

Tips & Menus  
*for* Weight Management

# Breakfasts

*... with Whole Grain  
Blender Batter Baking  
& Allergy Alternatives*

4th Edition



SUE GREGG

*SueGreggCookbooks*

# PUBLICATIONS BY SUE GREGG

## *Sue Gregg Cookbooks*

***An Introduction to Whole Grain Baking***

***Main Dishes*** 3rd edition

***Soups & Muffins*** 2nd edition

***Meals in Minutes*** 5th edition

***Lunches & Snacks*** 3rd edition

***Desserts*** 2nd edition

***Master Index & Menu Planner***

***Holiday Menus***

***The Creative Recipe Organizer***

***Four Food Storage Plans***

**Будте здоровы!** *Recipes with Nutrition Basics  
for Russian and Russian-speaking families*

## *Curriculum*

***Taste & Tell***

***Cooking with Children***

***Baking with Whole Grains***

Published and distributed by

*Sue Gregg Cookbooks*

8830 Glencoe Drive

Riverside, California 92503-2135

www.suegregg.com 951.687.5491

***Breakfasts***, 4th Edition © 2007 by Rich & Sue Gregg

ISBN 1-878272-06-3

First Edition printed 1989, 1990, 1991, 1992

Second Edition printed 1993, 1995, 1997, 1998, 1999, 2000

Third Edition printed 2002, 2003, 2004, 2005, 2006

Fourth Edition printed Sept 2007

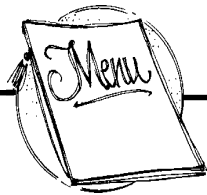
All rights reserved. No part of this book may be copied or reproduced in any form without the written consent of the publishers.

All scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Scripture quotation from THE MESSAGE, Copyright © by Eugene Peterson, 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by Permission of NavPress Publishing Group.

# Table of Contents

Preface	<i>ii</i>
Cook's Prayer	<i>iv</i>
Planning for Breakfasts	1
Milk Alternatives	27
Cereals	55
Eggs & Accompaniments	83
Fruits	113
On-the-Go Shakes & Muffins	135
Waffles, Pancakes, French Toast & Toppings	157
Special Occasions	177
Potpourri	203
Menus	235
Index	265
Cut-Out Tabs	283



## Planning for Breakfasts

*She is like the merchant ships,  
bringing her food from afar.  
Proverbs 31:14*

# Planning for Breakfast

Come & Have Breakfast	3
Should We Eat Whole Grains?	4
A Few Claims for Breakfast!	6
Breakfast Highlights for Children	7
Breakfast Menu Planning	8
Recipe Nutrient Information Basics	9
Addressing Allergies	10
Understanding the Two Stage Process	11
PowerPoint CD Demonstrations	14
Quick Shopping & Information Guide to Quality Ingredients	15
Equipment Check List	26

# Come & Have Breakfast

*When they landed, they saw a fire of burning coals  
there with fish on it, and some bread.*

*John 21:9*

This is one of my favorite stories in the Bible. The disciples are weary. They had fished all night. "*Friends, haven't you any fish?*" Jesus, called to them from the Galilean shore, "*Throw your net on the right side of the boat and you will find some...*" (*John 21, 5, 6*). Can't you just imagine their excitement? They even counted every fish--one hundred fifty three of them! What a glorious morning!

But that's not all. A heart-warming campfire breakfast awaits them--fresh caught fish and hearty bread prepared and served by the Lord, himself, triumphant over death. What an identification with, and exaltation of, one of our most menial tasks (*shades of Titus 2:3-5*)!

It wasn't the catch or the meal, though, that captured their hearts, but *who* provided both catch and meal. What a host! What a provider! What power! What love! What fellowship! What a Lord! When Peter realized that it was Jesus, he couldn't wait. He jumped overboard!

Was Peter prepared for what came next? Jesus filling hungry stomachs was only the beginning. The ensuing discussion with Peter was not so comfortable, focusing on "*feed my sheep*," not once, but three times. Jesus wasn't meaning breakfast, lunch and dinner. "*Feed my sheep*" meant feeding others with himself, "*...the bread of life*" (*John 6:35*), just as he spoke to the crowds he fed: "*Do not work for the food that spoils, but for food that endures to eternal life, which the Son of Man will give you*" (*John 6:27*).

*Genesis 1:28-29* reveals God's first purpose for food--to supply what would be needed for physical strength and health in order to *subdue and rule over the earth*. A second purpose, our dependence on God, is expressed in *Deuteronomy 8:3*, *He humbled you, causing you to hunger and then feeding you with manna...to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD*. Finally, this incredible breakfast on the beach beautifully captures a third purpose, "*feed my sheep*" (*John 21:15, 16, 17*). Served by the resurrected Lord Jesus, his beach repast inseparably linked physical and spiritual realities for eternity.

Most books on nutrition and diet written by Christians focus on what God says about food in the Bible. While significant, I believe even more so is what food says about God (*Acts 14:17*). Unless we understand this, we've missed the main message. God's purposes for

food is both for now and forever. Max Lucado sums it up well: "God is not a mountain guru only involved in the mystical and spiritual. The same hand that guides your soul gives food to your body. . . In the school of life, God is both the teacher and the cook. He provides fire for the head and food for the stomach. Your eternal salvation and your evening

meal come from the same hand."<sup>1</sup> His plan for meeting our physical needs go hand-in-hand with meeting our spiritual needs. Moreover he meets our physical and spiritual needs to equip us to meet the needs of others, just as he called Peter to feed his sheep. *So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31.*

<sup>1</sup>*The Great House of God*, Max Lucado, Word Publishing, 1997, p. 97.



## Should We Eat Grains?

This question, I believe, applies to the breakfast meal more than any other. Not only are we more likely to eat grain for breakfast than at lunch or dinner, but the cereal breakfast is the most often eaten by most people. It is convenient, economical and consistently satisfying. Cereals and breads are here to stay regardless of the case for high protein-low carb meals. The current phase low carb has passed us by, for the moment. I say "for the moment," because for decades the high protein route to weight loss has returned for a new phase time and again. It has some value, possibly great value for particular individuals, but I want to carry the argument a bit further.

Several leading nutritionists are cautioning the consumption of whole grains. A significant rationale for this viewpoint is the supposed idea that mankind was historically first a hunter-gatherer and not a producer of grain crops until about 10,000 - 15,000 years ago and therefore our bodies were not originally designed for grains. God's Word presents a serious challenge to this view. What actually happened that long ago is all theory. I will take God's Word over theory any day!

Bread and cereal have traditionally been regarded as *the staff of life* for a reason. Bread and meat were the staples of the biblical levitical

diet in the Old Testament. God sent ravens to Elijah morning and evening for a season to bring him bread and meat to strengthen him for the task ahead of him. During a famine he sent Elijah to the widow of Zeraphath who sustained herself, her child and Elijah on bread alone. God sent Joseph to Egypt to store up grain for a 7-year famine. The Egyptians traded livestock for grain during this famine. Jesus fed the 5,000 with two fish and five loaves of barley bread. Our resurrected Lord served his disciples a breakfast of bread and fish on the beach. What are we to conclude from these biblical evidences? Is our Creator God ignorant about the dangers of grain, or somehow so "spiritually minded," that he doesn't care about the health of our bodies? *Psalm 65:9* makes it clear that grain is a God-given gift. *Every good and perfect gift is from above, coming down from the Father of heavenly lights... James 1:17*. Take cautiously what the modern health gurus say about grains and learn to think biblically (i.e. from a Christian perspective) about the foods we are given to prepare and enjoy.<sup>1</sup>

On the other hand, another rationale of leading nutritionists for cautioning on grains has merit, I believe. A significant percentage of the population have grain allergies, particularly to wheat, gluten intolerance, and insulin resistance that particularly complicates diabetes and weight management. Much research has been done on these health issues. We would do well to find a balance of carbs, proteins and fats that will best serve our own individual needs. However, since taking grains out of the diet over long term, in general, mitigates against the biblical account and the historical grain food foundation of most cultures, I believe there is a better first line approach: in addition to balancing carbs with protein and fat, it is the proper preparation of grains. This is what I have coined for our own resources as *The Two-Stage Process* (pp. 11-13). This process has been totally missing from virtually all the cookbooks with whole grain recipes, including our own, until the final decade of the 20th century. It is no wonder that many leading nutritionists are cautioning the use of whole grains. Not many have yet taken up the banner of these processes for whole grains. Personally, I give credit to *Nourishing Traditions* by Sally Fallon with Mary Inig, Phd. for providing the information and impetus I needed to make this a major issue in our books.

God has provided grains as a wonderful resource for our health, as well as our enjoyment. Let's not call evil what God calls good. But we must manage the good we choose (*Genesis 1:28b*). This is what this book seeks to do in the preparation of all our recipes containing grains.

<sup>1</sup>see also *An Introduction to Whole Grain Baking*, "Grains & Bread in the Bible."

# A Few Claims for Breakfast!

I recall a particular small group discussion in my high school home economics class: "Now," she said, "breakfast is very important. You'll be more alert, have more energy, and do much better in school if you eat a good breakfast. Is there anyone here who doesn't eat breakfast?" Sheepishly I half raised my hand. "Okay, Sue," she said, "And what kind of grades do *you* get?" Ever so humbly I whispered, "Straight A's?" "You would!" she replied.

I was one of those in what is now 50% of all households that seldom eat breakfast. And this continued right through my university years, where I was still an honor student, until I married a no-nonsense farm fellow. An ironclad rule of our new home was a full breakfast eaten together daily. Did I reform? Absolutely. And I quickly learned to enjoy breakfast. But I still do best on a light one. So I am here to tell you that, while some suggest to "eat breakfast like a king, lunch like a prince, and dinner like a pauper," breakfast pauper-style serves this sedentary female best. Others who are more active, especially men and children, will eat more. In any case, don't neglect yourself by going entirely without something nourishing for breakfast unless you are fasting, nor let your children do it. Some good reasons for breakfast:

- Breakfast will **take off unwanted pounds**, because it helps you regulate better what you eat the rest of the day, and because breakfast calories seem to be better metabolized than evening calories.
- Statistically, people who eat breakfast **live longer**. Researchers who discovered this theorized that going without breakfast is a sign of self-neglect and that people who neglect themselves die younger.
- Breakfast stimulates **more productive work** because it improves your mental performance, your ability to concentrate, and increases your physical energy. Children who eat a good breakfast perform better in school. Dad was religious about family breakfasts at our house. One of the children graduated as valedictorian and the other two with a 4.0 grade average. When I graduated from high school in the top 20% of my class, I did neither, but my husband graduated as salutatorian--on a daily regimen of a hearty farm breakfast.
- Eating breakfast makes **problem solving easier** because blood sugar is raised to an adequately sustained level.
- Breakfast gives families one more daily **opportunity to eat together**. Families who eat together more often are generally more stable, stay together, think together and work together more harmoniously and longer. Better relationships contribute significantly to health, well-being, and longevity.

# Breakfast Highlights for Children



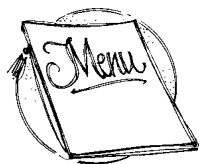
- Children who eat a healthy breakfast make better grades in school and think better for learning.
- Jesus prepared breakfast. So can you! *John 21:1-14* with *John 13:15*
- Whole grains are a gift from God. *Genesis 41:49; Psalm 65:9*
- You can make whole grain pancakes or waffles when you can safely handle electrical appliances. See the recipe, p. 160.
- Hot cereals are worth getting a taste for. You can put many tasty items in it and on top of it. You can even learn how the science works! See Cereals section and *Build-A-Cereal*, pp. 58-61.
- Cold cereals are a "rip-off." You pay too much for too little, whereas God paid alot to give you everything (*John 3:16*). Read *Isaiah 55:2*.
- Rats that eat the cold cereal box may live longer than rats that eat the cereal inside. See p. 57.
- Fresh fruits are the best way to satisfy your desire for sweets. See what nutrition they supply and interesting recipes. pp. 113-133.
- A safe source of raw milk is a wonderful food with many benefits. See pp. 32-35. If you can't get it, *Dan's Milk* is better than homogenized pasteurized milk. See p. 35, and p. 45 for the recipe. Better yet, yogurt and kefir are fantastic foods! You can make your own! See pp. 46-53.
- When you can operate a blender safely, you can make some interesting shakes out of raw milk, almond or coconut milk, yogurt or *Dan's Milk*. It's "nutrition in a glass!" See pp. 135-147.
- Honey is good. Find out how many times in the Bible God said he would give the Israelites a "land flowing with milk and honey." But Don't eat too much of it. *Numbers 14:7-8; Proverbs 24:13; Proverbs 25:16, 27*.
- Jesus must have considered eggs to be a good food: *Luke 11:11-12*. See just how good! (pp. 85-90). It is easy to learn how to serve eggs in interesting different ways. See pp. 93-106.
- Butter is a good fat with health benefits. See p. 214. Put it on your whole grain bread with honey.

# Breakfast Menu Planning

*Whatever you do, whether you eat or drink,  
do all to the Glory of God.  
1 Corinthians 10:31*

What is the typical American breakfast? Cold cereal and milk, or maybe coffee and a donut? That won't do for anyone who understands how food affects our health and well-being. Cold cereal and milk, coffee and donuts may be our cultural answer to being "just too busy doing more important things," but how does this thoughtless lack of planning with care reflect the glory of God? What if he had created the universe in such a fashion? Or, more specifically, achieved his plan of salvation without long term planning? Think of the power of fulfilled prophecy! It could not have been achieved without preplanning. God's glory is honored when we reflect it in our daily living, right down to the way we manage his resources for life and health.

The Lord of the universe has given us an earthly *management mandate* (*Genesis 1:28*) and food is one of the resources to be managed (*Genesis 1:29; 9:3*). One plan of attack is to get a workable list of menu types into which you can plug in corresponding recipes. I have chosen the traditional American types of breakfast menus. If you would rather have a soup or salad, or bread and fish, go ahead, but most of us will stick with our cultural patterns:



**Cereal Breakfast**

**Egg Breakfast**

**Fruit Breakfast**

**Shake Breakfast**

**Waffle/Pancake/French Toast Breakfast**

Seventeen sample menus with alternate food and recipe choices fit into these types (see pp. 240-256). They have been designed for both men and women for either maintaining or for losing weight. They may be followed as they are, or used as guidelines for establishing your own set of breakfast menus. More details for using these menus for weight control are given on pp. 237-239. They are not given just for weight management purposes, however, but to provide a guide for nutritional balance, variety, and interest for the entire family.

Planning *at least* the day before what you will serve for breakfast the next day is the second half of the battle, assuming that you have stocked your kitchen with the essential ingredients. Make these two initial commitments: 1) Categorize your variety and 2) Decide at least one day in advance what to serve for breakfast the next day.

# Recipe Nutrient Information Basics



Many people want nutrient information. But what does that mean? For most people it means what you find on the standardized *Nutrition Facts* labels on packages, focusing on per serving totals of selected nutrients, with percentages arbitrarily based on 2,000 calories of food consumed.

How many people actually take the time to add these totals to find out how much of each nutrient they consume daily? Precious few! How often do the ingredients labels get read, presented in such small print that they are hard to find in comparison to that prominently displayed standardized label? The standardized label does provide useful information, but it seldom distinguishes nutritional quality of the product. For example, if a product is made of white flour or whole grain flour, it will still show basically the same amount of carbohydrate. If it contains margarine or butter, it will show the same amount of fat. Regarding the latter, a product made with butter will show a higher saturated fat and cholesterol count than with margarine. Yet nutritionally, the butter is a far superior to margarine.

The quality of ingredients is by far the most reflective of a product's nutritional value. This value is not recorded on the label, except in only four of forty or more nutrients our bodies need.

So what good is the nutritional labeling? It can assist in determining the total calories and balance of the selected nutrients you are consuming in a serving of that one item. But as far as the nutritional quality of those calories and the macronutrients, you must look elsewhere to the actual choice of ingredients. To play down this data<sup>1</sup> (except for calories) and put the focus on ingredients quality, I have separated it from the recipes. You will find this information at the end of each recipe section (e.g., p. 54). Focus on the quality of ingredients. This is the most important. Except for some useful calorie counting, if needed, don't get in bondage to numbers and percentages. For more about balancing carbohydrates, protein, and fat, see pp. 232-233.

<sup>1</sup>Nutrient data for this book has been compiled from *Sue's Nutridata* © 1993 computer program based on the following sources:

Nutritional Nutrient Database for Standard Reference, USDA *Government Handbook #8*. The most reliable source available, covering most of the ingredients.

This resource may be accessed at <http://www.nal.usda.gov/fnic/foodcomp/search/>

You can type in any food and its category, select the the measurement sizes offered, click and get the desired information. The following additional sources fill in the gaps.

Package nutrition labels.

Current websites that offer nutrient information on specific foods. If the USDA database does not include what you are looking for, type the name of the food followed by the word, calories, on an Internet search. You can usually find a source. Since all sources do not agree, try to find at least two sources with close to the same data.

# Addressing Allergies

Allergy alternatives most needed for breakfasts are dairy and grain alternatives, and to a lesser extent, egg and leavening alternatives.<sup>1</sup>

**Dairy Allergy** Dairy allergy may be a simple matter of lactose intolerance. Cultured milks are useful, as well as Lactaid tablets (see the "Milk Alternatives" section). For some a change to goat's milk from cow's milk would be sufficient, or even to raw from pasteurized cow's milk. Where none of these are suitable alternatives, I recommend nut milk (p. 42) such as almond or cashew milk (p. 44), or coconut milk (p. 45). I do not recommend soy milk (see p. 42). To replace cultured dairy milk such as buttermilk, yogurt or kefir in a baked item, add 1 tablespoon apple cider vinegar to nut milk per 1 cup.



**Grain Allergies** The most limiting grain allergy is to gluten. Gluten-free grains include brown rice, corn, millet, amaranth, quinoa and sorghum. The latter three are not technically grains. Where gluten is not the problem, a greater range of alternatives are available (see chart, p. 63). There are recipes for both cereals and baked items in which these grains work well. Consider, also, that following the "Two-Stage Process" for preparing grains may lessen allergic reactions (see pp. 11-13). This includes sprouting and drying grain for flour (p. 224).



**Egg Allergy** There is no help for egg allergies for preparing egg dishes. Some possible egg alternatives for baking are given on p. 221. My favorite is *Flaxseed Egg Alternative*.



**Allergy to Leavenings** Problems with yeast means no yeast breads. There are plenty of tasty baked items without yeast such as pancakes, waffles, scones, muffins, crepes, and coffee cakes. The main problem with baking powder involves corn allergy. Use low sodium baking powder, *Rumford* baking powder, a homemade baking powder,<sup>2</sup> or substitute baking soda (see p. 20).



**Other Allergies** In dealing with allergies to other foods, find a substitute ingredient or avoid the recipes using them. With a wide variety of recipes, there are plenty of other alternatives to choose from.

<sup>1</sup>For PowerPoint CD Demonstration, see p. 14. <sup>2</sup>See *An Introduction to Whole Grain Baking* for recipes.

# Understanding the Two-Stage Process

## Maximizing the Nutritional Value of Whole Grains

Whole grains contain phytic acid in the bran layers. Phytic acid combines with key minerals, especially calcium, magnesium, copper, iron, and zinc, reducing their absorption in the intestinal tract. These combinations are called *phytates*. In addition to not receiving the value of the marvelous nutrients locked into them, you may also experience new problems with digestion and assimilation. Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize a large portion of the phytic acid, releasing these nutrients for absorption. This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains. Everyone will benefit, nevertheless, from the release of nutrients and greater ease of digestion. One of these preparations is vital to the nutritional advantages of hot cereals and whole grain breads.

Soaking the grain for hot cereals or whole grain flour for quick breads is the primary two-stage method introduced in **Breakfasts**. Sprouting is also introduced as an option.<sup>1</sup> In preparing hot cereals, the first stage of preparation is soaking the cereal grain in water with a small amount of an acid medium added, for flavor compatibility preferably yogurt or especially whey (the liquid drained off yogurt);<sup>2</sup> or it can be lemon juice in case of dairy allergy. In preparing quick breads (muffins, pancakes, waffles, coffee cakes, etc.), the whole grain flour is soaked in a cultured milk such as kefir, yogurt, naturally sour raw milk, or buttermilk, or in an acidified dairy alternative, such as coconut or almond milk. When water only is used in a quick bread (as in *Blender Breakfast Crepes*, p. 198) or in a yeast bread dough (as in *Delicious Whole Grain Bread*, p. 197), a small amount of acid, as whey or apple cider vinegar, may be added. This soaking process with alternative ingredients is written into each recipe.

As little as 7 hours soaking will neutralize a large portion of the phytic acid in grains. Twelve to 24 hours is even better, with 24 hours yielding the best results. Brown rice, buckwheat and millet are more easily digested because they contain lower amounts of phytates than other grains, so 7 hours soaking is sufficient. Other grains, particularly oats, the highest in phytates of the whole grains, is best soaked up to 24 hours.

<sup>1</sup>See *Sprouted Cereal*, p. 73, and *Sprouted Grain*, p. 224. Sourdough is introduced in *An Introduction to Whole Grain Baking*. <sup>2</sup>Whey-making in quantity is shown on *SueGreggCookbooks* PowerPoint CD (see p. 14).

There are two other advantages of the two-stage process. Several hours of soaking serves to soften the grain, resulting in baked goods lighter in texture, closer to the texture of white flour. This is especially helpful when making blender batters, where the initial blending may not smooth out the grain as much as desired. Secondly, this is a great step in convenience, dividing the task into two shorter time periods, cutting the time needed to prepare the recipe right before cooking and baking when you feel rushed to get food on the table. Doing food preparation tasks in advance is a great convenience facilitator. The two-stage process fits right in. Sally Fallon and Mary Enig, PhD point out that, "...virtually all preindustrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles." (*Nourishing Traditions* p. 452).

*...this is a great step in convenience, dividing the task into two shorter time periods, cutting the time needed to prepare the recipe right before cooking and baking when you feel rushed to get food on the table. Doing food preparation tasks in advance is a great convenience facilitator. The two-stage process fits right in.*

Many are overwhelmed by the thought of doing the two-stage process. This is because it is a *paradigm shift*, something completely foreign to our normal way of doing things. For decades it has never been part of cookbooks with whole grain recipes. Thus a variety of questions arise, such as, "Do I soak the grain and then grind it? Do I grind the flour and then soak it? How will I use the soaked flour or grain in the recipe?" Follow the recipes. The process is introduced as *STAGE 1* of the recipe steps. As you become familiar with the basic two-stage preparation for both cereals and breads you will easily learn how to adapt it to any recipe that does not follow two-stage preparation.

### **Evaluating the Importance of the Two-Stage Process**

While the whole truth is probably not yet known (recall *Proverbs* 25:2), phytates are not all bad. Research shows that they may be involved in curbing free radicals in the body that contribute to heart disease and cancers, as well as preventing excessive mineral build up in the body, especially of iron, which also contributes to free radical formation (but hardly iron that is an integral part of a real whole food). It is thought that it may be the phytates in the bran layers of whole grains, in legumes and in nuts and seeds that are providing these protections. Thus the inclusion of these foods in the diet against

a diet that relies primarily on white flour products and on a high proportion of fiberless meats and dairy products becomes a further plus. The value of phytates, on the other hand, does not warrant ignoring the value of the two-stage process. First of all, neutralizing phytic acid to release nutrients bound up in the form of phytates is not 100% accomplished except under ideal conditions of temperature and pH. Attempting to control these conditions, at least in home cooking and baking, is not a worthwhile endeavor beyond inclusion of an acid medium and room temperature for a suggested range of time, or the practice of making sourdough or sprouted breads. Second, taking a realistic view of our habits is useful. Home baking notwithstanding, commercial whole grain products not processed to break down phytates will find their way to our tables (as whole grain pastas, commercially purchased breads, e.g.). In any case, since many people lack essential minerals and have difficulty with the digestion of gluten in grains, the two-stage process plays a valuable role in cooking and baking with whole grains.

Kaayla T. Daniel, PhD, CNN, author of *The Whole Soy Story*, points to the Hebrews as an example of consuming both leavened and unleavened bread.<sup>1</sup> The former, which was produced through the fermentation process from wild yeasts was practiced most of the time. The latter, unleavened bread, was part of the the Hebrew preparation for Passover in early spring, "a natural time for fasting, a practice that encourages detoxification." Daniel suggests that these yearly short periods "might have been a very effective way to rid the body of any heavy metals through the action of phytic acid." On the other hand, Daniel reminds us that "Decades of research on the phytates of real foods have shown that phytates are antinutrients--more likely to contribute to disease than prevent it."<sup>2</sup>

To conclude, I suggest that occasional consumption of whole grains and whole grain products that are not processed by one of the three two-stage methods (soaking, fermenting, sprouting) is not likely detrimental to health<sup>3</sup> and may contribute a plus, while those that are properly processed as the main dietary choice will be greatly beneficial to health.



<sup>1</sup>See further discussion on p. 263. <sup>2</sup>*The Whole Soy Story*, by Kaayla T. Daniel, PhD, CNN, Chapter 17, "Phytates ties that bind," pp. 221, 224, quotes by permission. See also, "Against the Grain-The Case for Rejecting or Respecting the Staff of Life" by Katherine Czapp, *Wise Traditions*, Summer 2006: <http://www.westonaprice.org/moderndiseases/gluten-intolerance.html> <sup>3</sup>However, to many gluten-sensitive and grain-allergic persons, the two-stage process may be beneficial on a basically consistent basis.

# PowerPoint CD Demonstrations

A PowerPoint demonstration CD is available for the following recipes in this book (see [www.suegregg.com](http://www.suegregg.com) for ordering):

*Almond Coffee Cake, p. 186<sup>1</sup>*

*Almond Milk, p. 44*

*Blender Banana Muffins, p. 152<sup>1</sup>*

*Blender Breakfast Crepes, p. 198<sup>1</sup>*

*Blender Waffles/Pancakes, p. 160<sup>1</sup>*

*Coconut Milk, p. 45*

*Company Jam Scones, p. 195*

*Cottage Filled Fruit Crepes, p. 199*

*Delicious Whole Grain Bread, p. 197*

*Dried Apple Topping, p. 172*

*Flaxseed Egg Alternative, p. 221*

*Fresh Apple Topping, p. 172*

*Fruit Pizza, p. 196*

*Ground Flax Seeds, p. 81*

*Oatmeal Surprise, p. 65<sup>1</sup>*

*Pizza Crust, p. 196*

*Sprouted Grain, p. 224*

*Sunshine Shake, p. 142<sup>1</sup>*

*Whipped Cream, p. 170*

Supplementary demonstrations:

Allergy Alternatives

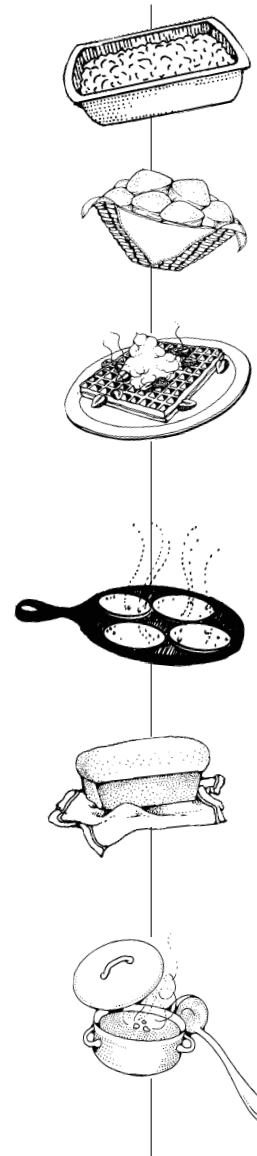
Grain & Seed Identification

Grain Milling

Kitchen Equipment

Whey

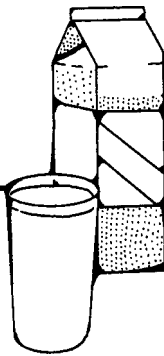
Whole Food Ingredients (for baking)



<sup>1</sup>This recipe demonstration will assist in making all the breakfast recipes in this category; learn one recipe and you've learned them all!

# Milk Alternatives

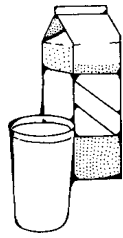
*He will eat curds and honey  
when he knows enough  
to reject the wrong  
and choose the right.  
Isaiah 7:15*



# Milk Alternatives

Milk in a Muddle in America	29
What About Saturated Fats?	30
What are Our Options?	31
Dairy Choices	32
The Story of Raw Milk	32
The Bane of Pasteurization	35
What is Ultra-pasteurization (UHT)?	36
Homogenized Milk Considerations	36
What is Dan's Milk?	37
Why not Fat Free or Lowfat Milk?	37
Is Organic Milk an Improvement?	38
Goat's Milk for Nutrition Enthusiasts	38
About Evaporated Milk	38
Cream to the Rescue	39
Evaluating Lactose Reduced Milk	39
Cultured Milk	39
Yogurt, My Favorite	40
Kefir, Nutritional Tops	41
Buttermilk is Passable	41
Non-Dairy Choices	42
What About Soy Milk?	42
Rice Milk, Yes or No?	42
Nut Milk, A Nutritious Alternative	43
To Bake with Nut or Coconut Milk	44
The Art & Science of Yogurt Making	48
Recipe Nutrient Information	54
<b>RECIPES</b>	
<i>Almond Milk</i>	44
<i>Cashew Milk</i>	44
<i>Coconut Milk</i>	45
<i>Dan's Milk</i>	45
<i>Raw Milk Yogurt</i>	46
<i>Dan's Milk Yogurt</i>	47
<i>Kefir</i>	53
<i>Buttermilk</i>	53

# Milk in a Muddle in America



With my first cookbook in 1977, one of my earliest nutrition primers was *Nutrition & Physical Degeneration* by Weston A. Price, D.D.S., a dentist, who researched the effects of the refined western diet on over one hundred thirty nine people groups worldwide in every imaginable geographical location. *Nutrition & Physical Degeneration* recounts his extensive research and includes over two hundred impressive photographs of the tragic effects of the refined western diet on the teeth, facial structures, strength, and general well-being of native peoples. Indictment against refined foods, especially white flour and white sugar and all food products loaded with them was fully verified by his work. This harmonized well with my biblical worldview that the wholeness God created in food has been designed in wisdom to meet the needs of the body which he also designed. I treasured Price's work, often showing examples of his photographs at nutrition workshops. Yet, I passed over Price's work concerning the value of dairy fats. I had succumbed to the modern low fat (especially saturated fat) mantra that less fat was better for the heart. Selecting nonfat and lowfat dairy products for recipes was thus a departure from the wholefoods concept of not stripping away significant portions of real God-given foods. I understood the value of *synergism* for whole grains (that the components of the whole work together more effectively than separately), but did not apply it to dairy foods. I realize now how influenced I was by the "establishment nutritionists." Nevertheless, in the back of my mind I continued to carry the nagging thought that this anti-dairy fat approach was not quite right, knowing that, if I was honest with myself, it did not really line up with my biblical worldview of wholeness.

It was not until I recently revisited Price's work in *Nourishing Traditions* by Sally Fallon with Mary Inig, Ph.D. and in *The Untold Story of Milk* by Ron Schmid, ND that I confidently decided it was time to challenge the low fat mantra in this 4th edition of **Breakfasts** and in future editions of all of our cookbooks.

Some nutritionists say milk is for calves, not for people. Controversy over the value and safety of milk drinking, and of dairy products in general, abounds. What are we to make of it all so that we can decide what is best or at least better? What will we put on our breakfast cereal? What about the children's glass of milk?

Let's start from a biblical perspective. The apostle Paul spoke these startling words to Timothy, *The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things*

*taught by demons. . . They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. . . For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer (1 Timothy 4:1, 3-5). Is milk among the good things God created for food for man as well as animals?*

According to the *Illustrated Davis Dictionary of the Bible*, milk was "An important article of diet, especially in the East. The milk of cows (2 Sam. 17:29; Isa. 7:22), sheep (*Deut. 32:14*), goats (*Prov. 27:27*) and camels (*Gen. 32:15*) was and is still used. . . . Milk was used in its natural state and as curds and as cheese (*Deut. 32:14, Judg. 5:25, 2 Sam. 17:29*). It was kept in skins and served in dishes (*Judg. 4:19, 5:25*)."<sup>1</sup> It is also instructive to observe Abraham's version of hospitality: *He brought some curds and milk and the calf that had been prepared, and set these before them [the three angels] (Genesis 18:8)*. Get out a concordance and count up the number of times God promised the Hebrews *a land flowing with milk and honey* (e.g. *Exodus 3:8*).

It appears that biblical evidence and historical eating patterns stand in opposition to what many nutritionists teach about milk. Nevertheless, this one question remains: why do so many people have trouble with dairy products? Finding a solution is most problematic because the best dairy alternatives are more difficult and more costly to obtain than alternatives among the other food groups. I hope that the discussion of options on the following pages will assist in your decision making. It will not be the same for everyone because availability, cost, and personal health issues are individual matters.

## **What About Saturated Fats?**

Worried about the saturated fat of whole milk, butter and coconut oil? We have been brain-washed for decades concerning this supposed danger. Two key resources that have assisted me in climbing out of this belief are *The Cholesterol Myths* by Uffe Ravnskov, MD, PhD., and *Nourishing Traditions* by Sally Fallon with Mary Inig, PhD. Ravnskov thoroughly covers every conceivable major study of the effects of cholesterol and saturated fat on heart disease. He reports that "the eminent American physician and scientist George Mann called the diet-heart idea 'the greatest scientific deception of this century, perhaps of any century.'"<sup>2</sup> I have taken the cues-- saturated fat and cholesterol in dairy products is decidedly not where the blame lies.

<sup>1</sup>*Illustrated Davis Dictionary of the Bible*, Royal Publishers, Inc., Nashville, TN, 1973.

<sup>2</sup>*The Cholesterol Myths, Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease*, Uffe Ravnskov, MD, PhD, 2000, p. 5.

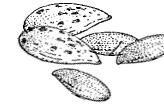
# Almond Milk

*Almond milk is easy to assimilate, high protein and high in monounsaturated fat that assists in regulation of cholesterol, rich in minerals, and a highly alkaline drink beneficial in maintaining pH balance. Simple to make. For PowerPoint CD Demonstration, see p. 14. To bake with nut milk, sweetening may be omitted, if desired. To use in baking, see Almond milk, p. 17.*

**AMOUNT: 4 Cups**

**95 Calories/1cup<sup>1</sup>**

1. Cover almonds with salted water; let stand overnight or 7 hrs (p. 21):  
**½ - 1 cup whole almonds, unroasted, unsalted**  
**warm filtered water + ¼ - ½ teaspoon salt**
2. Drain and rinse almonds well; place boiling hot water in blender, add almonds and let stand 30 minutes; add remaining ingredients:  
**2 cups boiling hot filtered water**  
**additional filtered water to fill blender to 4½ cup mark**  
**⅛ teaspoon salt**  
**1 - 2 tablespoons honey, optional<sup>2</sup>**  
**½ teaspoon vanilla**
3. Blend thoroughly until smooth for 2 or 3 minutes.
4. Strain through fine mesh large square cheese cloth:
  - 1) Place cheese cloth inside a large mixing bowl with cloth edges draped generously outside the edges of the bowl.
  - 2) Pour in the milk.
  - 3) Lift 4 corners and sides of cheese cloth.
  - 4) Twist the cloth above the milk.
  - 5) Press milk thoroughly out of the cloth with your hands until only a very dry pulp remains.
  - 6) Pour into jar and refrigerate (keeps well for about a week).



## VARIATIONS

In place of ¼ - ½ the almonds use any of the following:

¼ - ½ **cup cashews, unroasted, unsalted** (soak 6 hours, p. 21)

¼ - ½ **cup sesame seeds** (p. 21)

¼ - ½ **cup unsweetened coconut** (p. 24)

<sup>1</sup>With ½ cup almonds; 190 Calories with 1 cup almonds, providing 8 grams protein, the same amount found in 1 cup dairy milk. <sup>2</sup>For calories with honey, see chart, p. 54.

# Cashew Milk

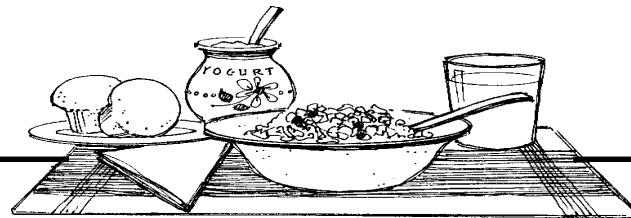
**Calories NA**

Replace almonds with **cashew nuts** (unroasted, unsalted).

In step 1, soak cashews for 6 hours; in step 2, increase salt to **¼ teaspoon salt**.

# Cereals

*Faithfulness springs forth from the earth,  
and righteousness looks down from heaven.  
The LORD will indeed give what is good,  
and our land will yield its harvest.  
Psalm 85:11-12*



# Cereals

Say "Goodbye" to Cold Cereals!	57
Build-A-Cereal	58
The Science of Making Hot Cereals	60
A Spiritual Application	62
Cereal Cooking Chart	63
Grinding for Cereals in Coffee Bean Mill	69
Nutritional Advantages of Sprouting	73
Russian Traditions	75
Phytate Splitting Clue	78
Recipe Nutrient Information	82
<b>RECIPES</b>	
<b>Direct Heat Method</b>	64
<i>Hot Oatmeal</i>	64
<i>Oatmeal Surprise</i>	65
<i>Yummy Oatmeal</i>	65
<i>Buckwheat Kasha</i>	66
<i>Teff</i>	66
<i>Sue's Breakfast</i>	77
<b>Creamed Cereals</b>	67
<i>Cream of Millet or Brown Rice</i>	67
<i>Cream of Rye</i>	68
<i>Creamy Quinoa</i>	69
<i>Polenta</i>	70
<i>Cracked Kamut Cereal</i>	70
<i>Sue's Roman Meal</i>	71
<b>Crock-Pot Method</b>	72
<i>Crock-Pot Oatmeal</i>	72
<b>Double Boiler Method</b>	74
<i>Double Boiler Oatmeal</i>	75
<i>Apple Millet Cereal</i>	76
<b>Thermos Method</b>	78
<i>Thermos Barley</i>	79
<i>Thermos Spelt</i>	79
<b>Other</b>	
<i>Date Apple Granola</i>	80
<i>Sprouted Cereal</i>	73
<i>Swiss Breakfast Cereal</i>	77
<i>Sprouted Sunflower Seeds</i>	81
<i>Ground Flax Seeds</i>	81

# Say "Goodbye" to Cold Cereals!

*Why do you spend your money on what is not bread? Isaiah 55:2*

Cold cereals are a huge financial ripoff. Consider this: in a year when \$9 million was made on *Puffed Wheat*, the rats tested on it lived for two weeks. Otherwise they got the same nutrient solution given the rats fed whole wheat, who lived over a year. The rats on the nutrient solution alone lived for eight weeks, while the rats on sugar lived for a month. All the groups got water. In another study, one group of rats got rat chow and scampered right along; another group got *Corn Flakes*, while a third group got the *Corn Flakes* box; they all got water, too. The box guys became lethargic and eventually died of malnutrition. The cornflakes chompers suffered schizophrenic behavior, threw fits, went into convulsions and suffered organ failures from insulin shock.<sup>1</sup> Is the god of convenience worth this? Of course, we don't see such dire effects on humans because we eat a lot of other, more nourishing things. But if you were stranded on a desert island with only cornflakes to eat, you might die more peacefully on the boxes!

How could this happen? For starters, cold cereals are produced by very complex machinery. Generally hybridized cereal grains are reshaped in a "hundred ways" by an extruder, requiring very high temperatures and high pressure, then coated with inevitably refined oil and sweetener to add keeping quality and crunch. 'Nuf said?

Enter hot cereals. And not the instant types or oatmeal produced and cooked in "a hundred different ways!" Katherine Czapp, in *Against the Grain*, reminds us that: "Grains comprise a wholesome category of foods that must be respected for the complexity of nutrient contributions they can make to the human diet, and must always be prepared with care to maximize those nutrients' availability as well as neutralized naturally occurring antinutrients....Growing and preparing food ought to be a sacramental service."<sup>2</sup>

There are several ways to prepare hot cereals. Some are more nutritionally advantageous than others. And there is more to hot cereal than oatmeal! In addition to taking advantage of variety of grains, hot cereal can be enjoyed with a wide variety of interesting and additionally nutritious ingredients. The *Build-A-Cereal* chart, p. 59, is offered to assist you with using your creative imagination. We have so much more variety than most people throughout history or in most other cultures ever thought of. We have nothing to complain about!

<sup>1</sup>*Nourishing Traditions*, 2001, pp. 462, 468. [www.newtrendspublishing.com](http://www.newtrendspublishing.com).

<sup>2</sup>"Against the Grain-The Case for Rejecting or Respecting the Staff of Life" by Katherine Czapp, *Wise Traditions*, Summer 2006, pp. 16-28. <http://www.westonaprice.org/moderndiseases/gluten-intolerance.html>

# Build-A-Cereal

*Porridge is the mother of us all. A Russian Proverb*

Low-carb diets notwithstanding, our favorite and most frequent breakfast is a bowl of cereal. Let's make it a hot and hearty whole grain,<sup>1</sup> embellished, by God's grace, with a variety of some of our favorite things! A few recipes have some of this variety built into them, such as *Oatmeal Surprise* or *Yummy Oatmeal*, p. 65, *Apple Millet Cereal*, p. 76, and *Sue's Breakfast* or *Swiss Breakfast Cereal*, p. 77. Others are plain cooked whole grain fare. These are listed on the *Build-A-Cereal* chart, p. 59 along with a variety of accompaniments from which to choose: fruits, nuts and seeds, dairy or dairy alternatives, and a few other extras.

One of my suggestions regards granola, thought to be a nutritious option. Not necessarily so. Most granolas are made with oats, the grain highest in phytates. Assume that they are not produced by a two-stage process (see pp. 11-13). Secondly, they are usually more highly concentrated with a sweetener. Finally, if you make your own, granola is more labor-intensive than cooking a hot cereal. Thus, I only suggest granola as an optional crunchy topping on hot cereal in a small amount. You may enjoy *Date-Apple Granola*, prepared by the two-stage process, p. 80. Alternatively, let nuts and seeds provide crunch.

Keep concentrated sweeteners, even natural ones like honey and *Sucanat*, to a minimum. Let the sweetness be provided by adding fruit. Stir a bit of butter into the hot cereal to enhance flavor.

Add ground flaxseed to hot cereal for a nutritional bonus. It is loaded with omega-3 linolenic acid which is hard to come by in most foods, except certain kinds of fish. See pp. 81, 218-220, for more information.

Compliment hot cereal with a high protein dairy or dairy alternative food. I especially recommend raw milk, kefir, yogurt, or *Almond Milk* (p. 44). See *Milk Alternatives* section for information on these foods.

Several of these suggestions are incorporated on hot cereals menus 1 and 2, pp. 240, 241).



<sup>1</sup>For many details on whole grains, see *An Introduction to Whole Grain Baking*, 2007 *Sue Gregg Cookbooks*, "Grain Wonders" section.

# Build-A-Cereal

## HOT CEREAL

	AMOUNT	CALORIES
<i>Buckwheat Kasha</i> (p. 66)	½ cup ⅔ cup ck'd	96/144
<i>Cracked Kamut</i> (p. 70)	½ cup ⅔ cup ck'd	107/161
<i>Cream of Brown Rice</i> (p. 67)	½ cup ⅔ cup ck'd	98/147
<i>Cream of Millet</i> (p. 67)	½ cup ⅔ cup ck'd	86/129
<i>Cream of Rye</i> (p. 68)	½ cup ⅔ cup ck'd	75/113
<i>Creamy Quinoa</i> (p. 69)	½ cup ⅔ cup ck'd	108/162
<i>Hot Oatmeal</i> (pp. 64, 72, 75)	½ cup ⅔ cup ck'd	77/115
<i>Polenta</i> (p. 64)	½ cup ⅔ cup ck'd	58/87
<i>Sprouted Cereal</i> (p. 73)	¼ cup ½ cup	72/144
<i>Sue's Roman Meal</i> (p. 71)	½ cup ⅔ cup ck'd	67/101
<i>Teff</i> (p. 66)	½ cup ⅔ cup ck'd	109/164
<i>Thermos Barley</i> (pp. 63, 79)	½ cup ⅔ cup ck'd	82/123
<i>Thermos Spelt</i> (pp. 63, 78)	½ cup ⅔ cup ck'd	95/143
<i>Yummy Oatmeal</i> (p. 65)	½ cup ⅔ cup ck'd	152/228

## FRUIT

apple, chopped	¼ cup/⅓ cup	16/22
apricots, dried, chopped	2 tbsps (⅓ cup)/3 tbsps	47/71
banana, sliced	⅓ cup/½ cup	45/67
berries, blackberries, raw	¼ cup/⅓ cup	16/21
berries, blueberries, raw	¼ cup/⅓ cup	21/28
berries, raspberries, raw	¼ cup/⅓ cup	16/21
berries, strawberries, raw, slc'd	⅓ cup/½ cup	18/27
cranberries, dried, swt'nd	1 tbsp	24
dates, chopped	2 tbsps (⅓ cup)/1 large	65/66
nectarine, raw, slc'd	½ cup	32
peach, raw, sliced	½ cup	30
pear, raw, sliced	½ cup	41
raisins	1 tbsp/¼ cup	27/54
<i>Apple Nuggets</i> (p. 130)	¼ cup/⅓ cup	30/40
<i>Fresh Apple Topping</i> (p. 172)	¼ cup/⅓ cup	56/74

## NUTS & SEEDS

<i>Flax Seeds, Ground</i> (p. 81)	1 tbsp	37
<i>Sprouted Sunflower Seeds</i> (p. 81)	1 tbsp	26
walnuts, chopped (p. 21)	1 tbsp	48
almonds, sliced (p. 21)	1 tbsp	39

## DAIRY OR ALTERNATIVE

<i>Dan's Milk</i> (p. 45)	¼ cup/⅓ cup	34/45
cream, heavy (p. 39)	1 tbsp	50
raw milk ( <i>Organic Pastures</i> ; p. 16)	¼ cup/⅓ cup whole	40/53
yogurt, plain ( <i>TJ's creamline</i> ; p. 16)	¼ cup/⅓ cup whole	43/56
<i>Almond Milk</i> (low fat, p.44)	¼ cup/⅓ cup	24/32
<i>Coconut Milk</i> (p. 45)	¼ cup/⅓ cup	80/107

## OTHER

butter (p. 17)	1 tsp/1½ tsp/1 tbsp	33/50/100
honey/Sucanat/brown sugar (p. 23)	1 tsp	21/15/17
<i>Date Apple Granola</i> (p. 80)	¼ cup/⅓ cup	102/134

# Oatmeal Surprise

The old familiar stand-by with added flavor, crunch, and nutrition.<sup>1</sup> For improved assimilation, soak nuts overnight see p. 21.



**AMOUNT: 4 Servings**      **166 Calories/1 Serving of 4<sup>2</sup>**

## STAGE 1

1. In saucepan, blend first two ingredients; stir in grain; cover and let stand 12 - 24 hours (p. 11):
  - 1 cup warm filtered water**
  - 2 tablespoons whey, yogurt, or alternative acid** (p. 11)
  - 1 cup regular or quick rolled oats**
2. Cover nuts with salted filtered water; let stand 7 hours or overnight (p. 21):
  - ¼ cup chopped walnuts, optional**
  - ⅛ teaspoon salt**

## STAGE 2

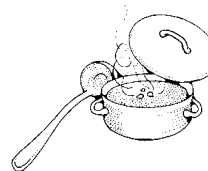
3. Stir in briefly and bring to a boil:
  - 1 cup warm filtered water**
  - ½ teaspoon salt, to taste**
  - ½ teaspoon cinnamon**
  - ¼ cup dried apple pieces or 1 diced fresh apple** (p. 18)
  - ¼ cup raisins**
  - optional walnuts, drained and rinsed well**
4. Turn heat down very low or to a simmer (just below boiling).
5. Cover; simmer until done **5-10 minutes** or to desired consistency.
6. Remove from heat; let stand 5 minutes. Stir to serve.

<sup>1</sup>For PowerPoint CD Demonstration, see p. 14.

<sup>2</sup>About ½ cup; ncludes walnuts; 117 Calories per serving without nuts.

# Yummy Oatmeal

A little bit of wheat germ can transform the taste of a bowl of oatmeal for occasional variety.<sup>1</sup> It is rich in B-vitamins and vitamin E.



**AMOUNT: 4 Servings**      **152 Calories/1 Serving of 4**

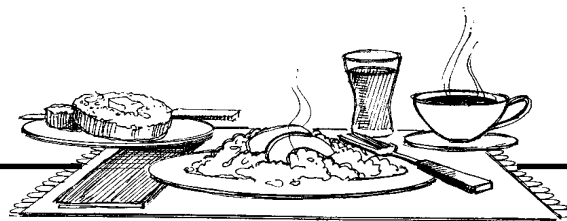
Follow the recipe for *Oatmeal Surprise* (above). In step 3 replace cinnamon, apple, and raisins with:

**¼ cup toasted wheat germ** (p. 20)

<sup>1</sup>See more about wheat germ in *An Introduction to Whole Grain Baking*, 2007 Sue Gregg Cookbooks, "Grain Wonders" section.

# Eggs and Accompaniments

*Which of you fathers,  
if your son asks  
for...an egg,  
will give him a scorpion?  
Luke 11:12*



# Eggs and Accompaniments

Give Eggs a Break!	85
The Anatomy of an Egg	87
Egg Buying Wisdom	90
Storing & Caring for Eggs	91
Egg Cookery	92
Omelets, Purchasing/Seasoning Omelet Pan	100
Build-An Omelet or Scrambled Eggs	105
Toast for Breakfast?	111
Recipe Nutrient Information	112
<b>RECIPES</b>	
<i>Soft or Hard Cooked Eggs</i>	93
<i>Poached Eggs</i>	94
<i>Scrambled Eggs</i>	95
<i>Gourmet Scramble</i>	96
<i>Cheesy Egg Muffin</i>	96
<i>Breakfast Burritos</i>	97
<i>Scrambled Egg Enchiladas</i>	98
<i>Sun-Up Fried Eggs</i>	99
<i>Egg Frames</i>	99
<i>2-Egg Omelet</i>	101
<i>Omelet Fillings</i>	102
<i>Zucchini Frittata</i>	106
<i>Lumberjack Potatoes 'n Kasha</i>	107
<i>Potato Tostadas</i>	108
<i>Sweet Potato Sausage Bake</i>	109
<i>Fried Sweet Potatoes or Yams</i>	110
<i>Easy Fried Potatoes</i>	110



## Give Eggs a Break!

*As an inexpensive source of good nutrition,  
there is nothing more glorious than the egg.*  
Edward Ahrens<sup>1</sup>

This billboard slogan caught my attention: "Give Eggs a Break!" For starters, let us set aside the cholesterol issue. See also p. 30, "What About Saturated Fats?" It applies to cholesterol, as well.

A bit of recent history concerning eggs will suffice to establish how nutrition "fables" get started, are broken, and are "readjusted." In the late decades of the 20th century, media advertising, news articles, magazines, nutrition books, cookbooks, doctors, and nutritionists would have had us believe that food cholesterol raises blood cholesterol, even though there has been no adequate research to substantiate this claim. The classic study that related egg yolk cholesterol to blood cholesterol was conducted in 1913 by Nikkolai Anichkov, a Russian pathologist, on rabbits. He fed rabbits the equivalent to human consumption of 60 eggs per day (!). The rats developed cholesterol deposits on their arteries. But rabbits are by nature total vegetarians. "There is nothing in their metabolism to handle eggs."<sup>2</sup>

Advertising and popular news articles repeatedly reinforced the notion that food cholesterol raises blood cholesterol levels. "No cholesterol" labels were printed on vegetable oils and advertized everywhere. The message was effectively communicated: cholesterol in foods must be bad!. *Time* magazine, March 26, 1984, reported the most extensive research project ever conducted on cholesterol in medical history. This project was declared "a turning point in cholesterol-heart-disease research"<sup>3</sup> because it "clearly demonstrated" that high blood cholesterol contributed to heart disease and cardiac deaths. Ten years and \$150 million were spent on studying 3,806 men, ages 35 to 59 with cholesterol levels of 265. A cholesterol-lowering drug was used in the study. Those receiving the drug experienced an 8.5% drop in cholesterol, 19% fewer heart attacks, and 24% fewer cardiac deaths. Yet nothing was changed in their diets. The study had nothing to do with cholesterol content in any foods! Placed on the front cover of the *Time* magazine was a "sad-face picture with two fried eggs for eyes and a slice of bacon curved in a "pout" for the mouth, with an overcaption of "Cholesterol...And Now the Bad News." I still have this magazine cover

<sup>1</sup>"Hold the Eggs and Butter," *Time* (March 26, 1984), p. 58.

<sup>2</sup>Gladys Lindberg and Judy Lindberg McFarland, *Take Charge of Your Health* (San Francisco: Harper & Row Publishers, 1982), pp. 79-80.

<sup>3</sup>*Time* (March 26, 1984), p. 58.

# Soft or Hard Cooked Eggs

*Start eggs in cold water from the tap to prevent cracking and do not boil. Boiling toughens the egg protein, making it harder to digest. For safety (especially for soft-cooked eggs) and nutritional value, use eggs that come from cage-free or range-fed chickens (see pp. 90-92).*

1. Place eggs in saucepan and cover completely with **cold water** from the tap.
2. Over high heat bring water just to a boil (bubbles will break the surface of the water).
3. Cover and remove from heat.
4. For **soft cooked eggs**:  
Let stand for **3-5 minutes**.  
Immediately remove from water.

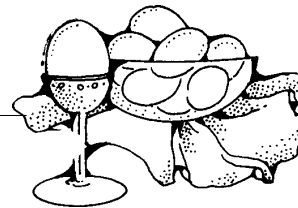
For **hard cooked eggs**:

Let stand for **15- 20 minutes**.  
Immediately place in cold water, unless to be eaten hot.

**Serving Tip:** To open a soft or hot hard cooked egg, tap it around the center of shell and through the cooked egg with a table knife. Scoop the egg out of each half with the knife or a spoon.

**Peeling Tip:** The white of very fresh hard-cooked eggs will cling to the shell making them very hard to peel. Store them in the refrigerator a couple of days after cooking and they will be easy to peel. Roll the egg on counter to crack shell. Start peeling from the wide end where the air space is located (see p. 87); it is usually easier to get started at this point.

**Storage Tip:** Lightly mark an X with a pencil on the wide end of each hard-cooked egg. Return to the egg box in refrigerator with the wide ends up. You'll know exactly which eggs are the cooked ones.

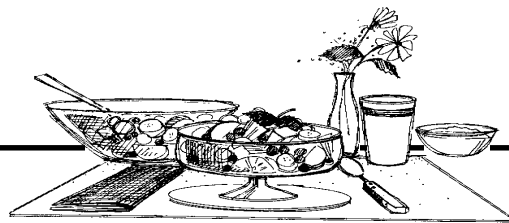


g = grams; % = % of Calories; data is based on first listed ingredient in recipes; optional ingredients not included unless specifically stated.

RECIPE	SERVING SIZE	CALORIES	PROTEIN	FAT	CARB	DIETARY FIBER
All recipe calorie counts are based on using medium eggs. Add 9 calories per egg when using large eggs.						
<i>Breakfast Burritos</i> , p. 97	1 burrito of 4	250	9 g (15%)	13 g (46%)	24 g (38%)	3 g
<i>Cheesy Egg Muffin</i> , p. 96	1 serving	223	12 g (22%)	12 g (48%)	17 g (29%)	2 g
<i>Easy Fried Potatoes</i> , p. 110	1 med. potato	241	3 g (4%)	14 g (50%)	29 g (46%)	3 g
<i>Egg Frames</i> , p. 99	1 serving	223	11 g (21%)	13 g (52%)	15 g (28%)	2 g
eggs and single egg recipes, pp. 93, 94	1 med/1 large	63/72	5/6 g (35%)	4/5 g (63%)	neg (2%)	—
<i>Fried Sweet Potatoes or Yams</i> , p. 110	½ med potato	190	1 g (2%)	14 g (63%)	17 g (35%)	2 g
<i>Gourmet Scramble</i> , p. 96	1 serving of 4	148	6 g (16%)	13 g (80%)	1 g (4%)	—
<i>Lumberjack Potatoes 'n Kasha</i> , p. 107	1 serving of 6	213	4 g (8%)	10 g (40%)	30 g (52%)	4 g
<i>Potato Tostadas</i> , p. 108	1 tostada of 6	257	11 g (16%)	14 g (45%)	27 g (3%)	3 g
<i>Scrambled Egg Enchiladas</i> , p. 98	1 enchilada of 4	197	12 g (23%)	12 g (54%)	11 g (22%)	2 g
<i>Scrambled Eggs</i> , p. 95 (with cream)	1 egg of 3	103	6 g (23%)	8 g (75%)	1 g (4%)	—
<i>Scrambled Eggs</i> , p. 95 (with water)	1 egg of 3	83	5 g (25%)	7 g (72%)	neg (2%)	—
<i>Sun-Up Fried Egg</i> , p. 99	1 egg	83	5 g (26%)	7 g (72%)	neg (2%)	—
<i>Sweet Potato Sausage Bake</i> , p. 109	1 serving of 8	173	12 g (27%)	4 g (21%)	23 g (52%)	3 g
<i>2-Egg Omelet</i> , p. 101 (plain) For variations see p. 105	2-Egg Omelet	185	11 g (23%)	16 g (75%)	1 g (2%)	—
<i>Zucchini Frittata</i> , p. 106	1 serving of 4	178	9 g (20%)	13 g (66%)	6 g (13%)	2 g

# Fruits

*On each side of the river  
stood the tree of life,  
bearing twelve crops of fruit,  
yielding its fruit every month.  
Revelation 22:2*

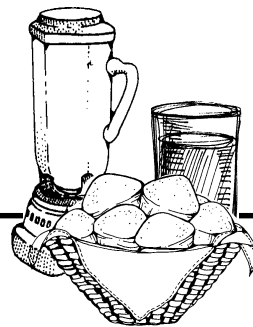


# Fruits

Top of the Chart Fruits	115
Fruitful Benefits!	116
What's in the Fruit?	118
Fruit Trivia	122
What About Those Chemicals?	125
Fruit Trivia Answers	126
Toasted Coconut	128
Recipe Nutrient Information	134
<b>RECIPES</b>	
<i>Mixed Fruit Bowl</i>	127
<i>Melon Ball Bowl</i>	127
<i>Apple Breakfast Treat</i>	128
<i>Citrus Ambrosia</i>	128
<i>Papaya Pineapple Delight</i>	129
<i>Berry Delicious</i>	129
<i>Apple Nuggets</i>	130
<i>Quick Apple Yogurt</i>	130
<i>Delicious Fruit Compote</i>	131
<i>Prune Compote</i>	131
<i>Festive Cantaloupe Boat</i>	132
<i>Gourmet Fruit</i>	132
<i>Mixed Berry Blend</i>	133

# On-the-Go Shakes 'n Muffins

*He brought you . . .  
into a good and spacious land,  
a land flowing with milk and honey.  
Exodus 3:8*



# On-the-Go Shakes & Muffins

Take a Shake - A Meal-in-a-Glass!	137
Counting Shake Calories	139
Build-A-Shake	146
Recipe Nutrient Information	155
<b>SHAKES</b>	
<i>Basic Fruit Shake</i>	138
<i>Sue's Health Shake</i>	138
<i>Vanilla Shake</i>	139
<i>Apple Shake</i>	139
<i>Orange Refresher</i>	140
<i>Coffee Shake</i>	140
<i>Banana Smoothie</i>	141
<i>Pineapple Froth</i>	141
<i>Date Shake</i>	141
<i>Sunshine Shake</i>	142
<i>Carob-Banana a la Mint Shake</i>	142
<i>Carob Milkshake</i>	142
<i>Egg Nog</i>	143
<i>Molasses Shake</i>	143
<i>Strawberry Milk Shake</i>	143
<i>Mango Smoothie</i>	144
<i>Blueberry Shake</i>	144
<i>Peanut Butter Shake</i>	144
<i>Wake-Up Carrot Shake</i>	145
<i>Fruit Smoothie</i>	145
<b>MUFFINS</b>	
<i>Carrot Bran Muffins</i>	148
<i>Blender Molasses Muffins</i>	149
<i>Good Morning Muffins</i>	150
<i>Sunshine Muffins</i>	151
<i>Blender Banana Muffins</i>	152
<i>Blender Wheat Germ Muffins</i>	153
<i>English Muffins</i>	154

# Carrot Bran Muffins

The blender version of Bran Muffins, our first muffin recipe to be converted from white flour and sugar to whole grain flour and honey. It is still a favorite, especially this carrot variation (or substitute grated zucchini, if you like). To make these in a bowl with flour instead of in the blender, use scant **2 cups flour**. For more on muffin making see footnote<sup>2</sup>, p. 137.

**AMOUNT: 14 Muffins**

**189 Calories/1 muffin**

**Bake: 325° (165°C) - 20 minutes**

## STAGE 1

1. Blend at high speed 3 - 5 minutes in blender;

cover and let stand 12 - 24 hours (p. 11):

**2/3 cup whole plain yogurt + 1/3 cup warm filtered water**  
**or 1 cup other dairy or non-dairy alternative** (pp. 16-17)

**1/4 cup extra virgin olive oil or melted butter** (pp. 17, 18)

**1/2 cup honey**

**1 1/4 cups whole wheat pastry berries** (see *Grains & Flour*, p. 19)

2. In large separate bowl, blend all except nuts thoroughly, cover with plastic wrap (p. 25) directly on top of bran to prevent drying out; let stand 12 - 24 hours; soak nuts overnight in salted water (p. 21):

**1 1/2 cups wheat bran** (p. 19)

**1/2 cup boiling hot filtered water**

**2 tablespoons whey or plain yogurt** (p. 11)

**1/2 cup raisins**

**1 cup grated carrots**

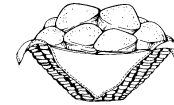
**1/4 cup walnuts**

3. Sift soda, salt and cinnamon through a small strainer into a small bowl; set aside:

**1 1/2 teaspoons baking soda**

**1 teaspoon salt**

**1 teaspoon cinnamon**



## STAGE 2

4. Preheat oven to 325° (165°C); grease muffin pans with soft butter. Drain and rinse walnuts well, chop and fold into bran.

5. Slightly stir eggs into blender mixture and blend at high speed for 1 -2 minutes until smooth; briefly blend in soda, salt and cinnamon just to mix evenly:

**2 eggs or alternative** (p. 221)

**soda, salt and cinnamon** (from step 3)

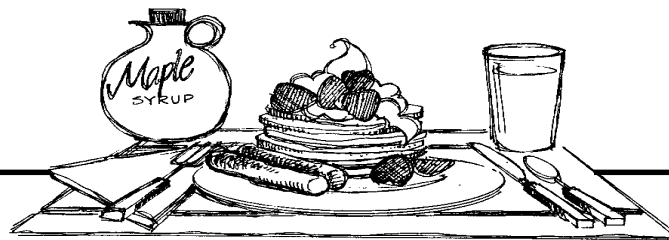
6. Fold blender batter into bran mixture just until evenly mixed.

7. Fill greased muffin cups evenly with batter; bake about 20 minutes or until done. Cool in pans about 5 minutes before removing, using a slight tug on sides of muffins.

# Waffles, Pancakes, French Toast & Toppings

*He makes grass grow for the cattle,  
and plants for man to cultivate--  
bringing forth food from the earth. . .  
and bread that sustains his heart.*

*Psalm 104:14, 15*

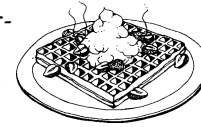


# Waffles, Pancakes, French Toast & Toppings

Making Waffles & Pancakes	159
Build-A-Waffle, Pancakes, French Toast	162
Recipe Nutrient Information	175
<b>WAFFLES, PANCAKES, FRENCH TOAST</b>	
<i>Blender Waffles/Pancakes</i>	160
Grain Variety	161
<i>International Waffles</i>	164
<i>Blender Orange Waffles</i>	165
<i>Blender Oat Pancakes</i>	166
<i>Cottage Pancakes</i>	167
<i>Carol's Finnish Pancakes</i>	168
<i>French Toast</i>	169
<i>Maple Butter French Toast</i>	170
<b>FRUIT TOPPINGS</b>	
<i>Fresh Fruit Topping</i>	167
<i>French Toast Topper</i>	169
<i>Two Fruits Topping</i>	169
<i>Fresh Apple Topping</i>	172
<i>Dried Apple Topping</i>	172
<i>Berry Topping</i>	173
<i>Pineapple Topping</i>	173
<i>Pine-Applesauce Topping</i>	174
<i>Nutty Banana Topping</i>	174
<b>SYRUPS</b>	
<i>Maple Syrup</i>	164
<i>Honey Butter Syrup</i>	165
<i>Honey Orange Syrup</i>	166
<i>Orange Molasses Syrup</i>	170
<b>OTHER TOPPINGS, AND SPREADS</b>	
<i>Whipped Cream</i>	170
<i>Whipped Fluff Topping</i>	171
<i>Almond Sauce</i>	171
<i>Honey Cream Topping</i>	171
<i>Butter Spread</i>	174

# Making Waffles & Pancakes

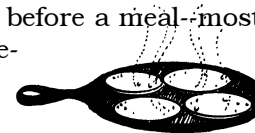
Making whole grain waffles and pancakes is one of the most fun things in whole grain cooking, primarily because everybody loves them, from the youngest child to grandpa to your favorite guests. With one good basic recipe you can learn to make them successfully. Do a little experimentation with different grains and grain combinations to determine family preferences, and with the amounts to produce the lightness of texture most pleasing to you.<sup>1</sup>



*Blender Waffles/Pancakes*, with grain variations, pp. 160-161, will take you far in the right direction. My husband, Rich, has experimented with this recipe hundreds of times. He is the chief waffle and pancake maker in our family--now two senior citizens. He has made them once or twice a week for the two of us and fed waffles to many guests at home and on the road. He has made them in motel rooms and at church for eighty attendees at a missions conference. He has tested the taste buds of hundreds. Once he planned to serve a group of women at a workshop a combination with sprouting buckwheat and another combination with corn--their choice. I didn't think sprouting buckwheat was a good choice for an uninitiated crowd, especially women. He proved me wrong. The choice was about evenly divided. They all loved their choices. We served them with a tiny bit of real maple syrup, a dollop of real whipped cream sweetened with honey and a strawberry on top (they ate their quarters on a napkin). There are plenty of toppings to choose from. My personal favorite is *Fresh Apple Topping*, p. 172, topped with whole plain yogurt. We don't get many takers for plain yogurt, but developing a taste for this healthy addition is worth it. This easily digestible protein moderates the sweet toppings and balances off this high carbohydrate feast.

Whole grain waffles turn out lightest in a belgian waffle iron. It would be nice to make them in an old fashioned cast iron one without the risky non-stick finish, but they are practically non-existent.<sup>2</sup> You can always make pancakes on a cast iron griddle, in any case.

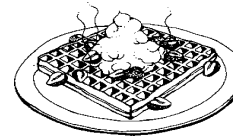
Enjoy the two-stage process now incorporated in all our breakfast whole grain recipes. It actually is a great convenient timesaver, especially of those last precious minutes right before a meal--most appreciated before breakfast! You will also appreciate smoother and lighter texture and the improved release of nutrients and digestibility.



<sup>1</sup>Many more details for making waffles and pancakes are given in *An Introduction to Whole Grain Baking*; see also list of PowerPoint CD demonstrations, p. 14.

<sup>2</sup>See footnote<sup>2</sup>, p. 26, for an alternative.

# Blender Waffles/Pancakes



Enjoy surprisingly light and crispy whole grain waffles without an expensive grain mill.<sup>1</sup> Versatile allergy alternatives with different grain variations to suit your needs. Increase recipe 1½ times for 6 servings, but do not double it in a standard blender. For PowerPoint CD Demonstration, see p. 14.

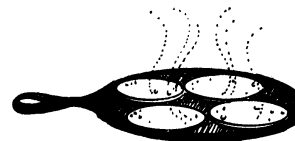
**AMOUNT: Serves 4 (4 - 5 waffles--7"; 18 - 20 pancakes--4")<sup>1</sup>**

## STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature 12 - 24 hrs. (p. 11):
  - 1 - 1¼ cups whole plain yogurt + ½ cup warm filtered water or 1½ - 1¾ cups other dairy or dairy alternative** (pp. 17-18)  
lower amount for pancakes; higher amount for waffles
  - 2 tablespoons extra virgin olive oil or melted butter** (pp. 17, 18)  
(or melted coconut oil added in step 4; p. 18)
  - 1 teaspoon vanilla extract** (omit with buckwheat)
  - 1 cup raw brown rice + ½ cup uncooked rolled oats**  
(or other grain choice, p. 161)
2. Sift leavenings and salt through strainer into a small bowl; set aside:
  - 2 teaspoons baking powder** (p. 20)
  - ½ teaspoon baking soda**
  - ½ - 1 teaspoon salt, to taste**

## STAGE 2

3. Preheat waffle iron at highest temperature, or griddle on medium-high.
4. Just before baking, add eggs and any extra liquid; blend on highest speed 1 - 3 minutes; briefly blend in leavenings and salt just to mix in evenly (assisting with rubber spatula, if needed):
  - 1 egg or alternative** (p. 221)
  - additional liquid** (add water if batter needs thinning to keep blender churning)
  - leavenings and salt** (from step 2)
5. Spray waffle iron or griddle or grease with coconut oil as needed (p. 17). Pour batter onto hot waffle iron or griddle for pancakes. Bake until light goes off on waffle iron or according to appliance instructions. For pancakes, bake on first side until bubbles on unbaked side begin to break; turn and bake on second side.



<sup>1</sup>For calorie counts on grain variations, see *Build-A-Waffle* chart, p. 162.

## Grain Variety for Blender Waffles/Pancakes

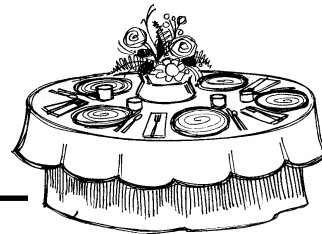
*In Blender Waffles/Pancakes, p. 160, use 1 ½ cups grain or less depending on the grains used. Amounts below are approximations. Start with lesser amounts when first learning; make adjustments as desired. We enjoy all of these. Calorie counts of 15 variations on p. 162.*

- **1 ⅓ - 1 ½ cups brown rice or millet** (gluten free)  
Wonderfully light, these look like white flour waffles! Batter may be very thin. Fill waffle iron almost completely to edges. These two grains also make a great combination using equal parts of each grain.
- **1 ⅓ - 1 ⅓ cups Kamut® grain, spelt, wheat**  
Kamut® grain is a favorite. We seldom use wheat except kamut. This recipe is our chance to use many wheat-free grains. Wheat will make the heaviest waffles or pancakes of all the whole grains; many are either sensitive or allergic to wheat and prefer lightness.
- **1 cup buckwheat**  
Reduce to **1 cup grain** (equal to about 1 ½ cups flour) for 4 servings. It expands. Sprouting buckwheat is our favorite and it is much less costly than toasted or raw buckwheat. Sprouting buckwheat includes the dark outer hull. My husband's favorite. I like this grain best when not combined with other grains. Omit vanilla.
- **1 cup barley**  
Hulled, not pearled. Reduce to **1 cup grain** (equal to about 1 ½ cups flour) for 4 servings. It expands.
- **1 ⅓ - 1 ⅓ cups corn** (gluten free)  
Use dry whole corn, not cornmeal for the blender method. Expect some crunch and a distinct corn flavor, appealing to most tastes. Also a good combination with whole wheat pastry berries using equal parts of each grain.
- **1 ½ cups quinoa** (gluten free)  
Thoroughly rinse quinoa for 3 minutes in strainer to remove bitter *saponins* flavor. Use 1 ¼ cups liquid in recipe for either pancakes or waffles.
- **oats**  
Especially good in combination with other grains, using **½ cup rolled oats or ⅓ cup oat groats**. Reduce the amount of the primary grain by about **⅓ cup**. My favorite, for example is **½ cup rolled oats + ¾ - 1 cup Kamut® grain**.
- **nuts & seeds**  
Add **2 tablespoons ground flax seed** (p. 81) with the egg in step 4, p. 160. Sprinkle nuts or seeds over the top of the batter in waffle iron: **chopped pecans, walnuts, sunflower seeds** (see p. 21 for soaking preparation).



# Special Occasions

*When you have eaten  
and are satisfied,  
praise the LORD your God for  
the good land he has given you.  
Deuteronomy 8:10*



# Special Occasions

Celebrate with Yummies!	179
Winesome Waffles Menu	180
An Elegant Egg Menu	181
Company Crepes & Hot Tea	181
Festive Fruit & Hot Bread Menu	182
Hospitality with a Purpose	182
An Introduction to Whole Grain Coffee Cakes	185
Recipe Nutrient Information	202
<b>EGGS &amp; SAUSAGE</b>	
<i>Virginia's Egg Scramble</i>	183
<i>Holiday Scramble</i>	184
<i>Breakfast Sausage</i>	184
<b>COFFEE CAKES</b>	
<i>Almond Coffee Cake</i>	186
<i>Apple Coffee Cake</i>	187
<i>Apricot Pecan Coffee Cake</i>	188
<i>Blueberry Coffee Cake</i>	189
<i>Cowboy Coffee Cake</i>	190
<i>Orange Coffee Cake</i>	191
<i>Pineapple Coffee Cake</i>	192
<i>Zucchini Coffee Cake</i>	193
<i>Peach Bran Coffee Cake</i>	194
<b>CREPES</b>	
<i>Blender Breakfast Crepes</i>	198
<i>Quinoa Crepes</i>	199
<i>Cottage Filled Fruit Crepes</i>	199
<b>OTHER RECIPES</b>	
<i>Company Jam Scones</i>	195
<i>Fruit Pizza</i>	196
<i>Pizza Crust</i>	196
<i>Delicious Whole Grain Bread</i>	197
<i>Orange Snails</i>	200

# Potpourri

*I pray that you may enjoy good health  
and that all may go well with you,  
even as your soul is getting along well.*

*3 John 2*



# Potpourri

Potpourri	205
Fasting	206
Water	207
Fermented Foods & Beverages	207
Fruits, Veggies & Vital Enzymes	208
Juice It!	209
<i>Sue's Carrot-Apple Juice</i>	212
<i>Carrot-Apple-Celery Juice</i>	212
<i>Sue's Apple-Grape Juice</i>	212
<i>Kiwi-Apple Juice</i>	213
<i>Cantaloupe Cooler</i>	213
<i>Watermelon Nectar</i>	213
<i>Citrus Combo</i>	213
Fats	
Butter is Better!	214
<i>Ghee</i>	214
Olive Oil	215
The Benefits of Coconut Oil	216
Flaxseed	218
<i>Sue's Cottage Mix</i>	220
Egg Alternatives	221
<i>Flaxseed Egg Alternative</i>	221
<i>Arrowroot Binder</i>	221
Others	221
Apple Cider Vinegar	222
<i>Potassium Tonic</i>	223
<i>Lemon Tea</i>	223
<i>Sprouted Grain</i>	224
Other Resources for Health	225
Spiritual Resources	226
A Window on Weight Management	227

# Menus

*They broke bread in their homes  
and ate together  
with glad and sincere hearts,  
praising God and enjoying  
the favor of all the people.  
Acts 2:46b-47*



# Menus

Breakfast Menu Plans for Family for Variety & Weight Management	237
MENU #1 - HOT CEREAL	240
MENU #2 - HOT CEREAL	241
MENU #3 - EGG	242
MENU #4 - EGG	243
MENU #5 - EGG/POTATO	244
MENU #6 - EGG OMELET	245
MENU #7 - FRUIT	246
MENU #8 - FRUIT	247
MENU #9 - SHAKE (with dairy)	248
MENU #10 - SHAKE (with Almond Milk/dairyless)	249
MENU #11 - SHAKE (with Coconut Milk/dairyless)	250
MENU #12 - PANCAKE	251
MENU #13 - WAFFLE/FR. TOAST	252
MENU #14 - SPECIAL OCCASION Winesome Waffles (p. 180)	253
MENU #15 - SPECIAL OCCASION Elegant Egg (p. 181)	254
MENU #16 - SPECIAL OCCASION Company Crepes (p. 181)	255
MENU #17 - SPECIAL OCCASION Festive Fruit (p. 182)	256
Calorie Averaging Lists for Foods & Recipes	257
Average Carbohydrate-Protein-Fat Balances of Menus	263
Is the Two-Stage Process in the Bible?	264
Using the Index	264

# Breakfast Menu Plans

## for Family Variety & Weight Management

Setting up the calorie-counted menus, pp. 240-256, was by far the most difficult and time consuming part of writing this book. It reminded me what a tedious task calorie counting is, even with a computer program. Unfortunately, for most people who need help staying within an appropriate calorie range for losing and maintaining weight, it is too time consuming a project to last long. So I decided to count the calories in advance, both for you and for myself. While I expect you will want to make some changes of food and recipe selections, it will be much easier within the framework of a pattern already set up. I have designed the menus with great flexibility without having to recount calorie totals again and again. These are not menus for any specialized diet, but for the entire family. Our families need community, not individualism. and moms don't need to be short-order cooks. They are intended to be enjoyed for a long term lifestyle of healthy eating with plenty of tasty variety. Any individualized menu plan that you set up that is different from the rest of the family and requires restriction of tasty variety won't last long. This is why diet plans fail again and again.

Each menu is divided into two parts: a primary menu with specific recipes and food items, and an alternate menu (which is potentially any number of menus in one) with averaged calorie totals of similar groups of recipes or foods.<sup>1</sup> View these averaged groups to get the idea on pp. 257-262. This averaging system is based on 1) the assumption that you will eat a variety of foods over a period of weeks, and 2) that calorie counts are a close approximation at best. Some diet programs suggest that you "must count every calorie." You can't do that unless you dine in a laboratory. There are too many variables, for example, different calorie tables, different harvests, one's accuracy in measuring or weighing food items, etc. Thus, all calorie totals are close approximations. This is entirely realistic. A good test of whether the calorie counts are working for you, is whether you are either maintaining or losing weight (whichever is your aim) by following the recommended menus with given calorie counts for established portion sizes. If not, you can reduce the serving sizes or variety of items given, and/or shift the carbohydrate, protein, fat balance using the suggestions on p. 233.

Work with the plans until you have modified them with your own choices. Adjust the calorie totals and then stay fairly consistent so you won't be recalculating calories at all. The best way to realize their usefulness is to use them. How to use them is explained step by step on pp. 238-239.

<sup>1</sup>Coming new editions of *Sue Gregg Cookbooks* will use the same system and format.

The best way to explain how a menu works is to walk you through one of them, Follow the copy of Menu #1 - HERS, p. 239:

- Each menu is divided into HIS and HERS with maximum calorie limits based on dividing the daily calorie limit in each category by the 3 daily meals (for HIS Menu #1, see p. 240).  
"HIS" Maintenance: 2400 calories daily (800 Cal/Breakfast)  
"HIS" Weight loss: 1800 calories daily (600 Cal/Breakfast)  
"HERS" Maintenance: 1800 calories daily (600 Cal/Breakfast)  
"HERS" Weight loss: 1200 calories daily (400 Cal/Breakfast)
- All the menu items on each menu are suited to the type of meal, e.g. HOT CEREAL
- **Primary Menu** All the menu items in the top portion of the menus are specifically listed with the portions and calorie counts.
- **Alternate Menu** (the lower portion): Alternate choices of recipes and foods will fit into the same menu plan as the menu items above. These choices are averages of an entire group of recipes of the same type. Turn to page 257 to understand how this works:  
Note the **A Hot Cereals** list. On this list are 10 hot cereal recipes that are averaged for use on Menu #1. The average is based on the assumption that you will eat a variety over a period of weeks so that the number of calories will balance out over time. This method can save you a lot of calorie counting hassle. **Fresh Fruits**, and all the other averages, follow the same averaging plan. Choose from 12 different fruits or any combination of them and use the same total calorie average. This affords a whole variety of menu choices within the particular menu type (i.e Hot Cereal). You select different recipes from the averaged group, but use the same calorie count.
- **TOTAL CALORIES** For the **Alternate Menu** (see left column of the sample menu on next page):
  - The items repeated on both menus are superscripted with **A**, itemized in the Primary Menu (e.g 54<sup>A</sup>, 37<sup>A</sup>, 85<sup>A</sup>, 80<sup>A</sup>, 33<sup>A</sup>) and added as one total on the Alternate Menu (e.g. 289<sup>A</sup>); this total is designated as 00<sup>A</sup> items from Primary Menu. If you don't see a total for 00<sup>A</sup> items it means I repeated the items individually on the Alternate Menu instead of using the 00<sup>A</sup> designation (see Menu #4, for example).
    - 115<sup>1</sup> is replaced with 139<sup>1</sup> for the hot cereal alternate choice.
    - 67<sup>2</sup> and 43<sup>2</sup> are replaced with 77<sup>2</sup> for fruit alternate choice.
    - Totaling calories together: e.g. 289<sup>A</sup> + 127<sup>1</sup> + 77<sup>2</sup> = 493.

## BREAKFAST MENU #1 - HERS

HOT CEREAL	Maintain Wt. 600 Cal. Max	Lose Wt. 400 Cal. Max
<b>Primary Menu</b>		
<i>Hot Oatmeal</i> , p. 64, 72, or 75	115 <sup>1</sup> ¾ C.	77 <sup>1</sup> ½ C.
raisins, p. 59	54 <sup>A</sup> 2 T.	54 <sup>A</sup> 2 T.
flaxseeds, ground, p. 59	37 <sup>A</sup> 1 T.	37 <sup>A</sup> 1 T.
yogurt, whole plain, p. 59	85 <sup>A</sup> ½ C.	56 <sup>A</sup> ⅓ C.
milk, raw, p. 59	80 <sup>A</sup> ½ C.	80 <sup>A</sup> ½ C.
butter (for cereal), p. 59	33 <sup>A</sup> 1 t.	
banana, sliced, p. 59	67 <sup>2</sup> ½ C.	34 <sup>2</sup> ¼ C.
orange, pieces, p. 59	43 <sup>2</sup> ½ C.	43 <sup>2</sup> ½ C.
<b>TOTAL CALORIES</b>	<b>514</b>	<b>381</b>
<b>Alternate Menu</b>		
00 <sup>A</sup> items from Primary Menu	289 <sup>A</sup>	227 <sup>A</sup>
Δ Hot Cereals, Average, p. 257	127 <sup>1</sup> ¾ C.	85 <sup>1</sup> ½ C.
Fresh Fruits, Average, p. 257	77 <sup>2</sup> 1 C.	58 <sup>2</sup> ¾ C.
<b>TOTAL CALORIES</b>	<b>493</b>	<b>370</b>

- The Primary and Alternate Menus are designed so that both will always stay at or under the maximum calorie limits, usually under, giving some leeway.
- The other menu items that do not have alternate choices listed remain the same unless you change them to items you would rather eat. The calorie charts on pp. 59, 105, 146-147, 162-163 will provide most of the calorie counts you will need. For recipe calorie counts, they are listed at the top of each recipe, at the end of each section of the book (pp. 54, 82, 112, 134, 155-156, 175-176, 202), and on the calorie averaging lists, pp. 257-262.
- For comparisons of Carbohydrate - Protein - Fat balances of these menus, see p. 263. If you wish to shift the balance to lower fat, a simple way is to omit the butter from the menus. This will lower fat %'s about 8% and raise carbs by about 7% and protein about 1% (the actual carb and protein calories remain the same however).
- I recommend that you make copies of these menu plans that you can mark up with your changes. Before you know it you can have your own set of individualized calorie-counted menus. Don't short change yourself on variety. Better to control calories by portion control.

# Index

## A

Alkaline balance, *See also* pH  
and fruits, 117; 222

Allergies, **10**, ii  
alternatives, CD resource, 14  
and dairy alternatives, **42**, 10  
Build-a-Cereal chart, 59  
and cultured milk, 42  
and egg alternatives, **221**, 10, 86  
*Arrowroot Binder*, 221  
Ener-G Egg Replacer, 221  
*Flaxseed Egg Alternative*, 221  
duck eggs, 221  
quail eggs, 221  
and fertile eggs, 91  
and flaxseed, 219  
and gluten, 10  
and grains, 5, 10  
and leavenings, 10  
and raw milk, 34, 42  
and ultra-pasteurization, 36  
and sprouting grain, 10, 73  
and vitamin D<sub>2</sub>, 43

Almond butter, 147  
*Almond Coffee Cake*, 186  
Almond extract, 147  
*Almond Milk*, 44, 31, 43  
in baking, 44  
and cereal, 58, 59  
nutrients in, 44  
in shakes, 139, 146  
to sour for baking, 17

Almond milk, 11; commercial, 17;  
and protein, 43

Almonds, 59, 147, 163, 215  
*Almond Sauce*, 171, 163  
recipe nutrient information, 17

Amaranth, 10

Antioxidants, 214, 215, 216

Apple, 59, 115, 118, 126, 146  
*Date Apple Granola*, 80  
*Kiwi-Apple Juice*, 213  
*Sue's Apple-Grape Juice*, 212  
*Sue's Carrot-Apple Juice*, 212

Apple cider vinegar, **222-223**  
*Apple Cider Vinegar Health System*,  
223; *Folk Medicine*, 222  
health benefits, 222  
to sour milk, 10, 15, 23  
shopping for, 23  
and two-stage process, 11, 24  
*The Vinegar Book*, 223

*Apple Coffee Cake*, 187

*Apple Millet Cereal*, 76

*Apple Nuggets*, 130, 59

*Apple Shake*, 139

Applesauce, 130  
*Pine-Applesauce Topping*, 174, 163

*Apple Topping, Dried* 172, 163

*Apple Topping, Fresh*, 172, 59, 163

Appliances, *See* individual names

*Apricot Pecan Coffee Cake*, 188

Apricots, 59, 115, 118, 126, 146

*Arrowroot Binder*, 221

Arrowroot powder, 24

Arthritis  
and flaxseed, 219  
and raw milk, 34

Asthma  
and flaxseed, 219  
and raw milk, 34

Avocado, 115, 118, 126

## B

Bagels, sprouted, 15; 111

Baking pans, 26

Baking powder  
and corn allergy, 10  
homemade, 10  
shopping for, 20

Baking soda  
substituting for baking powder, 20

Banana, 59, 115, 118, 126, 146, 163  
*Carob-Banana a la Mint*, 142  
*Blender Banana Muffins*, 152  
in shakes, 137

*Banana Muffins, Blender*, 152

*Banana Smoothie*, 141

*Banana Topping, Nutty*, 174

- Barley, cereal cooking chart, 63
    - cereal cooking methods, 60
    - double boiler method, 74
    - Thermos Barley*, 79
    - in waffles/pancakes, 161, 162
  - Barley malt, 23
  - Basic Fruit Shake*, 138
  - Beans, dry, see Legumes
  - Beef, see Meat
  - Berries, 126, 133, 146, 163
    - See also individual kinds
    - Berry Blend, Mixed*, 133
    - Berry Delicious*, 129
    - Berry Topping*, 173, 163
  - Beverages, fermented, **207**; 19
  - Biblical Perspectives
    - See also Scriptures & scripture references, 257-258
    - the foundation, ii, 5
    - grains in, 5
    - The Great House of God*, 4
  - Biscuits, 111
  - Blackberries, 59, 115, 118, 146, 163
  - Blackstrap molasses, 23
  - Blender Banana Muffins*, 152
  - Blender/Blender batter, 26, 7, 12
  - Blender Breakfast Crepes*, 198
  - Blender Molasses Muffins*, 149
  - Blender Oat Pancakes*, 166
  - Blender Orange Waffles*, 165
  - Blender Waffles/Pancakes*, 160
  - Blender Wheat Germ Muffins*, 153
  - Blood pressure
    - and flaxseed, 219
    - and potassium, 117
    - and olive oil, 215
    - and raw milk, 34;
  - Blood sugar, and olive oil, 215
  - Blueberries, 118, 126, 146, 163
  - Blueberry Coffee Cake*, 189
  - Blueberry Shake*, 144
  - BREAD**, See also specific types
    - biblical staple, 4-5
    - and breakfast, 111
    - commercial, shopping for, 15
    - Delicious Whole Grain Bread*, 197
    - historical use of, 4
    - and two-stage process, 11
    - unleavened bread, **13, 264**
  - Breakfast
    - Jesus prepared, 3, 7
    - menus, See Menu
    - value of, 6, 7
  - Bran
    - Peach Bran Coffee Cake*, 194
    - and phytates, 12
    - wheat, shopping for, 19
  - Bran Muffins, Carrot*, 148
  - Bread flour, 19
  - Breakfast Burritos*, 97
  - Breakfast Sausage*, 184
    - recipe nutrient information, 178
  - Brown rice, 10, 11
    - cereal cooking chart, 63
    - Cream of Brown Rice*, 67
    - in waffles/pancakes, 161, 162
  - Brown rice syrup, 23, 146
  - Buckwheat, 11
    - cereal cooking chart, 63
    - in waffles/pancakes, 161, 162
  - Buckwheat Kasha*, 66
  - Build-A-Cereal chart, **58-59**
  - Build-An-Omelet or Scrambled Eggs
    - chart, **105**
  - Build-A-Shake chart, **146-147**
  - Build-A-Waffle, Pancake, French
    - Toast chart, **162-163**
  - Bulgur, cereal cooking chart, 63
  - Butter, **214**, 7, 59, 163
    - and heart disease, 86
    - shopping/storing, 17
  - Buttermilk*, 53
  - Buttermilk, **41**, 11, 15, 31
  - Butter Spread*, 174, 163
    - recipe nutrient information, 176
- C**
- Caesin, 33
  - Calcium
    - absorption of and fat, 34
    - absorption of and lactic acid, 40
    - and bone density/fractures, 32
    - in carob, 142
    - in eggs, 89
    - and kidney stones, 32
    - loss in pasteurization, 36
    - in molasses, 143

Calcium, Cont'd  
 in milk, 32; in raw milk, 34  
 and osteoporosis, 32  
 and sprouting grains, 73  
 and two-stage process, 11  
 Calories, and weight, 231  
 Cancer,  
 and calcium in milk, 32  
 and coconut oil, 216  
 and flaxseed, 219  
*How to Fight Cancer & Win*, 220  
 and olive oil, 215  
 and phytates, 12  
 and vitamin A, 116  
 Canned fruit, *See* Fruits  
 Canola oil, 17  
 Cantaloupe, 115, 119  
*Cantaloupe Boat, Festive*, 132  
*Cantaloupe Cooler*, 213  
*Carol's Finnish Pancakes*, 168  
*Carrot-Apple-Celery Juice*, 212  
*Carrot-Apple Juice, Sue's*, 212  
 Cashew butter, 147  
*Cashew Milk*, 44  
 Cherries, nutrients in, 118  
 Carbohydrate, control of, **232-233**  
 balance, 5, 9; cereals, 60  
 low-carb diet, 4  
 percentage in menus, 263  
 starches and sprouting, 73  
 Carob  
*Carol's Finnish Pancakes*, carob  
 variation, 168  
*Carob-Banana a la Mint Shake*, 142  
 Carob chips, shopping for, 24  
*Carob Milkshake*, 142  
 Carob powder, about/shopping, 24  
 calcium in, 142; in shakes, 147  
*Carrot Bran Muffins*, 148  
*Carrot Shake, Wake-Up*, 145  
 Carrots, 146, 211  
*Sue's Carrot-Apple Juice*, 212  
 Casaba melon, 115, 119  
 Celery, 146, 211  
**CEREALS, 55-82**, 4  
 Build-a-Cereal Chart, 58-59  
 coffee bean mill grinding, 69  
 cold cereals, **57**, 7, 57  
 cooking chart, 63  
**CEREALS, CONTD**

cooking methods  
*Direct Heat Method*, 64  
*Creamed Cereals*, 67  
*Crock-Pot Method*, 72  
*Double Boiler Method*, 74  
*Thermos Method*, 78  
 creamed, water-grain ratio, 63  
*See also* Creamed cereals  
 and flax seed, 58  
 granola, 57  
 hot cereals, **60-62**  
 cooking methods, 60  
 and low-carb diet, 58  
 and protein, 58  
 recipe nutrient information, 82  
 sprouted, 80  
 and sweeteners, 58  
 and two-stage process, 11  
 water-grain ratio for hot cereal, 63  
 Cheddar cheese, enzymes in raw, 15  
 shopping, 15  
 Cheese, *See* specific types  
*Cheesy Egg Muffin*, 96  
 Chicken, *See* Meat  
*See also* Ground turkey  
**CHILDREN, TEACHING, iii**  
 Breakfast Highlights, 7  
 The Art & Science of Yogurt  
 Making, 48-52  
 Dairy Recipes  
*Dan's Milk*, 45,  
*Raw Milk Yogurt*, 46  
*Dan's Milk Yogurt*, 47  
*Kefir*, 53  
 The Science of Making Hot  
 Cereals, 60-61  
 A Spiritual Application, 62  
 Hot Cereal Recipes  
*Hot Oatmeal*, 64  
*Oatmeal Surprise*, 65  
*Cream of Brown Rice*, 67  
 The Anatomy of an Egg, 87-90  
 Egg Recipes  
*Soft or Hard Cooked Eggs*, 93  
*Scrambled Eggs*, 95  
*Cheesy Egg Muffin*, 96  
*Sun-Up Fried Eggs*, 99  
*Egg Frames*, 99

## CHILDREN, TEACHING, CONTD

- Toast for Breakfast?, 111
- Top of the Chart Fruits, 115
- Fruit Trivia, 122-124, 126
- Fruit Recipes
  - Mixed Fruit Bowl*, 127
  - Berry Delicious*, 129
  - Apple Nuggets*, 130
- Take a Shake, 137
- Shake recipes
  - Basic Shake*, 138
  - Vanilla Shake*, 139
  - Apple Shake*, 139
  - Banana Smoothie*, 141
  - Sunshine Shake*, 142
  - Carob Milk Shake*, 142
  - Peanut Butter Shake*, 144
- Making Waffles & Pancakes, 159
- Waffle/Pancake/French Toast
  - Blender Waffles/Pancakes*, 160
    - grain variety for, 161
  - Blender Oat Pancakes*, 166
  - French Toast*, 169
- Syrup/Topping Recipes
  - Maple Syrup*, 164
  - Honey Butter Syrup*, 165
  - French Toast Topper*, 169
  - Whipped Cream*, 170
  - Fresh Apple Topping*, 172
  - Pine-Applesauce Topping*, 174
  - Nutty Banana Topping*, 174
- Hospitality with a Purpose, 182
- Special Occasion Recipes
  - Breakfast Sausage*, 184
  - Blender Breakfast Crepes*, 198
  - Company Jam Scones*, 195
  - Fruit Pizza*, 196
- Cinnamon, 147
- Cinnamon Rolls, 111
- Citrus Ambrosia*, 128
- Chlorine, in raw milk, 34
  - in water, 206
- Cholesterol, 30
  - and *Almond Milk*, 44
  - and butter, 214
  - Cholesterol Myths*, 30
  - and dietary fiber, 86, 116
  - and eggs, 85, 86, 89, 91
  - and exercise, 86
- Cholesterol, Cont'd
  - and flaxseed, 218
  - and minerals, 86
  - and stress, 86
  - and vitamin C, 116
  - and vitamins, 86
- Citrus Combo*, 213
- Cocoa powder, 147
- Coconut, 115, 118, 126
  - shopping/storing, 24
  - toasted, 128
- Coconut Milk*, 45
  - in baking, 44
  - and cereal, 59
  - in shakes, 137, 139, 146
  - souring for baking, 17
- Coconut milk
  - dairy alternative, 43
  - shopping for, 17
- Coconut oil, **216-217**, 234
  - and the Bible, 217
  - in shakes, 139, 147
  - shopping for, 17
- Cold cereals, See Cereal, cold
- Coffee, 147
- Coffee bean mill, grinding grain, 69
  - purchasing, 26
- COFFEE CAKES, 185-194**; 111
  - Almond Coffee Cake*, 186
  - Apple Coffee Cake*, 187
  - Apricot Pecan Coffee Cake*, 188
  - Blueberry Coffee Cake*, 189
  - Cowboy Coffee Cake*, 190
  - making whole grain, 185
  - Orange Coffee Cake*, 191
  - Peach Bran Coffee Cake*, 194
  - Pineapple Coffee Cake*, 192
  - recipe nutrient information, 178
  - Zucchini Coffee Cake*, 193
- Coffee Shake*, 140
- Company Jam Scones*, 195
  - recipe nutrient information, 178
- Constipation, See Digestion
- Convenience, ii
  - and cold cereals, 57; and hot cereals, 60; and fasting, 206
  - and two-stage process, 11
- Copper
  - and two-stage process, 11

Corn, 10  
 Cornmeal, cereal cooking chart, 63  
   *Polenta*, 70  
   shopping for, 19  
   in waffles/pancakes, 161, 162  
 Corn tortillas, *See* Tortillas  
 Cost, *See* Food, cost of, ii  
 Cottage cheese, shopping for, 15; 43  
*Cottage Filled Fruit Crepes*, 199  
*Cottage Mix, Sue's*, 220  
*Cottage Pancakes*, 167  
*Cowboy Coffee Cake*, 190  
*Cracked Kamut Cereal*, 70  
 Cranberries, 59, 119, 126  
 Cream cheese, shopping for, 15; 43  
 Creamed Cereals  
   *Cracked Kamut Cereal*, 70  
   *Cream of Millet or Brown Rice*, 67  
   *Cream of Rye*, 68  
   *Creamy Quinoa*, 69  
   *Polenta*, 70  
   *Roman Meal*, 71  
 Cream, heavy or whipping, 39; 59  
   in *Dan's Milk*, 37  
   shopping for, 15  
   and ultra-pasteurization, 36  
*Cream of Millet or Brown Rice*, 67  
*Cream of Rye*, 68  
*Creamy Quinoa*, 69  
 Crepe or omelet pan, 26  
**CREPES**  
   *Blender Breakfast Crepes*, 198  
   *Cottage Filled Fruit Crepes*, 199  
   *Quinoa Crepes*, 199  
   recipe nutrient information, 178  
*Crock-Pot Oatmeal*, 72  
 Crystalline fructose, 22  
 Cucumber, 146, 211  
 Cultured milk, 39; 11, 32, 34, 35  
   *See also* Buttermilk, Kefir, Yogurt

## D

Dairy Products, 29-41  
   *See also* specific names of  
   Build-a-Cereal chart, 58-59  
   dairy allergy, 10  
   dairy alternatives, 16-17  
 Dairy Products, Cont'd  
   enzymes in raw, 209  
   and fiber, 13  
   shopping for, 15-16  
*Dan's Milk*, 45, *See also* Milk, *Dan's Milk Yogurt*, 47, 31, 59  
*Date Apple Granola*, 80  
   Build-a-Cereal chart, 59  
 Dates, 59, 115, 119, 126, 137, 146  
*Date Shake*, 141  
 Date sugar, 23  
 Dehydrator, 224; 26, 80  
*Delicious Fruit Compote*, 131  
*Delicious Whole Grain Bread*, 197  
   recipe nutrient information, 178  
 Detoxification, and phytates, 13  
 Diabetes  
   and coconut oil, 216  
   and gluten intolerance, 5  
   and insulin resistance, 5, 232  
   and low-carb diet, 232  
 Diarrhea, and raw milk, 34  
 Dietary fiber, and cholesterol, 86  
   and exercise, 86  
   of fruits, 115, 116, 118-121  
   health benefits, 116  
   lignin in flaxseed, 218  
   and juicing, 209  
   and minerals, 86  
   soluble fiber in flaxseed, 218  
   and stress, 86  
   and vitamins, 86  
 Digestion  
   and coconut oil, 216  
   and cold drinks, 140  
   constipation, and raw milk, 34  
   and enzyme increase in sprouting  
     grains, 73  
   and enzymes, 208  
   and fasting, 206  
   and gluten, 11, 13  
   and two-stage process, iii, 11, 13  
   and fruit fiber, 116  
   and gluten, 11, 13  
   and kefir, 41  
   and protein in almond milk, 43  
   protein assimilation and sprouting  
     grains, 73  
   and protein in milk, 33, 36

Digestion, Cont'd  
and raw milk, 34  
and two-stage process, iii, 11, 13  
and yogurt, 40  
Double boiler, 26, 74  
*Double Boiler Oatmeal*, 75  
*Dried Apple Topping*, 172, 163  
Dried fruit, see Fruits  
Dry milk powder, See Milk, powdered  
Dysentary, and raw milk, 34;  
and yogurt, 41  
Duck eggs, 221

## E

Earth Balance, 16, 214  
*Easy Fried Potatoes*, 110  
*Egg Frames*, 99  
*Egg Nog*, 143  
**EGGS, 83-112**, 7, 32  
anatomy of an egg, 87-90  
and avidin, 89  
battery eggs, 90, 91  
in Bible, 7  
biotin and raw egg, 89  
*Breakfast Burritos*, 97  
Build-An Omelet or Scrambled  
Eggs chart, 105  
cage-free, 91  
*Cheesy Egg Muffin*, 96  
and cholesterol, 85, 89, 91  
cooking of, 92  
egg alternatives  
See Allergies, egg alternatives  
*Egg Frames*, 99  
*Egg Handling & Care Guide*, 92  
egg whites, 89  
egg yolks, 89  
and fat, 89  
fertile eggs, 90, 91  
*Flaxseed Egg Alternative*, 221  
and free range fed chickens, 90,  
and essential fatty acids, 91  
*Gourmet Scramble*, 96  
grades, 90  
historical use of, 90  
"Hold the Eggs and Butter," 85, 86  
*Omelet Fillings*, 102-104  
*Omelets*, 100

## EGGS, CONTD

270

*Omelet, 2-Egg*, 101  
*Poached Eggs*, 94  
and protein, 88, 89, 91  
recipe nutrient information, 112  
and salmonella, 92  
and saturated fat, 86  
*Scrambled Egg Enchiladas*, 98  
*Scrambled Eggs*, 95  
sizes, 90  
in shakes, 146  
shopping for, 90-91, 17  
*Soft or Hard Cooked Eggs*, 93  
storing eggs, 91, 87  
*Sun-Up Fried Eggs*, 99  
*Virginia's Egg Scramble*, 183  
vitamins/minerals in, 89  
*Zucchini Frittata*, 106  
*English Muffins*, 154  
English muffins, 111  
sprouted, commercial, 15  
Ener-G Egg Replacer, 221  
Enzymes, **208-209**; 11  
See also Lactase, Phosphatase,  
Zanthine oxidase  
and apple cider vinegar, 24  
and cooking, 208  
*Food Enzymes*, 209  
health benefits, 208-209  
increase in sprouting grains, 73  
and juicing, 209-211  
and pasteurization, 36  
inhibitors in nuts/seeds, p. 20  
lipase in butter, 17  
in raw milk, 33  
in *Raw Yogurt*, 46  
in raw milk cheese, 15  
and two-stage process, 11  
and ultra-pasteurization, 36  
Equipment, **26**  
See also specific appliance names,  
Pots & pans or individual kind,  
Utensils  
CD resource, 14  
Essential oils, 215  
Evaporated milk,  
See Milk, evaporated  
Exercise, 86, 225, 227  
Extra virgin olive oil, **215**, 18

## F

- Fasting, **206**; 13, 225, 239
  - God's Chosen Fast*, 206
  - Greater Health God's Way*, 206
- Fat free milk, see Milk, nonfat
- Fatigue, and raw milk, 34
- Fats, See also specific kind
  - and balance, 5; 9; 33, 232-233
  - in cereals, 60; cis-fatty acids, 214
  - in eggs, 89; essential oils, 215
  - Fats that Heal, Fats that Kill*, 90, 220
  - fatty acids, 216
    - capric acid, 216
    - caprilic acid, 216
    - glycosphingolipids in butter, 214
    - lauric acid, 216
    - long-chain, 216
    - medium-chain, 216
    - in raw milk, 34
    - and nutrient absorption, 34
    - short-chain, 216
  - in flax seed, 58
  - in fish, 216
  - and homogenization, 36
  - and hydrogenation, 214
  - linolenic acid, 218
    - See also omega-3
  - in meat, 216
  - oils of the Bible, 215
  - oleic acid and eggs, 91
  - omega-3, 58, 218, 219
  - monounsaturated fat
    - in *Almond Milk*, 44
    - oleic acid in olive oil, 215, 216
  - and nut milk, 43
  - percent balance in menus, p. 263
  - polyunsaturated oils, 216
  - saturated, **30**, 216, 231
  - trans-fats, 214
  - and weight management, 234
- Fermentation, 11, 12, 13, 41
- Fermented foods, beverages, **207**
- Festive Cantaloupe Boat*, 132
- Figs, 115, 119, 126
- Fish, 5, 231
  - salmon, shopping for, 20
  - tuna, shopping for, 20
- Flavorings, shopping for, 22
- Flaxseed Egg Alternative*, 221, 10
- Flaxseed, **218-220**
  - Ground Flax Seeds*, 81, 58, 59, 147, 161, 163; ways to use, 219
- Flaxseed oil, shopping for, 17, 147, 215; ways to use, 219
  - Flaxseed Oil and The Power of Omega-3*, 220
  - How to Fight Cancer & Win*, 220
- Flour, shopping/storing, 19
  - unbleached white, 19
- Food cost, ii
  - and cold cereals, 57
  - and eggs, 91
  - and fasting, 206
- Food, purposes of, iv, 3-4
- Food pyramid, 208
- Food supplements, 210
- Food, taste of, ii
- Free radicals,
  - and coconut oil, 216
  - and olive oil, 215
  - and phytates, 12
- French Toast*, 169
- French Toast, Maple Butter*, 170
- French Toast Topper*, 169, 163
- Fresh Apple Topping*, 172, 59, 163,
- Fresh Fruit Topping*, 167, 163
- Fried Sweet Potatoes or Yams*, 110
- Fructose, crystalline, 22
- Fruit Bowl, Mixed*, 114
- Fruit Compote, Delicious*, 131
- Fruit, Gourmet*, 132
- Fruit acids, health benefits, 117
  - malic acid, 222
- Fruit Crepes, Cottage Filled*, 199
- Fruit juices, about and shopping, 19
  - in shakes, 146
- Fruit Pizza*, 196
  - recipe nutrient information, 178
- FRUITS, 113-134**; 7; 208
  - Benefits of, 116-117
  - Build-A-Cereal chart, 58, 59
  - Build-A-Waffle, Pancake, French Toast chart, 163
  - canned, shopping for, 18
  - dietary fiber in, 115, 116, 118-121
  - dried, shopping for, 18, 131

## FRUITS, CONTD

freezing for shakes, 137  
fresh, shopping for, 18  
frozen, shopping for, 18  
for juicing, 211  
pesticide removal, 125  
potassium in fruits, 117  
recipe nutrient information, 134  
seasons, 115, 118-121  
sugars in fruits, 117  
in shakes, 146  
vitamins A, C, in, 115, 116,  
118-121  
*Fruit Shake, Basic*, 138  
*Fruit Smoothie*, 145  
Fruit spreads, See Jams  
Fruit toppings, **167-174**  
*Berry Topping*, 173, 163  
*Dried Apple Topping*, 172, 163  
*French Toast Topper*, 169, 163  
*Fresh Apple Topping*, 172, 59, 163  
*Fresh Fruit Topping*, 167, 163,  
*Nutty Banana Topping*, 174, 163  
*Quick Fruit Yogurt Variation*, 130  
*Pine-Applesauce Topping*, 174,  
163  
*Pineapple Topping*, 173, 163  
recipe nutrient information,  
175-176  
*Two Fruits Topping*, 169, 163

## G

Gallstones, and raw milk, 34  
*Ghee*, 214, 18; shopping for, 18  
Gluten  
and digestion, 11  
gluten-free grains, 10  
intolerance, 5, 230  
and Two-Stage Process, 10, 11  
Glycemic index, 210  
Goat's milk, See Milk, goat's  
Goiter, and raw milk, 34  
*Good Morning Muffins*, 150  
*Gourmet Fruit*, 132, 163  
*Gourmet Scramble*, 96  
Gout, and raw milk, 34  
Grain milks, **42**, 16

Grain mills, 26  
See also Coffee bean mill  
*www.suegregg.com*, 26  
CD resource, 14  
Grains, see also specific grains  
*"Against the Grain,"* 13, 57  
and bran layers, 12  
in cereal cooking chart, 63  
and gluten, 10  
A health risk?, 4  
in Bible, 5  
fermenting, 11, 12  
historical foundation, 5  
identifying, CD resource, 14  
shopping for, 19  
soaking, 11, 12  
sprouted, 10, 209  
sprouting, 11  
and two-stage process, **11-13**, 10  
variety for waffles/pancakes, 161  
Granola, **57**  
*Date Apple Granola*, 80  
Grapefruit, 115, 119  
Grapes, 119, 126  
*Sue's Apple-Grape Juice*, 212  
Greens, leafy, 146  
Griddle, 26  
*Ground Flax Seeds*, 81  
See also Flaxseed  
Ground turkey, shopping for, 20

## H

Half 'n Half, 36, 39  
Heart, Heart disease  
and butter, 85  
and cholesterol, 30, 85, 86  
Heart, Heart disease, Cont'd  
and coconut oil, 216  
and dairy products, 29  
and vitamin D<sub>2</sub>, 43  
and phytates, 12  
and potassium, 117  
and raw milk, 34  
and saturated fat, 30  
and vitamin A, 116  
and vitamin E, 86  
and XO Factor, 37  
Hebrews, 13, 264

Hemorrhoids, and coconut oil, 216  
and raw milk, 34  
Herbs, shopping for, 22  
Hives, and raw milk, 34  
*Holiday Scramble*, 184  
recipe nutrient information, 178  
Homogenized/Homogenization,  
**36-37**; 31; 33  
Honey, 7, 59, 146  
in Bible, 7  
shopping for, 22  
*Honey Butter Syrup*, 165, 163  
*Honey Cream Topping*, 171, 163  
recipe nutrient information, 18  
Honeydew melon, 119  
*Honey Orange Syrup*, 166, 163  
Hospitality, 179, 182  
Hot cereal, *See* Cereal, hot cereal  
*Hot Oatmeal*, 64  
Hydrogenation, 214  
Hyperactivity, and vitamin D<sub>2</sub>, 43

## I

Impotence, and raw milk, 34  
Insomnia, and raw milk, 34  
Insulin resistance, **232**, 5, 230  
*International Waffles*, 164  
Iron  
absorption of and lactic acid, 40  
in eggs, 89  
and sprouting grains, 73  
and two-stage process, 11

## J

Jams, shopping for, 24-25  
juicers, 210  
Juicing, **209-211**  
*Juiceman's Power of Juicing*, 210

## K

Kabob sticks, 26  
Kamut  
cereal cooking chart, 63  
*Cracked Kamut Cereal*, 70  
double boiler method, 74  
in waffles/pancakes, 161, 162

Kasha  
*Buckwheat Kasha*, 66  
cereal cooking chart, 63  
*Lumberjack Potatoes 'n Kasha*, 107  
*Kefir*, 53  
Kefir, **41**, 11; and cereal, 58  
kefir starter or grains, 41  
in shakes, 147  
shopping for, 16; 31, 39  
Kefir cheese, shopping for, 16  
Kefir grains, 41  
Kidney disease, and raw milk, 34  
Kitchen timer, 26  
*Kiwi-Apple Juice*, 213  
Kiwi fruit, 115, 119, 126

## L

Lactaid, 10  
and ultra-pasteurization, 36  
Lactase, 35, 39, 208  
Lactaid Lactase Enzyme, 39  
in milk, 33  
Lactic acid, 39; 40  
Lactobacilli  
and two-stage process, 11  
Lactose, 34  
and ethnicity, 32  
intolerance, 10, 40  
and cultured milk, 32, 33, 39  
Lactose reduced milk, *See* Milk,  
lactose reduced milk  
Laxative, and flaxseed, 218  
Leafy greens, 146  
Leavenings, *See* specific types  
Lecithin,  
in butter, 214  
and cholesterol in eggs, 89  
in flaxseed, 219  
legumes, 13; sprouted, 209  
Lemon, juice, 11; 126  
*Lemon Tea*, 223  
Lipase, 17  
Liver disorders, and raw milk, 34  
Loaf pans, 26  
Low fat milk, *See* Milk, lowfat milk  
*Lumberjack Potatoes 'n Kasha*, 107

## M

Macronutrients, 231  
  See also Carbohydrate, Fat,  
  Protein

Magnesium  
  in eggs, 89  
  in raw milk, 34  
  and sprouting grains, 73  
  and two-stage process, 11

Malaria, and raw milk, 34

Malic acid, 222

Mango, 115, 119, 126, 146  
*Mango Smoothie*, 144  
*Maple Butter French Toast*, 170  
*Maple Syrup*, 164, 163  
Maple syrup, 146, 163  
  shopping for, 22

Margarine, shopping, see Butte, 17

Meat  
  biblical staple, 4, 5  
  beef, shopping for, 20  
  chicken, shopping for, 20  
  and fiber, 13  
  and pasture based farms, 32

*Melon Ball Bowl*, 127

Melons, 119, 126

**MENUS**  
  breakfast menus, **8, 235-256**  
  company menus  
    egg menu, 181  
    crepe menu, 181  
    fruit/bread menu, 182  
    waffle menu, 180  
  *Potato Tostadas* Menu, 109  
  *Scrambled Egg Enchiladas*  
    Breakfast/Dinner Menus, 98  
  *Sweet Potato Sausage Bake*  
    Breakfast/Dinner Menus, 109

Metabolic typing, 230

Meusli, 128

Migraine, and raw milk, 34

Milk, cultered, See Cultured milk

**MILK, 29-39**  
  See also Almond milk; Coconut  
  milk; Cream; Cultured milk;  
  Half 'n Half  
  best/acceptable choices, 31

## MILK, CONTD

in Bible, 7, 30  
  *Illustrated Davis Dictionary of  
  the Bible*, 30

cow's milk, 31  
*Dan's Milk*, **37, 45, 7, 31**  
  in cereal, 59  
  in shakes, 146  
  in yogurt, 40

evaporated, **38-37**; 31

fat free milk, See Milk, nonfat milk  
and fat removal, 33

grain milks, **42**, 16

goat's milk, **38**, 10, 31  
  nutrients in, 32, 38  
  and infants, 38

hazel nut milk, 31

homogenized milk, 36-37  
  See also Homogenized/  
  Homogenization

lactose reduced milk, **39**, 31

lowfat milk, **37-38**, 29, 31, 33, 41  
  and fat calcium absorption, 34

multi-grain milk, 31

nutrients in, 32

nonfat/fat-free, **37-38**, 29, 31, 33,  
  35, 41, in *Dan's Milk*, 37  
  and fat calcium absorption, 34  
  and homogenization, 37  
  nutrients in, 32

nut milk, **43**, 10, 39  
  Almond milk, Coconut milk  
    in shakes, 137, 139  
  in baking, 44  
  commercial sources, 43  
  *Not Milk...Nut Milks!*, 43  
  oat milk, 31

organic, **38**, shopping for, 16; 31,  
  fat-free in *Dan's Milk*, 37  
  and ultra-pasteurization, 36, 38

pasteurized milk, 7, See also  
  Pasteurized/Pasteurization

benefits of, 36  
  and homogenization, 36

powdered, **38**, 31, 37

raw milk, **32-35**, 7, 31  
  availability, 35  
  and cereal, 58, 59

## MILK, CONT'D

- and cholesterol, 35
- health benefits, 33-35
- raw milk, cont'd
  - history of, 32-33
  - safety of, 35
  - and saturated fat, 35
  - in shakes, 146
  - shopping for, 16; 31
- rice milk, **42**, 15, 31
- recipe nutrient information, 54
- and saturated fat, 29, 30
- skim milk, See Milk, nonfat milk
- soy milk, **42**, 10, 16, 31, 32, 42
- The Untold Story of Milk*, 29, 32, 33, 34, 35, 36, 37, 38
- Millet, 10, 11,
  - Apple Millet Cereal*, 76
  - cereal cooking chart, 63
  - Cream of Millet*, 67
  - double boiler method, 74
  - in waffles/pancakes, 161, 162
- Minerals, See also specific names of
  - in *Almond Milk*, 44
  - in apple cider vinegar, 222
  - assimilation and sprouting grains, 73
  - and cholesterol, 86
  - in egg yolks, 89
  - in flaxseed, 219
  - and phytates, 12
  - in raw milk, 34
  - and two-stage process, 11, 13
- Mint leaf, 127
- Mixed Berry Blend*, 133, 163
- Mixed Fruit Bowl*, 127
- Molasses, **22**, 146
  - calcium in, 143
- Molasses Muffins, Blender*, 149
- Molasses Shake*, 143
- Molasses Syrup, Orange*, 170
- Monounsaturated fat, in eggs, 89;
  - in olive oil, 215
- Muffin pans, 26
- MUFFINS, 148-154**
  - Blender Banana Muffins*, 152
  - Blender Molasses Muffins*, 149
  - Blender Wheat Germ Muffins*, 153
  - Carrot Bran Muffins*, 148

## MUFFINS, CONT'D

- English Muffins*, 154
- Good Morning Muffins*, 150
- freezing, 151
- recipe nutrient information, 156
- Sunshine Muffins*, 151

## N

- Nectarine, 59, 115, 120, 146
- Neuralgia, and raw milk, 34
- Non-dairy creamers, 39
- Nonfat milk, See Milk, nonfat milk
- Nut butters, shopping/storing, 21
- Nutrients, see Nutrition, Nutrients;
  - See also specific names of
- Nutrition, Nutrients
  - information basics, 9
  - and cooking hot cereal, 60
  - in egg yolks, 89
  - and evaporated milk, 38
  - of fertile eggs, 90
  - in fruits, 115-121
  - in goat's milk, 38
  - nutrient data sources, 9
  - in milk, 32
  - in milk, raw, 33-35
- Nutrition Facts labels, 9
  - and pasteurization, 36
  - and phytates, 13
  - recipe nutrient information,
    - milk alternative, 54
    - cereals, 82
    - coffee cakes, 202
    - crepes, 202
    - eggs, 112, 292
    - French toast*, 175
    - fruit, 134
    - Fruit Pizza*, 202
    - muffins, 156
    - pancakes, 175
    - shakes, 155-156
    - syrops, 176
    - toppings, fruit/other, 175-176
    - waffles, 175
    - yeast breads, 202
  - synergism of, 29
  - and two-stage process, iii, 11
  - and ultra-pasteurization, 36

Nut milk, see Milk  
Nuts & Seeds, 13, 231  
  Build-A-Cereal Chart, 59  
  in shakes, 137v  
  sprouted, 209  
  *Sprouted Sunflower Seeds*, 81, 59  
  in waffles/pancakes, 161, 162  
*Nutty Banana Topping*, 174, 163

## O

Oats, rolled, 11, 147  
  cereal cooking chart, 63; 147  
  *Crock-Pot Oatmeal*, 72  
  double boiler method, 74  
  *Double Boiler Oatmeal*, 75  
  *Hot Oatmeal*, 64  
  *Oatmeal Surprise*, 65  
  shopping for rolled, 19  
  *Yummy Oatmeal*, 66  
  *Swiss Breakfast Cereal*, 77  
  in waffles/pancakes, 161, 162  
Oat groats, *See also* Oats, rolled  
  cereal cooking chart, 63  
  double boiler method, 74  
  Russian traditions, 75  
  shopping for, 19  
*Oatmeal Surprise*, 65  
*Oat Pancakes, Blender*, 165  
Obesity, and dairy products, 29  
Oils, *See* Fats; name of specific kind  
  *Healing Oils of the Bible*, 215  
Olive oil, **215**; 234  
  non-stick spray, 18  
  shopping for, 18  
Omelet pan, 26  
*Omelet Fillings*, 102-104  
*Omelets*, 100  
  Build-An Omelet chart, 105  
*Omelet, 2-Egg*, 101  
Orange, 115, 120, 126, 146  
*Orange Coffee Cake*, 191  
*Orange Molasses Syrup*, 170, 163  
*Orange Refresher*, 140  
*Orange Snails*, 200-201  
  recipe nutrient information, 178  
*Orange Syrup, Honey*, 166, 163  
*Orange Waffles, Blender*, 165

Organic food, 16  
  *A Field Guide to Buying Organic*, 16  
  and juicing, 211  
  SunOrganic Farms, 16  
Organic milk, *see* Milk, organic  
Oven thermometer, 26

## P

Pancakes, *See* *Waffles/Pancakes*  
Papaya, 115, 120, 126, 129, 146  
*Papaya Pineapple Delight*, 129  
Parmesan cheese, shopping, 15  
Party sticks, 26  
Passover, 13, 240  
Pasteurized/Pasteurization, **35-36**  
  *See also* Milk, pasteurized milk;  
  7, 17, 33-34  
Pastry wheat  
  in waffles/pancakes, 161, 162  
Peach, 59, 115, 120, 146, 163  
*Peach Bran Coffee Cake*, 194  
Peanut butter, shopping for, 21; 147  
*Peanut Butter Shake*, 144  
Pear, 115, 120, 126  
Pecans, 147, 163  
  *Apricot Pecan Coffee Cake*, 188  
Peppermint extract, 147  
Persimmon, 115, 129, 126  
Pesticides, and fruits, 125  
pH, *See also* Alkaline balance  
  and *Almond Milk*, 44  
  and apple cider vinegar, 222  
  and fruits, 117  
  and phytates, 13  
  and sulfuring dried fruit, 18  
Phosphatase  
  and pasteurized milk, 36  
  and phytates, 36, 79  
  in raw milk, 33  
Phosphorus, in eggs, 89  
Phytates, Phytic acid **11-13**  
  and antinutrients, 13  
  and bran, 12  
  and nutritional value of hot cereals,  
  60  
  and detoxification, 13  
  and free radicals, 12  
  and granola, 57

Phytates, Phytic acid, Cont'd  
and mineral build up, 12  
and cancer, 12  
and heart disease, 12  
and iron, 12  
and pH, 13  
and phosphatase, 33, 36, 78  
and *Sprouted Grain*, 224  
and unleavened bread, 13, 264  
Pineapple, 115, 120, 126, 146, 163  
*Pineapple Coffee Cake*, 192  
*Pineapple Froth*, 141  
*Pine-Applesauce Topping*, 174, 163  
*Pineapple Topping*, 173, 163  
Pizza  
*Fruit Pizza*, 196  
pizza pan, 26  
*Pizza Crust*, 196  
Plastic wrap, shopping for, 25  
Pleurisy, and raw milk, 34  
Plums, 120, 126  
PMS, and flaxseed, 219  
*Poached Eggs*, 94  
*Polenta*, 70  
Polyunsaturated fat, in eggs, 89  
Pomegranate, 126  
Potassium,  
in apple cider vinegar, **222**  
in eggs, 89  
in fruits, 117  
health benefits, 117  
in milk, 32; in raw milk, 34  
*Potassium Tonic*, 223  
Potatoes  
*Easy Fried Potatoes*, 110  
*Fried Sweet Potatoes or Yams*, 110  
*Lumberjack Potatoes 'n Kasha*, 107  
*Potato Tostadas*, 108  
*Sweet Potato Sausage Bake*, 109  
Pots & pans, **26**  
Poultry  
and pasture based farms, 32  
Powdered milk, See Milk, powdered  
*Probiotics*, and kefir, 41;  
and yogurt, 40  
Prostate, and raw milk, 34  
Protein  
and almond/coconut milk, 43  
assimilation increase in sprouting  
grains, 73

Protein, cont'd  
balance, 5, 9, % in menus, 263  
biological value, 89  
in cereals, 60  
and complimenting grain protein,  
42-43  
and dairy alternatives, 42  
digestibility in pasteurized milk, 36  
digestion and yogurt, 40  
and eggs, 88, 89  
high protein diet, 4  
in shakes, 137  
and two-stage process, 11  
and ultra-pasteurization, 36  
Protein powder, 137  
*Prune Compote*, 131  
Prunes, 115, 120, 126  
**PUBLICATIONS**  
"Against the Grain," 13, 75  
*American Journal of Public Health*,  
208  
*Apple Cider Vinegar Health System*,  
223  
*Caffeine Blues*, 140  
*Cholesterol Myths*, 30  
*The Coconut Oil Miracle*, 216  
*Consumer Beware*, 91, 92  
*Cook Your Way to Wellness DVD*,  
53, 207  
*Eat Fat, Lose Fat*, 234  
*Egg Handling & Care Guide*, 92  
*Fats that Heal, Fats that Kill*, 90, 220  
*Flaxseed Oil and The Power of  
Omega-3*, 220  
*Folk Medicine*, 222  
*Fresh Vegetables & Fruit Juices*,  
211  
*Food Enzymes*, 209  
*Healing Oils of the Bible*, 215  
*A Field Guide to Buying Organic*,  
14  
*God's Chosen Fast*, 206  
*Greater Health God's Way*, 206, 225  
*The Great House of God*, 4  
*The High Blood Pressure Hoax*, 68,  
207, 210, 214  
"Hold the Eggs and Butter," 85, 86  
*How to Fight Cancer & Win*, 220  
*Is Your Thyroid Making You Fat?*, 234  
*Juiceman's Power of Juicing*, 210

## PUBLICATIONS, CONTD

*Nourishing Traditions*, 12, 19, 29,  
30, 36, 37, 38, 42, 43, 137, 207,  
230  
*Not Milk...Nut Milks!*, 43  
*Nutrition & Physical Degeneration*, 29  
*The Ploy of Soy*, booklet, 42, 214  
*Probiotics*, 40, 41  
*Soy Alert!*, 42  
*Take Charge of Your Health*, 85  
*Untold Story of Milk*, 32, 33, 34, 35,  
36, 37, 38  
*The Vinegar Book*, 223  
*Whole Foods Encyclopedia*, 63

## Q

Quail eggs, 221  
*Quick Apple Yogurt*, 130  
Quinoa, 11  
cereal cooking chart, 63  
*Creamy Quinoa*, 69  
in waffles/pancakes, 161, 162

## R

Raisins, 59, 115, 121, 126, 137, 146  
Rapadura, 22, 146  
Raspberries, 59, 115, 121, 146, 163  
Raw butter, See Butter  
Raw foods, **208-209**  
Raw juices, **209-213**  
*Cantaloupe Cooler*, 213  
*Carrot-Apple-Celery Juice*, 212  
*Citrus Combo*, 213  
*Kiwi-Apple Juice*, 213  
*Sue's Apple-Grape Juice*, 212  
*Sue's Carrot-Apple Juice*, 212  
*Watermelon Nectar*, 213  
Raw milk, See Milk, raw milk  
*Raw Milk Yogurt*, 46, 31  
Riboflavin, in milk, 32  
Rice milk, see Milk, rice milk  
Ringing in ears, and raw milk, 34  
Rolled oats, see Oats, rolled  
*Roman Meal*, *Sue's*, 71  
*Roman Meal Quantity Blend*, *Sue's*, 71  
Rye, cereal cooking chart, 63  
*Cream of Rye*, 68  
double boiler method, 74

## S

Salmon, see Fish  
Salmonella, and eggs, 92  
Salt, and assimilation of grains, 63;  
*RealSalt*, resource/shpping for, 22  
Saturated fats, 30, 35  
*The Cholesterol Myths*, 30  
and eggs, 86, 89  
Sausage, *Breakfast Sausage*, 184  
*Sausage Bake*, *Sweet Potato*, 109  
Sciatica, and raw milk, 34  
Scones, 111  
*Company Jam Scones*, 195  
*Scrambled Egg Enchiladas*, 98  
*Scrambled Eggs*, 95  
Build-An Omelet or Scrambled  
Eggs chart, 105  
*Holiday Scramble*, 184  
*Virginia's Egg Scramble*, 183  
Seeds, see Nuts & Seeds  
Selenium, in butter, 214  
**SHAKES, 135-147, 7**  
*Almond milk* in, 139  
*Apple Shake*, 139  
*Banana Smoothie*, 141  
*Basic Fruit Shake*, 138  
*Blueberry Shake*, 144  
Build-a-Shake chart, 146  
*Carob-Banana a la Mint*, 142  
*Carob Milkshake*, 142  
*Coconut Milk* in, 139  
coconut oil in, 139  
*Coffee Shake*, 140  
*Date Shake*, 141  
*Egg Nog*, 143  
*Fruit Smoothie*, 145  
ice cubes in, 140  
*Mango Coconut Smoothie*, 144  
*Molasses Protein Shake*, 143  
*Orange Refresher*, 140  
*Peanut Butter Shake*, 144  
*Pineapple Froth*, 141  
*Strawberry Milk Shake*, 143  
*Sue's Health Shake*, 138  
*Sunshine Shake*, 142  
recipe nutrient informaiton,  
155-156  
*Vanilla Shake*, 139  
*Wake-Up Carrot Shake*, 145

- Shopping, **15-25**
  - Skim milk, *See* Milk, nonfat milk
  - Skin troubles, and raw milk, 34, 217, 218, 219
  - Sleep, and health, 225
    - and weight loss, 234
  - Sodium, in raw milk, 34
  - Soft or Hard Cooked Eggs*, 93
  - Sorghum, 11, 23
  - Sour cream, shopping for, 16
  - Sourdough bread, 13
    - buying commercial, 15
  - Soy
    - lecithin in coconut milk, 17
    - milk, *see* Milk
    - oil, 17
    - Ploy of Soy*, booklet, 42
    - Soy Alert!* brochure, 42
    - soy butter, 21
    - soy sauce, shopping/using, 23
      - and vegan vegetarianism, 42
      - [www.westonaprice.org](http://www.westonaprice.org),
      - soy article, 42
    - The Whole Soy Story*, 42
  - Soy sauce, *See* Soy
  - Spelt, cereal cooking methods, 60;
    - cereal cooking chart, 63
    - double boiler method, 74
    - Thermos Spelt*, 79
    - in waffles/pancakes, 161, 162
  - Spices, shopping for, 20
  - Spike Seasoning, 20
  - Splenda, 23
  - Sprouted bread, 13
  - Sprouted Cereal*, 73
  - Sprouting, nutritional advantages, 73
  - Sprouted grain, and allergies, 10
  - Sprouted Grain*, 224
  - Sprouted bread, shopping for, 15
  - Sprouted Sunflower Seeds*, 81, 59, 147, 163
  - Sprouting buckwheat
    - in waffles/pancakes, 161, 162
  - Stevia, in baking/beverages, 22, 146
  - Strainer, 26
  - Strawberries, 59, 115, 121, 146, 163
  - Strawberry Milk Shake*, 143
  - Stress, and cholesterol, 86
  - Sucanat, 23, 59, 146
  - Sue's Apple-Grape Juice*, 212
  - Sue's Breakfast*, 77
  - Sue's Carrot-Apple Juice*, 212
  - Sue's Cottage Mix*, 220
  - Sue's Health Shake*, 138
  - Sue's Roman Meal*, 71
  - Sue's Roman Meal Quantity Blend*, 71
  - Sulfur, in raw milk, 34
  - Sunflower seeds
    - See* Sprouted Sunflower Seeds
  - Sunshine Muffins*, 151
  - Sunshine Shake*, 142
  - Sun-Up Fried Eggs*, 99
  - Sweeteners, shopping for, 22-23
    - See also* individual kinds
  - Sweet Potato Sausage Bake*, 109
  - Swiss Breakfast Cereal*, 77
  - Syrup, 163
    - Honey Butter Syrup*, 165
    - Honey Orange Syrup*, 166
    - Maple Syrup*, 164
    - Maple syrup, 22, 146
    - Orange Molasses Syrup*, 170
- T**
- Tangerine, 115, 121
  - Teaching children, iii
  - Teff, cereal cooking chart, 63
  - Teff*, 66
  - Thermos Barley*, 79
  - Thermos bottle, 78
  - Thermos Spelt*, 79
  - Thyroid, and weight loss, 234
  - Time saving, *see* Convenience
  - Toast, for breakfast, 111
  - Tomato, 115, 121, 126
  - Tomato juice, 146
  - Tostadas, Potato*, 108
  - Tortillas, shopping for, 15; 111
  - Trace minerals, in raw milk, 34
  - Triticale, cereal cooking chart, 63
  - tuberculosis, and milk, 33, 34
  - Tuna, *See* Fish
  - Two Fruits Topping*, 169, 163
  - Two-stage process, **11-13**
    - advantages (non-nutritional), 12
    - acid mediums used in, 11
    - and the Bible, 264
    - and granola, 57

Two-stage process, cont'd  
and gluten/grain allergies, 13  
historical use of, 12  
naming of, 5

## U

Ulcers, and raw milk, 34;  
and yogurt, 41  
Ultra-Pasteurized/Ultrapasteurization, **36**, 31, 38, 39  
Utensils, 26

## V

Vanilla extract, shopping for, 22; 147  
*Vanilla Shake*, 139  
Vegan vegetarianism, 42  
Vegetable oils, See Fats; name of  
specific kind  
Vegetables, raw, 208-209  
for juicing, 211  
*Virginia's Egg Scramble*, 183  
recipe nutrient information, 178  
Vitamins  
A, B, D, E, K, in milk, 32  
A, in fruits, 115, 116, 118-121  
health benefits, 116  
in butter, 214  
absorption of A & D, and fat, 34  
biotin and raw egg, 89  
and whole grains, 89  
in flaxseed, 219  
C, in fruits, 115, 116, 118-121  
health benefits, 116  
and cholesterol, 86  
Vitamins, Cont'd  
D<sub>2</sub> and health problems, 43  
E, in butter, 214  
increases in sprouting grains, 73  
in eggs, 89, 91  
in pasteurized milk, 36  
and pasteurization, 36  
production of and lactic acid, 40  
in raw milk, 34  
sprouting and B<sub>12</sub>, 73  
and toasting, 111  
and ultra-pasteurization, 36  
vitamin E and heart health, 86

## W

Waffle iron, 26, 159  
**WAFFLES/PANCAKES, 159-165**  
*Blender Oat Pancakes*, 166  
*Blender Orange Waffles*, 165  
*Blender Waffles/Pancakes*, 160  
Build-a-Waffle chart, 162-163  
*Carol's Finnish Pancakes*, 168  
*Cottage Pancakes*, 167  
grain variety for, 161  
*International Waffles*, 164  
making, 159  
recipe nutrient information, 175  
two-stage process, 159  
*Wake-Up Carrot Shake*, 145  
Walnut oil, 18  
Walnuts, 59, 147, 163  
Water, **23**, **207**, 225, 229  
in fruits, 116  
in raw foods, 208  
in shakes, 146  
a spiritual application, **62**  
Weight Management. **227-234**  
and breakfast, 6, 8  
and coconut oil, 216  
and gluten intolerance, 5  
and high protein diet, 4  
and insulin resistance, 5  
and milk, 35  
and nut milk, 43  
Wheat, cereal cooking chart, 63  
double boiler method, 74  
in waffles/pancakes, 161, 162  
Wheat bran, see Bran  
Wheat germ, 20  
*Wheat Germ Muffins, Blender*, 153  
Whey, **11**, 147  
CD demonstration resource, 14  
*Whipped Cream*, 170, 163  
recipe nutrient information, 176  
*Whipped Fluff Topping*, 171, 163  
recipe nutrient information, 18  
Whipping cream  
and ultra-pasteurization, 36  
White flour, 19  
Wild rice, water-grain ratio, 63  
Whole grains, see Grains  
Wulzen Factor, 34, 214

## X

X Factor, in milk, 34, 36  
*XO Factor*, and homogenization, 37  
Xylitol, 23

## Y

Yams  
*Fried Sweet Potatoes or Yams*, 110  
Yeast, and allergy, 10  
shopping/storing, 20  
wild yeasts, 13  
Yogurt, **40-41**, **48-52**, 11, 34, 36,; 39  
in baking, 16, 31  
Build-A-Waffle chart, 163  
and cereal, 58, 59  
*Dan's Milk Yogurt*, 47, 31, 146  
*Raw Milk Yogurt*, 46, 31, 146  
in shakes, 137, 146  
shopping for, 16  
*Yummy Oatmeal*, 66

## Z

Zanthine oxidaze, 37  
Zinc  
in eggs, 89  
and sprouting grains, 73  
and two-stage process, 11  
*Zucchini Coffee Cake*, 193  
*Zucchini Frittata*, 106

## SCRIPTURES & SCRIPTURE REFERENCES

*Genesis 1:28*, 29, 3, 5, 8, 205  
*Genesis 1:29*, 31, 217  
*Genesis 3:1-7*, 234  
*Genesis 18:1-8*, 182  
*Genesis 18:8*, 30  
*Genesis 32:15*, 30  
*Genesis 41:49*, 7  
*Exodus 3:8*, 30, 135  
*Exodus 12:17*, 39, 264  
*Exodus 13:6-10*, 264  
*Exodus 26:1*, 218  
*Exodus 9:31*, 218  
*Leviticus 2:2-12*, 264  
*Leviticus 6:4*, 218

*Leviticus 7:11-14*, 264  
*Leviticus 23:17*, 264  
*Numbers 14:7-8*, 7  
*Deuteronomy 8:3*, 3  
*Deuteronomy 8:6-9*, 215  
*Deuteronomy 8:10*, 177  
*Deuteronomy 11:15*, 38  
*Deuteronomy 32:14*, 30  
*Deuteronomy 32:13-14*, 32  
*Joshua 2:6*, 218  
*Judges 4:19*, 5:25, 30  
*2 Samuel 17:29*, 30  
*Job 6:6-7*, 86; 6:6, 90  
*Psalms 34:8*, 206  
*Psalms 65:9*, 5, 7  
*Psalms 85:11-12*, 55  
*Psalms 90:17*, 228  
*Psalms 103:3,5*, 205  
*Psalms 104:14*, 15, 157  
*Proverbs 4:7*, 228  
*Proverbs 12:10*, 90  
*Proverbs 23:2*, 226  
*Proverbs 23:21*, 227  
*Proverbs 24:13*, 7  
*Proverbs 25:2*, ii.12, 205, 228  
*Proverbs 25:16*, 27, 7  
*Proverbs 27:27*, 30  
*Proverbs 31:10*, 14, 25  
*Proverbs 31:14*, 1  
*Proverbs 31:16*, 15  
*Ecclesiastes 3:11*, 227  
*Ecclesiastes 12:12*, ii  
*Isaiah 7:15*, 27  
*Isaiah 7:22*, 30  
*Isaiah 45:3*, 205  
*Isaiah 55:2*, 7, 57, 227  
*Jeremiah 15:16*, 206, 226, 227  
*Jeremiah 33:6*, 205  
*Matthew 4:2*, 234  
*Matthew 4:4*, 226  
*Matthew 4:10*, 226  
*Matthew 11:28-29*, 225, 227  
*Matthew 11:30*, 227  
*Matthew 13:12*, 234  
*Matthew 24:45-47*, 68  
*Matthew 26:41*, 226  
*Luke 10:38-42*  
*Luke 11:11-12*, 7  
*Luke 11:12*, 83

*John 1:12, 226*  
*John 1:12-13, 205*  
*John 3:16, 3, 226*  
*John 4:13-14, 62*  
*John 4:24, 225*  
*John 6:27, 35, 3*  
*John 7:38-39a, 62*  
*John 8:44b, 234*  
*John 10:27, 227, 229*  
*John 13:15, 7*  
*John 14:27, 225*  
*John 16:13, 227*  
*John 17:3, 226*  
*John 20:5, 218*  
*John 21:1-14, 7*  
*John 21:9, 3*  
*John 21:5, 6, 3*  
*John 21:15, 16, 17, 3*  
*Acts 2:46b, 47, 227, 235*  
*Acts 14:17, ii, 3, 227*  
*Acts 17:28a, 225*  
*Romans 1:20, iv, 62*  
*Romans 14:22b, 23, 227*  
*1 Corinthians 6:12, 227*  
*1 Corinthians 10:31, 3, 8, 227*  
*1 Corinthians 13, 226*  
*1 Corinthians 14:40, 61, 228*  
*Galatians 5:22, 229*  
*Galatians 5:22-25, 226*  
*Galatians 6:2, 232*  
*Ephesians 1:3, 226*  
*Ephesians 2:8-9, 226*  
*Ephesians 2:10, 225, 226, 227*  
*Ephesians 3:16-19, 226*  
*Ephesians 6:12, 206*  
*Philippeans 2:15-16*  
*Philippians 4:6-8, 227*  
*Colossians 1:16-17, 227*  
*Colossians 3:16, 226*  
*Colossians 3:17, 227*  
*Colossians 3:23-24, 25*  
*1 Thessalonians 5:18, 226*  
*1 Timothy 2:4, 226*  
*1 Timothy 4:1, 3-5, 29-30*  
*1 Timothy 4:3, 217*  
*1 Timothy 4:4, 5, 31*  
*Titus 2:3-5, 3*  
*Hebrews 4:12, 226*  
*Hebrews 10:22-25, 226*  
*Hebrews 13:2, 182*  
*Hebrews 13:15, 226*  
*James 1:5, 228*  
*James 1:17, 5*  
*1 Peter 2:9, 226*  
*2 Peter 1:3-11, 226*  
*2 Peter 3:18, 225*  
*1 John 1:9, 232*  
*3 John 2, 203, 222*  
*Revelation 3:20, 62*  
*Revelation 22:2, 113, 116*