



60 Days to Reclaim YOUR Health

HOLIDAY NUT LOAF WITH SUN-DRIED TOMATO SAUCE

SUN-DRIED TOMATO SAUCE

Ingredients

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| 1 cup fresh tomatoes, sliced | 1/4 cup chopped onion |
| 1/2 cup sun-dried tomatoes
(soaked and drained, save the liquid) | 1 tsp sliced jalepeño |
| unrefined sea salt to taste (approx. 1/2 tsp) | 1 Tbsp extra virgin olive oil |
| 1 garlic clove | 1/2 cup pitted dates |
| | 1 tsp dried basil |

Directions

1. Pulse in blender to begin liquefying the ingredients then blend well.
2. Set aside while making the nut loaf.

HOLIDAY NUT LOAF

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| 1 cup almonds | 1 cup hazelnuts or walnuts |
| 1 cup pumpkin seeds | 1 cup sesame seeds |

1. Soak nuts and seeds in distilled water for 24 hours.
2. Drain and rinse.
3. Put nuts and seeds in food processor bowl with the following ingredients:

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| 1/4 cup extra virgin olive oil | 2 Tbsp sage |
| 1 Tbsp oregano | 1 tsp garlic powder |
| 1/2 lemon, juiced | 1 Tbsp basil |
| 1 Tbsp rosemary | 1 tsp kelp powder |

1. Process together and let it become a nice meal.
2. You might need to add a small amount of water to keep the ingredients moving.
3. Put in a bowl with following ingredients and combine together (the best tools to use for mixing are your hands).



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HOLIDAY NUT LOAF con't.

- 1 cup chopped onion
- 2 stalks celery, chopped
- 1/2 cup red bell pepper
- 1 small portabella mushroom, chopped (marinate mushroom in 2 Tbsp extra virgin olive oil with 1 tsp unrefined sea salt.)

1. On dehydrator tray with teflex sheets, make 3 small loaves.
2. Flatten to 1-1/2 inches high.
3. Spoon the sun-dried tomato sauce over the top and sides of loaves.
4. Dehydrate for 4 hours at 105 degrees.

CURRIED WILD RICE CASSEROLE

- 1 cup wild rice (soaked in distilled water for 3 days [or until tender] outside refrigerator, then drain and rinse)
- 1 head cauliflower (processed to a fine texture)
- 1 tsp unrefined sea salt
- 2 ripe tomatoes, diced
- 1/4 cup chopped parsley
- 1 red bell pepper, diced

1. Combine rice with above ingredients in a bowl.
2. Gently heat the following ingredients on low heat (100 degrees) on stove to bring out flavors. Do not heat above 105 degrees. When heated, add mixture to bowl and blend together.

- 2 tsp cumin powder
- 1 Tbsp extra virgin olive oil
- 1 cup distilled water
- 2 tsp curry powder
- 1/2 cup chopped onion

In blender put:

- 1 red pepper
- 1/2 lemon juiced

Put lid on and pulse blender to liquefy, then add:

- 1/2 cup sunflower seeds (soaked for 2 hours or more)
- 1-1/2 Tbsp nutritional yeasts flakes
- 3/4 cup pine nuts (soaked for 2 hours or more)
- 1/4 tsp unrefined sea salt

1. Blend all together. If necessary, add small amount of water.
2. When done, add to casserole and mix together.

If you want the dish warm, you can heat on low on stove, no hotter than 105 degrees (to keep this dish an enzymatically living food). Test the heat of the mixture with your finger; if it's hot to the touch, the temperature is too high.