

Healthy Bunch Cook Book

Trisha Stewart

Healthy Bunch Cook Book

The Essential Vegan Cook Book for all you Healthy Tarts, Healthy Dudes and Healthy Idols. Fabulous recipes to create delicious meals while optimizing your weight and health!

By Trisha Stewart

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www.HealthyBunchCookBook.com

www.HealthyTart.com

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Other books by Trisha Stewart include:

Healthy Tart

Healthy Idol

Healthy Dude Book

Books by Christin McDowell

Healthy Fitness Central

Trisha Stewart

Dedications

To All You Wannabe Healthy Tart's, Dude's and Idols

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*Nothing will benefit human health and increase the chances
for survival of life on Earth as much as the evolution to a
vegetarian diet.*

Albert Einstein

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Introduction

This cookery book has been created to support the series of books I have already written on diet and lifestyle - Healthy Tart - Healthy Idol - Healthy Dude and (Healthy Fitness Central which is written by my great friend and colleague, and our own fitness guru Christin McDowell). Healthy Pumpkin will be in print by the early 2009 with more to follow.

The Healthy Bunch Cookbook is deliberately focusing on vegetarian/vegan foods to support these great lifestyle books, but also to encourage those people who eat flesh and dairy to try some great alternatives. Even though I have outlined in my other books very good reasons to avoid eating animal produce I know some people will continue to do so; which is all about choices. Choosing recipes in this book will greatly contribute to your own health and wellness and that of your family and friends. You will be amazed how many people love to eat this kind of food. Help to spread the word about a great way of eating for optimum health and make this book part of your everyday eating regime.

I have deliberately not used any fake, commercially produced cheeze, bacon bits, chicken this or that; everything you are going to produce from this book will be made entirely from your own raw ingredients... that way you know exactly what will be in each recipe.

What could be better than sampling your own fresh cooked or raw meals, from ingredients you have grown, swapped with a neighbor, bought from the local farmers market and picked from the hedgerow, even from your hanging basket; ever put Nasturtiums in a salad ? The flowers and leaves are edible and make such a lovely display.

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The window ledge in your house, conservatory or greenhouse is perfect for growing herbs and some vegetables or fruits such as tomatoes, chillies and aubergine/eggplant; they will produce small but really tasty produce to add to your raw meals or your cooked meals, depending on the time of year.

The recipes are a mix of cultures but with no wheat, dairy, sugar (refined) or yeast - the food will not be boring, I promise you. The meals are all packed with fresh flavor and color. They are very nutritious and suitable for the whole family; no matter what their age.

Meals packed full of fiber, carbohydrates (slow release for lots of long term energy), protein, essential fats (very little saturated, only from coconut), vitamins, minerals, enzymes and bioflavonoids.

I have even included a chapter on how to pack a lunch box for your whole family, full of fabulous food to eat on the go, no need to stop off at any junk food takeaway or grab something from the office or school vending machine.

Imagine those glossy red peppers and purple aubergines/eggplants, fat onions and fennel bulbs, cloves of garlic and fresh ginger root, bright green spinach and curly kale, vibrant orange carrots and deep purple beetroot/beets - get those digestive juices flowing, smell the herbs, fresh basil, parsley, tarragon, thyme, sage - just to name a few that you are going to add to your luscious food! Mmmmm.....

Taste the lovely oils, olive, sesame, sunflower and coconut. Take in the aroma of the spices, cumin, coriander, turmeric, garam masala and start to blend all of this in your mind. I am going to show you how to put it all together; you just need to keep thinking about these wonderful foods.

Beans, kidney, flageolet, haricot, mung, adzuki with lentils, wholegrain rice, quinoa, millet and buckwheat; all these can be

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cooked into fabulous stews and casseroles, curries and chillies... you can even sprout them and eat raw.

Spread nut and seed butters onto fresh baked oatcakes, make vegan cheeze, mayo and other dips and marinades, Instead of sugar or commercial sweeteners I have used natural fruits, pure maple syrup and honey (for non Vegan's); be indulgent in foods that will not harm you... only help to heal you and keep you full of that health and vitality I am always going on about.

Choose homemade muesli and make a lovely porridge for breakfast, not just the hum drum ready cereals you are used to; cook quick dinners or snacks, make all your own curry paste and sauces, no more jars of this stuff for you.

I want everyone to become excited about eating real whole foods and this book is the first in a series of cooking and non cooking books. Yes, I will be bringing you some more fabulous recipes and menu ideas for raw foods and not just salads! But with the emphasis on eating with the seasons as I believe that eating according to what is in season is what we are designed to do. Warm in winter, cool in the summer. Of course if your climate is warm all the time then you have a really wide choice of foods all year round.

I would also like you to think about "air miles." How far does your food have to travel before it gets to your table? Less is best, so buy as local as possible.

Having worked with a wide range of clients, some of who have never cooked anything from base ingredients and who think a meal comes in a box from the supermarket or takeaway, to those who really know their way around a kitchen. I am continually being asked for ways to create interesting but quick whole foods, so this book is going to show you just that. There are also some recipes that take a while to prepare and cook but I do feel that spending time in the kitchen is very rewarding;

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the creation of a meal for yourself or others should really feature in your life as it is nourishing for the body and soul.

There are 'quick to make' desserts and puddings, and ice creams using only healthy ingredients; you will never buy a commercial product again after tasting your own home made. A range of dips, dressings, pate's and sauces, cream and cheeze which can all be made up in a few minutes; soups, curries, stuffed vegetables, salads, desserts, bean cuisine and all sorts to tempt everyone's palate. This book has been deliberately created so that you can use core base ingredients for a variety of dishes to save time.

Every recipe has a "tip" or more than one "tip". These tips serve to expand the recipe rather than write five different recipes on how to make a curry, chilli or whatever. For instance, stuffing vegetables is easy; a base recipe with varying ingredients can be made into several different meals or snacks. So, whilst this book does not have hundreds of pages, it is absolutely packed with easy to use recipes that will make many different meals. Make sure you check out those "tips" to tailor your own recipes.

Time - one of the main obstacles many people face. Whilst some of the recipes will take more time than others, there are some quick meals for when you just get in from work or for when friends turn up and are hungry; or everyone is due out of the house in 1 hour and has to eat.

Planning ahead is the key to a healthy kitchen, there are foods you can cook in advance, keep refrigerated or freeze so that you always have some basic ingredients ready on hand. Also, learn how to create your own deli in the refrigerator, including really healthy sprouts. The kids will love these and could be in charge of the growing and harvesting of them, just watch their faces as these sprouts grow in super fast time - fantastically healthy and quick.

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There are explanations to all the ingredients that feature in the book, a lot of these will be store cupboard goods that will keep for 6 months; others will be fresh, growing in the window box or garden or available at your local farmers market.

Check out the information on the main food groups, what they do and why we need them. Not too much reading here though as there is a full resource on www.trishastewart.com

Some tips on kitchen equipment that you will need to make life easy, chances are if you have read Healthy Tart you will know all about this. If not, there is a quick reminder in this book.

All the lovely ingredients in this book will contribute to fabulous good health. I have deliberately refrained from adding food values as by eating this type of food you don't need to worry whether you are having too much saturated fat or too much sugar. This way of eating is always going to be healthy and does not contain those foods that will contribute to ill health, heart disease, cancer or diabetes. You can of course eat too much of a good thing so beware of overeating any foods; equally not eating enough can be a problem. There is more about that on my website and in the other 'Healthy Lifestyle' books.

I would also like to encourage you to work with your senses, your eyes and nose; working with a variety of herbs and spices, let your nose do the work for you, smell what you are going to put into your food, see if it works for you... there are no hard and fast rules about what herb or spice goes with anything - we are all about choices so use those senses. Create colorful meals that smell good and you will have everyone demanding food!

This is not just another cookbook and it is definitely not another diet book, this is a book dedicated to those who want

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to be healthy, have fun with food and enjoy their lives to the full.

Being full of health and vitality has to be the best way to live your life and if you have been reading my other books Healthy Tart, Healthy Idol and Healthy Dude Book you will note that all of my books are re-educating you into living your best life ever.

You will never want to go back to eating from a supermarket shelf, diner or takeaway joint - if you do you will be very disappointed at the taste of it, salty, tasteless, full of chemicals and so on...here I go again on my soapbox!

If you are diabetic or have candida then I would advise you to omit the sweetened recipes. If you are concerned about any of the recipes and your health, please go to my 24/7 online resource www.trishastewart.com and check in with me to make sure you are doing all the right things.

I have included a shopping list, not complete as you will need to decide what fresh ingredients you are going to use, but all the store cupboard necessities are listed. Refer to the back of the book as it briefly explains the ingredients we are using and their benefits.

Okay, so let's rock and roll into the kitchen, dive out to the farmers market and get going on the highway to health. What are you waiting for?

Bon appetite!

Great Start to the Day

Breakfast really is important.

The recipes in this section are designed to help you stave off hunger till lunchtime. However, you can choose anything you like for breakfast, so don't be tied to this section - maybe you would enjoy a soup for breakfast, I do, especially in winter in the UK, or a juice or a smoothie. Whatever you choose from this book will be packed full of nutritious ingredients to have at any time of the day.



Healthy Bunch Porridge

Per person (large portion to keep you going all morning)

- A cupful of oats to 2 cups of water or a mix of water and non dairy milk
- Put in a small pan, just bring to simmer for a few minutes, add more fluid if mixture is too dry.
- Or/ just pour boiling water over the dry oats and allow to soak for 5 minutes (that's my favorite way as it is quick and easy and you don't get a dirty pan!)

Tips

Add any of the following:

- Pure vanilla essence or a vanilla pod

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- Nutmeg
- Cinnamon
- Nuts and Seeds, ground or whole
- Fresh stewed fruit
- A little soy yogurt
- A little cream (see recipes for dairy alternatives)
- Try another grain such as millet or quinoa or a mix of all three



Healthy Bunch Muesli

Per person (large portion to keep you going all morning)

- $\frac{1}{4}$ cup each of rice flakes, oats and millet flakes
- Add chopped nuts, sunflower seeds, sesame seeds, pumpkin seeds and flax seed
- Soak in soy or rice milk, apple or other juice, for half an hour or less -if you like the mixture a little dry
- Top with fresh fruit and/or cream (see recipes for dairy alternatives)

Tips

- Make up a batch of the dry ingredients and keep in an airtight container

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Healthy Bunch Granola

Enough for four good sized servings

(Be aware! this is delicious but covered in calories! Take a little at a time; I recommend sprinkling a small handful on top of porridge or fresh fruit rather than having a full portion)

115g/4oz/1cup	Each of porridge oats, jumbo oats
50g/2oz/ ½ cup	Each of sesame and sunflower seeds
50g/2oz/ ½ cup	Hazelnuts
25g/1oz/ ¼ cup	Almonds coarsely chopped
50ml/2fl oz/ ¼ cup	Sunflower oil
50ml/2fl oz/ ¼ cup	Honey or if vegan, maple syrup

Directions

- Heat oven to 140c/275f/gas 1
- Put the oil and honey/maple syrup into a pan and gently warm through to get a runny consistency. Remove from heat
- Add the rest of the ingredients, mix well
- Turn out onto one or more baking sheets, make sure the ingredients are spread well so they can all toast and not stick together
- Bake for around 45-50mins, you may need to stir or shake to separate the ingredients
- Remove from the oven and allow to cool completely
- Put into an airtight container

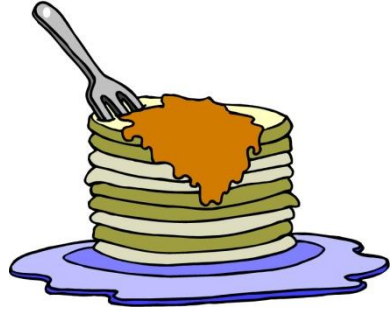
Tips

- These will keep for a few weeks, if no one eats it all straight away! so if you want more double up the quantities and store in an airtight container.

Buckwheat Pancakes

Will make around 4-6 pancakes, depending on size of pan

This is a basic recipe; you may like to play around with different ingredients to make this work for you. They will not be as light as the usual pancakes as you are using a different kind of flour.



115g/4oz/1 cup

Buckwheat flour

2 tsp

Baking powder

Pinch

Sea salt

8floz/1 cup

Soy milk, rice milk or almond milk

1 tsp

pure vanilla essence

2 tbsp

Ground almonds or finely chopped walnuts

Preparation

- Mix all the ingredients in a bowl with a whisk or put into a blender
- Heat a little coconut or olive oil in a pan and ladle in the mixture to cover the base of the pan. Cook for a minute or so on each side.

Tips

- Fill each pancake with some lovely fresh fruit or some stewed fruits and top with a little cream (see recipes) or a savory such as wilted spinach with nutmeg

Tofu Scramble

4 servings

1 pack	Tofu (softer variety or silken is best)
1	Small onion finely diced
1	Clove diced garlic
4 tbsp	Red pepper, courgette/zucchini, whatever you have diced
Pinch	Turmeric or cumin or other spices or herbs that you like
1 tbsp	Olive oil or coconut oil to fry in

Preparation

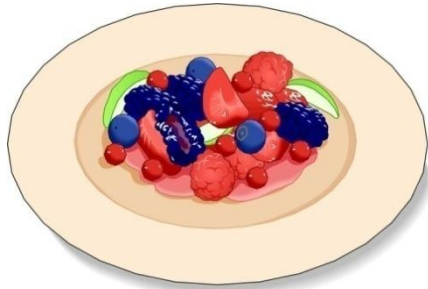
- Drain and crumble the Tofu
- Sauté off the onion, garlic, spices or herbs (if fresh leave herbs till last)
- Add tofu and your choice of vegetables, cook till they are to your liking

Tips

This a simple recipe, packed with protein. Try a variation of vegetables or use some raw sprouts for a change.

Fresh Fruit Salads

How many ways can you make a fresh fruit salad - well quite simple, as many as you like but please choose organic fruits with the least amount of air or road miles on them, that makes eating in season a good thing, although your choices may be limited at times you will definitely be eating some of the best and naturally ripened fruits if you choose local produce.



Take anything from juicy oranges to crunchy apples. Try a feast of raspberries, strawberries, blackberries, blueberries; Plump plums, cherries, fresh figs and apricots. Try exotic mango and papaya, pomegranates, star fruit. Watery fruits such as melon and cantaloupe, to fruits such as grapes, pears, kiwi, guava and banana. The citrus family, clementine, satsuma, mineola, tangerine, grapefruits, limes, lemons and kumquat. Try lots of scrummy fruits, tons of flavor and color, loads of enzymes and other nutrients.

Preparation of fruits

- Wash or rinse
- Peel those that have to be peeled

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- Cut into eatable sizes, or slice, cube whatever works best
- If you need to make a fruit salad liquid, squeeze some oranges or press apples or blend some berries.

Here are some ideas on how to make sure you display your lovely fruits

- One of the key ingredients is choosing a lovely dish
- For one serving take a nice large pretty dish
- If you are serving your family or friends choose from a large bowl to a shallow platter
- Cut a pineapple in half, carefully cut the contents into cubes and remove to a bowl, mix with other fruits and then place back in the pineapple skin
- Do the same with melon, choosing different types of melon so you get a range of colors
- Make a citrus fruit salad with different oranges and grapefruit
- Get red, black and white berries and put into tall serving glasses with a long handled spoon to scoop them out
- Slice apples and pears and put on a small tea plate (squeeze lemon juice over to stop browning)
- Decorate your fruit salads with fresh mint leaves
- Make a “coulis” to drizzle over the fruit or just to decorate the plate - puree berries for a lovely red coulis, melon for a pale coulis to add to dark berries or peaches, mango or nectarines for a lovely orange coulis
- Add some sprinkled nuts and seeds, toast (dry fry in a pan) for a different flavor
- Choose a cream from the recipe list to top a fruit dish and add in more nutrients

This is lovely, especially if warmed but very high in sugar, even though it is natural fructose, dried fruits can almost triple in the amount of sugar and calories, so don't have too much! maybe just a large tablespoon on top of porridge or a small bowl to kick start the day with something more substantial to follow such as tofu scramble. Diabetics or those with sugar handling problems beware.

Choose from:

- Figs
- Raisins
- Currants
- Sultanas/raisins
- Prunes
- Apricots
- Dates

Soak these in filtered water overnight, remove from the water in the morning and place in a colander to drain, chop the ones that need chopping, toss with juice of a lime and a fresh chopped apple - top with a little nut cream or just a little soy yogurt and some seeds.

If you want it warm, put in a pan and heat gently for a few minutes.