



CHEF ESTELA "WINDWALKER" DELGADO, M.S.



# Heavenly Eating



70 LiveFood Gluten-Free WholeFood  
Plant-Based Recipes for People and Planet

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Plant-Based Recipes for People and Planet



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# Table of Contents

<b><u>DISCLAIMER AND ACKNOWLEDGEMENTS</u></b>	<u>7</u>
<b><u>DEDICATION</u></b>	<u>8</u>
<b><u>INTRODUCTION BY CHEF ESTELA</u></b>	<u>9</u>
<b><u>FORWARD AND LOVE STORY</u></b>	<u>11</u>
<b><u>HEAVENLY EATING RECIPE 71</u></b>	<u>15</u>
<b><u>BEVERAGES - Chapter 1</u></b>	<u>16</u>
<u>Celery Cucumber Juice</u>	<u>17</u>
<u>Goji Juice</u>	<u>18</u>
<u>Apple Cider Drink</u>	<u>19</u>
<u>Chia Lime Lemonade</u>	<u>20</u>
<u>Pink Lemonade</u>	<u>21</u>
<u>Sunshine Treat</u>	<u>22</u>
<u>Strawberry Soda</u>	<u>23</u>
<b><u>BLENDED FOOD - Chapter 2</u></b>	<u>24</u>
<u>Green Smoothie</u>	<u>25</u>
<u>Blended Salad</u>	<u>26</u>
<u>Berry Smoothie</u>	<u>27</u>
<u>Maca Mylkshake</u>	<u>28</u>
<u>Carob Mylkshake</u>	<u>29</u>
<u>Chia Blueberry Porridge</u>	<u>30</u>
<u>Blueberry Smoothie</u>	<u>31</u>



# Table of Contents

<b><u>APPETIZERS - Chapter 3</u></b>	<b><u>32</u></b>
<u>Deviled Eggs</u>	<u>33</u>
<u>Stuffed Crimini Mushrooms</u>	<u>34</u>
<u>Nori Sunflower Crackers</u>	<u>35</u>
<u>Marinated Tofu Bites</u>	<u>36</u>
<u>Zucchini Medallions</u>	<u>37</u>
<u>Stuffed Avocados</u>	<u>38</u>
<u>Cashew Cheeze on Flax Crackers</u>	<u>39</u>
<b><u>DRESSINGS AND SAUCES - Chapter 4</u></b>	<b><u>40</u></b>
<u>Tofu Dressing</u>	<u>41</u>
<u>Avocado Dressing</u>	<u>42</u>
<u>Sunflower Seed Dressing</u>	<u>43</u>
<u>Tahini Dressing</u>	<u>44</u>
<u>Berry Sauce</u>	<u>45</u>
<u>Walnut-Mushroom Mince</u>	<u>46</u>
<u>Tomato Sauce</u>	<u>47</u>
<b><u>PATES - Chapter 5</u></b>	<b><u>48</u></b>
<u>Chickpea Pate</u>	<u>49</u>
<u>White Bean Pate</u>	<u>50</u>
<u>Beet Pate</u>	<u>51</u>
<u>Sunflower Seed Pate</u>	<u>52</u>
<u>Walnut Pate</u>	<u>53</u>
<u>Pumpkin Seed Pate</u>	<u>54</u>
<u>Red Pepper Pate</u>	<u>55</u>





# Table of Contents

<b><u>SOUPS - Chapter 6</u></b>	<b>56</b>
<u>Bean Quinoa Soup</u>	57
<u>Broccoli Soup</u>	58
<u>Corn Chowder</u>	59
<u>Energy Soup</u>	60
<u>Gazpacho Soup</u>	61
<u>Miso Soup</u>	62
<u>Red Pepper Soup</u>	63
<b><u>SALADS - Chapter 7</u></b>	<b>64</b>
<u>Rainbow Salad with Lemon Dressing</u>	65
<u>Jicama Salad</u>	66
<u>Super Green Salad</u>	67
<u>Massaged Kale Salad</u>	68
<u>Live Food Salad</u>	69
<u>Purple Cabbage Salad</u>	70
<u>Wakame Salad</u>	71
<b><u>ENTREES - Chapter 8</u></b>	<b>72</b>
<u>Sunflower Loaf with Purple Cabbage Salad</u>	73
<u>Festive Polenta</u>	74
<u>Jicama Mexican Rice with Tomato Dressing</u>	75
<u>Portabella Mushroom Steaks with Massage Kale Salad</u>	76
<u>Zucchini Noodles with Cashew Cheeze</u>	77
<u>Roasted Cauliflower with Green Beans Almondine</u>	78
<u>Mock Turkey Loaf with Cranberry Sauce</u>	79



# Table of Contents

<b><u>DESSERTS - Chapter 9</u></b>	<b>80</b>
<u>Maca Chia Pudding</u>	81
<u>Crumble Berry Pie</u>	82
<u>Crumble Mango Pie</u>	83
<u>Chocolate Fudge Cheeze Cake</u>	84
<u>Blueberry Cheeze Cake</u>	86
<u>Wild Mesquite Cookies</u>	87
<u>Sunflower Butter Truffles</u>	88
<b><u>KIDS MENU - Chapter 10</u></b>	<b>89</b>
<u>Karen's Out-of-This-World Pineapple Coleslaw</u>	90
<u>Pink Flamingo Smoothie</u>	91
<u>Chef Cristy's Pumpkin Soup and Side Dish</u>	92
<u>Steamed Broccoli with Cheezy Sauce Side Dish</u>	93
<u>Oatmeal Pineapple Pie</u>	94
<u>Lentil Vegetable Stew</u>	95
<u>Black Bear Brownies</u>	97
<u>Lentils Rice and Salsa</u>	98
<b><u>LIVE AND COOKED FOOD - Chapter 11</u></b>	<b>100</b>
<u>Live Food Sample Day Menu</u>	101
<u>Live and Cooked Sample Day Menu</u>	102
<b><u>RESOURCES AND BOOKS</u></b>	<b>103</b>
<b><u>COOKBOOKS</u></b>	<b>104</b>
<b><u>WEBSITES</u></b>	<b>105</b>
<b><u>ARTICLES AND SERVICES</u></b>	<b>106</b>
<b><u>INTERNATIONAL AND DOCUMENTARIES</u></b>	<b>107</b>
<b><u>CHEF ESTELA'S LINKS</u></b>	<b>108</b>
<b><u>GALLERY</u></b>	<b>109</b>
<b><u>ABOUT THE AUTHOR</u></b>	<b>110</b>



## DISCLAIMER

These recipes represent Healthy Vegan Lifestyle education, without promises of a cure for any disease. A transitional LiveFood Gluten-Free WholeFood Plant-Based diet may trigger detoxification 'healing reactions.' Seek professional medical or nutritional advice as needed. Author is exempt from any loss, liability, or damage resulting from any reading, interpretation or application of *Heavenly Eating* recipes.

## ACKNOWLEDGEMENTS

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## DEDICATION

To: Cruz Carmen, mother and music teacher for imparting your glorious strength of womanhood; father and Police Detective Armando Delgado; esteemed aunt and School Supervisor Prof. Maria Jesus Delgado de Cazon; Gilda Torre, friend and adopted mother; Luz Marina Mora Pelaez, mentor and Mission Arcoiris Foundation founder; life-partner and advisor Jeffrey 'VeganMan' Tucker; Skybow, Earth-Medicine teacher; Maria Ruiz Mariposa, general advocate and founder of Sisterhood Mujer Mariposa; my Cuban-American sister, Sura Gallo; cherished friends Raisa Lockhart and Chef Cristina Gonzalez; lifelong friends Olga Teresa Bonilla, Elena Cueto, Olinda Harache, and Maria Ines Aguilar; my relatives and indigenous ancestors in San Miguel de Tucuman;



Logo depicts Pachamama and Sachama mythic symbols

<https://earthsavemiami.org/ukupacha-vegtastic/>

my wonderful non-profit, *Ukupacha Earth-Womb, Tucuman Childrens' Earth Literacy*, prime beneficiary of *Heavenly Eating sales'* proceeds and all incomes from these workshops, lectures and coaching: *iCare About Earth; Positive Earth Actions; Andean Culture Exchange; Healthy Eating Colors; Plant-based Chef Apprentice Certification; Healthy Vegan Immersion Challenge; Holistic Healthy Eating and Lifestyle Changes (for adults); LiveFood Demo Series; LiveFood Kitchen Alchemy Lab, and LiveFood 101.*





## INTRODUCTION by CHEF ESTELA

My Mission is to motivate you to adopt healthy, holistic, humane practices, and make Plant-based, Live Food Nutrition your dietary passport to a sustainable, compassionate and peaceful world.

Heavenly Eating shares my passion for experimenting with techniques, textures, and tastes that suit your pantry, budget and taste buds. Why not let my 16 years of high raw vegan research and experience guide your choice of recipes and meal plans?

- My 70 Heavenly Eating recipes rely on: uncooked root vegetables, fruits, nuts, seeds, whole grains, legumes, sprouts, seaweeds and leafy greens; organically-grown and non-GMO foods that are rich in enzymes, intact proteins, healthy fats and biophotons.
- Beneficial kitchen techniques: massage, blend, soak, sprout, ferment, marinate and dehydrate up to 116 F.
- Suggested equipment: blender, food processor, juicer, dehydrator and spiralizer.

Many precious phytonutrients are heat-averse with damage starting around 116 F. Since we do want some cooked food, I recommend watching your thermometer to minimize harmful overcooking for your 20% acidic food intake.

In *The PH Miracle*, Dr. Robert Young recommends eating 80% alkalizing and 20% acidifying food. pH is scaled from 1 to 14 - below 7 is acidic - above 7 is basic/alkaline. Our fundamental pH marker is the blood's mild alkalinity of 7.365. Therefore, I suggest you start with 50% to 70% of high-water-content Live Food to match the 70% water content of your body, then gradually increase towards an ideal 80%.



Dr. Fritz-Albert Popp proved the existence of a biophoton field in 1974, saying "Light controls your cell functions, 100,000 biochemical reactions per second." So what foods deliver the most solar energy to our personal electromagnetic field? Plant-based Live Foods!

Whole, the newest book by renowned scientist Dr. T. Colin Campbell, touts the benefits of eating 'close to nature.' His PlantPure Culinary Philosophy supports 'SOS' a diet low in Salt and Sugar, with no refined oils, consisting of: minimally-processed, fresh, organic vegetables, fruits, whole grains, nuts, legumes/beans.

In *Heavenly Eating* I offer salt substitutes (celery salt, organic spices and seasonings, lemon-lime juice, vinegars, and low-sodium tamar) and give you one recipe for each day of the week, from 9 categories: Beverages, Blended Food, Appetizers, Dressings and Sauces, Pates, Soups, Salads, Entrees and Desserts, plus

- In Kids Menu you will find four family favorites, from culinary experts who are also loving parents and grandparents.
- Let my Live and Cooked Food Sample Day Menus inspire you to create your own.
- Use suggested Resources to expand both your food knowledge and awareness of ethical eating's benefits to people, animals and planet.

Heavenly Eaters let Mother Nature's phytonutrients act like an orchestra to create a symphony of benefits for our bodies, as we apply native food-wisdom to optimize metabolism and biochemistry.

*'let every meal be healing, life-affirming, blissful i.e. heavenly'*

~Chef Estela



## FORWARD and LOVE STORY

Chef-Professor-Healer Estela is the most conscientious children and families' advocate I've known since I paid a visit to her Lake Castle (Estela's modest townhome) in August, 2014. We had a long discussion about her educational program *Healthy Eating Colors* and pro bono services for *Vegtastic 'VC' Charities*. Around dusk we sealed a deal, gazing at Enchanted Lake.

In ensuing months Estela and I worked feverishly on EarthSave's slogan *Healthy People - Healthy Planet*, and *Mission 1-2-3*. As we built the magic bubble called *Veganville*, our values aligned perfectly and falling in love was inevitable. The synchronicity of our life journeys became a fountain of inspiration and happiness. Out of it came Ukupacha and our YUMMM Mantra [earthsavemiami.org/chant-yummm-vegan-mantra-vegtastic/](http://earthsavemiami.org/chant-yummm-vegan-mantra-vegtastic/).

Estela's Lake Castle is situated in a suburban subdivision on the fringe of Florida's Everglades, a slow-moving 'river of grass.' The neighboring property is a canal-laced golf course operated by indigenous Miccosukee Tribe of Indians. A wild, green corridor reaches our backyard, traversed by anhingas, great white herons, turkey vultures, egrets, Canadian geese and the occasional roving alligator.



The fresh winds that sweep across the plains into our back door, delight Estela, dubbed 'WindWalker - One Who Walks in the Wind' by her shaman-teacher, Skybow. Her apprenticeship with the Lakota Sioux medicine man 'who unifies diverse cultures as colors of a single rainbow,' was transformational. When Skybow departed Estela retained his shamanic, healing ways, a cat named Bebe, her medicine bag, and a ceremonial eagle feather.

In 2003, Estela signed up for Brenda Cobb's *Living Foods Lifestyle 10 Day Program*, along with EarthSave Ambassadors Dr. Flora van Orden III, and Bennett T. Josephson. She emerged as a high-raw vegan on a quest.



Graphic depiction of 'WindWalker' name

Pursuing her Vegan Chef certificate, she read countless books and did many immersion eating challenges. She passionately embraced our EarthSave Holistic Humane Hygienic Trilogy. As a healer, she generously shared 'food as medicine' to unite body, emotion, thought and spirit.

Estela's worldview was forged in a crucible of Andean, Incan and European cultures at the terminus of the legendary Inca Trail.





Her hometown in NW Argentina. San Miguel de Tucuman 'El Jardín de la República' nestles in the Aconquija mountains. Pachamama and Sachamama are dimensions of the local culture which link seamlessly with EarthSave's *Circles of Life Mandala*

I soon deduced that Cruz Carmen's "educator gene" and Armando's "detective gene" combined into their daughter's insatiable curiosity about life's energetic dimensions, and her voracious appetite for lifelong learning. Professor Delgado relentlessly inquires and teaches with everyone we meet, wherever we go. On the organizational level, she probes for veracity, while questioning the modus operandi.

In 2015 Estela's free *Healthy Eating Colors - A Program for Children and Families* was launched. Next her *LiveFood Demo Series* debuted at EarthSave's Turkeyless Thanksgiving. These are 25 minute 'how to' demonstrations by local chefs, nutritionists and health coaches. See her YouTube videos [youtube.com/channel/UCGhQnWeR0RjxcPDtIRAsXSA](https://www.youtube.com/channel/UCGhQnWeR0RjxcPDtIRAsXSA)

To date Estela has graduated Carlos, Karina, Julian and Mariposa from her *Plant-based Chef Apprentice Program*. All agree her training enriched their lives.

I hereby attest the *Heavenly Eating Challenge* really works. I lost inches and pounds during my first 6 months, felt stronger, enhanced mental acuity and a pervasive sense of inner peace. I am beholden to her enzyme-rich, bio-electric, and detoxifying recipes, served up in colorful, varied and scrumptious meals and snacks.

Why not customize your free *Heavenly Eating Challenge* <https://earthsavemiami.org/healthy-vegan-challenge-plant-based-eating-immersion/>



In the comfort of your kitchen, *Heavenly Eating* invites you to become energized, uplifted and healed, while employing and enjoying her 70 recipes with Nature by your side and compassion for all species at your back.

I hope *Heavenly Eating* helps you answer two questions that are relevant to climate change, global resource depletion, pollution, pandemic diabetes and heart disease, rising cancer rates, social unrest and more...

1. What's for Dinner?
2. Is the PlantPure, Healthy Vegan Lifestyle truly our antidote for SAD (Standard American Diet)?

~ Hungry Chef Jef  
Sous Chef

Paraphrasing Chef Estela

My food sensitivities make me hyper-aware of each recipe's potential for beneficial health outcomes.

Right nourishment sustains both the internal biome and the external biosphere.

Optimum nutrition engenders both radiant health and a high-functioning productive work-life.

My real work in Food Alchemy Kitchen Lab consists of marrying superior stock ingredients with herbals, medicinals and aesthetics to achieve YUMMM and a simple do-it-yourself recipe for you.



# Heavenly Eating Recipe 71

A tribute by Hungry Chef Jef

Yield: Supernutrition and satiation from 70 easy-to-prepare delectables

## Ingredients

Distilled plant-based nutritional science

Dedicated culinary research

Compassion for all Circles of Life

Indigenous Andean-Incan wisdom

Sustainable superfoods

Commitment to Mission1-2-3

Sensitivity to diverse needs and preferences

## Directions

1. Practice in EarthSave's 'LiveFood Alchemy Kitchen Lab'
2. Balance color-texture-flavor-presentation
3. Use prime ingredients, especially superfoods
4. Serve food-as-medicine
5. Demonstrate 'iCare About Earth'
6. Establish Beyond Heavenly Eating
7. Make every meal healing-sustaining-enjoyable

## Notes

*Heavenly Eating* recipes "Save the Earth One Bite at a Time"

'Let food be thy medicine' ~Hippocrates

Heal with delicious, nonviolent nourishment

Chef Estela's philanthropy: net proceeds to 501C3 Ukupacha

Excerpts from *Food For Life Guidelines* and *Live Food Chart*





Chapter 1

# BEVERAGES





# Celery Cucumber Juice

Yield: 4 servings

## Ingredients

2 stalks celery  
1 small cucumber  
2 cups filtered water

## Directions

1. Blend all ingredients in a conventional or high-powered blender.

## Notes

If you prefer no fiber, strain through muslin bag or cheesecloth.



# Goji Juice

Yield: 4 servings

## Ingredients

1/3 cup goji berries, soaked for 5-6 hours  
2 cups filtered or coconut water

## Directions

1. Blend all ingredients in a conventional or high-powered blender.

## NOTES

If you prefer no fiber, strain through muslin bag or cheesecloth.



# Apple Cider Drink

Yield: 4 servings

## Ingredients

1 tsp organic apple cider vinegar  
1 tsp maple syrup, coconut nectar, or green stevia  
2 cups filtered water

## Directions

1. Blend all ingredients in a conventional or high-powered blender until smooth.

## Notes

If you prefer no fiber, strain through muslin bag or cheesecloth.



# Chia Lime Lemonade

Yield: 4 servings

## Ingredients

1 small lime, peeled

1 capsule blue-green algae powder

1 tsp chia gel

1 tsp grated ginger

2 cups filtered water

1 Tbsp maple syrup, raw coconut nectar, or 4-5 drops green stevia

## Directions

1. Blend all ingredients in a conventional or high-powered blender.
2. Chia Gel Option: Place 1/3 cup dry chia in 2 cups warm water.
3. Stir and leave at room temperature until a gel forms.
4. Refrigerate and use within three days.

## Note

If you prefer no fiber, strain through muslin bag or cheesecloth.





# Pink Lemonade

Yield: 4 servings

## Ingredients

½ pink grapefruit, peeled  
2 cups filtered water

## Directions

1. Blend all ingredients in a conventional or high-powered blender.

## Notes

If you prefer no fiber, strain through muslin bag or cheesecloth.



# Sunshine Teas

Yield: 12 servings

## Ingredients

8 oz mint, hibiscus, jasmine, rose hips, lavender, lemongrass, chamomile, nettle, red raspberry leaves or any non-caffeinated tea leaves

1 glass sun tea container

## Directions

1. Place 8 oz of the herbal leaves you want in the sun tea container with filtered water.
2. Leave in the sun for five hours.
3. Sweeten to taste, and refrigerate.
4. Hot Herbal Tea Option: Steam water, pour over the leaves, steep for five minutes, serve.

## Notes

Cocktail: serve tea in a flute



# Strawberry Soda

Yield: 2 servings

## Ingredients

2 cups carbonated seltzer water or sparkling mineral water

### *Syrup*

1 cup fresh organic strawberries

½ banana or 1 Tbsp coconut nectar or green stevia

## Directions

1. Blend syrup ingredients.
2. Place syrup in a pitcher.
3. Add the sparkling water and serve.

## Notes

Substitute any berry or fruit mix





Chapter 2

# BLENDED FOOD



# Green Smoothie

Yield: 2 - 4 servings

## Ingredients

2 cups filtered water or 1 cup ice cubes and 1 cup water  
1 green or red apple (optional)  
1 Tbsp wheatgrass powder (optional)  
2 E3 Live Blue-Green Algae Capsules powder (optional)  
2 Tbsp ground flaxseeds  
3 celery stalks  
1 small cucumber  
2 cups leafy greens

## Directions

1. Blend greens with water.
2. Add powders and apple.
3. Blend again.

## Notes

Sweet Smoothie: Add one apple

Savory Smoothie: Replace apple with cucumber or celery.

Plant-Based Protein: Wheatgrass has all the nutrients from the land.

Blue Green Algae (AFA) has nutrients from the ocean.

Brain Health: Add E3 Live Brain On.



# Blended Salad

Yield: 2 - 4 servings

## Ingredients

2 cups filtered water

½ cup zucchini

¼ cup red onion

2 Tbsp sauerkraut

¼ tsp Himalayan salt

¼ tsp Italian seasoning and fennel seeds

1 oz sunflower seeds or ½ avocado

2 cups leafy greens

## Directions

1. Blend all ingredients except avocado.
2. Add avocado or sunflower seeds and blend again.
3. Serve in a bowl.

## Note

Topping: used diced avocado, onion or zucchini





# Berry Smoothie

Yield: 3 - 4 servings

## Ingredients

3 cups filtered water or 2 cups ice cubes and 1 cup water  
1 Tbsp chia or ground flax seed  
1 banana (optional)  
2 cups organic fresh or frozen berries

## Directions

1. Place ingredients in blender in the order listed.
2. Blend.





# Maca Mylkshake

Yield: 2 - 4 servings

## Ingredients

2 cups filtered water or 2 cups ice cubes with 1 cup water  
3 Tbsp maca powder  
2 Tbsp wild mesquite (optional)  
2 Tbsp chia seeds  
¼ tsp anise and cardamom powder or pumpkin pie spice

## Directions

1. Place ingredients blender, in the order listed
2. Blend.

## Notes

Maca is an herbaceous plant of the cabbage family, native to the High Andes of Peru and used by Incan warriors for energy and strength.

Contains 60-75% carbohydrates, 10-14% protein, 8.5% dietary fiber, 2.2% fats, calcium and potassium.

Used as a root vegetable and medicinal herb.

Mesquite is a shrub in the legume family, native to southwestern United States, Mexico and Argentina.

High in protein (16%), calcium, magnesium, zinc, potassium, lysine.

25 Glycemic index helps maintain stable blood sugar.

Unlike chocolate, mesquite is not a stimulant.



# Carob Mylkshake

Yield: 2 - 4 servings

## Ingredients

2 cups almond mylk, filtered water or 2 cups ice cubes and 1 cup water

1½ Tbsp carob powder

1 small banana

¼ tsp pumpkin pie spice or cinnamon

2 Tbsp chia seeds (optional)

## Directions

1. Place ingredients in the order listed and blend.
2. Adding chia will make it creamier

## Notes

Carob is a tree in the pea family, native to the Mediterranean region. Rich in minerals, especially phosphorus and calcium. Used to prevent osteoporosis, reduce cholesterol level, manage type 2 diabetes and cancer because of its antioxidant properties. Carob and mesquite are replacements for chocolate, which is a stimulant.

# Chia Blueberry Porridge

Yields: 4 - 5 servings

## Ingredients

- 4 cups almond mylk or filtered water
- 3 cups organic fresh or frozen blueberries
- 3 Tbsp chia
- 2 Tbsp gluten-free rolled oats (optional)
- 2 oz sesame seeds

## Directions

1. Place all ingredients in a glass Mason jar.
2. Shake and leave overnight for a breakfast or meal replacement.

## Note

The purple pigment in blueberries has the Anthocyanin phytochemical considered to be one of the best foods for brain function.



# Blueberry Smoothie

Yields: 4 - 5 servings

## Ingredients

4 cups almond mylk or filtered water  
3 cups organic fresh or frozen blueberries  
3 Tbsp chia  
2 Tbsp gluten-free rolled oats (optional)  
2 oz sesame seeds

## Directions

1. Place all ingredients in a glass Mason jar.
2. Shake and leave overnight for a breakfast or meal replacement.

## Notes

The purple pigment in blueberries has the Anthocyanin phytochemical considered to be one of the best foods for brain function.





## Chapter 3

# APPETIZERS



# Deviled Eggs

Yield: 6 - 8 servings

## Ingredients

12 white mushrooms

### *Filling*

8 oz organic extra firm tofu

8 oz cooked chickpeas

2 to 3 Tbsp yellow mustard

¼ tsp each: unrefined Celtic sea salt, turmeric, paprika

¼ cup filtered water

## Directions

1. Wash, de-stem, and dry mushrooms. bottoms down.
2. Filling: Blend ingredients, except paprika.
3. Assemble: Flatten each mushroom and stuff.
4. Sprinkle paprika on top.





# Stuffed Crimini Mushrooms

Yield: 4 - 5 servings

## Ingredients

10 crimini mushrooms

### *Marinade*

¼ cup parsley, chopped

¼ cup red onion, chopped

4 oz filtered water

4 oz low sodium tamari or organic soy sauce

### *Sweet Red pepper Pate Stuffing*

1 cup soaked dehydrated walnuts

1 large red pepper

¼ tsp Himalayan salt

## Directions

1. Marinate mushrooms for 6 hours or overnight.
2. Blend Stuffing ingredients.
3. Flatten the base of the mushrooms, stuff and serve.





# Nori Sunflower Crackers

Yield: 15 servings

## Ingredients

2 organic untoasted nori sheets – 16 pieces

### *Sunflower Spread*

2 cups sunflower seeds, soaked

¼ cup red onions, diced

2 Tbsp lemon or lime juice

¼ tsp unrefined sea salt

¼ tsp Italian seasoning

## Directions

1. Sunflower Spread: Soak sunflower seeds for four to six hours.
2. Place all ingredients in a food processor.
3. Blend in low speed until you get the desired consistency.
4. Fold each nori sheets four times. Then cut them into 1½ inch squares.
5. Dab a tiny portion of the Sunflower Spread with a fork onto each nori sheet.
6. Dehydrate at 115 degrees F for 4 to 6 hours until they are completely dried. Keep them in a Mason jar in a cool dry place.



# Marinated Tofu Bites

Yield: 5 - 7 servings

## Ingredients

14 oz organic extra firm tofu

### *Marinade*

¼ cup parsley, chopped

¼ cup red onion, chopped

4 oz. filtered water

4 oz low sodium tamari or organic soy sauce

## Directions

1. Combine Marinade ingredients
2. Rinse tofu with filtered water.
3. Press the tofu block between two plates with a weight on top to squeeze the water out.
4. Cut the block into ½ inch cubes.
5. Marinate tofu for six to eight hours or overnight.
6. Bake at 375 degrees F for 30 minutes.



# Zucchini Medallions

Yield: 8 - 10 servings

## Ingredients

### *Medallions*

2 yellow crookneck yellow squash

### *Zucchini Spread*

2 medium zucchinis, chopped – 4 cups

1 garlic clove, chopped

¼ cup red onion, chopped

1 Tbsp sea salt

¼ tsp coriander

1 Tbsp cumin

4 Tbsp nutritional yeast

4 tsp water

## Directions

1. *Medallions:* Cut 2 squash into medallion slices, each 1/2 inch thick.
2. *Spread:* Blend all ingredients except squash in a food processor or blender.
3. Dollop the Spread on center of each Medallion and serve.



# Stuffed Avocados

Yield: 6 - 8 servings

## Ingredients

6 ripe avocados  
2 Tbsp juice from lime or lemon

### *Filling*

½ cup organic cherry tomatoes, cut in half  
½ cup organic parsley, chopped  
2 small sweet oranges, minced  
2 Tbsp organic red onion, chopped  
¼ tsp Himalayan salt

## Directions

1. *Filling*: combine in a mixing bowl.
2. Cut avocados in half.
3. Flatten the bottoms.
4. Stuff each avocado with Filling and serve.



# Cashew Cheeze On Flax Crackers

Yield: 15 servings

## Ingredients

### *Cashew Cheeze*

- 2 cups cashews, soaked
- 1 ½ oz filtered water
- 1 tsp Celtic sea salt

### *Flaxseed Crackers*

- 2 cups golden flaxseed
- 4 cups filtered water
- 1 Tbsp unrefined sea salt

## Directions

1. *Cashew Cheeze*: Soak cashews for 4 to 6 hours
2. Place ingredients in blende
3. Add water at the end
4. *Flaxseed Crackers*: Mix flaxseeds and filtered water in a bowl.
5. Let stand 4 hours or until it gels.
6. Dehydrate 6 to 8 hours.

## Assemble

1. Spread a thin layer of cheeze on each cracker.





## Chapter 4

# DRESSINGS AND SAUCES

# Tofu Dressing

Yield: 3 - 4 servings

## Ingredients

½ block tofu silken or soft tofu

½ oz of water

¼ tsp unrefined sea salt

1 tsp Italian spices

## Directions

1. Blend ingredients
2. Add water to desired consistency.

## Note

To make a sauce use extra firm tofu and additional water





# Avocado Dressing

Yield: 3 - 4 servings

## Ingredients

1 avocado  
½ green zucchini  
1 handful cilantro  
1 clove garlic  
¼ tsp unrefined sea salt  
2 Tbsp lemon or lime juice

## Directions

1. Blend ingredients
2. Add water to desired consistency.

## Note

To make guacamole add chopped tomatoes and less water.





# Sunflower Seed Dressing

Yield: 3 - 4 servings

## Ingredients

2 Tbsp sunflower seed butter or 3 Tbsp sunflower seeds, soaked  
¼ tsp unrefined sea salt  
1½ cups filtered water

## Directions

1. Blend ingredients
2. Add water to desired consistency.

## Note

Sunflower or pumpkin seeds are excellent substitutes for people with nut allergies



# Tahini Dressing

Yield: 3 - 4 servings

## Ingredients

2 Tbsp tahini butter or 3 Tbsp sesame seed, soaked

1 clove garlic

$\frac{1}{4}$  tsp unrefined sea salt

$1\frac{1}{2}$  cups filtered water

## Directions

1. Blend ingredients
2. Add water to desired consistency.



# Berry Sauce

Yield: 2 - 3 servings

## Ingredients

3 oz fresh or frozen berries

½ cup filtered water

2 Tbsp coconut nectar or any low glycemic sweetener

## Directions

1. Place ingredients in blender, add water, blend

## Notes

Use any berries

Substitute other fruits to match any main dish.



# Walnut-Mushroom Mince

Yield: 3 - 4 servings

## Ingredients

- ½ cup white onion, minced
- ½ cup baby portabella mushroom, diced
- ¼ tsp unrefined salt
- ½ cup dried walnuts, crushed

## Directions

*Dry-Saute*

1. Heat a non-stick pan.
2. Saute onions and mushrooms.
3. Add water as needed.
4. Stir until almost done.
5. Before the last stir, add ½ cup crushed dried walnuts.
6. Stir until well combined.

## Notes

If you can't find crimini or portabella mushroom, use white mushroom.

Picadillo: If you want a picadillo consistency, mince mushroom and walnuts without onions



# Tomato Sauce

Yield: 3 - 4 servings

## Ingredients

- 3 large ripe tomatoes
- 6 - 8 oz sun-dried tomatoes (optional)
- 4 oz fresh basil or parsley
- 6 soaked dates
- ¼ tsp unrefined sea salt

## Directions

- 1.Place all ingredients in blender.
- 2.Start on slow speed
- 3.Blend to desired consistency.





## Chapter 5

# PATES



# Chickpea Pate

Yield: 4 - 6 servings

## Ingredients

3 cans packed in water, or 6 cups cooked chickpeas

¼ tsp unrefined sea salt

1 Tbsp fennel seeds

¼ tsp Italian seasoning

4 Tbsp nutritional yeast

2 oz filtered water

## Directions

1. Cooking Method: Soak overnight, cook the following day.
2. Place all ingredients in a food processor.
3. Add water for desired consistency.



# White Bean Pate

Yield: 4 - 6 servings

## Ingredients

3 cans of white bean packed in water or 6 cups cooked

¼ tsp unrefined sea salt

1 tsp turmeric

¼ tsp cumin

1 Tbsp fennel seeds

4 Tbsp nutritional yeast

2 oz filtered water

## Directions

1. Cooking Method: Soak beans overnight, discard soak water and cook.
2. Place all ingredients in a food processor.
3. Add water for desired consistency.





# Beet Pate

Yield: 3 - 4 servings

## Ingredients

5 small cooked beets  
1/3 red onion, chopped  
2 - 3 Tbsp tahini butter  
1/4 tsp unrefined sea salt  
1/4 tsp Italian seasoning  
1 1/2 oz filtered water

## Directions

1. Place all ingredients in a food processor.
2. Add water to desired consistency.



# Sunflower Seed Pate

Yield: 3 - 4 servings

## Ingredients

2 cups sunflower seeds, soaked  
1/3 cup white onion, diced  
1/4 tsp Italian seasoning  
1/4 tsp unrefined sea salt  
2 Tbsp lemon or lime juice  
1 1/2 oz water

## Directions

1. Soak sunflower seeds for 4 to 6 hours.
2. Place all ingredients in food processor.

## Notes

You can make sunflower nut balls using an ice-cream scooper.  
To make a loaf add 1/4 cup red pepper and carrots, diced.  
Use a glass loaf dish to serve, and garnish with diced red peppers.



# Walnut Pate

Yield: 3 - 4 servings

## Ingredients

2 cups crimini mushrooms

1 1/2 cups walnuts soaked; dehydrated under 115 degrees F

1 clove garlic, minced

1/4 tsp Italian seasoning

### *Marinating Liquid*

6 - 8 oz filtered water

2 oz low sodium tamari

## Directions

1. Marinate mushrooms 6 to 8 hours or overnight.
2. Prepare dish raw or cooked.
3. Cooking Process: Heat a pan on medium low. When hot, saute the mushrooms. Add marinating liquid as necessary
4. In a food processor, grind the walnuts until you get a crumbly consistency.
5. Add the crimini mushrooms, garlic, and Italian seasoning.
6. Form into nut balls using an ice-cream scoop.

## Note

double or triple the recipe to make a large festive walnut loaf in a glass loaf dish.



# Pumpkin Seed Pate

Yield: 3 - 4 servings

## Ingredients

- 2 cups pumpkin seeds
- 2 - 3 celery stalks
- ¼ tsp unrefined sea salt
- ¼ tsp Italian seasoning

## Directions

1. Soak pumpkin seeds 4 to 6 hours.
2. If you use pumpkin seeds soaked, add less celery and onions. If you dehydrate them, set the dehydrator to 115 degrees F and leave them for 6 hours or overnight.
3. Grind moist or dry seeds with celery, onion, and seasoning until smooth.
4. Add water for desired consistency.
5. Form into nut balls using an ice-cream scoop.

## Notes

Double or triple the recipe to make a large festive pumpkin seed loaf in a loaf dish..

Decorate with fresh cranberries or strawberries..



# Red Pepper Pate

Yields: 3 - 4 servings

## Ingredients

1 red pepper

1/3 cup red onion, chopped

2 Tbsp tahini butter or hemp seeds

1/4 tsp unrefined sea salt

## Directions

1. Place all ingredients in blender.
2. Blend with water to desired consistency.

## Note

Substitutes: almonds or almond butter.





## Chapter 6

# SOUPS



# Bean Quinoa Soup

Yield: 6 - 8 servings

## Ingredients

9 cups filtered water or vegetable broth  
1 cup soaked lentils or split peas  
 $\frac{3}{4}$  cup rinsed quinoa  
 $\frac{1}{2}$  cup red onion  
1 garlic clove  
1 tsp unrefined salt  
 $\frac{1}{4}$  tsp fennel seeds  
 $\frac{1}{4}$  tsp Italian seasoning  
1 oz soaked sundried tomato or fresh tomato

## Directions

1. Dry saute garlic, onion and spices.
2. Add liquid and other ingredients.
3. Simmer until tender.





# Broccoli Soup

Yield: 4 - 6 servings

## Ingredients

3 cups filtered water  
2 cups broccoli florets  
1 garlic clove  
1 tsp sea salt  
½ tsp cumin  
½ cup almonds, soaked and blanched

## Directions

1. Blend ingredients, including almonds.

## Notes

Substitute: 1 small avocado for almonds.  
If using avocado, pulse briefly.



# Corn Chowder

Yield: 4 - 6 servings

## Ingredients

Kernels of 3 fresh organic corns or 3 cups frozen  
1 medium yellow crookneck squash  
1 red onion, diced  
 $\frac{1}{3}$  cup tahini dressing [Page 44, Chapter 4](#)  
 $\frac{1}{4}$  tsp paprika  
 $\frac{1}{4}$  tsp thyme  
 $\frac{1}{4}$  tsp unrefined salt  
3 or 4 cups filtered water

## Directions

1. Reserve 1 oz. of corn for topping.
2. Blend  $\frac{1}{2}$  of the corn, squash, and onion with other ingredients until smooth.
3. Add the second  $\frac{1}{2}$  to blender.
4. Pulse to a chunky consistency for a mix of smooth and chunky textures..
5. Top with kernels.

## Note

Add any nuts or seeds to make it creamier



# Energy Soup

(Adapted from Dr. Ann Wigmore)

Yield: 4 - 6 servings

## Ingredients

3 cups filtered water  
¼ cup sprouted lentils or mung beans  
¼ cup sunflower or pea sprouts  
1 or 2 Tbsp dulse powder  
1 cup leafy greens  
1 Granny Smith apple (optional)  
½ avocado

## Directions

1. Place ingredients in the order listed and blend.
2. Add avocado, blend briefly.



# Gazpacho Soup

Yield: 2 - 4 servings

## Ingredients

1 large tomato  
1 cucumber  
1 red bell pepper  
½ lemon juiced  
1 tsp sea salt  
½ tsp cumin  
1 cup filtered water

## Directions

1. Place ingredients in the order listed, blend.



# Miso Soup

Yield: 4 - 6 servings

## Ingredients

4 cups filtered water

¼ cup dry wakame

¼ cup organic firm tofu, cubed (optional)

3 Tbsp white or chickpea miso

## Directions

1. Place water in a small pot. Boil to a low simmer.
2. Add wakame and tofu. Cook for five minutes.
3. Dissolve 3 Tbsp miso in a separate bowl with 2 or 3 Tbsp hot water.
4. Whisk until well combined.
5. Add miso and taste.
6. Add more miso to desired taste.



# Red Pepper Soup

Yield: 4 - 6 servings

## Ingredients

2 red bell peppers

1 tomato

4 cups filtered water

1 small avocado or 2 oz soaked almonds

## Directions

1. Blend all ingredients

## Notes

Substitute any nuts or seeds for almonds.

Avoid high-speed blending of avocado.





Chapter 7

# SALADS





# Rainbow Salad With Lemon Dressing

Yield: 6 - 8 servings

## Ingredients

### *Rainbow Salad*

2 cups leafy greens, or 2 heads lettuce, chopped  
1 small red onion, diced  
1 orange sweet bell pepper, diced  
½ cup yellow crookneck squash, diced  
½ cup white mushrooms, diced  
¼ cup purple cabbage, shredded  
3 oz soaked walnuts or almonds, crushed

### *Lemon Dressing*

1 cup filtered water  
1 lemon or lime, juiced  
¼ tsp Italian seasoning  
¼ tsp unrefined sea salt

## Directions

1. Mix all salad ingredients.
2. Lemon Dressing: blend
3. Add Dressing.
4. Refrigerate 20 minutes before serving.

## Note

Substitute naturally-fermented sauerkraut for Dressing



# Jicama Salad

Yield: 4 - 6 servings

## Ingredients

- 1 jicama, diced
- ¼ cup red onion, diced
- ½ cup zucchini, diced
- ¼ tsp Italian seasoning
- ¼ tsp unrefined sea salt

## Dressing

¼ cup avocado dressing [Page. 42, Chapter 4](#)  
or choose any [Dressing from Chapter 4.](#)

## Directions

1. Toss all ingredients.
2. Add Dressing.
3. Refrigerate 20 minutes before serving.



# Super Green Salad

Yield: 4 - 6 servings

## Ingredients

3 cups baby greens  
1 large tomato, diced  
½ red onion, chopped  
1 garlic clove, minced  
¼ bunch of parsley, chopped  
¼ tsp Italian seasoning

*Dressing*

[Any Dressing from Chapter 4](#)

## Directions

1. Toss all ingredients in a serving dish.
2. Add Dressing and serve.

## Note

Substitute Dressings: 4 Tbsp kimchi or sauerkraut (naturally-fermented)



# Massaged Kale Salad

Yield: 4 - 6 servings

## Ingredients

1 bunch dark green kale

½ cup sesame seed

6 oz filtered water

¼ tsp. unrefined sea salt (grey Celtic or Himalayan salt)

¼ tsp Italian seasoning

## *Dressing*

[Tahini Dressing, Page 44, Chapter 4](#)

## Directions

1. De-stem the kale.
2. Massage kale once.
3. Pour Dressing over the kale.
4. Massage 2 or 3 times more.
5. Refrigerate for 2 hours or overnight before serving.



# Live Food Salad

Yield: 6 – 8 servings

## Ingredients

- ¼ cup sprouted mung beans
- ¼ cup sprouted lentil beans
- ½ cup sunflower greens
- ½ cup red onion, chopped
- 1 cup cherry tomatoes
- ¼ tsp Himalayan salt

*Dressing*

[Any Dressing from Chapter 4](#)

## Directions

1. Place all ingredients in a serving dish.
2. Toss salad. Add dressing and serve.

## Note

Substitute Dressing: 4 Tbsp kimchi or sauerkraut (naturally-fermented)



# Purple Cabbage Salad

Yield: 6 – 8 servings

## Ingredients

1 small purple cabbage  
½ cup white onion, chopped  
3 garlic cloves, minced  
½ cup orange pepper, diced  
1 tsp unrefined sea salt  
1 cup mung beans or lentil sprouts  
4 to 5 Tbsp lime juice  
1 Tbsp Italian seasoning

## *Dressing*

Lime juice, filtered water and Italian seasoning

## Directions

1. Place all ingredients in a bowl.
2. Toss well.
3. Add Dressing.
4. Refrigerate for 2 hours or overnight before serving.



# Wakame Salad

Yield: 4 - 6 servings

## Ingredients

- ¼ cup soaked wakame
- ¼ cup red onion, diced
- 1 cup small cucumbers, diced
- ½ red sweet pepper, diced
- ¼ tsp unrefined sea salt (optional)
- ¼ Italian seasoning

## Directions

1. Put all ingredients except wakame in a bowl.
2. Drain the wakame.
3. Add to the salad.
4. Toss and serve.







## Chapter 8

# ENTREES



# Sunflower Loaf With Purple Cabbage Salad

Yield: 6 – 8 servings

## Ingredients

### *Loaf*

2 cups sunflower seeds, soaked

¼ cup red onions, diced

¼ cup red pepper

½ lemon, juiced

¼ tsp unrefined sea salt

¼ tsp Italian seasoning

## Directions

1. *Loaf:* Soak sunflower seeds for 4 to 6 hours.
2. Place red onions in a food processor and pulse 2 to 3 times.
3. Add remaining ingredients, and process to a fine consistency.
4. Put Sunflower Loaf in loaf dish, then garnish with diced red peppers.
5. Refrigerate for 30 minutes before serving.
6. Serve with [Purple Cabbage Salad. Page 70, Chapter 7](#)



# Festive Polenta (with Walnut-Mushroom Mince)

Yield: 8 -10 servings

## Ingredients

*Polenta:*

6 cups filtered water

2 cups organic yellow cornmeal (fine or medium ground polenta or corn grits)

1 Tbsp unrefined sea salt

4 Tbsp nutritional yeast

*Walnut-Mushroom Mince*

See recipe [Page 46, Chapter 4](#)

## Directions

1. *Polenta:* Boil water on high heat. Then reduce to low.
2. Add corn, whisking continuously for 30 minute or until corn is soft.
3. Towards the end of cooking as corn is softening, add sea salt and nutritional yeast.
4. *Assemble:* Place first layer of corn into a glass Pyrex container.
5. Add first layer of Mince.
6. Place second layer of corn and second layer of Mince.
7. Place third layer of corn and third layer of Mince.
8. Top with Mince and crushed walnuts.
9. Heat in the oven 15-20 minutes at 375 F until Festive Polenta is slightly brown and firm.
10. Remove, let cool for 15 minutes and serve.



# Jicama Mexican Rice With Tomato Dressing

Yield: 2 - 4 servings

## Ingredients

1 medium jicama  
½ cup green peas  
2 oz fresh cilantro, chopped  
1 clove garlic, chopped  
¼ cup onion, chopped

### *Tomato Dressing*

2 cups sweet cherry tomatoes  
4 to 6 oz sun dried tomatoes (optional)  
5 dates, soaked (optional)  
1 tsp unrefined sea salt

## Directions

1. Place ingredients (not Tomato Dressing) in food processor with fine shredding disc. Pulse to consistency of rice grains.
2. *Tomato Dressing*: Blend ingredients in a regular or high speed blender.
3. *Assemble*: Place rice on a serving dish.
4. Top with Dressing.

**See Recipe photo page 66**



# Portabella Mushroom Steaks With Massaged Kale Salad

Yield: 4 - 6 servings

## Ingredients

### *Steaks*

- 12 oz large sliced portabella mushrooms
- ½ cup red onion, diced
- ½ bunch parsley, chopped
- ¼ tsp Italian seasoning

### *Marinade*

- 2 oz low sodium tamari sauce
- 4 oz filtered water
- ¼ tsp each: fennel seeds, thyme, Italian seasoning

### *Dressing*

[Choose any Dressing from Chapter 4.](#)

## Directions

1. Marinate Mushroom Steaks 4to 6 hours or overnight
2. Place on serving dish and sprinkle onion, parsley and Italian seasoning.
3. Top with Dressing of your choice.
4. Bake 20 minutes at 375 F or serve raw.
5. Serve with [Massaged Kale Salad, Page 68, Chapter 8](#)



# Zucchini Noodles With Cashew Cheeze

Yield: 6 – 8 servings

## Ingredients

6 zucchinis

¼ tsp unrefined sea salt

[Cashew Cheeze, Page 39, Chapter 3](#)

## Directions

1. Use a spiralizer or a peeler to prepare noodles.
2. Place in a serving dish.
3. Prepare Cashew Cheeze.
4. Toss noodles with Cheeze and serve.

## Note

Substitute kelp noodles, same directions





# Roasted Cauliflower With Green Beans Almondine

Yield: 2 - 4 servings

## Ingredients

1 small cauliflower head  
1 – 2 cups tomato sauce  
2 cups steamed green beans  
2 Tbsp coarse ground almonds  
2 cups steamed butternut squash, cubed  
2 oz fresh berries

[Any Berry Sauce Page 45, Chapter 4](#)

*Tomato Sauce*

[Tomato Sauce, Page 47, Chapter 4](#)

## Directions

1. Wash and slice cauliflower off its base, so cauliflower head sits upright.
2. Place in a glass baking container.
3. Pour tomato sauce over cauliflower.
4. Roast 45 minutes at 375 F.
5. *Assemble:* center cauliflower in a serving dish.
6. Garnish with green beans and squash.
7. Sprinkle ground almonds.





# Mock Turkey Loaf With Cranberry Sauce

Yield: 8 –10 servings

## Ingredients

### *Loaf*

- 1 cup pumpkin seeds
- 1 cup cashews
- 5 stalks celery
- 1 scallion, chopped
- ¼ tsp unrefined sea salt

### *Sauce*

- 1 ¼ cups raw cranberries
- 2/3 Tbsp coconut nectar
- 1 ½ oz filtered water

### *Decoration*

- 4 – 6 orange sweet pepper cut into thin strips
- 2 oz dried pumpkin seeds
- 2 oz raw cranberries

## Directions

### *Loaf*

1. Soak pumpkin seeds and cashews 4 to 6 hours.
2. Dehydrate seeds.
3. Grind 1 cup seeds and 1 cup cashews in food processor to fine consistency.
4. Add celery and scallion, then blend until smooth.
5. Form into loaf in a glass container.

### *Sauce*

6. Blend ingredients.

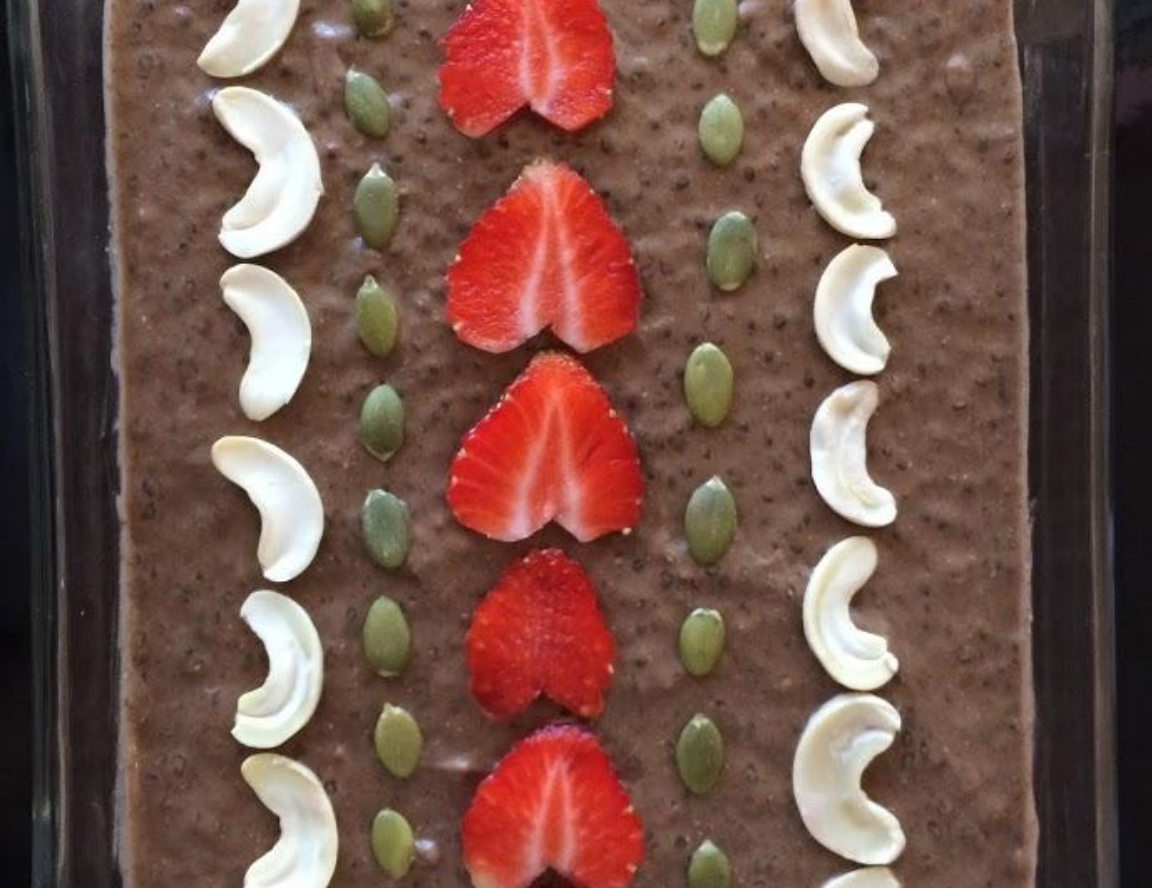
### *Decoration and Serving*

7. Decorate loaf.
8. Place on serving plates. Drizzle Sauce onto Loaf.

## Notes

Shape Loaf into butterflies, pumpkins or any shape for special occasions. Decorate accordingly.





Chapter 9

# DESSERTS



# Maca Chia Pudding

Yield: 4- 6 servings

## Ingredients

### *Almond Mylk*

- 1 cup almonds, soaked
- 2 cups filtered water at room temperature
- 1 cup hot filtered water
- 1 tsp vanilla extract

### *Pudding*

- 12 oz Almond Mylk
- 4 Tbsp dry chia seeds
- 2 Tbsp maca powder (or wild mesquite or carob)
- 3 dates, soaked, rinsed and chopped

### *Berries Puree Topping*

- 4 oz fresh or frozen berries
- 4 dates, chopped and soaked

## Directions

### *Almond Mylk*

1. Soak almonds overnight.
2. Blanche with hot water.
3. Blend blanched almonds with 2 cups filtered water.
4. Pass thru a nut mylk bag.
5. Add 1 tsp vanilla extract.

### *Pudding & Topping*

6. Place ingredients in a Mason jar
7. Shake and let stand 4 - 6 hours or overnight.
8. Place berries and soaked dates in a bowl, puree with a fork.
9. Add Topping to Pudding.

## Note

Wild mesquite (Algarrobo/a) and carob replace chocolate  
And are not stimulants.



# Crumble Berry Pie

Yield: 4 – 6 servings

## Ingredients

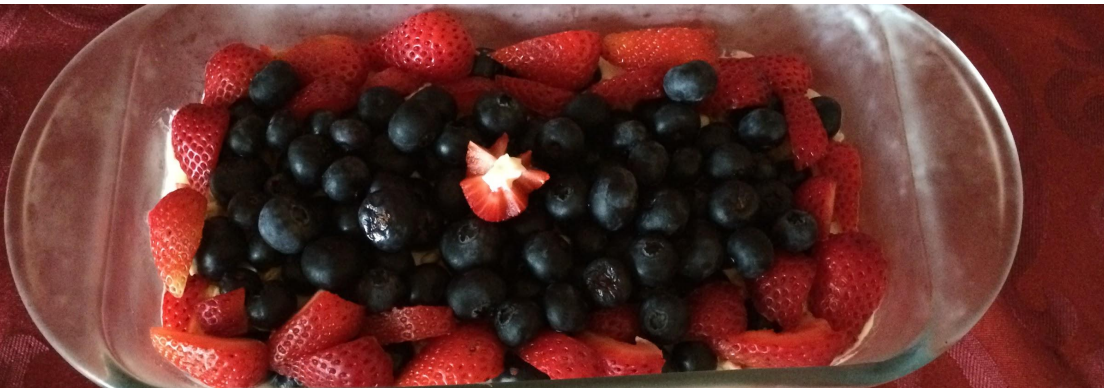
- 2 cups walnuts
- 2 cups frozen berries
- 1 cup fresh berries
- 2 oz filtered water
- 2 Tbsp coconut nectar or maple syrup

## Directions

1. Soak walnuts 4 to 6 hours.
2. Dehydrate 6 hours at 115F, or use oven at 250 F until walnuts are dry and crunchy.
3. Place walnuts in food processor and pulse to a crumble consistency.
4. Press evenly into a glass pie container to make crust.
5. Blend frozen berries, water and coconut nectar into a thick sauce.
6. Pour sauce over crust and top with fresh berries.
7. Freeze 2 hours before serving.

## Note

All nuts and seeds need to be soaked.



# Crumble Mango Pie

Yield: 4 to 6 servings

## Ingredients

2 cups walnuts  
2 cups fresh or frozen mangos  
2 oz water  
2 Tbsp coconut nectar or maple syrup

## Directions

1. Soak walnuts 4 to 6 hours.
2. Dehydrate 6 hours at 115F, or use oven at 250 F until walnuts are dry and crunchy.
3. Place walnuts in food processor and pulse to a crumble consistency.
4. Press evenly into a glass pie container to make crust.
5. Blend mangos, water and coconut nectar into a thick sauce.
6. Pour sauce over crust.
7. Place in freezer for 2 hours before serving.

## Note

Soaking releases enzyme inhibitors, making nuts or seeds easier to digest and increasing their nutritional benefits.



# Chocolate Fudge Cheeze Cake

Yield: 6 - 8 servings

## Ingredients

### *Crust*

2 cups soaked and dehydrated walnuts or any other nuts

½ cup soaked dates

¼ tsp unsweetened shredded coconut (optional)

### *Filling*

1 small avocado

6 Tbsp cacao powder

4 Tbsp coconut nectar

2 Tbsp coconut oil

¼ tsp cinnamon

½ cup date water

## Directions

1. *Crust:* Place the dried walnuts in a food processor to make a coarse flour.
2. Add soaked dates.
3. Process to consistency of dough.
4. Spread the crust in a springform container.
5. *Filling:* Place all ingredients into a food processor, in the above order.
6. Pulse to the right consistency.
7. Spread Filling on top of Crust.
8. Decorate with fresh raspberries.
9. Freeze 6 to 8 hours.
10. Thaw 1 ½ hours before serving.

## Note:

Substitute: 2 mashed bananas for coconut oil per the PlantPure Culinary Philosophy







**Chocolate Fudge Cheeze Cake pg 84**



**Blueberry Cheeze Cake pg 86**





# Blueberry Cheeze Cake

Yield: 4- 6 servings

## Ingredients

### *Crust*

2 cups soaked and dehydrated walnuts or any other nuts

½ cup soaked dates

¼ tsp unsweetened shredded coconut (optional)

### *Filling*

2 cups cashews soaked for 4 to 6 hours

½ cup blueberries

¼ cup coconut nectar

¼ cup coconut oil

1 Tbsp non-alcoholic vanilla extract

¼ cup or more date soak water to facilitate blending

### *Berry-Date Sauce*

2 cups fresh or frozen berries

¼ cup soaked dates

## Directions

1. *Crust:* Place the dried walnuts in a food processor and make coarse flour.
2. Add soaked dates.
3. Process to a dough consistency.
4. Spread Crust in a springform container.
5. *Filling:* Place all ingredients in a blender, one by one in the above order.
6. Spread on top of the crust.
7. Decorate with fresh berries.
8. Place in freezer for 6 to 8 hours.
9. Thaw 1 ½ hours before serving.
10. *Sauce:* Blend Ingredients.
11. Keep Sauce refrigerated.
12. Pour Sauce over slices.

## Notes

Strawberry Cheeze Cake: Use ½ cup of strawberries for the filling and fresh strawberries to decorate.

Cashew Cheeze Cake: Use only cashews for the filling. Pour Sauce on individual slices. Decorate with cashew pieces.

Substitute in Filling: 2 mashed bananas for coconut oil.



# Wild Mesquite Cookies

Yield: 4 - 6 servings

## Ingredients

2 cups pumpkin seeds, soaked  
½ cup dates, soaked  
2 Tbsp wild mesquite powder  
1 oz filtered water, if needed

## Directions

1. Soak seeds 4 to 6 hours.
2. Dehydrate at 115 F for 6 hours or use oven at 250 F until seeds are dry and crunchy.
3. Place seeds in a food processor and pulse to make flour.
4. Add the other ingredients.
5. Process to make dough.
6. Scoop with a small spoon to form round cookies
7. Refrigerate for 60 minutes before serving.

## Notes

Soak all seeds to release their enzyme inhibitors.

Wild or raw mezquite grows in desert areas in the United States, Central and South America.

It is high in protein, fiber and mineral content.

Spanish names: algarrobo or algarroba.



# Sunflower Butter Truffles

Yield: 4- 6 servings

## Ingredients

- 1 ½ cups sunflower seeds
- ¾ cup sunflower butter
- 2 Tbsp cardamom powder
- 1/8 tsp cinnamon
- 1/8 tsp clove
- 1/8 tsp nutmeg powder
- 2 Tbsp coconut nectar (optional)
- 1 - 2 oz filtered water, if needed

## Directions

1. Soak sunflower seeds for 4 to 6 hours.
2. Dehydrate at 115 degrees F for 6 hours or use oven at 250 degrees F. Seeds should be dried and crunchy.
3. Place them in a food processor and pulse to make flour.
4. Add the other ingredients.
5. Use the food processor to make the dough.
6. Scoop with a small spoon.
7. Form into truffles.
8. Roll them into shredded coconut.
9. Refrigerate until firm.

## Note

You can buy the sunflower butter or you can make it by placing sunflower seeds in the food processor, and adding 2 Tbsp of coconut nectar or maple syrup for sweetness.





Chapter 10

# KIDS' MENU



# Karen's Out-Of-This-World Pineapple Coleslaw

From "Raw Vegan Recipe Fun for Families"  
superhealthychildren.com, with permission of Karen Ranzi

Yield: 2-4 servings

## Ingredients

2 cups shredded green cabbage  
1 cup shredded carrots  
3 scallions, sliced  
1 small head broccoli, shredded  
4 Tbsp finely chopped cilantro  
1 cup pineapple, fresh or frozen, finely chopped

### *Lemon Tahini Sauce*

2 Tbsp raw tahini  
Juice of one lemon  
½ tsp ground cumin

## Directions

1. Coleslaw: Shred the vegetables with a hand shredder, or in food processor. Toss vegetables, cilantro and pineapple.
2. Lemon Tahini Sauce: Mix all ingredient in a bowl using a whisk or fork.
3. Pour sauce over Pineapple Coleslaw and mix thoroughly.



# Pink Flamingo Smoothie

Yield: 2 – 4 servings

## Ingredients

1 cup berry mix (blueberry- raspberry-strawberry)  
3 ripe bananas  
2 cups cold filtered water

## Directions

1. Place berries, then bananas, into blender.
2. Add filtered water.
3. Blend until desired consistency.
4. Serve.



# Chef Cristy's Pumpkin Soup And Side Dish

A favorite of 10 year old Julien, Chef Cristy's son,  
chefcristysrawfood.com, with permission of Chef Cristy

Yield: 2 – 4 servings

## Ingredients

½ lb raw fresh pumpkin, peeled and cubed  
Pinch of sea salt  
1 capful Bragg's Liquid Aminos  
3 cups vegetable broth  
1 stalk celery  
1/2 green pepper  
1 sweet potato  
1 carrot

## Directions

1. Cook all ingredients for about 20 minutes.
2. Blend.

## Notes

Serve soup with a scoop of coconut yogurt on top of each bowl. Sprinkle with fresh cilantro and enjoy.

This dish goes well with Chef Cristy's Steamed Broccoli and Cheezy Sauce.

Side Dish Recipe on next page





# Steamed Broccoli With Cheezy Sauce Side Dish

Side Dish Recipe from previous page

## Ingredients

*Broccoli:*

1 head fresh broccoli

*Cheezy Sauce:* 1 fresh head of broccoli

1/2 cup organic cashews soaked for 30 - 60 minutes

4 medium carrots

1/4 whole red pepper

pinch of salt

2 Tbsp nutritional yeast

1/2 cup vegetable broth

## Directions

1. *Broccoli:* Cut off florets for steaming.
2. Steam 15 minutes.
3. *Cheezy Sauce:* Blend ingredients
4. Serve on top of steamed broccoli.



# Oatmeal Pineapple Pie

Yield: 4 to 6 servings

## Ingredients

*Gluten-free Oat Pie Crust*

1 ½ cup gluten-free rolled oats

5 dates

2 Tbsp coconut oil or 2 mashed bananas

1 Tbsp coconut nectar

*Filling*

1/2 cup fresh pineapple, diced

2 oz filtered water

½ cup pineapple, sliced

## Directions

1. *Oat Pie Crust:* Grind the oats into a coarse flour in a food processor. Then add dates and coconut oil or mashed bananas. Blend again until well combined. Spread crust in a pie plate and cover with pineapple slices.
2. *Filling:* Blend the diced pineapple, 2 oz water and make a puree.
3. Pour the puree onto the Oat Pie Crust. Place in the freezer for 1 hour before serving.



# Dinshah Lentil Vegetable Stew

From “Apples, Bean Dip and Carrot Cake: Kids! Teach Yourself to Cook,” with permission of Anne and Freya Dinshah

Yield: 4 servings

## Equipment

1. large pot with lid
2. dry measuring cups
3. strainer or colander with holes smaller than a lentil
4. big colander
5. liquid measuring cup
6. vegetable scrub brush
7. cutting board
8. chef’s knife
9. large bowl
10. can opener
11. small scraping spatula
12. fork
13. large spoon

## Ingredients

- 1 cup lentils, green or brown
- 3 cups filtered water
- 1 carrot
- 1 celery stalk
- 1 small bunch spinach or other leafy green vegetable
- 1 Tbsp Italian seasoning (mixed herbs)
- 1 6 oz can tomato paste

## Directions

1. Put lentils in large pot. Stir lentils with your fingers. Look for and remove clods of dirt, tiny stones, and other debris. Add water so lentils are well covered and finger-swish to wash.

**Continued on next page**



## Continued from previous page

1. Place strainer in sink. Drain lentils into strainer. Repeat washing.
2. Return lentils to pot. Add 3 cups water.
3. Wash and chop carrots. Put carrots in pot.
4. Under running water, brush celery along both sides of stems to remove dirt. Trim the ends. Hold the celery at each cut end of a stalk. Bend the stalk backwards, so it breaks in the middle exposing the strings that run up the outer side of the stalk. Then, pull strings to remove them from stalk, middle to ends. Chop celery similar size to carrots. Add celery to pot.
5. Wash spinach. Cut or rip spinach leaves in half or quarters. Add spinach to pot. Add Italian seasonings.
6. Bring to boil using high heat. Reduce heat, to simmer. Cover with lid. Cook 40 minutes or until lentils and carrots are tender.
7. Wash top of tomato paste can, then open with can opener. Use small scraping spatula to remove tomato paste from can and add to pot.
8. Wash spatula because tomato stains quickly. Use a fork to stir tomato paste into stew water in the pot.
9. Stir the stew with a large spoon.

## Notes

Substitutes: onion, kale, tomatoes, bell peppers, mushrooms, and zucchini.

Q: Why are there stones among lentils?

A: Lentils grow in stony ground. When machines pick the lentils stones of the same size may get packaged.



# Black Bear Brownies

Yield: 24 servings

## Ingredients

- 1 can unsalted black beans or 1 ½ cup boiled black beans
- 1 cup dates, soaked 30 minutes
- 7 oz water
- 1 ¼ cup coconut flour
- 3 tsp coconut nectar
- 3 tsp cocoa powder
- 3 Tbsp wild mesquite
- 5 Tbsp chia gel (See NOTE for preparation.)
- 1 tsp vanilla extract
- ½ cup Enjoy Life chocolate morsels

## *Topping*

- 2 oz Enjoy Life chocolate morsels
- 2 oz pecan halves

## Directions

1. Combine black beans, dates, and 1 oz water in a food processor.
2. Add the other ingredients with 6 oz filtered water or more to desired consistency.
3. Place in a bowl.
4. Stir in chocolate chips.
5. Spread mixture in a rectangular baking dish lined with parchment paper.
6. Top with pecans and chocolate morsels.
7. Score them into 24 pieces.
8. Bake at 375 F for 45 minutes.

## Notes

1. Mezquite is also called algarrobo, algarroba in Spanish in Central and South America. You can replace it with carob. Both have a chocolate flavor with no caffeine.
2. Chia Gel: to make the gel, combine 4 Tbsp chia with 9 Tbsp water for 15 minutes. It replaces eggs.



# Lentils, Rice And Salsa

From planetumoja.com with permission of Chef Nataly Umoja

Yield: 4 - 6 servings

## Ingredients

- 1 cup dry green lentils
- 3 ½ cups filtered water
- 1 cup basmati rice
- 2 cups filtered water
- ¼ green bell pepper diced
- ¼ cup diced red onion
- 1 handful of fresh cilantro, chopped finely
- 1 cucumber, peeled and diced
- 2 small tomatoes, diced
- 1 avocado, diced
- 1 lime
- ¼ tsp cumin
- ½ Tbsp garlic powder

## Directions

1. *Lentils:* Place lentils in pot with 3 ½ cups of water on high heat.
2. When water begins to boil reduce heat to a simmer and cover with lid for 25 minutes.
3. *Rice:* Put rice in a pot with 2 cups of water.
4. Add diced bell pepper.
5. Add ½ handful chopped cilantro.
6. Add cumin and garlic powder.
7. Stir together and heat.
8. Wait for water to boil.
9. Reduce heat to simmer and cover with lid ajar for 20 minutes.
10. While your rice and lentils are cooking, begin chopping ingredients for the fresh salsa

Continued on the next page



## Continued from previous page

11. *Salsa*: Combine red onion, diced tomatoes, diced cucumber, and avocado to a bowl.
12. Now stir in the rest of the chopped cilantro.
13. Squeeze in fresh lime juice.
14. Add salt and pepper to your preference, starting with less.
15. Stir all ingredients together and allow to marinate in the fridge till the rice and beans are ready to serve.

## Notes

This recipe pairs nicely with baked sweet plantains or a fresh bed of spinach.  
Photo courtesy of Nataly Umoja







## Chapter 11

# LIVE AND COOKED FOOD

Sample Day Menus

# Live Food Sample Day Menu

## 7 am Upon Arising

32 oz filtered lukewarm water with  $\frac{1}{4}$  cup lime or lemon juice and  $\frac{1}{4}$  tsp fresh or powdered ginger.

## 8 am Breakfast

2 oz fresh or powdered wheatgrass, then drink 16 oz green smoothie

## 10 am Mid-morning Snack

2 oz celery sticks or 6 slices yellow crookneck squash

## 12 pm Lunch

Super Green Salad with 2 Tbsp sauerkraut and  $\frac{1}{2}$  avocado

## 3 pm Mid-afternoon Snack

2 oz zucchini slices, jicama sticks or 1 small green apple

## 5 pm Dinner

Purple Cabbage Salad with 2 Tbsp Sunflower Pate Dinner

## 7 pm Dessert

Maca, Mesquite or Carob Pudding

## Notes

You may eat dessert 2 hours after meals.

Buy organic when possible

Avoid conventional irradiated spices



# **Live and Cooked Sample Day Menu**

## **7 am Upon Arising**

32 oz filtered lukewarm water with 1/8 tsp ginger or cayenne pepper

## **8 am Breakfast**

16 oz Chia Blueberry Porridge with fresh or frozen blueberries or Maca Mylkshake with fresh or frozen bananas

## **10 am Mid-morning Snack**

2 oz celery sticks or 1 small green apple

## **12 pm Noon Lunch**

8 oz Green Smoothie  
Rainbow Salad with Red Pepper Pate  
Steamed Broccoli

## **3 pm Mid-afternoon Snack**

Ginger Tea with Flax Seed Crackers and sliced avocado

## **5 pm Dinner**

Broccoli Soup, cold or warm  
Super Green Salad  
Festive Polenta

## **7 pm Dessert**

Crumble Berry Pie 1 Slice

## **Notes**

You may eat dessert 2 hours after meals.

Avoid GMO's

Please do not expose healthy foods to microwaves



# RESOURCES

## BOOKS

### ***The Wheatgrass Book & The Blending Book***

Dr. Ann Wigmore  
Avery-Penguin Putnam, Inc., 1985

### ***The pH Miracle***

Robert O. Young, Ph.D  
Shelley Redford Young  
Warner Books, 2002

### ***The Living Foods Lifestyle***

Brenda Cobb  
Living Soul Publishing  
Atlanta, Georgia, 2002

### ***The Daylight Diet***

Paul Nison  
343 Publishing Co., 2009

### ***Spiritual Nutrition***

Gabriel Cousens, MD  
North Atlantic Books, 2005

### ***The China Study-Revised & Expanded Edition***

T. Colin Campbell, PhD  
Thomas M. Campbell II, MD  
BenBella Books, Inc., 2016

### ***Whole***

T. Colin Campbell, PhD  
Howard Jacobson, PhD  
BenBella Books, Inc., 2013

### ***Prevent and Reverse Heart Disease***

Caldwell B. Esselstyn, Jr. MD  
Avery Penguin Group Inc., 2007



***Engine 2 Diet***

Rip Esselstyn  
Grand Central Books, 2009

***How Not to Die***

Michael Greger, MD  
Flatiron Books, 2015

***Dr. Neal Barnard's Program for Reversing Diabetes***

Neal D. Barnard, MD  
[pcrml.ultracartstore.com/shop/Books/HEAL-180.html](http://pcrml.ultracartstore.com/shop/Books/HEAL-180.html)

***Creating Healthy Children***

Karen Ranzi  
Super Healthy Children Publishing, LLC, 2010

***The Mother's Manual***

Audrye Susan Arbe  
A Goddess Heart Book, 2007  
[AudryeNow.com](http://AudryeNow.com)

***You Can Heal Your Life***

Louise Hay  
Hay House Inc., 1998

**COOKBOOKS**

***101 Raw and Living Foods Recipes***

Brenda Cobb  
Atlanta, Georgia 2004

***The PlantPure Nation Cookbook***

Kim Campbell  
BenBella Books, Inc., 2015



***Forks over Knives- 125 Recipes***

Gene Stone

The Experiment, LLC, 2011

***Raw Vegan Recipe Fun for Families***

Karen Ranzi

Super Healthy Children Publishing, LLC, 2014

***Apples, Bean Dip, & Carrot Cake***

Anne and Freya Dinshah

American Vegan Society, 2012

***Vim Vigor Vitality Vegan!***

Audrye Susan Arbe

A Goddess Heart Book, 2014

***Fast Fruit Life***

Nataly Umoja Raw Recipes ebook

[payhip.com/b/68hn](http://payhip.com/b/68hn) & [www.planetumoja.com](http://www.planetumoja.com)

**WEBSITES**

**Chef Estela's Webpage**

[vegtastic.co/ChefEstela](http://vegtastic.co/ChefEstela)

**Living Foods Institute**

[livingfoodsinstitute.com](http://livingfoodsinstitute.com)

**Paul Nison, Raw Food Author**

[paulnison.com](http://paulnison.com)

**T. Colin Campbell Center for Nutrition Studies**

**Plant-Based Nutrition Certificate**

[nutritionstudies.org](http://nutritionstudies.org)



## ARTICLES

### **Physicians Committee Publications**

[pcrm.org/clinical-research](http://pcrm.org/clinical-research)

[pcrm.org/health-topics](http://pcrm.org/health-topics)

### **Evidence-Based Eating Guide**

Dr. Michael Greger

[nutritionfacts.org/healthkit/](http://nutritionfacts.org/healthkit/)

### **The Power of Biological Light in Healing**

Dr. Mercola

[articles.mercola.com/sites/articles/archive/2010/08/27/the-power-of-biological-light-in-healing.aspx](http://articles.mercola.com/sites/articles/archive/2010/08/27/the-power-of-biological-light-in-healing.aspx)

## SERVICES

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## INTERNATIONAL

### ***Tu Real Naturaleza***

Gissela R. Torrella

1<sup>st</sup> Edition, Miami, USA 2012

### ***Alimentos Saludables***

Nestor Palmetti

Villa de las Rosas, Cordoba, Argentina 2012

### ***Recetario Consciente***

Espacio Depurativo, 2015

[www.espaciodepurativo.com.ar](http://www.espaciodepurativo.com.ar)

### ***Chef Vegano Claudio Dituri***

Buenos Aires, Argentina

[Claudio.dituri@gmail.com](mailto:Claudio.dituri@gmail.com)

### ***Manuel Alfredo Marti***

Fundador, Director de UVA, Argentina

[unionvegana.org](http://unionvegana.org)

### ***Metric Kitchen Conversion Chart***

[Metric Kitchen Conversions](#)

## DOCUMENTARIES

**Forks Over Knives**

**PlantPure Nation**

**Crazy Sexy Cancer**

**What The Health**

**Food Choices**

**Vegefobia (Spanish)**



## **CHEF ESTELA'S LINKS**

### ***Chef Estela's Webpage***

[earthsavemiami.org/chef-estela-windwalker-delgado-vegtastic/](http://earthsavemiami.org/chef-estela-windwalker-delgado-vegtastic/)

### ***Recipe Revival***

[earthsavemiami.org/recipes/](http://earthsavemiami.org/recipes/)

### ***EarthSave PlantPurePOD***

[earthsavemiami.org/earthsave-pod-vegtastic-plantpure-community-by-johnny-applepod/](http://earthsavemiami.org/earthsave-pod-vegtastic-plantpure-community-by-johnny-applepod/)

### ***iCare About Earth***

[earthsavemiami.org/icare-about-earth-chef-estela-pea/](http://earthsavemiami.org/icare-about-earth-chef-estela-pea/)

### ***LiveFood Alchemy Kitchen Lab***

[earthsavemiami.org/livefood-alchemy-kitchen-lab-by-earthsavemiami.org/vegtastic/](http://earthsavemiami.org/livefood-alchemy-kitchen-lab-by-earthsavemiami.org/vegtastic/)

### ***eDIGEST, Chef Estela's Blog***

[earthsavemiami.org/edigest-vegan-enewsletter-earthsavemiami.org/vegtastic/](http://earthsavemiami.org/edigest-vegan-enewsletter-earthsavemiami.org/vegtastic/)

### ***Beyond Heavenly Eating***

[earthsavemiami.org/beyond-heavenly-eating](http://earthsavemiami.org/beyond-heavenly-eating)

### ***Support Ukupacha\* Intercultural Education***

[earthsavemiami.org/vegtastic-charities/](http://earthsavemiami.org/vegtastic-charities/)

### ***Chef Estela's Sponsor***

[earthsavemiami.org/save-earth-ecocenter-inc-steei-vegtastic](http://earthsavemiami.org/save-earth-ecocenter-inc-steei-vegtastic)

\*a Vegtastic Charity % Save The Earth Ecocenter, Inc.

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# GALLERY



## ABOUT THE AUTHOR

I was a teacher of English in Argentina, and South Florida, USA. In 1992 I earned a Master's Degree in Teaching English to Speakers of other Languages (TESOL) from Florida International University. My career as a professional educator crossed all levels and I gave 100% to inner-city public school students up through graduate level teachers. I always followed the book, engaged in extracurricular activities and advocated for the forgotten or underserved students. While these personal and professional goals were being realized, a new reality suddenly appeared.

For some reason I felt tired and weak every day and health challenges seemed to multiply among my students, friends and associates. A childhood friend reported her bout with Cancer. A sixth-grader suffered from migraines, diabetes, and obesity, and no medicine could help him concentrate and learn. Distressing situations filled my classroom as students dumped their depression, ADD, emotional disturbances, eating disorders, long medication lists and other miseries at school.

I, myself was overweight, with fibromyalgia, hiatal hernia, herniated disk, constipation, osteoarthritis and an alopecia circle at the base of my skull. The joys of teaching diminished day by day.

In 2003 my friend with Cancer inspired me to attend Dr. Brenda Cobb's Living Foods Lifestyle 10 Day Program. The fresh vegetables and fruits were delicious, the natural aromas of raw appetizers, soups, smoothies, snacks and desserts were delightful. When fluffy hair appeared on my alopecia spot on Day 4, I was astounded. By Day 10, I was eight pounds lighter, felt happy and energetic, and everyone said I looked years younger. These heavenly, food-magical changes to my body, emotions, and spirit lit up my path to Heavenly Eating and you, my dear Reader.





Back in school, I stopped feeling dismay over the pandemic of ill-health. Instead, I tacked it head on for the sake of every student who was being cheated out of normal social and academic development. I also heeded the call to research nutritional remedies and antidotes. This resulted in earning and putting to good use, my *Live Food Chef Certification*.

"Be the Change You want to See in the world " a quote of Mahatma Gandhi, became my motto.

I gave my full attention to anyone who asked a question, or asked for help because I wanted to heal and educate everyone. I wrote new curricula about *Healthy Food and Savvy Consumerism, Five Colors a Day*, and more. I gave free workshops and demos for children, adolescents and adults. Eventually, my *Healthy Eating Colors, Holistic Lifestyle and Plant-Based Chef Apprentice* programs were marketed as free vegan outreach community services.

I enjoy being EarthSave's Director of Education and co-leader of our *PlantPure Community EarthSavePOD*. I'm proud of my *Plant-Based Nutrition Certificate* from The T. Colin Campbell Center for Nutrition Studies and eCornell.

Living close to the Earth and loving Mother Nature, I am inspired to find new avenues of service to EarthSave's *Global Mission 1-2-3*. Just last week, I graduated with a *Climate Resilience Educator Certificate*.

Knowing that your food choices really matter to the planet, people and animals, won't you please take my recipes into your kitchen and be inspired to nourish yourself and your loved ones in harmony with Nature and Heaven?

~ Chef Estela

Join me at *Beyond Heavenly Eating....*

<https://earthsavemiami.org/beyond-heavenly-eating>

