



60 Days to Reclaim YOUR Health

BLENDER PANCAKES / WAFFLES

Ingredients

2-1/2 cups long grain brown rice

1 cup millet

3-1/4 cups water. (Optional: Use to soak rice and millet overnight. Begins the germination process, breakdown of phytic acid, and makes the grains easier to blend.)

To this grain and water add:

1 to 1-1/2 apple, cut into chunks

1-2 tsp unrefined sea salt

2 Tbsp extra virgin olive oil

2 Tbsp honey

1/4 cup rice bran powder

1 Tbsp Rumford baking powder (aluminum-free)

Directions

1. Blend all ingredients (except baking powder) thoroughly until grain is only slightly gritty.
2. Add baking powder at the end and just blend until mixed.
3. Bake on a hot grill or waffle maker.

This recipe is a favorite of Hallelujah Acres Foundation Director of Research, Dr. Michael Donaldson. He says, "We serve the waffles and pancakes with Earth Balance butter replacement. Sometimes we have sliced bananas or frozen blueberries on top as a treat. Sometimes the leftovers are better with a little jelly when re-heated, but fresh ones don't need much of anything."

PRESSURE COOKER BEANS

Ingredients

5 cups dry beans (try black turtle, pinto, and small red beans – rinse 3 times in cold water)

16 cups water

1-1/2 Tbsp unrefined salt

2 Tbsp onion powder

1 Tbsp garlic powder

3/4 Tbsp cumin powder

2 Tbsp olive oil

Directions

Cook 45 minutes under pressure, allow to reduce pressure slowly.

The Donaldson family serves these beans as a "haystack." They make a bed of salad with a creamy dressing, then top with brown rice, beans, and tortilla chips (and salsa for those who like it).