

"SEEDS ARE FOR SHARING"



JANUARY NEWSLETTER

**"START THE NEW YEAR & EACH DAY RIGHT"
... BY MAKING HEALTHY CHANGES & CHOICES!**

To Benefit ...

- **your family**
- **your health**
- **your budget**
- **your time**

- 1. ENVIRONMENTALLY FRIENDLY CHOICES!**
- 2. FLAX IN MUFFINS & ON CEREAL**
- 3. A GOOD BREAKFAST!**
- 4. CRUNCHY GRANOLA!**
- 5. JEN'S RAW GRANOLA!**
- 6. DRIED WHEAT SPROUTS!**
- 7. SPECIAL OFFER!**
- 8. CONTACT INFORMATION!**

Spring

Summer

Fall

and Now ... WINTER !

Winter with a bang!

We were actually snowed in for New Years Eve Day with a foot or more of snow everywhere, even on the roads. Melvin and I enjoyed a quiet day and brought the New Year in alone together, probably a first as long as I can remember.

Of course the next day Melvin soon had the driveway cleared and the snow plow had the roads open as well. We were back to the usual coming and going.



Now, as I take my daily walks, I am surrounded by snow banks and white as far as I can see. All the snow may be an inconvenience in many ways, but our family has had so much fun these past few weeks playing outdoors and enjoying winter fun activities.

The fresh air and exercise are certainly a healthy choice!

ENVIRONMENTALLY FRIENDLY CHOICES

The white snow reminds me of other choices I have started to make and wish to continue. The white certainly reminds me of cleanliness and lately I am trying to find more ways to **keep the environment clean and pure for ourselves as well as for the generations to come.**

We are often so quick to point a finger at the government, wishing they would make necessary changes so we will be able to have a healthier country, and yes, this needs to happen. But it also must begin with each one of us taking a responsibility in our own home and in our everyday actions.

Actually for years now I have been ordering body soap that is environmentally friendly. And then last year I started brushing my teeth with a mixture of baking soda & salt and cleaning the toilets & sinks with baking soda and vinegar. But when I open my cupboards I realize they are still packed with toxic laundry detergent, dishwasher soap, shampoos and cleaners.

A few months ago as I was chatting with one of my cookbook customers, I mentioned my search for healthier products. She had made a change to healthier products some time ago and she was so delighted that it had cleared up skin problems for one family member. She gave me the address, and now I have already ordered many of these environmentally friendly products. And in just this short a time, I am already very pleased.

I really wondered how the cost would compare to what I was buying in the store, but there again I was pleasantly surprised to find the cost per use was no more than the ordinary toxic products I had been buying, in fact some were even less.

I really feel good about these changes and I know they will be a benefit to us, our health, and our home, but as well it will result in less pollution and a better environment for others too. I am only one person, but together with others we can make a positive difference in our world.

If any of you would like to have the name of the products and address where they can be purchased, by all means e-mail me at winnie@winnieswinningways.ca and I will pass it on to you.

NUTS LEFT AFTER CHRISTMAS

Last month I mentioned that we always have lots of nuts in shells to crack open and enjoy during the holidays. There were plenty left over, so this week I started using some in recipes.

Over the coming months I will probably shell and freeze the rest to use in baking or as a snack throughout the year.

My supply of Flax Muffins in the freezer was low, so I made 4 dozen flax muffins from two different recipes found in my "A Muffin A Day" cookbook. I made the chocolate chips and cranberry apple ones. Most of our children prefer the chocolate chip ones, but I like the cranberry, date or cherry flax muffins best of all, with plenty of nuts in too.

WE'RE STILL EATING CRUSHED FLAX AFTER 15 YEARS

We still put 2 tablespoons of raw crushed flax on our porridge every morning, but then later in the day we usually have a muffin with 2 tablespoons of crushed flax in.

Adding RAW CRUSHED FLAX to my bowl of cereal was a major improvement to my breakfast. This started 15 years ago and I am still enjoying this addition. Flax is packed with nutrition that can help us fight and prevent many diseases.

Over the years I continue to look for more ways to improve our eating habits.

START THE DAY OFF RIGHT WITH – A GOOD BREAKFAST!

If you are too busy to prepare breakfast, here are a few very nutritious recipes that can easily be prepared ahead of time and then enjoyed with no preparation, on those hectic mornings.

Today I shelled nuts and created a new healthier granola recipe. It turned out very well, so it will be added to the Cooking Without Mom cookbook when it is reprinted. One of our granddaughters was here and she munched on them before, during and after supper and took a bag full home.

I am enjoying this easy and quick breakfast this week and will definitely make a batch to have on hand during very busy days when the cows will be calving or when we start the day very early during seeding and harvest time.

But then as well this can be a great breakfast or snack during the summer holidays while traveling or camping!

JEN'S RAW GRANOLA

This recipe calls for organic ingredients for optimum nutrition. If that is hard to find, the next best (and still very nutritious) would be what you buy in the grocery store.

1 cup rolled oats

1 shredded apple

½ cup of any of the following that you have on hand or prefer. (raisins, dried cranberries, cashews, sunflower seeds or other of your choice).

Pinch of salt

1 cup plain yogurt

Mix together and cover. Refrigerate overnight. Keeps well for at least 5 days.

Quick, easy, nutritious and easily digested.

Spoon some into a dish. Pour milk, apple juice or spoon apple sauce or canned fruit over. A great breakfast! Enjoy!



Meals that are prepared from scratch can be much healthier because one can include nutritious ingredients and leave out the unhealthy additives!

SPROUTS

Sprouts are far more nutritious than the seed itself. The nutrient amounts multiply and the wheat kernels take on Vitamin C as they germinate. All you need is a glass jar, water and a sunny window and in a few days you will have sprouts. Easy, inexpensive and nutritious!

DRIED WHEAT SPROUTS

For the past year I have been making wheat sprouts. Once the sprouts are as long as the wheat kernel, I dry them together with their sprouts in a dehydrator on a heat of no more than 100 ° F. Once dry, I milled them into a very fine powder in the blender. This is kept in a jar in the freezer to mix into or sprinkle on top of many different foods. This was used in place of the wheat germ in the above Crunchy Granola recipe. Whether you use wheat germ, wheat sprouts or oat bran they are all healthy additions.

See March/April 2006 newsletter for more information on sprouting!

**As long as the current stock is available,
Winnie is giving the following exceptional offer!
Order the Soy Satisfied and A Muffin A Day cookbooks. BOTH for only \$15.95 -
saving \$10.95. – See the order form on the website or e-mail Winnie at
winnie@winnieswinningways.ca – ask for this special!**

I have spent the last 4 months creating my first EBOOK. Nutritious ingredients have been added to each bread or bun recipe to provide them with some complete protein. What a wonderful way to get protein! As well the procedure is changed to make the grains in the recipes easy to digest and their nutrients easy to absorb by our bodies. This is especially helpful for those who have problems digesting grains, but also provides everyone with more nutrients. A big plus is also the great taste, texture and appearance. I still use my Eat More Whole Grains recipes, but now I have some wonderful new recipes to serve and share, especially with others who have problems digesting grains..

The EBook is called,

“A BREAD FOR ALL REASONS . . . A BREAD FOR ALL SEASONS”

This eBOOK is for sale on my website. The cost is only \$5.00 a book and can be in your hands without waiting for the mail to arrive. I will send it via e-mail. You can use the secure pay pal payment option, but you can also e-mail me to make arrangements to pay by M/C or cheque, if you wish.

The eBOOK explains the whole simple method of soaking and mixing the dough for the following bread recipes. (Multi-Grain Bread, Sour Dough Rye Bread, Pumpernickel Bread, Bread Sticks, French Bread, Seedy Rolls, Raisin Bread, Fruit Bread, Hot Cross Buns, Pizza Crusts, Cinnamon Buns, and Christmas Braid.

About the Author

Winnie is always looking for ways to provide inexpensive, nutritious and yet healthy meals for her family. Once they pass the test and are enjoyed by her family and friends, she is ready and eager to pass them on to others. Winnie wants to see others enjoy the same success that she does. Her ideas, hints and recipes are all found in the cookbooks she has published over the past number of years.

Now as well on her website, under the Freebies button, Winnie shares monthly newsletters with new recipes, ideas and hints. As you read them through, watch for SPECIAL PRICES on a variety of her cookbooks

To view her cookbooks, go to: www.winnieswinningways.ca

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