

Almond Flour Pizza Crust

3 cups almond flour

1/2 cup parm cheese

1/2 tsp sea salt

2 tsp oregano

2 tsp garlic powder

1 tsp basil

6 tbsp olive oil

4 eggs

Mix all dry, mix all wet, mix together – 2 heaping tsp on parchment paper

Cover with parchment paper, spread out into small circles.
Cook shells 10-12 mins

@ 350 – you can keep in fridge or freeze and use as needed.

Use as individual shells with any toppings. I use olive oil, homemade pasta sauce, harvati cheese,

Organic pepperoni a little more oregano on top – cook 350 10 mins.

Also use for garlic toast, olive oil, garlic salt, cook @ 350 10 mins...then broil till brown.

Nancy A. Beale

Thick Homemade Crock Pot Yogurt

Did you know that making delicious, nutritious yogurt could be as easy as prepping a few ingredients and leaving them in your crock pot for several hours? Here is my easy to follow method for making crock pot yogurt.

- Start your crock pot to get it a bit warm for about 10 minutes.
- Pour 1-2 quarts of whole, raw milk in your crock pot and keep it at the low setting for 3 hours.
- Turn it off and allow the milk to sit for 2 hours or longer.
- Add 1 (2 if you're making 2 quarts) cup of whole, plain yogurt into a bowl and add an equal amount of the warmed milk.

- This should be mixed well and when added to the pot, mixed well again.
- Wrap the crock pot in a beach towel and put aside in the warmest corner of your kitchen until the following day.

Now it is ready to be eaten or put in the refrigerator where it will thicken even further.

Please note: some crock pots do not have a low enough setting to keep the milk warmed without actually cooking it. If your crock pot has a “warm” setting, that setting would probably work well for making this yogurt.

Cranberry Almond Loaf

$\frac{3}{4}$ cup creamy roasted almond butter, at room temperature
2 tablespoons [olive oil](#)
3 large eggs
 $\frac{1}{4}$ cup arrowroot powder
1 teaspoon [Celtic sea salt](#)
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ cup dried apricots, chopped into $\frac{1}{4}$ inch pieces
 $\frac{1}{2}$ cup [dried cranberries](#)
 $\frac{1}{4}$ cup sesame seeds
 $\frac{1}{4}$ cup sunflower seeds
 $\frac{1}{4}$ cup pumpkin seeds
 $\frac{1}{4}$ cup sliced almonds, plus 2 tablespoons to sprinkle on top
olive oil for greasing

blanched almond flour for dusting

1. In a large bowl, blend almond butter, olive oil and eggs with a handheld mixer until smooth
2. In a medium bowl, combine arrowroot powder, salt and baking soda
3. Blend arrowroot mixture into wet ingredients until thoroughly combined
4. Fold in apricots, cranberries, seeds and sliced almonds
5. Grease a 3 $\frac{1}{2}$ x 7 $\frac{1}{2}$ x 2 $\frac{1}{4}$ inch loaf pan with olive oil and dust with almond flour
6. Pour batter into loaf pan and sprinkle remaining sliced almonds on top
7. Bake at 350° for 40-50 minutes until a knife inserted into center comes out clean
8. Let bread cool in pan for 1 hour, then serve

Yield 1 loaf

Courtesy of Elena's Pantry Blog: <http://www.elanaspantry.com>

1/11/11

Cheese Pucks

(-From "Secret Spoonfuls. Confessions of a Secret Mom" CD Booklet)

Ingredients:

1 cup arrowroot powder

1 cup grated cheese

$\frac{1}{2}$ cup butter

1 cup cream cheese

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp white or cayenne pepper

Mix arrowroot, salt and pepper; add butter and cheese to form dough. If it is too dry, add more butter; if too wet, add more arrowroot. Roll into a long snake, wrap in wax paper and chill for one hour. Cut into $\frac{1}{2}$ inch rounds. Bake on ungreased cookie sheet at 400 degrees for 5-10 minutes.

These are good hot but remain fresh for weeks, so they are wonderful on trips and for school lunches.

It's Sunday Morning Pancakes!! Gluten-free Style

In a food processor, blend the following ingredients:

2 cups almond flour

8 free range eggs

1 tablespoon maple syrup

2 teaspoons vanilla

$\frac{1}{2}$ teaspoon Celtic salt

$\frac{1}{2}$ teaspoon baking soda

Butter a hot griddle or cast iron frying pan and when good and hot, ladle a *small* amount of batter on to the sizzling surface. Keep the amount small as these pancakes don't have gluten, so they don't have the "glue" to keep them from breaking. Fragile, but delicious!

Load with rich, raw butter and local maple syrup, then serve with organic bacon and a glass of cold raw milk. Yum.

Homeopathy Useful for Motion Sickness

Summertime brings family vacations and with them often comes motion sickness, whether the travel is by car, plane, bus, train or boat. Over the counter medications often cause drowsiness, affect cognitive function and can interfere with other medications. Homeopathy offers safe alternatives that address the discomfort of the symptoms and often avert them. Doses of the chosen remedy may be given every twenty to thirty minutes for up to three doses for severe symptoms. If the symptoms are relieved, use the remedy only if symptoms return. If there is no relief after 15 minutes of the third dose of a remedy, try a different one.

Nux Vomica is a commonly used remedy that may fit many of the symptoms of motion sickness. Nausea seems constant with a severe headache. Sometimes there may be a ringing in the ears.

If motion sickness symptoms don't point to any one remedy, *Cocculus* is the recommended remedy to try. It addresses the

common symptoms of dizziness, vomiting and nausea. The person feels better lying down and craves quiet. The smell, sight or even the thought of food often make nausea worse.

Petroleum will be useful for the person who gets nauseas and dizzy from riding in a boat or car. There may be much salivating, he becomes pale and faint, and breaks out in a cold sweat. There may be a headache and eating often relieves an uncomfortable, sometimes painful, sensation in the stomach.

Tobacum should be considered for one who exhibits symptoms of extremely intense nausea and suffers from severe vomiting made worse from movement. There is cold perspiration and he is pale and cold. Symptoms are better in open air with closed eyes.

If you or a loved one is troubled with motion sickness, give homeopathy a try for safe and effective relief.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.

The Best Eggnog Recipe Ever; No, I Mean Real Eggnog

I'm not talking about the stuff that comes out of a carton. Yuck!

I mean the kind that's loaded with live enzymes, nutrient dense vitamins and of course delicious good cheer.

The most important ingredient is that the ingredients be

important. That is, preferably raw, organic milk and cream and free range egg yolks. Here's one of my Christmas favorites:

12 free range eggs

6 cups raw milk

2 cups heavy, raw cream

1/2 cup raw honey. If you don't like the flavor of honey, consider maple syrup or succanat

2 teaspoons freshly ground nutmeg

Traditional Eggnog Directions

Submerge the eggs (still in the shell) in a large bowl of near boiling hot water plus a few drops of dish soap. As the water cools; wash, rinse then wipe the eggs dry.

Separate the egg yolks, place in a mixer with the honey and beat for 10 minutes.

Allow to cool in the refrigerator for up to 8 hours

30 minutes before you plan to serve, mix the milk into the chilled yolk mixture. If you plan to add brandy, this is the time to incorporate it.

Stir in 1+ 1/2 teaspoons ground nutmeg.

On high-speed, in a separate bowl, beat the cream until the cream forms stiff peaks.

In yet another bowl, beat the egg whites until stiff peaks form.

Gently fold the egg white mixture into the egg yolk mixture.

Gently fold the cream into the egg mixture.

Ladle into cups and sprinkle with the remainder of nutmeg.

Serves: 8

My Hair Do is From the Pantry;

Or How to Stay Lovely With Wholesome Products

Before venturing on the holistic path to wellness via homeopathy over 25 years ago, I was exquisitely chemically sensitive. Compelled to examine the ingredients in the products I was using, I discovered that most of them included unpronounceable and questionable ingredients.

At first, I looked to health food stores for goods that didn't include chemicals and fragrances, but was disappointed to find that although marketed to the whole health industry, most were only packaged differently; not manufactured purely.

There must be methods that women used before the advent of the beauty market, I reasoned. Where would a woman look for her beauty products if not in a store? ...why the home! And so I began an exploration in my pantry. When we step outside our comfort zone, vistas present.

One of my first considerations was sugar and water as a substitute for hair spray... When I was little I had a friend who had a doll with a dress that was stiff. My friend told me the dress had been dipped in a sugar and water mixture that kept the fabric inflexible and in place. It had possibilities, but I had images of swatting at yellow jackets at a picnic in a rigid 1950's hair do. On to another idea.

Next, I considered a cornstarch and water mixture. The same image presented. And at one point I whipped up egg whites and vinegar and tried to put it through a misting bottle. 'Just in case you're tempted to try this; don't. It doesn't

fit.

So after various trials and errors, I've distilled my methods to the few below. You might try following my tips that are natural, easy and fun and toss away the chemicals into the kitchen trash on your way to the pantry. Here are the methods that have worked for me so far.

- I start with a simple , fragrance free shampoo. I've experimented with techniques for using a combination of baking soda, plain castile soap and other fundamental soaps, but find that our harsh , hard water keeps me from successfully using them. Instead, I rely on Real Purity Shampoo....(1.800.253.1694), RealPurity.com.
- Next, I rinse with an ounce or so of apple cider vinegar in a glass of water. I keep this mixture in a bottle to which I've added 4 pills each of *Silica 6x*, *Nat mur 6x* and *Kali sulph 6x* from Hyland's Homeopathy at <http://www.hylands.com/cellsalts/>. The vinegar removes soap residue and provides a luster while the homeopathic remedies keep the scalp conditioned and the hair thick and healthy.
- After allowing my hair to air dry, I usually set it with hot rollers to give it a little bend and fullness. Here's the best part. After years of searching for a gel or spray that didn't have fragrances and other dubious ingredients, I finally analyzed what the main ingredient was in styling gels. It's alcohol. So I put vodka in a spray bottle! 'Easy to use, fast drying, clean smell...what else did I need? As I engage each strand of hair, I spritz it with my 80 proof vodka that holds in the roller and then dries instantly for a longer hold. 'Love it!
- After a minute, I remove the roller then scoop an almond sized lump of 100% coconut oil, soften it between my hands for a few seconds , then run it through my hair. Not unlike other hair conditioners, it

offers shine, manageability and a little volume minus the chemicals.

- Lastly, instead of hair spray, my friend, Nancy shared her secret of using Aqua Gel; A Real Willard's Water Product (1.800.447.4793). It's an aloe vera supplement intended to be eaten daily, but I dip my fingers into it to sculpt and hold specific strands in place. 'Infinitely better than the commercial version sculpting gel. And it holds all day.

Not only do each of these kitchen products afford me safety and wholesomeness, but they cost a fraction of the price of costly commercial products. Yet, *most* of the fun is in knowing I figured it out on my own.

I'll bet you have your own homemade products too. Pretend it's a pajama party.... and let's have some fun! Pass along your natural or homemade beauty secrets.

Gluten Free Bread

(Similar to traditional banana bread)

This recipe allows for almond flour purchased from a health food/gourmet store or for a more nutritious and alive product follow instructions below for *soaked almonds.

2 cups almond flour

3 organic bananas; store frozen bananas kept for just such an occasion

5 free range eggs

3-4 T organic coconut oil

1t vanilla; I make my own. Check forthcoming blog for recipe

1t almond oil extract (optional)

1 t baking soda

$\frac{1}{4}$ t Celtic or other whole salt

$\frac{1}{4}$ to $\frac{1}{2}$ cup organic raisins or other organic dried fruit

$\frac{1}{2}$ cup unsweetened dried coconut

$\frac{1}{4}$ cup coconut flour (this is not necessary but adds to the rise and nutrition)

Grind the dried fruit in the food processor until it can be ground no further and add the remaining ingredients. If too wet, add a bit more coconut or almond flour, being mindful that if blended too long, the batter will yield a more dense bread. So, easy on the blending.

Butter a glass baking or bread dish, pour in the batter and bake for 50+ minutes, at 340 degrees. Check for completion with a toothpick. Allow to cool a bit before serving.

Lovely with raw butter as an accompaniment to stew. Even though a bit crumbly for sandwiches; it's still good.

*Soaked Almonds: Place 2 cups of nuts in a bowl and cover with enough water to cover 2 inches above the almonds. Set out on the counter for 12-24 hours. The next day, drain thoroughly and assemble the almonds on a cookie sheet or 2 to dry in a 100-120 degree oven for 24+ hours or until they're thoroughly dry. Try to distribute them one layer only.

When thoroughly dehydrated, the almonds should be very crispy. If not, return them to the oven. In a food processor, grind the almonds to a light flour. If the consistency is more like a meal than flour, you didn't dry them long enough.

Use them anyway; it will taste fine, but won't yield a bread.

This is a variation on a recipe given to me by my client and friend, Theresa Lasaca

Thanksgiving Relief

If you eat or drink too much... and feel unwell from it...here are my top 3 picks for quick comfort:

- Nux vomica 30 from your homeopathy kit, every 2 hours up to 4 doses

OR

- Nat phos 6x from your cell salt kit, every 30 minutes or so until improved

OR

- If you don't own a homeopathy kit, then 1/8 teaspoon of baking soda plus lemon juice of $\frac{1}{4}$ lemon in 4 ounces of cool water. Drink it down as the mixture fizzes.

Mangia!

May you have a happy, restful and meaningful Thanksgiving,
Joette