11 Ways to Get Whole Foods into Your diet; Make Your Own in a Jiffy

What do I mean by whole foods? I mean pure foods….. Those foods that are not adulterated by pasteurization, homogenization, preservatives, denaturing and manipulative processes.

I mean foods as they are and as God intended. True, there are some methods that we've come up with, to enhance beautiful and whole foods, but it's only to add an extra spark of vitality and never to take it away. I don't recommend eating any product that's been so far removed from the original, that there's practically nothing of the original left in it. Instant mashed potatoes? Dried cheese powders? Breakfast cereals? 1% milk? Abominations, every single one.

Try these 11 ideas instead:

- **Make your own calcium-rich Vinegar:** Place several eggs (still in the shell) in a canning jar, and cover with raw, unfiltered apple cider vinegar. After a day or so, the shell will have dissolved, discard the eggs, and strain the vinegar through cheese cloth. What you have left is a calcium-rich vinegar, which you can use in cooking and in your next Salad Dressing. Better than any calcium tablets on the market..and free!

- **Make your own Salad Dressing.** Easy and edifying. Use your calcium-rich vinegar and cold-pressed olive oil. Add some spices, onion powder, Celtic salt and pepper.

- **Make your own Bone Stock.** This is the easiest way to get calcium. Minimal effort produces a nutrient dense source of gelatin and protein and a delicious start to any soup or

grain. Use it for soups, casseroles, sauces and the liquid for cooking your rice, beans and pasta. (Check out my CD, "Secret Spoonfuls" for this and other great recipes)

- **Make your own Thick Homemade Crockpot Yogurt.** An ancient food, delicious on its own, in smoothies, in dips, or even added to bread recipes. Remember to use whole fat milk.

- **Make your own Pickled Cucumbers.** Great as a snack, on the go or on the side. Long lasting and packed with healthy enzymes (Check out my CD, "Secret Spoonfuls" for this and other great recipes)

- **Make your own Kombucha.** Easy to make, refreshing but more importantly, great for you.

- **Make your own sweets, like my…Moose Mounds and In-the-freezer-Cookies** (Check out my CD, "Secret Spoonfuls" for this and other great recipes). Wait 'till you taste these

- **Make your own Breakfast.** Start your day with proteins like eggs and bacon fried in bacon fat (nitrate free and free range, of course!). Try this instead of cereal, toast or bagels.

- **Make your own Breakfast Smoothie.** (Check out my CD, "Secret Spoonfuls" for this and other great recipes) Fast, delicious and easy.

- **Make your own Mayonnaise.** Use raw eggs, olive oil, mustard and lemon juices. Avoid soybean, corn, safflower and canola oils and instead use almond oil. Inexpensive, quick, gourmet and nutritious.

- **Find your own Dairy Farmer** and drink local raw milk! Ask around at Farmer's Markets and small farms.