

SEEDS ARE FOR SHARING



MARCH / APRIL 2011 NEWSLETTER

IT'S BEEN A COLD WINTER & NOW WE ARE WONDERING, "WHERE IS SPRING?"

Many of us have come through a long and hard winter. The cold, icy walks, winds and snow often kept some of us from enjoying the fresh winter air. We are so ready for the sun and heat and we hope to pack up the extra warm jackets and let the vitamin D soak into our skin.

FLOOD

For us the snow was replaced by flood waters from the Red and we have again been living on an island. We do hope the water will go down in the coming weeks so we can again plant our crops and go on with life as usual.

My plan was to again attend the ladies retreat at Elkhorn Lodge at the end of April. We always have a fabulous time. This year I even consented to have a workshop on healthy eating. During the winter, when it was miserable and cold outside, I was reading books, articles and research reports on foods that can help us prevent and fight diseases as well as help keep us young and fit. I went through six years of the newsletters I had written for my website. I soon had a list of nutritious foods that can make a huge difference to our health as we age. Just a few weeks ago we heard about the health benefits of fennel and have added it to our menu of super foods.

When the news report predicted the flood to be worse than 2009. I realized that my place was at home; helping Melvin with moving stuff, calving and boating. So I missed the retreat experience and we therefore also missed the snow storm that made travel home for the women quite treacherous.

WORKSHOPS & SHARING OUR IDEAS

Doing this workshop in person would really have been the best, but as second best I decided to send a website newsletter together with some flax recipes for each lady attending the retreat.

At workshops we all have the opportunity to share our ideas with each other so we can go home encouraged to try what others have found to be successful. Instead, I am wondering if any of you would like to go to www.winnieswinningways.ca & share your ideas and hints - ones that you have found to be successful. In turn, I will pass these on to everyone on my website in future newsletters. If you as well would like to receive these newsletter free automatically, you can sign up on the website.

The retreat workshop title was . . .

"We Can't Stop The Clock But We Can . . .

Eat Well So We Will Enjoy Life to The Fullest"

This newsletter will focus on this theme seeing there are so many ways to help keep fit.

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HOME AGAIN

April 27 we arrived back home by boat. On the way home we took care of the cattle, and now, one hour later the strong north winds are bringing in cold, snow and huge waves. We realized we would stay put until this was over so I decided to plan a nice nutritious dinner for Sunday. We have a favorite lemon pie recipe, so when I got home, I made one for Sunday dinner.

SMOKED PACIFIC SALMON

We received a box of Smoked Pacific Salmon from B.C. as a gift some time ago. We were waiting for a special time to eat it, so I decided we would have it for Sunday dinner. We enjoyed Quinoa and a vegetable salad with it.

QUINOA

Simmer 1 cup quinoa seeds for 20 minutes with 2 cups of water. This is very nutritious and we eat it as we would rice. This amount makes extra so freeze what is left for another time. It can be reheated or added to soups or stir frys.

MIXED VEGETABLE SALAD

½ cup shredded raw broccoli
½ cup raw shredded fennel (called anise in some stores)
½ cup raw sweet potato
1 tablespoon chopped purple onion
2 tablespoons chopped red pepper
1 tablespoon lemon juice
1 tablespoon extra virgin olive oil
½ teaspoon sugar (or 2 drops stevia)
sea salt & pepper to taste

Mix together and enjoy the many wonderful flavors as well as all the nutrients they contain.

FENNEL

I have been shredding fennel and adding it to most salads. In time I want to try a few new ways to use it. For now I am hiding it in our salads. The family may object saying they don't like the taste, when in reality, it can't be tasted.

SWEET POTATOES

If you want a face-lift without surgery, add antioxidants like the ones you get from eating sweet potatoes.

Extra virgin olive oil in this recipe is a very healthy and beneficial fat and the broccoli, onion, red pepper and lemon juice are also very nutritious.

**I would have to say that the lemon pie we had for dessert
was like icing on the cake for Melvin!**



WINNIE'S LEMON MERINGUE PIE

I often wonder why we should have lemon pie made from a box and water. Why not use milk & real lemons and make it more nutritious? So that is what I have been doing for years now and we love it.

1- 9 inch wide deep pie crust (crust recipe below or use your own recipe)

½ cup sugar

1/3 cup cornstarch

1/8 teaspoon sea salt

2 cups milk

2 egg yolks (save the whites for the meringue)

2 tablespoons butter (or I use coconut oil)

1 tablespoon grated lemon rind

1/3 cup lemon juice

Mix sugar, cornstarch, salt together well. Add milk gradually stirring until smooth. Heat in microwave 4 - 5 minutes. Mix until smooth, heating a few minutes more if needed to thicken. Beat egg yolks with a bit of the cooked mixture and add to the pudding. Cook again for a few minutes more to boil. Add lemon rind, juice and butter and mix in. Pour into baked pie shell. Beat the meringue (recipe below) and spread over the entire filling.

GRAHAM CRUST

½ cup graham wafer cracker crumbs (or use 1 cup & omit the next flour))

½ cup any whole grain flour (I use spelt, but whole wheat, barley, quinoa or any flour will do)

2 tablespoons icing sugar

¼ cup soft butter (or margarine)

Blend the above together well. Press into bottom and sides of a pie plate. Bake 9 minutes at 350°F or until it begins to brown at the edge.

MERINGUE

2 egg whites

2 tablespoons water

Beat until slushy. Set aside.

Combine:

2 tablespoons sugar

1 teaspoon cornstarch

¼ teaspoon baking powder

Sprinkle this over the egg white, while beating until nice and stiff. Spread & bake 12 - 15 minutes at 350°F or until nicely browned.

Cool until it is set and enjoy. It is just as good the next day!

**Research is now telling us that ALL of our meals . . .
Breakfast, Dinner, Supper and our Snack should have the following breakdown.**

- A. 40% of calories S/B from complex carbs - grains, pulses, vegetables & fruits
- B. 30% of calories S/B from lean proteins: deep sea fish, chicken, turkey, dairy, eggs, beans, grass fed beef
- C. 30% of calories S/B from good fats – such as extra virgin olive oil, avocadas
Omega 3 - flaxseed, Omega 3 eggs, deepwater fish, walnuts, soybeans
Omega 6 - raw nuts, seeds, legumes, borage oil, grapeseed oil, primrose oil.

The following salad contains complex carbs, lean protein, healthy fat and plenty of fibre.

MIXED BEAN SALAD - simple to make - keeps in the fridge at least a week.

1 can (540 ml) black beans, drained and rinsed

1 can (398 ml) kernel corn, drained

1/2 cup diced celery

1/2 cup salsa

1/4 cup vinegar

1/4 cup extra virgin olive oil

2 tablespoons melted honey

sea salt & pepper to taste

Mix the above and enjoy. You can substitute other beans, chopped raw red or green peppers, tomatoes or other veggies of your choice.

A. COMPLEX CARBOHYDRATES - 40%

The complex carbohydrates in whole grains and pulses or beans are packed with nutrition, but can be hard to digest. To aid digestion, to reduce phytic acid and to increase nutrients available, people all over the world have been sprouting, soaking, fermenting and cooking grains and beans.

Actually foods are partially predigested by the above kitchen methods.

The Aztecs soaked ground corn with lime, but they didn't know why. We later learned that this liberates its B3 vitamins.

The Greeks ate fermented barley porridge.

In the Bible, Ezekiel commands making breads with wheat, barley, beans, lentils, millet, spelt and as well sprouted grains. Sprouts are rich in Vitamin C and protein. Many who cannot digest wheat, can eat this sprouted grain bread.

The Egyptians around 2300 BC invented soaking the dough prior to making bread. This practice makes the bread easy to digest. We too have been soaking and fermenting the bread dough & just last week we have created a great one loaf bread machine recipe. This recipe will come free with "EAT MORE WHOLE GRAINS"

Dried beans and soybeans as well need to be soaked and steamed to get rid of the trypsin inhibitors that make them hard to digest. The "SOY SATISFIED" cookbook recipes share with you how easy and simple it is to prepare soybeans & then use them in so many tasty recipes.

Soybeans contain complex carbs, protein, healthy fat and fibre so use them often.

After soaking and steaming grains and pulses,
they are easier to digest and the process releases more nutrients
In previous newsletters on the website there are recipes calling for lentils, soybeans,
chickpeas & kidney beans. These are complex carbs, and contain essential fats & protein.

DRIED BEANS (PULSES OF ANY KIND)

It is a good idea to have at least one serving of cooked dried beans 4 times a week.

**Dried beans contain disease fighting antioxidants, fibre, protein,
calcium, iron, folic acid, potassium, yet no fat.**

In the next newsletter I want to mention recipes that I am now working on using dried beans.
It is surprising how many different delicious ways one can use beans without realizing they
are even in the recipe. We just heard again how beneficial they are to our **heart** and they can
even **help prevent us from getting some cancers!**

**Some of the following complex carbohydrate information & recipes are a repeat from
previous newsletters. They are so nutritious that I felt it is worth mentioning them again.**

SAUERKRAUT – low carbohydrate

Fermented foods have that added nutrition, so whether it is sauerkraut, other fermented
vegetables or fermented breads, the digestive system loves them. The recipe for making
sauerkraut is on my website in the September / October 2010 newsletter. It is so simple to
make and can be stored for 3 months in the fridge, eating a few tablespoons with a meal.

SPROUTS - great carbs with extra nutrition

Grains, pulses and other seeds are very nutritious, but sprout them, and the results can be
from **six to sixty times as nutritious as the seeds** are. The sprouting process creates LIFE
and these sprouts now contain plenty of vitamins, minerals, proteins, antioxidants and
enzymes, all necessary for the body to function well and stay healthy.

As well as providing nutrition, the sprouts deliver the
nutrients in a form that is easily digested by the body.

SPROUTING SEEDS Sprouting is so simple and healthy that I felt it was worth repeating
what I had shared in March 2006 newsletter.

Sprouts can be made all year long with a new crop every few days. In winter when we don't
have fresh garden produce to supply us with beneficial nutrients, we can eat sprouts for
nourishment to strengthen the whole body including the immune system.

Sprouting needs no soil, just a glass jar with a large opening, a screen or netting to cover the
hole, and untreated seeds.

There is no need to worry about weeds, storms, sprays or bugs.

They are simple to start, grow and harvest.

The nutrition in sprouts is higher than the seeds themselves.

There is no waste. The seeds, the root and the sprout are all nutritious and can be used.

We enjoy the wheat sprouts regularly & I am finding many ways to include them in meals.



THE GOODNESS OF WHEAT SPROUTS

Wheat seeds contain very little Vitamin C, but in early sprouting, the vitamin C increases by five times.

In sprouting, Vitamin B Complex increases more than double.

Vitamin E is increased three times by sprouting.

Many other nutrients found in these seeds increase as well.

If you want to make a smaller batch, use half cup of wheat and use a smaller sealer.

EASY TO MAKE SPROUTS

Wash 1 cup clean untreated wheat seeds.

Cover them with two to three times as much water and let stand over night.

Drain, rinse and place seeds in a clear glass gallon jar with a large opening.

Cover the hole with mesh or netting and secure with a rubber band.

Vitamin C increases more rapidly in the dark so begin by placing the jar into the dark at about 80 ° F at an angle of 70 ° to keep them drained.

Rinse two - three times a day, flushing and draining well.

When sprouts start to show in a few days, they are ready to "green" in the sun.

Now place the jar into the light to activate the chlorophyll and turn the sprouts green.

When the green sprouts are 2 X as long as the wheat seeds, they are ready to blend up and use in recipes. Rinse and drain them. Divide into portions you will use, freezing then loosely or refrigerating them.

The sprouts can also be dehydrated at 105 ° F to preserve the many nutrients.

DEHYDRATING SPROUTS

When the seeds and sprouts are ready, put them into a strainer, rinse and pull apart. Place these on the dehydrator trays and dry. Once dry, cool. They can then be blended into powder and frozen to use in many recipes. I sprinkle some on my bowl of porridge, add to muffin, cookie, granola or bread recipes or add to waffle or pancake batter. You are adding nutrition to all of these foods!

CHUNKY CRUNCHY GRANOLA (5 - 6 cups)

3 cups rolled oats	1/2 cup dried blended wheat sprouts**
1/4 cup brown sugar	1 teaspoon cinnamon
1/2 teaspoon sea salt	1/2 cup buckwheat flour*

Mix the above together in a bowl. Make a well and add:

1/4 cup extra virgin olive oil	1/4 cup melted honey
1/4 cup milk	1 1/2 cup raisins (or any dried fruit)

*You may use any choice of flour in this recipe. Quinoa flour is also good and very nutritious. You can also use all purpose flour, but that is a less nutritious choice.

Mix thoroughly, making sure all loose flour has been incorporated. (Add another tablespoon milk if necessary) Spread on cookie sheet. Bake at 300° F stirring every 10 minutes, until lightly browned. (50 - 60 minutes) Store in airtight container up to a week; freeze for longer.

WHEAT GRASS – let the sprouts grow 2 inches tall, clip them, chop up to use in many dishes. (eggs dishes, casseroles, stir fry, salads, dips, meatloaf, hamburgers etc) or make a wheat grass drink or add to a smoothie. Some recipes are to follow.

SOY SATISFIED cookbook has directions for making soybean sprouts, with recipes to use them in, so in this newsletter I will just focus on wheat sprouts and wheat grass. Another time on my website we will talk about sprouting other seeds. They are also very nutritious, but I haven't had the time to work with them.

POWDERED GARDEN GREENS

Last year I mentioned the powdered greens that I made from spinach, lettuce and beet leaves. After the first time I made it, I changed the method as follows:

As I mentioned in the newsletter earlier, there is no need to puree the green leaves with water and then dry them. Simply wash the greens, drain and then dehydrate & powder them in the blender. Store in the freezer. This is so simple and quick & nutritious!

I use this green powder often, during the winter months especially. I sprinkled ½ teaspoon dried powder on cottage cheese, scrambled eggs, casseroles, soups and added it to relish, salsa, dips, sour cream and spreads. It doesn't really have too much of a flavor, so I feel it enhances flavor rather than changes it.

I am eager to make powdered greens again this summer. It is a good way to keep the lettuce, spinach and beets producing new fresh leaves. Then as well there are always young beet leaves available all summer for cabbage rolls and young lettuce and spinach for salads.

Have a green salad made from the garden greens twice a day!

When you have too much, turn the greens into green powder!

BARLEY GREENS . . . GROW YOUR OWN!

I am sure most of you have heard of the health benefits of eating barley greens. I have seen them in a variety of different ways in health food stores, but I never thought of growing my own.

Our neighbor came over to buy a few bushels of the barley seed that we had left from seeding.

He explained that his naturopath put him on barley greens, so he has been buying them in pill form in the health food store.

Then he thought, "Why don't I grow some myself?"

Good Question! I wonder why I hadn't thought of that!

He was telling us that a few years ago he couldn't work because of his sore back. His doctor said he would need surgery on his back.

This went on for a few years and one day his wife wheeled him in to a naturopath's office and it has been uphill ever since. It wasn't his back at all, but his colon and liver.

Sometime after he had been on a diet of eating many vegetables and fruits every day, he could go back to work and has now been working for 2 years. He is feeling so much better. Last year part of his garden was seeded into beets and he has been eating some every single day since. He was told this would help clean up his liver and tests have proved that his liver is steadily improving.

Now, since he has been on the barley greens as well, he has so much more energy. So he

planted the barley seeds and will cut the grass off when it is 6 inches tall. He will dry and powder it. This will make enough for the whole year, until he can plant some more next year.

DRYING THE BARLEY GREENS

I too seeded 2 patches 2 ft by 10 ft and at 6 inches tall I cut it all off at almost ground level and filled three large Tupperware containers. (Just as one does when cutting lettuce off)

I washed it, put it into 12 layers on the dehydrator and dried it for about 24 hours with the dehydrator set at 105 °F. (you do not kill the enzymes when drying at 105 or lower) I then stuffed it into the blender (part at a time) and made it into 3 cups of powder. I store this in the freezer in food grade plastic bags.

In a week or so there was another batch to cut off. After a few cuttings, you can turn the plants and roots into the soil for soil nutrients, or give the final cutting to your chicken. If they are laying hens, the eggs will be more nutritious.

These barley greens cost only pennies when compared to the store bought.

STRAWBERRY BARLEY DRINK – 2 glasses (or any other fruit of choice)

1 cup thawed unsweetened strawberries

1 teaspoon sugar or honey

3 tablespoons lemon juice

1 cup water (part of this is 3 ice cubes)

1 handful of barley grass

Process in a blender until smooth and enjoy!

Barley greens powder can be added to smoothies too!

BARLEY/FRUIT YOGURT SMOOTHIE - 2 glasses

Put the following into a blender in order given, blend until smooth and enjoy!

1 cup plain yogurt

1 cut up banana

1 cup any frozen fruits (strawberries, blueberries, peaches or raspberries)

3 ice cubes

1 handful of barley green powder

Pour into two glasses & enjoy!

DEHULLED BARLEY GRAINS, OATS and more

These grains can also be milled into flour. All the different grains have different nutrients so if you own a mill, you can use a variety in your recipes. Barley and oats are two very nutritious easy to access grains.

Enjoy oatmeal for breakfast with flax on top!

PIZZA CRUST is great made with half barley and half unbleached flour.

In cookies I substitute freshly milled grain flour for the all purpose flour called for.



GLUTEN FREE RECIPES – or mill other nutritious seeds

BUCKWHEAT BREAD – 3 little loaves or one 8 ½ by 4 inch loaf.

2 tablespoon mashed potatoes
2 tablespoons butter, lard or coconut oil
1 tablespoon honey
3 eggs, separated
¾ cup buckwheat flour
¼ cup rice flour
¼ cup potato starch
¼ cup soy flour
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon cream of tartar
¼ teaspoon salt
1/3 plus 1 tablespoon milk – 170 ml.
I used half of 1/3 cup milk amount plain yogurt and half water)

Grease the pans well. In a mixing bowl, blend well together potato, butter, honey and egg yolks. I used a hand blender to make it really smooth.

In a separate bowl, sift together all dry ingredients.

Add these dry ingredients to the potato mixture alternately with the milk, mixing after each addition. Beat egg whites until softly stiff. Fold very gently into batter. Divide this into the three pans or one larger pan. Bake at 350 °F for 30 minutes when using the small pans. The loaves need to be nicely browned. If using a larger pan, it could take 40 – 45 minutes.

Remove pans from oven. After 10 minutes, knife around the breads and gently remove from the pans. Let cool on a rack.

MORE COMPLEX CARBS - FRUITS & VEGETABLES

Other complex carbohydrates that can be eaten in abundance are fruits and vegetables. We can have a garden full of them to enjoy all summer and then preserve much for the winter. Below are just a few of the newer ones I grow and use throughout the year. Research also mentions Kale so I will plant some this year.

The following recipe is a wash that you can make for only pennies to spray on raw produce. Leave sit 5 minutes & then wash with clean water. Make a label and paste it on to a clean spray bottle, having it handy when you bring home store bought fruits & vegetables.

FRUIT & VEGETABLE WASH

1 cup vinegar
2 tablespoons fresh lemon juice

1 cup water
2 tablespoons baking soda

Mix these together in a medium size bowl. Pour into a spray bottle. Spray this on vegetables & fruit to rinse off chemicals and toxins. Let sit 5 minutes. Then rinse with clean water. After using, loosen the lid of the bottle slightly so it won't tend to leak out when not in use.

GARDEN'S BEST

We grow plenty of **corn, peas, beans, tomatoes, carrots and potatoes**; enough for the whole year. I mentioned sauerkraut earlier. The cabbage and all other coniferous vegetables are very, very healthy. Below I will mention a few others that are packed with antioxidants and plenty of vitamins & minerals.

ORANGE SQUASH

We have only been growing these for about 5 years now. A neighbor who has always been very healthy and is now in her 90's ate squash for as long as she can remember; all summer long and most of the winter. We are now growing them too and this year we had enough in the car garage to last until February. I also froze some so that we will be able to have squash once a week until summer. I have acquired a taste for them and now love them.

I usually cook one a week, either up side down on a baking sheet in the oven, or cut into 4 pieces with the skin on in the roaster with a chicken or roast beef. Once done, I scoop it out of the shell, eating some as a vegetable and blending some into the gravy or into soups of all kinds. YUMMY! It adds flavor and is so nutrition too.

I grow zucchini and pumpkin as well as they are also very nutritious as a vegetable or in recipes of all kinds.

LEEKs

Last year I grew half onions and half leeks. The onions were all used up by January, so now I am using leeks in almost every recipe.

We had 200 leek plants. I pulled them in fall. Wash and slice them thin. Dehydrate and freeze.

This winter I took out a cup or so at a time, chopped them in the coffee mill and put them into my spice shaker. I am adding it into all soups, casseroles, egg dishes, salads and more. They have that soft green color with a sweet onion flavor. So delicious!

GARLIC

I am now planting the garlic in fall instead of spring. That way the heads are quite large and are ready to use in summer. Now in April, I am just running out from last harvest. I use so much garlic in all of our meals. Into a pot of soup or large casserole I will add about 8 - 10 cloves. I planted 200 cloves last fall so we should have plenty this year. It is very healthy!

BEETS

WE have always grown some beets, but these last few years we are using more of them than ever before. The young leaves make great cabbage rolls, or can be picked and dried blending them into a powder that I use on roasts or in soups and casseroles. Of course we enjoy eating beets as a vegetable and as a salad too

(I preserve at least 30 jars of beet salad - recipe in Winnie's Winning Ways Gardening cookbook)

Beets and their leaves are extremely nutritious!

BEET LEAVES FOR CABBAGE ROLLS

Beet leaves are great for cabbage rolls. You can also substitute cooked buckwheat for the rice in cabbage rolls. These are nutritious yet tasty changes!

PARSNIPS

I grow a short row of parsnips. Last year I shredded some, dried & put them into the freezer in a bag. They are very handy to add to soups, casseroles & to put with a roast. The nutrients & flavor add so much to soups, sauces or gravies. Dried, they take up very little space.

RASPBERRIES

We have enough for us all year and more to give our children. I have some at almost every side of the house. We make smoothies, freezer jam and eat them as a dessert.

STRAWBERRIES

I always go picking at least 12 ice-cream pails of strawberries at a U-pick that does not use sprays. I freeze enough for us to enjoy often all year long. When we are out of jam, I will take out a package and make up 6 jars of freezer jam. We use **GARDEN FARE FREEZER JAM** as it uses only 1 ½ cups of sugar for 4 cups of berries with the juice.

APPLES

We have trees of our own so I have lots of pie filling frozen for pies, apple crisp or other recipes. I also make lots of apple sauce for fruit roll ups. Small crabs are always great for making apple juice to use in all of my baking as well as in punch.

I preserve many quarts of pure juice from crabapples or rhubarb. When a recipe calls for lemon juice, I will often just use this juice as it too has a nice strong flavor. I also use this pure unsweetened juice when baking the flax muffins in "A MUFFIN A DAY cookbook". As well, I use it every time we make a batch of punch when we have guests.

My bi-monthly newsletters on the website have many recipes, hints and ideas on foods, nutrition or gardening. They can be received free automatically just by signing in on the website at www.winnieswinningways.ca. All past issues from the past six years can be found on the website as well.

For a great fruit rollup recipe using apple sauce and parsnip puree, the goodness of dried beans and a delicious chocolate cake using beets, go to Jan/Feb 2010 newsletter. Extra nutritious cabbage rolls in January 2009 newsletter.

LEAN PROTEIN 40%

Lean chicken, turkey, quinoa, yogurt, cottage cheese,
Dairy products dried beans, eggs, chickpeas, soybeans, grass fed beef

QUINOA is a great protein that can be used to replace rice in a meal or it can be milled raw into flour and be used in baking. It is a great substitute for anyone who needs to be on a gluten free diet. As a flour it can be used in pancakes, waffles, muffins, cookies and even in bread.

Seeing I cooked extra quinoa yesterday, I decided to make a meatloaf using it. We again enjoyed a mixed vegetable salad & cooked carrots with the meatloaf. Our beef comes from our own grass fed beef. The quinoa as well adds extra nutrients and more lean protein.

QUINOA MEATLOAF

¾ pound lean ground beef
¾ cup cooked quinoa
1 egg
¼ cup onion, chopped fine
½ cup milk
2 cloves garlic, minced
½ teaspoon sea salt
1 teaspoon Worcestershire Sauce
1/2 cup whole grain bread crumbs
1 cup tomato sauce mixed with ½ teaspoon mustard & 2 tablespoons ketchup

Mix all the ingredients except the tomato mixture well. Press into a lightly oiled bread pan. Spread with the tomato sauce. Bake at 350° F for 1 hour.

The following muffin recipe has complex carbs, essential fats, protein, fibre and is gluten free!

GLUTEN FREE MUFFINS



PINEAPPLE CARROT MUFFINS – 24 - 1 tablespoon flax muffins

These are best baked in 2 – 12 hole muffin pans as larger muffins seem to be heavier when using gluten free flours.

1 ½ cups flax seeds - Grind the flax in a coffee grinder and set aside in a bowl

½ cup finely grated raw carrot (set aside)

½ cup chopped walnuts (set aside)

Combine the following, sift together, mix with the crushed flax and set aside:

1/3 cup quinoa flour

1/3 cup soy flour

1/3 cup potato flour (or 1/3 cup spelt flour as this agrees with some people)

1 tablespoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 tablespoon cinnamon

Beat the eggs well in a clean bowl; add sugar and oil gradually as you beat.

3 eggs

¼ cup sugar (or honey)

¼ cup extra virgin olive oil

As it is mixing, add:

1 teaspoon vanilla

1 ¼ cup undrained crushed pineapple

1/2 cup lemon juice

¼ cup milk

½ cup plain yogurt

Stir and mix in the dry ingredients, carrot and nuts. Spoon batter into 24 greased muffin holes. Put a chopped nut on top. Bake at 375 °F for 10 minutes. Turn heat to 350 °F and bake another 10 – 15 minutes or until nicely browned. Remove from pans and allow to cool.

SOUP

Following is a simple yet nutritious soup recipe to make in just a short time. For more nutrition, the bouillon cube can be replaced with 2 more cloves of garlic, 1/4 teaspoon basil, 1/4 teaspoon thyme, S & P to taste.

BAKED BEAN SOUP - Serves 3

2 cups of any baked beans (or 1 can)

1 can tomato juice

1 small onion (chopped fine)

1 clove garlic, minced

1 can water

1 tablespoon parsley

1 stalk celery, chopped fine

1 beef bouillon cube

Combine all the ingredients and bring to a boil. Turn heat to low; simmer for 30 minutes.



Cooked chickpeas, lentils & other cooked dried beans can be mashed & put into dips, dressings, sauces or gravies for extra nutrition.

GOOD FATS 40%

Fats to keep our digestion running smoothly, inflammation at bay, give us a wrinkle-free complexion, smooth skin, shiny hair and strong nails.

I now use very little margarine & am starting to use more butter or extra virgin oil in cooking & baking, also keeping in mind that saturated fats (dairy products) should only be about 5% of our total fat intake.

The following recipe allows us to enjoy butter, yet use less. This spread is just right for spreading when taken from the fridge. It is another way to use extra virgin olive oil.

WINNIE'S BETTER BUTTER

1/2 pound butter

3/4 cup extra virgin olive oil

With a hand blender, in a deep bowl, mix these both together well. I then put this into 3 small containers, cover with plastic wrap or a lid and refrigerate.

EXTRA VIRGIN OLIVE OIL - very healthy monounsaturated fat. Use in dressings & baking.

ITALIAN DRESSING - great on cabbage or lettuce - serves 4

2 tablespoons olive oil

2 tablespoons vinegar or lemon juice

1/4 teaspoon Italian seasoning

2 teaspoons sugar

1/4 teaspoon sea salt

1 teaspoon chopped purple onion

Shake well. Drizzle over salad greens.

EASY COOKED VEGETABLE DRESSING - serves 6 - 10

Use on any shredded raw vegetables (cabbage, carrots, sweet potatoes, peppers, etc)

Dressing: (if you wish, add herbs of choice)

1 tablespoon sugar

1/4 cup vinegar

1 teaspoon cornstarch

1 clove garlic, minced

Mix the above in a small microwave safe bowl. Micro for 15 seconds or until thickened. Stir until smooth, adding sea salt & pepper to taste. Let cool. Drizzle over salad, toss. Refrigerate any extra dressing if you are making a small salad.

YOGURT

One can very easily make plain yogurt from raw milk or store bought milk.

Heat 4 litres of milk up to 180°F. Mix in until dissolved - 2 tablespoons gelatin crystals or 2 packages. Allow to cool to 110°F. Mix in 4 tablespoons plain yogurt.

Pour this into 4 - 1 quart sealers. Turn a sealer top on each. Pour tap hot water into a picnic

THREE BEAUTY ROBBERS

POOR DIGESTION

Digestion begins in the mouth and continues through many organs of the body. By chewing the food really well, the nutrients inside the food can do a better job of distributing these nutrients around the body to where they are needed.

By swallowing poorly chewed food, we can have a negative reaction causing inflammation, allergies, constipation and illness.

EATING WRONG FOODS

Such as refined sugar and refined flour, hydrogenated and trans fats, eating heavy proteins. These all can cause bloating & constipation, illness and disease.

EATING TOO LATE IN THE EVENING– If we eat in the evening, the body must work all night digesting and has no time for rest & recuperate. The brain also needs to process learning at night. *I have quit eating after 7 o'clock & I have noticed that I wake up earlier & am more refreshed.*

Dear Website Friends,

*As much as I always want the foods I prepare to be delicious, today more than ever before, I want them to be nutritious too. As we age we realize that we have to work at keeping fit and staying healthy. **That is why I think about the meals I prepare, eat and serve!***

*It is May 2 today and I just realized this newsletter is late. I will have to work on the May/ June one next week. Sorry for this delay. I will try to finish this one this afternoon. Until next time, **“EAT WELL & STAY YOUNG”** & join me at www.winnieswinningways.ca*

Winnie

Winnie is always looking for ways to provide inexpensive, nutritious 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 & eBooks she has published over the past number of years. Now as well, on her website, you can subscribe to her monthly newsletters that are filled with inexpensive, nutritious recipes, ideas and hints. As you read them through, watch for SPECIAL PRICES on a variety of cookbooks.

To view her cookbooks, go to: <http://www.winnieswinningways.ca/> Much of Winnie's website focuses on physical and financial needs, but she is well aware that her life would be nothing without the spiritual. We need food to keep our bodies and minds healthy, but we need spiritual food to keep our souls healthy as well! The following website is one of her favorite and Elaine Froese is a special friend who has so much wisdom to share.

FOOD FOR OUR SOUL!

Elaine Froese is a certified coach who wants people to live intentional lives, and have courageous conversations with purpose! Read her columns on her website or feel free to call her on her toll-free number for encouragement.

Elaine Froese Speaker Author Coach <http://www.elainefroese.com>

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