vegetables or meat or black beans to quesadilla. Great served with homemade Salsa.*



### Mini Muffin Pizzas

- 1 cup organic tomato sauce
- ¼ teaspoon each basil and oregano
- 3 sprouted, whole grain English muffins\*
- 2½ cups raw cheddar cheese, shredded

*Servings: 3*

*Prep: 15 minutes*

*Cook: 3-4 minutes*

Heat the tomato sauce, basil, and oregano over medium-low heat. Cut muffins into halves and toast them. Spread muffins with tomato sauce mixture and sprinkle cheese on top. Put under broiler for 3-4 minutes, or until cheese is melted, and serve.

***Serving Suggestions:*** *Sauté spinach or other vegetables and mix into tomato sauce. Vegetables can be hidden under the cheese!*

### Super Sloppies (Sloppy Joe's)

- 1 pound grass-fed ground beef
- ¼ cup onion, chopped
- ½ cup tomato paste
- ½ cup beef broth
- ½ tablespoon apple cider vinegar
- 2 teaspoons cumin
- 2 teaspoons yellow mustard
- 1½ teaspoons Worcestershire sauce
- ½ teaspoon sea salt
- 2 dashes cayenne
- 1 dash ground cloves



*Servings: 4*

*Prep: 15 minutes*

*Cook: 30 minutes*

Brown the meat and onions in a large skillet over medium-high heat. Drain meat and put back in skillet. Add the rest of the ingredients and mix well. Simmer 20 minutes and serve.

***Serving Suggestions:*** *Serve with sour cream, open face on a piece of sprouted, whole grain bread, or in a sprouted, whole grain bun. Top with raw cheese. For variation, add ¼ cup chopped celery and/or ¼ cup shredded carrot or other chopped veggies to meat mixture.*

### Sweet Potato Fries

- 1 large sweet potato, sliced in strips (peeling optional)
- 1 tablespoon coconut oil, melted
- 1 tablespoon raw honey\* (optional)
- 1 teaspoon sea salt (optional)

*Servings: 2-3*

*Prep: 10 minutes*

*Cook: 30 minutes*

Preheat oven to 300°F. Slice sweet potatoes into strips and put in a large bowl. Cover with coconut oil and stir until coated. Spread on cookie sheet and bake at 300°F for about 30 minutes or until soft, turning once. Drizzle some raw honey on top and sprinkle with sea salt.

### Taco's

- 1 pound free-range, ground turkey (or use ground beef)
- 2 tablespoons tomato paste
- 2-3 teaspoons chili powder
- 1½ teaspoons ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ½ cup broth (or water)



*Servings: 4*

*Prep: 10 minutes*

*Cook: 25 minutes*

Brown the turkey in a skillet over medium-high heat. Drain meat and put back in skillet with all of the spices and broth. Simmer about 15 minutes, stirring occasionally.

***Serving Suggestions:*** *Serve over lettuce or in sprouted grain tortilla with shredded raw cheese, tomatoes, black olives, black beans, sour cream or yogurt, and crumbled blue chips (optional) and homemade salsa.*

### Nuts for Chocolate Trail Mix

- 1 cup raw cashews
- 1 cup raw pecans
- ¼ cup organic raisins
- ¼ cup organic chocolate chips or carob chips

*Servings: 3*

*Prep: 5 minutes*

Combine all ingredients and store in airtight container. (Nut mix does not have to include chocolate chips; this is simply a healthier alternative for all of those mixes with the M&M's.)