



Spring

Summer



Eat to
Feel Great
Recipe Book
by
Alison Marsden



Autumn

Winter



About this book

This book gives you some great recipes on how to eat well to promote rehydration of the body, readdress pH alkalinity and balance your GIs (sugar levels). Along the way you will learn methods of preparing food that make it more easily digestible and promotes the good internal microflora providing you with bioavailable food. It also uses the principles of the Qi qualities in food to ensure your energy is not depleted especially during the changing seasons. Also it mentions foods to help you avoid 'dampness' in the body, that is cold, groggy, phlegmy and clammy feelings.

I call these The Three Pillars to Health. With these embedded in your diet you may want to follow some other guidelines on eating although you will get more noticeable benefits out of embedding these three pillars in your diet first.

There are lots of suggested variations for you to start inventing new recipes yourself. If you come across another one please let me know! My recipes are often invented accidentally because we have run out of something or I have just had a senior moment.

THE THREE PILLARS TO HEALTH

Rehydrating your body

A lot of the foods we eat actually take moisture out of our bodies in order to digest it. So if we eat more foods that don't do this we are on the road to rehydration! Just drinking water does not necessarily rehydrate the body. We can see this if we pour water into a pot of very dry soil; it just comes out of the other end! Full rehydration can take up to a year!

Alkaline vs Acid

Our body's natural pH value is slightly alkaline so we need to eat more alkaline forming foods than acid forming foods. We also get our pH value from the water we drink, the air we breathe and the environment we are in. Pollution, chemicals, computers, cars and mobile phones all create acid in our bodies. Forests, rivers, mountains and fresh spring water all create alkaline in our bodies. So generally we really need to eat about 70%-80% alkaline forming foods in order to create a balanced pH in our bodies. Most fruit and vegetables are alkaline forming; all other foods (except almonds and millet) are acid forming. These recipes help you move towards creating a balanced alkaline pH in your body. Listings of the pH values of foods can be found on the internet.

Glycemic Index (GI)

The Glycemic Index (GI) measures how fast carbohydrates enter your blood causing the sugar levels to rise. Eating lower GI foods helps balance your body's sugar levels, which in turn balances mood swings, food cravings and increases the power of your immune system. Reducing sugars also helps balance your microflora, the basis of all absorption.



Contents

	Page		
About This Book	2	Sage and Onion Coleslaw	23
Contents Page	3	Roasted Vegetables	24
Salads		Nut Roast	25
Courgette and Sundried Tomato Salad	4	Sage and Onion Stuffing	26
Coleslaw	5	Spreads	
Carrot and Chickpea Salad	6	Alkaline Hummus	27
Samosa Salad	7	Coriander and Almond Spread	28
Celery and Apple Salad	8	Cheesy Almond Spread	29
Sauerkraut	9	Flans	
Soups		Golden Flan	30
Pea Soup	10	Courgette and Tomato Flan	31
Crème of Celery and Apple	11	Mushroom and Courgette Flan	32
Sweet Potato and Red Pepper	12	Celery and Fennel Flan	33
Sundried Tomato and Lentil Soup	13	Samosa Flan	34
Dairy Substitutes		Basics	
Parmesan Cheese Substitute	14	Quinia and Millet Mix	35
Yog Sub	15	Dressings	36
Engevita Flan	16	Quinoa and Millet Pancakes	37
Alkaline Deserts		Stock	38
Alkaline 'Chocolate' Sauce	17	And Finally the Appendix	
Alkaline 'Chocolate' Cookies	18	Eat to Feel Great Cookery Courses	39
Flapjack	19	About Alison Marsden	39
Christmas Substitutes		New to Sauerkraut	40
Alkaline Christmas Cake	20-21	Five Benefits of Sauerkraut	41
Christmas Angel Fruit Pies	22	Your Own Invention!	42
		Contact Details	43

Courgette and Sun Dried Tomato Salad

Serves 4-6 people. This is a quick and easy recipe to get you going with making your own salads.

Ingredients

1 courgette peeled and grated

7 sundried tomatoes chopped and soaked overnight (or ½ a red pepper)

½ red onion grated or finely chopped (or leek)

1 teaspoon basil

Freshly ground pepper to taste

Dressing

1 teaspoon grated ginger

1 dessertspoon cider vinegar

1 dessertspoon sunflower oil

1 dessertspoon olive oil

Sea salt to taste

Advance Preparation

Soak the tomatoes in water in a jar overnight.

Make dressing (could make a triple batch to save you time) and leave in fridge.

Method

1. Place the grated courgette in a bowl and mix in the dressing and basil.
2. Drain the tomatoes and add to the bowl. You can use the juice in soups/dressing etc.
3. Add onion and mix well.
4. Serve with a complementing salad such as the Carrot and Chickpea Salad.

Coleslaw

Serves 4-6 people. This is one of my favourites and is liked even by children!

Ingredients

2 large carrots peeled and grated

¼ small white cabbage finely chopped

½ red onion finely chopped (or leek)

1 teaspoon mustard seeds

Dressing

1 teaspoon grated ginger

1 dessertspoon cider vinegar

1 dessertspoon sunflower oil

1 dessertspoon olive oil

Sea salt to taste

Freshly ground pepper to taste

Advance Preparation

Make dressing with mustard seeds and leave to soak overnight.

Method

1. Place grated carrots in a bowl and add dressing (with mustard seeds). Mix well.
2. Add cabbage and mix again. This is so that the cabbage gets well mixed in and preserves the colour. I do not grate the cabbage as the salad would go off more quickly due to the properties in the cabbage (see sauerkraut recipe).
3. Add onion, mix again and serve with a complementary salad such as the Courgette and Tomato Salad.

Carrot and Chickpea Salad

Serves 4–6 people

Ingredients

2 carrots peeled and grated

½ red onion finely chopped (or leek)

½ cup sprouted chickpeas

Dressing

1 teaspoon grated ginger

1 dessertspoon cider vinegar

1 dessertspoon sunflower oil

1 dessertspoon olive oil

1 dessertspoon tahini

1 garlic clove, crushed

Sea salt to taste

Freshly ground pepper to taste

Advanced Preparation

This can be prepared well in advance, and it keeps for two days in the fridge. It is also suitable for freezing if you grind the chickpeas and grate the onions as the texture is more of a pâté.

Method

1. Make dressing in a bowl and mix well.
2. Add in carrots, onions and chickpeas and mix well.
3. Serve with a complementary salad such as the Samosa Salad.

Samosa Salad

Serves 4-6 people. This is a great recipe if you have lovingly prepared a salad, the weather turns cold and it's the last thing you fancy. In fact you want something warm and spicy to nurture yourself. Here is the flexible recipe!

Ingredients

½ mug frozen peas

½ mug frozen sweetcorn

½ mug sprouted aduki beans (optional)

½ red pepper chopped finely (optional)

½ red onion chopped finely or grated (or leek)

Big bunch of fresh coriander leaves finely chopped (or dried leaves)

Dressing:-

One lime, juiced (optional)

1 teaspoon ground coriander

1 teaspoon ground cumin

2 teaspoons fenugreek leaves

1 teaspoon bouillon

1 tablespoon sunflower oil

2 cloves garlic, crushed (optional)

What people say

The samosa salad is delish! I also added a few chopped cashews and a few cardamom pods (seeded). It's a bit hotter than yours but we like it!

Variations

Experiment with omitting or adding other spices such as turmeric, ginger, cayenne pepper etc.

You can use soaked sundried tomatoes instead of pepper.

Other forms of Preparation

If you would like to heat this up you can either fry it, or place over a pan of hot water and leave on a low heat, or place in the oven. I have mixed it with chickpea flour and then placed it in the oven.

I have even frozen the salad and then waited for the warm weather again before defrosting and eating it as a salad!

Method

1. Mix dressing in a bowl.
2. Add remaining ingredients and mix well.
3. Can be served with warm quinoa and millet.

Celery and Apple Salad

Serves 4-6 people. I discovered adding fennel seeds when I made this salad in the autumn. Fennel is warming to the body and so counteracts the coolness of the salad. I liked it so much I even use fennel in the summer! Mustard is also warming for the body.

Ingredients

3 dessertspoons of dressing (see page 36)
1 apple, peeled and finely chopped
½ celery finely chopped
¼ cucumber peeled and finely chopped (omit if winter)
½ red onion finely chopped (or leek)
¼ teaspoon fennel seeds (optional)
¼ teaspoon mustard seeds
1 dessertspoon parsley leaves
1 tablespoon walnuts soaked in water for 2-4 hours and drained
1 tablespoon cashew nuts soaked in water for 2-4 hours and drained

Variations

You can add in the juice of soaked lemon rind to give extra flavour, or use fenugreek leaves instead of parsley leaves during the winter. I also omit the cucumber during winter as it is too cooling.

Advanced Preparation

Because of the apples this really needs to be eaten the same day or the next day when prepared. Leave for a few hours before eating and the flavour of the fennel seeds matures into the rest of the ingredients.

Method

1. Place dressing into a bowl. Add in the chopped apples and stir well. This prevents the apples going brown.
2. Add in the remaining ingredients and stir well.
3. Serve with a soup such as Sweet Potato and Red Pepper.

Sauerkraut

This is a great recipe to help rebalance your microflora without the bulk of raw food. If you are new to Sauerkraut, see Appendix, New to Sauerkraut, and gradually introduce this into your diet.

Ingredients

1 large cabbage

Sea salt about 1 teaspoon (optional)

The salt draws the water out of the cabbage and creates the brine in which it ferments. This eventually sours and prevents the cabbage from rotting. Sea salt has lots of essential minerals so please do feel good about the salt.

Variations

As you become confident you can add in ginger, carrot, cumin or any other of your favourite vegetables and spices. Mix red and white cabbage to enable a pink colour to develop.

Method

1. Grate the cabbage with or without the heart.
2. Mix in a big bowl adding salt as you go.
3. Slowly add into a large sterilised jar and press down with a spoon as you go. The pressing helps create the brine. Make sure the jar is full with about 1 inch space to the top for the expansion of the fermentation. If the jar is under full it risks going off. Better to overfill rather than underfill.
4. Once a brine starts to come seal with a tight lid. Store on a plate or tray on the kitchen surface away from direct sunlight and other heat sources. Press the cabbage down with a spoon twice a day for 3-5 days.
5. If you overfilled the jar with cabbage, the brine will spill out. Just remove some of the cabbage and reseal with a tight lid.
6. After days 2-3 it starts to ferment and you get the added benefit of the good bacteria. If the brine is oozing out of the jar take some out and push down again with a spoon to ensure there is liquid brine at the top. If it starts to dry out add some salted water.

Pea Soup

Serves 4-6 people. This is a great soup on its own or as a basis for other soups such as pea and sun dried tomato, cream of pea and broccoli, curried pea etc. It can also be used as a thickener for other green soups.

Ingredients

1 mug marrowfat peas

3 mugs warm water (1 hot and 2 cold)

1 teaspoon bicarbonate of soda

(Soak above ingredients overnight - see Advance Preparation)

1 onion

2 cloves garlic crushed (optional)

Salt and pepper to taste

Variations

Serve with soaked sun dried tomatoes for that pea and ham soup taste. Or add fenugreek leaves (or seeds) for that curried pea taste! The seeds need to be added with the onion. This soup can also be used as a thickener for other soups or used in spreads. Try adding half a head of broccoli and 1 dessertspoon of creamed coconut for a cream of pea and broccoli soup.

Advance Preparation

When you prepare the peas for soaking use a large pan and put the hot and cold water in first. This ensures that the peas' living enzymes are not destroyed. These enzymes will convert the indigestible protein into a digestible state. If you then start the sprouting process (1-2 days) this also converts the peas into a more alkaline pH value.

Method

1. Drain the soaked peas and rinse well.
2. Add fresh water to just cover the peas.
3. Bring to the boil and simmer for 10 mins with lid on.
4. Add remaining ingredients and simmer for at least 30 minutes.
5. Add water/stock to bring to desired consistency and serve or use as a thickener for soups & pâté.

Cream of Celery and Apple Soup

Serves 4 people

Ingredients

½ celery chopped
1 onion
1 small leek finely chopped
1 apple peeled and chopped
2 garlic cloves crushed (optional)
1 pint of veg stock
2 dessertspoons pea soup as a thickener
½ packet creamed coconut (200g size)
Salt and pepper to taste

Variation

When the apple season is over I omit the apple and add extra leek. For a spring soup I add nettles in my stock too.

Advance Preparation

This can be prepared well in advance - it keeps for 4 days in the fridge or you can freeze it.

Method

1. Add all the ingredients into a pan and leave to simmer for 2 hours on a low heat.
2. Serve with salad and quinoa/millet mix sprinkled with engevita.

Sweet Potato and Red Pepper Soup

Serves 4-6 people. This is one of my favourite soups. The lemon juice or cider vinegar take away the sweetness of the potato.

Ingredients

1-2 sweet potatoes, peeled and loosely chopped
1 large onion, finely chopped
1 small leek, finely chopped
3 garlic cloves, crushed (optional)
1 small red pepper, finely chopped (or sprouted chickpeas)
Sea salt to taste
Pinch cayenne pepper to taste
1 pint of stock
1 teaspoon of lemon juice or cider vinegar

Variations

Try adding half a cup of sprouted chickpeas. I discovered this when I had some left over from a salad that needed eating up. They are still alkaline forming even when cooked. During autumn you can substitute the sweet potato with a pumpkin or butternut squash!

Advance Preparation

This can be prepared well in advance.

Matures well in the fridge for about three days.

Method

1. Put all the ingredients into a pan and leave to simmer for about 1 hour.
2. Leave to stand for about 3 hours then reheat.
3. Use a potato masher to smooth out the big chunks of vegetables.
4. Serve with a salad such as Celery and Apple.

Sundried Tomato and Lentil Soup

Serves 2-4 people

About this recipe

Most lentils have an indigestible protein which when consumed causes wind. If you soak them overnight in a teaspoon of bicarbonate of soda this helps break down this protein into a digestible state. Starting the sprouting process also helps break down this indigestible protein and also makes the pH value less acidic. If you fully sprout the lentils then they become alkaline forming. However, if you would like to make a thick soup, because the lentils have become a vegetable they do not thicken the soup the same way. I leave them to sprout for no more than half a day (a full day in the fridge) and then you have the benefits of an easily digestible protein, less acid and a lovely thick soup. The most easily digested lentil is moong dahl so I try to use this lentil whenever I can. If you have the green and red lentils in your cupboard use these for sprouting rather than thickening soup. Remember acid forming foods can irritate arthritis, and alkaline forming foods can ease arthritis, so it is worth it!

Raw tomatoes are alkaline forming and cooked tomatoes are acid forming. I use soaked sun dried tomatoes and garnish the soup with them to avoid cooking.

Ingredients

½ mug moong dahl lentils soaked in 1 teaspoon bicarbonate of soda and 2 mugs of cold water overnight

6 sun dried tomatoes, chopped and soaked overnight

1 onion, finely chopped

1 carrot, finely chopped

1 small sweet potato, peeled and roughly chopped

Stock to just cover the vegetables

2 cloves crushed garlic (optional)

1 teaspoon cumin

1 teaspoon cider vinegar

Advance Preparation

When you soak the lentils ensure sure they are covered with 4 times as much water and the tomatoes are covered with just twice as much water.

Method

1. Ensure you rinse the moong dahl well before adding to a large pan. (You can leave it to sprout slightly as explained earlier).
2. Add in all the other ingredients except the sun dried tomatoes and leave to simmer for 1 to 2 hours.
3. Use a potato masher to smooth out the soup or liquidise it. Add more stock to create the desired thickness.
4. Serve with the sun dried tomatoes.

Parmesan Cheese Sub

Serves 3-4 people

Ingredients

- 1 tablespoon bouillon
- 1 tablespoon Engevita
- 3 tablespoons ground almonds
- Ground pepper to taste
- ½ teaspoon mustard powder (optional)

Variations

I have used some cooked millet as I ran out of ground almonds. You could also use cayenne pepper to give it a bite! To give a more runny look you could mix in olive oil and add in garlic and vinegar. To give a cheese effect try grated creamed coconut.

Advance Preparation

This can be prepared well in advance and keeps for three months or a week in the fridge if you added any moist ingredients.

Method

1. Put all the ingredients into a jar and mix well.
2. Serve with pasta or rice, or sprinkle on soups etc.
3. You could also layer *finely* sliced sweet potatoes and onions, and then sprinkle the cheese mixture on top to make a cheese pie effect. Bake in a moderate oven with a lid on for about an hour.

Yog Sub

Serves 1. This is my yoghurt substitute. Although yogurt has a neutral pH its mucous forming properties can weaken the immune system. Try this out for an alternative.

Ingredients

(The longer you leave it to soak the creamier it gets!)

1-2 dessertspoons gluten free oats

1 dessertspoon creamed coconut

1 dessertspoon ground almonds or coconut flour

1 dessertspoon raisins (optional)

1 teaspoon pumpkin seeds

1 teaspoon linseeds (or ¼ teaspoon chia seeds)

2 cashew nuts or walnuts (optional)

Water to cover and 2cm over

Variations

Just before eating you could add puffed rice to give a varied crispy texture. For an alkaline recipe use cooked quinoa/millet mix. Try fresh or ground ginger, vanilla essence or soaked rind of lemon for a variety of flavour.

Advance Preparation

I line up about five jars and make a batch at a time. The **dried** ingredients will keep for three weeks! Once you have poured the water in it only keeps for a couple of days in the fridge.

Method

1. Place all the dry ingredients in a jar and pour in water until everything is covered by 2cm. Leave to soak for 6-12 hours. You can leave it in the fridge for 36 hours.

Engevita Flan

Serves 4-6. This recipe is courgette and red pepper. You can adapt this for various flavours eg celery and apple, carrot and onion, mushroom and courgette, spicy samosa etc. See Flan section for details. I love this recipe as it freezes so well and cooks from frozen like fish fingers. A recipe that gives you a convenient food that is good for you.

Ingredients

Pastry Base:

- 4 tablespoons oats
- 4 tablespoons rice flour
- 1 tablespoon ground almonds
- 1 tablespoon grated creamed coconut or sunflower oil
- 1 teaspoon bouillon

Topping:

- 1 carrot, grated
- 1 small courgette, grated
- ½ red pepper, finely chopped
- 2 tablespoons millet/quinoa mix
- 1 dessertspoon Engevita
- 1 tablespoon creamed coconut
- 1 teaspoon bouillon
- 1 teaspoon dried parsley, basil or any available herbs you fancy!

Acid/Alkaline

This pastry base is to make it more transportable and a finger food if on the go. It is also a stepping stone to adjusting your diet. Gradually you may be able to *omit* the base for a more alkaline recipe.

Variations

You can substitute carrot for celery. Use some grated creamed coconut with the Engevita for a creamer taste. You could also add cumin seeds in the pastry base.

Advance Preparation

Mix the pastry base ingredients in a bowl with water. This can be left overnight and then used the next day for a sweeter, tastier pastry. Grate the creamed coconut and place in the fridge (will last for at least a week) or freeze - the pieces stay separate so you can take a spoonful out at a time.

Method

1. Place the pastry mixture into a greased flan dish. Press down with a fork to create as much crust as possible! Do not worry about lining the sides of the dish. Place in the oven until nicely browned (approximately 20 minutes in a moderate oven at 180°C, gas mark 4.)
2. Mix topping ingredients in a bowl and then add into pastry base pressing firmly down with a fork. You could save some courgette/pepper and slice thinly for a decorative topping.
3. Sprinkle some grated creamed coconut, bouillon, Engevita and ground pepper on top for a decorative finish.
4. Bake until nicely brown (approximately 30 mins in a moderate oven at 180°C, gas mark 4).

Alkaline 'Chocolate' Sauce

Serves 2-4 people depending how chocoholic you are. This recipe has no chocolate in it but has all the minerals in it that you get from chocolate.

Ingredients

- 1 heaped tablespoon molasses
- 1 heaped tablespoon set honey (if runny add less water)
- ½ pack of creamed coconut (200g size), approx. 65g
- Pinch of salt
- 2 tablespoons water

Variations

You can add ground almonds or ginger, fresh or ground. You could also add other spices such as cinnamon, coriander, nutmeg etc. I went off honey and used rice milk or even liquorice tea. If you are worried about candida liquorice is a good choice as the candida does not like the liquorice!

Advance Preparation

This can be prepared well in advance - it keeps for one week in the fridge or it can be frozen in small portions so you do not eat it all at once.

Method

1. Put all ingredients into a pan and place on a low heat.
2. Break up the coconut as it heats up. Stir until it has all melted.
3. Pour into a jar and store in the fridge.

Alkaline 'Chocolate' Cookies

Makes approx. 16 biscuits. These cookies have an acid pH, however, it is not as acid as the usual recipe. Tweak it as your taste buds change (see Variation section) and eventually it may become alkaline forming!

Ingredients

Alkaline Chocolate Sauce (see page 17)

8 tablespoons rolled oats

2 tablespoons cooked millet

Pinch of salt

Variations

Grated ginger, ground almonds or more alkaline chocolate sauce!

As your taste buds adjust you can reduce the oats and increase the millet to make it more alkaline. You could even reduce the amount of alkaline chocolate sauce. After a while (months or years) you may just add a spoonful of the sauce to a warm bowl of quinoa/millet mix! This may be enough to give you that fix you need.

Advance Preparation

This can be prepared up to two days in advance. This allows the oats to soak up the sauce and the enzymes to start digesting the oats to make it easier for you to absorb.

Method

1. Mix the alkaline chocolate sauce in a pan and add the oats, millet and salt.
2. Place dessertspoon sized balls on a greased baking tray. Flatten to desired thickness! The thinner they are the crispier the biscuit.
3. Bake in a moderate oven at 180°C, gas mark 4, for 15-20 mins.
4. Leave for a few minutes before removing from the tray.
5. Serve on their own or sandwiched between two biscuits together with more sauce!

Flapjack (low GI)

Serves 6-8 people. This initial flapjack recipe does have an acid pH, however, it is not as acid as the usual recipe. Tweak it as your taste buds change (see Variation section) and eventually it may become alkaline forming.

Ingredients

- ½ dessertspoon molasses
- 1 teaspoon vanilla essence
- ¼ teaspoon salt
- 4 tablespoons hot water
- 4 tablespoons rolled oats
- 4 tablespoons rice flour
- 3 tablespoons grated creamed coconut
- 1 tablespoon ground almonds
- 1 medium sweet potato peeled and grated

Variations

You can gradually substitute oats with a quinoa/millet mix to suit taste buds and make it alkaline. Reduce the amount of hot water so it still mixes to a firm dough like a pastry mix.

Add grated ginger (size of a large thumb) and one dessertspoon molasses to give a gingerbread effect. Try adding various spices (cinnamon, cardamom, nutmeg, coriander) for a Christmas cake effect (but with no fruit in it).

Advance Preparation

This can be prepared a day in advance; store in the fridge until ready to cook. It matures well and is easier to absorb.

Method

1. Add molasses, hot water, vanilla essence and salt to a bowl. Stir to melt the molasses.
2. Add all remaining ingredients and mix. The mixture may appear quite dry for a flapjack mixture but do not worry it will moisten when the sweet potato is cooked. It should resemble a pastry dough mixture.
3. Place in a greased flan dish. Use a fork to squash the mixture down.
4. Bake in a moderate oven at 180°C, gas mark 4, for 25 mins or until slightly brown.
5. Slice when cooled and freeze in portion sizes or serve hot with alkaline chocolate sauce.

Alkaline Christmas Cake

Serves 8 people. This is a cake that takes time to prepare. Allow yourself a few days to make it so you have plenty of soaking time. Think of it like a sour dough, as you leave it in the bowl the enzymes are breaking it down for easier absorption. This cake will not keep like a normal Christmas cake. It will keep in the fridge for 3 days.

Ingredients

1 heaped dessertspoon molasses

¼ teaspoon sea salt

1 teaspoon vanilla essence

½ teaspoon each of: cardamom, cinnamon, nutmeg, cumin and ginger

1 medium sized apple, peeled and grated

1 medium sized sweet potato, peeled and grated

1 medium sized carrot, peeled and grated

1 apple, peeled and chopped finely

1 tablespoon freshly grated ginger

1 mug almonds, soaked and then peeled

½ mug cashew nuts, soaked and chopped roughly

½ mug walnuts, soaked and chopped roughly

4 *heaped* tablespoons rolled oats

4 tablespoons rice flour

1 tablespoon grated creamed coconut or sunflower oil

2 tablespoons ground almonds

1 tablespoon desiccated coconut

Advance Preparation

This takes a long time to prepare so pace yourself. It is fine to leave it standing as you go and do other things as this adds soaking time, maturing the cake nicely. Soak the almonds overnight. Cashew nuts and walnuts just take two hours to soak. Peel the soaked almonds and chop half to put in the cake and leave half to decorate the top with.

Method

1. Mix the molasses, sea salt and vanilla essence in a big bowl with 1 tablespoon hot water to help dissolve the molasses.
2. Then add all the remaining ingredients mixing as you go.
3. Leave to stand for 4-8 hours. You can leave it in the fridge overnight if you like.
4. Turn into a well greased dish or cake tin and decorate with the remaining almonds.
5. Bake at 150°C, gas mark 3 for about 90 minutes.
6. Leave to cool before portioning out and freezing. This cake will not keep like a normal Christmas cake. It will keep in the fridge for 3 days. Or you may serve when cooled slightly and serve as a Christmas pudding.

Christmas Angel Fruit Pies

Makes 12 pies. This is the equivalent to mince pies but with apples or pears and without dried fruit. If you miss the dried fruit then add some in with the apples. Obviously the pastry is wheat, dairy and sugar free and is also less acidic than normal pastry.

Ingredients

Pastry:

4 heaped tablespoons rolled oats

2 tablespoons rice flour

3 tablespoons grated creamed coconut

1 tablespoon ground almonds

¼ teaspoon sea salt

¼ teaspoon turmeric (to add colour)

Water/coconut milk/rice milk to mix to a soft dough

Fruit Filling:

3 apples

¼ teaspoon each of ginger (fresh or ground), cumin, nutmeg, cinnamon, coriander, cardamom and 1 clove.

OR 3 pears with ½ teaspoon ginger (fresh or ground) *only*.

Variation. I have mixed a pear in with the apple as I ran out of apples.

Advance Preparation

This can be prepared a day in advance of cooking. The pastry matures the longer you leave it. Keeps for two days in the fridge.

Method

1. Mix all the dry ingredients together in a bowl. The turmeric is used as colouring and clears dampness in the body so is great to have with the oats! If you have a food processor mix the dry ingredients in this so the oats start to resemble a flour.
2. Add the liquid a bit at a time to mix to a soft *moist* dough. Leave in the bowl with a plate on top for at least 4 hours.
3. Meanwhile peel and chop the fruit and place in a pan half covered with water. Add in the spices. My son just likes only apple so I cook the fruit and then put half aside for him and half is spiced up! Cook until the fruit is tender. Leave to cool.
4. Roll out the pastry and use cutters for the pie. I use angel shapes and stars so I do not need to spend so much time ensuring the lid stays on and you can easily identify what's in the pie!
5. Place in a greased pie tray and cook in the oven at 200°C, gas mark 5 for 10-15 minutes. Loosen the pies with a knife and then leave to cool. Freeze when cooled or eat immediately!

Sage and Onion Coleslaw

Serves 4. This gives a great taste during the winter months. Sage is warming and supports the spleen energy, clearing dampness.

Ingredients

2 large carrots, peeled and grated

¼ small cabbage or 6 sprouts, grated

½ small red onion, grated

1 apple, peeled and grated

Dressing:

2 teaspoons dried sage or more if you love the taste!

1 teaspoon mustard seeds

1 teaspoon grated ginger (or ¼ teaspoon dried ginger)

1 dessertspoon cider vinegar

1 dessertspoon sunflower oil

1 dessertspoon olive oil

Sea salt to taste

Freshly ground pepper to taste

Advance Preparation

The dressing can be made the night before, it lasts for four days in the fridge.

Method

1. Grate the carrots, apple, cabbage and onion. Add dressing and mix well.
2. Serve with roasted vegetables or with a soup.

Roasted Vegetables

Serves 4-6 people. This recipe deliberately has no potatoes in it. Baked potatoes have a high GI and belong to the deadly nightshade family causing some people digestive problems.

Ingredients

1 sweet potato
¼ celeriac
1 swede
2 carrots
2 parsnips
2 onions
4 cloves of garlic crushed (optional)
2 teaspoons lemon juice (or cider vinegar)
¼ teaspoon turmeric
Sea salt and cayenne pepper to taste
Sunflower oil

Advance Preparation

This can be cooked a day before eating, and it matures well like a soup. Can be eaten cold or reheated.

Method

1. Peel and loosely chop all the vegetables. Use the peelings as stock for a soup if organic.
2. Place in an ovenproof dish that has a lid.
3. Add the garlic, lemon juice, turmeric, salt and pepper and pour over the sunflower oil. Mix well.
4. Place lid on and cook in 150°C, gas mark 3 for 90 minutes. Then take the lid off, raise the oven temperature to 180°C, gas mark 4 and cook until brown (approx. 30 mins).

Nut Roast

Serves 6-8 people. This recipe takes some time to prepare, but can be frozen and re-heated like fish fingers.

Ingredients:

- ¼ teaspoon sea salt
- 1 teaspoon each of cumin, sage, thyme and ginger
- 1 tablespoon dried parsley
- 1 medium sized apple, peeled and grated
- 1 medium sized sweet potato, peeled and grated
- 1 medium sized carrot, peeled and grated
- 1 small onion, peeled and grated
- 1 tablespoon grated creamed coconut
- 2 tablespoons ground almonds or chopped walnuts/cashew nuts
- 1 tablespoon freshly grated ginger
- 2 heaped tablespoons sprouted and then cooked black beans

Variations

The chopped nuts give a more crunchy texture. You could use chestnuts instead of the almonds.

Advance Preparation

This can be prepared a day in advance and then baked again. It freezes well. Portion it out before freezing and then it will cook from frozen like fish fingers.

Method

1. Add all the ingredients into a bowl and mix well.
2. Place in a greased dish. I use a flan shaped dish so there is lots of the crispy edge. But you could use a loaf tin for a more moist texture.
3. Place in the oven at 150°C, gas mark 3, for 90 mins. Leave to cool before portioning out and freezing, or eat straight away.

Sage and Onion Stuffing

Serves 4 people. This recipe is a gluten free sage and onion stuffing, hopefully leaving you unstuffed! The rice gives you a gentle stepping stone from the wheat version of traditional stuffing. As your taste buds adjust, use a quinoa/millet mix to give an alkaline pH.

Ingredients

- 1 mug of basmati rice
- 2 mugs hot water
- 2 teaspoons dried sage
- 1 teaspoon turmeric
- ½ teaspoon bouillon
- 1 onion finely chopped

Variations

You could use quinoa and millet mix instead of the rice. This would then make it alkaline forming.

Advance Preparation

This can be prepared the day before and then reheated in the oven or in a pan with a little water/oil.

Method

1. Place all the ingredients in a pan and leave on a low heat with the *lid on* for 20 mins.
2. Turn the heat off and leave to stand for a further 15 mins.
3. Serve with roasted vegetables, nut roast (and sage and onion coleslaw if you really like sage!) for your Christmas lunch! Or serve simply with soup and salad.

Alkaline Hummus

Serves 4-6 people. This recipe involves sprouting the chickpeas first. The protein is then converted into a more digestible state and also changes the pH of the chickpeas to alkaline. The cooking process makes the hummus into the soft creamy texture and is more warming to the body, still maintaining the alkaline pH even after cooking.

Ingredients

½ mug dried chickpeas—these need to be sprouted and cooked
2 tablespoons ground almonds
1 tablespoon sunflower oil
1 tablespoon olive oil
1 dessertspoon cider vinegar
1 dessertspoon lemon juice
3 cloves garlic, pressed
Salt and pepper to taste

Variations

I have used the rind of the lemon (soaked in water) rather than the juice to give a more warming, sweeter taste. Try adding dried parsley, grated carrot or onion for slightly more of a kick. Soaked sun dried tomatoes do well too. If you leave the sprouted chickpeas uncooked then they retain the living enzymes, however the texture is more like a salad.

Advance Preparation

This can be prepared well in advance; it keeps for three days in the fridge and can be frozen.

Method

1. Grind up the sprouted and cooked chickpeas in a food processor.
2. Add in the remaining ingredients and mix in the food processor until smooth and creamy. Add water if it is too dry.
3. Serve with a salad and quinoa/millet pancakes.

Coriander and Almond Spread

Serves 4-6 people. This is quick to make and it is very alkaline.

Ingredients

2 tablespoons ground almonds
1 tablespoon ground coriander
1 tablespoon dried parsley
1 tablespoon sunflower oil
1 dessertspoon lemon juice or cider vinegar
Salt and pepper to taste

Variations

Try adding cumin and turmeric for a slight curry taste. If you need the kick put some cayenne pepper in too. You could also add some grated creamed coconut in for a creamier taste.

Advance Preparation

This can be prepared well in advance; it keeps for three days in the fridge and can also be frozen.

Method

1. Add all the ingredients into a jar or small bowl and mix well. If it is too dry add some water or sunflower oil.
2. Serve with a salad or just spread on a rice cake.

'Cheesy' Almond Spread

Serves 2-4 people

Ingredients

2 tablespoons ground almonds
1 tablespoon Engevita
1 tablespoon grated creamed coconut
1 tablespoon dried parsley
1 tablespoon sunflower oil
1 dessertspoon bouillon or salt and pepper to taste
Water to mix to a paste

Variations

Try adding soaked sun dried tomato for that Italian fix. I sometime also add a teaspoon of pre-soaked chia seeds. This adds more moisture and makes the spread lighter.

Advance Preparation

This can be prepared well in advance, it keeps for three days in the fridge and can also be frozen.

Method

1. Add all the ingredients into a jar and mix well. If it is too dry add some water or sunflower oil.
2. Serve with a salad or spread on a rice cake.

Golden Flan

Serves 4-6. This is a great meal to freeze. It will cook straight from frozen just like fish fingers!

Ingredients

Pastry Base:

- 4 tablespoons oats
- 4 tablespoons rice flour
- 1 tablespoon ground almonds
- 1 tablespoon grated creamed coconut
- 1 teaspoon bouillon

Topping:

- 1 carrot, grated
- 1 small courgette, grated
- 2 heaped tablespoons quinoa/millet mix
- 1 dessertspoon Engevita
- 1-3 tablespoons grated creamed coconut, depending on your desire for fat
- 1 teaspoon bouillon
- 1 teaspoon dried parsley, basil or any available herbs you fancy

Acid/Alkaline:

This pastry base is to make it more transportable and a finger food if on the go. It is also a stepping stone to adjusting your diet. Gradually you may be able to *omit* the base for a more alkaline recipe.

Variations

You can substitute carrot for celery. Use some grated creamed coconut with the Engevita for a creamier taste. You could add cumin seeds in the pastry base.

Advance Preparation

Mix the pastry base ingredients in a bowl with water. This can be left overnight and then used the next day for a sweeter, tastier pastry. I grate the whole pack of creamed coconut and store in a jar in the fridge (it will last for at least a week) or freeze; the pieces still stay separate so you can take a spoonful out at a time.

Method

1. Place the pastry mixture in a greased flan dish. Press down with a fork to spread the dough well. Do not worry about lining the sides of the dish. Place in the oven until nicely browned (approx. 20 minutes in a moderate oven at 180°C, gas mark 4).
2. Mix the topping ingredients in a bowl and then add onto the pastry base pressing firmly down with a fork. If you like save some courgette and slice thinly for a decorative topping.
3. Sprinkle some grated creamed coconut, bouillon, Engevita and ground pepper on top for a decorative finish.
4. Bake until nicely brown (approx. 30 mins in a moderate oven).

Courgette and Tomato Flan

Serves 4-6. This is a great meal to freeze. It will cook straight from frozen just like fish fingers!

Ingredients

Pastry Base:

- 4 tablespoons oats
- 4 tablespoons rice flour
- 1 tablespoon ground almonds
- 1 tablespoon grated creamed coconut
- 1 teaspoon bouillon

Topping:

- 6 sundried tomatoes, chopped and soaked in water overnight
- 1 large courgette, grated
- 2 heaped tablespoons quinoa/millet mix
- 1 dessertspoon Engevita
- 1-3 tablespoons grated creamed coconut depending on your desire for fat
- 1 teaspoon bouillon
- 1 teaspoon dried parsley, basil or any available herbs you fancy

Variations

Can substitute carrot for celery. Use some grated creamed coconut with the Engevita for a creamier taste.

Acid/Alkaline:

The pastry base is to make this dish more transportable and a finger food if on the go. It is also a stepping stone to adjusting your diet. Gradually you may be able to *omit* the base for a more alkaline recipe.

Advance Preparation

Mix the pastry base ingredients in a bowl with water. This can be left overnight and then used the next day for a sweeter, tastier pastry. I grate the whole pack of creamed coconut and store it in a jar in the fridge (it will last for at least a week) or freeze; the pieces still stay separate so you can take a spoonful out at a time.

Method

1. Place the pastry mixture in a greased flan dish. Press down with a fork to spread the dough well. Do not worry about lining the sides of the dish. Place in the oven until nicely browned (approx. 20 minutes in moderate oven, 180°C or gas mark 4).
2. Mix the topping ingredients in a bowl and then add onto the pastry base pressing firmly down with a fork. Save some courgette and slice thinly for a decorative topping.
3. Sprinkle some grated creamed coconut, bouillon, Engevita and ground pepper on top for a decorative finish.
4. Bake until nicely brown (approx. 30 mins in moderate oven, 180°C or gas mark 4).

Mushroom and Courgette Flan

Serves 4-6. This is a great meal to freeze. It will cook straight from frozen just like fish fingers!

Ingredients

Pastry Base:

- 4 tablespoons oats
- 4 tablespoons rice flour
- 1 tablespoon ground almonds
- 1 tablespoon grated creamed coconut
- 1 teaspoon bouillon

Topping:

- 6 medium mushrooms, finely chopped
- 1 small courgette, grated
- 2 heaped tablespoons quinoa/millet mix
- 1 dessertspoon Engevita
- 1-3 tablespoons grated creamed coconut depending on your desire for fat
- 1 teaspoon bouillon
- 1 teaspoon dried parsley, basil or any available herbs you fancy.

Acid/Alkaline

The pastry base is to make it more transportable and a finger food if on the go. It is also a stepping stone to adjusting your diet. Gradually you may be able to *omit* the base for a more alkaline recipe.

Variations

Can substitute carrot for celery. Use some grated creamed coconut with the engevita for a creamer taste. Could add cumin seeds in pastry base.

Advance Preparation

Mix the pastry base ingredients in a bowl with a little water - enough to produce a firm dough texture. This can be left overnight and then used the next day for a sweeter, tastier pastry. I grate the whole pack of creamed coconut and store it in a jar in the fridge (it will last for at least a week) or freeze it; the pieces still stay separate so you can take a spoonful out at a time.

Method

1. Place the pastry mixture in a greased flan dish. Press down with a fork to spread the dough well. Do not worry about lining the sides of the dish. Place in the oven until nicely browned (approx. 20 minutes in a moderate oven, 180°C or gas mark 4).
2. Mix the topping ingredients in a bowl and then add into the pastry base, pressing firmly down with a fork. Save some courgette and slice thinly for a decorative topping.
3. Sprinkle some grated creamed coconut, bouillon, Engevita and ground pepper on top to decorate.
4. Bake until nicely brown (approx. 30 mins in a moderate oven, 180°C or gas mark 4).

Celery and Fennel Flan

Serves 4-6. This is a great meal to freeze. It will cook straight from frozen just like fish fingers!

Ingredients

Pastry Base:

- 4 tablespoons oats
- 4 tablespoons rice flour
- 1 tablespoon ground almonds
- 1 tablespoon grated creamed coconut
- 1 teaspoon bouillon

Topping:

- 6 celery stalks, finely chopped
- 1 small courgette, grated
- 2 heaped tablespoons quinoa/millet mix
- 1 tablespoon Engevita - if it is not cheesy enough for you, add more
- 1-3 tablespoons grated creamed coconut depending on your desire for fat!
- 1 teaspoon bouillon
- ½ teaspoon mustard powder
- 1 teaspoon dried parsley

Acid/Alkaline

The pastry base is to make the dish more transportable and a finger food if on the go. It is also a stepping stone to adjusting your diet. Gradually you may be able to *omit* the base for a more alkaline recipe.

Variations

Can substitute carrot for celery. Use some grated creamed coconut with the Engevita for a creamer taste. Could add cumin seeds in pastry base.

Advance Preparation

Mix the pastry base ingredients in a bowl with water. This can be left overnight and then used the next day for a sweeter, tastier pastry. I grate the whole pack of creamed coconut and store it in a jar in the fridge (it will last for at least a week) or freeze it; the pieces still stay separate so you can take a spoonful out at a time.

Method

1. Place the pastry mixture in a greased flan dish. Press it down with a fork to spread the dough well. Do not worry about lining the sides of the dish. Place in the oven until nicely browned (approx. 20 minutes in a moderate oven, 180°C or gas mark 4).
2. Mix the topping ingredients in a bowl and then add into the pastry base pressing firmly down with a fork. Save some courgette and slice thinly for a decorative topping.
3. Sprinkle some grated creamed coconut, bouillon, Engevita and ground pepper on top for a decorative finish.
4. Bake until nicely brown (approx. 30 mins in moderate oven, 180°C or gas mark 4).

Samosa Flan

Serves 4-6. This is a great meal to freeze. It will cook straight from frozen just like fish fingers.

Ingredients

Pastry Base:

- 4 tablespoons oats
- 4 tablespoons rice flour
- 1 tablespoon ground almonds
- 1 tablespoon grated creamed coconut
- 1 teaspoon bouillon

Topping:

- ½ mug frozen peas
- ½ mug frozen sweetcorn
- ½ mug sprouted aduki beans (or other sprouted beans or lentils)
- ½ red pepper, chopped finely or 6 sun dried tomatoes soaked in water, chopped
- ½ red onion, chopped finely or grated
- 1 teaspoon curry powder
- 2 heaped tablespoons quinoa/millet mix
- 1 tablespoon grated creamed coconut
- 1 teaspoon dried parsley

Acid/Alkaline

This pastry base is to make it more transportable and a finger food if on the go. It is also a stepping stone to adjusting your diet. Gradually you may be able to *omit* the base for a more alkaline recipe.

Advance Preparation

Mix the pastry base ingredients in a bowl with water. This can be left overnight and then used the next day for a sweeter, tastier pastry. I grate the whole pack of creamed coconut and store it in a jar in the fridge (it will last for at least a week) or freeze it, the pieces still stay separate so you can take a spoonful out at a time.

Method

1. Place the pastry mixture in a greased flan dish. Press down with a fork to spread the dough well. Do not worry about lining the sides of the dish. Place it in the oven until nicely browned (approx. 20 minutes in a moderate oven, 180°C or gas mark 4).
2. Mix the topping ingredients in a bowl and then add into the pastry base pressing firmly down with a fork.
3. Sprinkle dried parsley and ground pepper on top for a decorative finish.
4. Bake until nicely brown (approx. 30 mins in moderate oven, 180°C or gas mark 4).

Quinoa/Millet Mix

Serves 6 people. This is a basic recipe for use in savoury and sweet dishes. It is my bread substitute. Grains are always preferred over flour as grains hydrate, whereas flours dehydrate the body. Also if you use these two grains together they are slightly alkaline with a low GI.

Ingredients

¼ cup millet grain

¾ cup quinoa

2½ cups of hot water

Variations

You can substitute millet or quinoa with other grains such as short grain brown rice, amaranth, buckwheat etc. The original recipe of millet and quinoa makes the pH value slightly alkaline as millet is alkaline forming, so substitute with the quinoa to keep the recipe alkaline forming if you can!

Advanced Preparation

This can be prepared well in advance as it keeps for five days in the fridge and can be frozen.

Method

1. Put the dry grain into a pan and rinse in cold water. Drain using a sieve.
2. Add the hot water and simmer for 25 minutes with a *lid on*. Leave for a further 10 minutes off the heat still with the lid on.
3. Serve with salad, use as a porridge or in desserts. See recipes for other usages or make pancakes out of it (page 37).

Dressings

Serves approx. 3 salad dishes. Once you get confident you can make this on the fly without having to measure it out.

Ingredients

1 dessertspoon grated ginger
3 dessertspoons cider vinegar
3 dessertspoons sunflower oil
3 dessertspoons olive oil
Sea salt to taste
Freshly ground pepper to taste

Variations

Add a clove of crushed garlic, mustard seeds or fennel seeds, any herbs you fancy eg parsley, coriander leaves and basil. You could add grated onions, or the white part of a leek finely chopped. In the summer months I forage for herbs eg marjoram, fennel and mint and add these into the dressing.

Advance Preparation

This can be prepared well in advance; the basic recipe keeps for weeks in the fridge. If you add in any herbs or fresh ingredients it will keep for three days in the fridge.

I often say it is all in the dressing. You could prepare this in the morning whilst making your cup of tea. Then in the evening all you have to do is grate some vegetables to complete the salad!

Method

1. Add all ingredients into a jar.
2. Stir well before using.

Quinoa and Millet Pancakes

Serves 2-4 people. This is a great quick hot meal to make if you have your quinoa/millet mix already cooked. It is like a bread substitute but without the heavy feeling afterwards.

Ingredients

3 heaped tablespoons quinoa/millet mix
1 tablespoon rolled oats
2 teaspoons bouillon or sea salt to taste
1 dessertspoon rice flour

Variations

For savoury pancakes you could add in some spices such as ground cumin or cumin seeds, fennel seeds, coriander leaves, celery salt or turmeric. For sweet pancakes you could add ground almonds and coconut.

Advance Preparation

This can be prepared the day before. Leaving the oats to soak in water creates a creamer taste.

Method

1. Mix all the ingredients together and add water until it is a slightly runny porridge mixture.
2. Fry in a *non stick* frying pan about the size of a saucer. (They stick too much in a normal pan).
3. They can be baked in the oven with lots of fat to ensure they do not stick. They come out more like a pitta bread style with a crispier texture.
4. Serve with a salad and a spread.

Stock

This is the old traditional way of creating a stock. It draws out the mineral content of the vegetables which is then more easily available for absorption. There are often more minerals in the skins of vegetables than in the sweeter tasting centre. This method creates a potassium broth which is an excellent drink to have on its own with a little sea salt when you are fasting. Creating this stock makes soups more satisfying and reduces food cravings. Do not worry if you are not ready to make this - just add water or bouillon to your soup - it is still much better than tinned soup.

Ingredients

Any peelings of vegetables skins, onion skins, garlic skins, leaves of vegetables, stalks etc. Vegetables to avoid are cabbage, cauliflower, sprouts and broccoli as these produce an unpleasant taste in the stock. Use organic vegetables if you can. If not ensure you wash thoroughly. Avoid non-organic potato skins as there is too much pesticide residue to make it worth it.

Variations

In the spring I collect nettle leaves and add these into my stock. In the summer and autumn when the leaves are in abundance I collect herbs from the garden and add these too.

Advanced Preparation

Collect the vegetable peelings over a couple of days and do a batch. Drain off the liquid and store in a jar in the fridge. Lasts for 5 days.

I sometimes make it on the fly. As I am preparing a soup I have another pan on the go doing the stock, I simmer for 20 minutes and then drain off and add to the soup pan. You get about 80% of the mineral content after 20 minutes. You can top up again with hot water and leave to simmer for an hour for the next batch of stock.

Method

Add hot water to just cover the vegetables and simmer over a low heat for 1-2 hours.

Eat to Feel Great Cookery Courses

Eat to Feel Great Cookery Courses introduce you to The Three Pillars of Healthy Eating:

1. Rehydrate the body
2. Re-establishing your body's natural alkaline pH
3. Balance your GIs

I aim to teach you how to achieve this on a practical level with cookery demonstrations and talking through the day to day realities, helping you get over those mental and practical hurdles. I also introduce bio-available foods that you can forage for, helping you on the road to building up the correct microflora in your colon so you absorb the bits you do want and eliminate the bits you don't. The course will involve some experiential activities (and yes, you can taste it too!). I hope to transform cooking from a chore to a creative, inspirational experience.

About Alison Marsden

Alison has been an Alexander Technique (AT) teacher since 2001, teaching individual sessions and groups. She applies AT to all aspects of her life, including yoga, walking, cycling, pregnancy, birth and parenting (the most challenging of all!). She has two teenager boys and loves gardening, cycling, hill walking, cooking and food.

Alison has lots of self-taught experience, working with herself and her clients, noticing the difference in the quality of movement and mood after eating these foods. Through her natural creativity with foods she writes recipe books and runs cookery courses. She is a very approachable person and teaches with humour and simplicity.

Please visit her website for details on the next course:

www.integratinghealth.com

or email her at: hello@integratinghealth.com

If you would like quicker results with improving your diet and health then please do contact me to book a free 15 minute exploratory call. You can contact me on 07929 151 240 or email me at

hello@integratinghealth.com



New to Sauerkraut

If you are eating sauerkraut for the first time I would advise you to follow these guidelines. Note they are guidelines; if you are in any doubt please do contact me to talk about your individual requirements. You can email me at: hello@integratinghealth.com.

Initially use white sauerkraut (people are sometimes put off with the colour of red cabbage) or use a combination of white cabbage and carrot. White cabbage also has far more liquid in it.

Level 1 - Drink the liquid only (one teaspoonful a day) before breakfast away from food. If you do not like the taste it can be drunk with fruit juice. Monitor your bowels. If your bowels get too loose or windy reduce the quantity.

Level 2 - If your bowels are OK with level 1 gradually increase the quantity up to three teaspoonfuls of liquid a day *before* food.

Level 3 - start eating one teaspoonful of the solids per day with your normal meals. Again monitor your bowels. Reduce if necessary.

Level 4 - Once you are OK with the solid part of the sauerkraut you can eat up to half a mug three times a day. Use it as a condiment instead of mayonnaise, tomato sauce, vinegar etc. As you use it as a condiment you may like to progress to red cabbage to add a great colour to your meal.

People's bowels vary so much. Some people can go to level 4 after only a few days, some people stay on level 1 for a year. Adjust accordingly to your change of environment, time of the month and season.

Why do people's bowels vary so much?

Why do people's bowels vary so much? Your microflora is 'inherited' from your parents, via birth and the first few years of your life. Being vaginally born at home and breastfed by a mother who eats organic food, who has rarely had antibiotics and has a healthy diet will give you a good start to a healthy internal ecology. This varies dramatically from person to person as the other extreme is being born in hospital, given antibiotics within the first few days of birth, not being breastfed and having parents who have an unhealthy diet and an obsession with cleaning with disinfectants and chemicals. Getting to know the internal 'weather' of your microflora can be a useful skill in cultivating your immune system. It can take a few years for your microflora to be replenished if it is depleted. It takes five years for a soil to be certified organic as the chemicals are cleared away and the natural soil fertility develops. Thinking long term will give you a good investment into your own health.

Looking After Your Sauerkraut

Once you have made (or purchased) your sauerkraut and you start to use it, it is best stored in the fridge, however, it can be stored *outside* the fridge in a cool area away from direct sunlight. If you push all the bits down and press to a flat surface every time you use it, this ensures the top bit does not dry out and the juice keeps it preserved. If you are new to sauerkraut and consume it very slowly you can decant half the big jar into another jar. Keep the big jar in the fridge or a cool area, so you are not opening and closing the big jar so frequently. Once you have consumed the jar with the decanted sauerkraut start using the original jar. If you find that the top bit does dry out and you are worried it has gone off then scrape the top bit off, just like you would do with a jar of jam that has a little bit of mould on it. You can then use it as normal.

See the next page for the benefits of Sauerkraut.

Five Benefits of Sauerkraut

It is loaded with good microflora (making digestion easier),

Cleanses your gut whilst you are eating (helping you feel clean on the inside),

Has lots of vitamins (including the B group),

Is a good source of minerals (including iron, copper, sodium, magnesium, and calcium), and it

Is alkaline forming (helping you prevent cancer).

Other interesting facts:

This really is a superfood.

It is well worth the investment of introducing it into your diet.

No probiotic tablet can replace the real thing as it has about 50 strains of bacteria.

Each batch is a unique experience not only in taste but the strains of bacteria.

There will be different strains of bacteria depending on where it is made.

A probiotic tablet will also not cleanse your gut like sauerkraut does.



Your own invention!

Here's some space to write your own creations!

How many servings? Are there any hot tips to highlight here?

Ingredients

As you write this think about how you make it with the least amount of washing up!

Variations

Add in some variations you did on the fly - it's worth writing it down. When we have creative thoughts we are often in an altered state of consciousness so write it down before you forget!

Advance Preparation

What can you do to make it feel as if someone else cooked the meal when you finally sit down to eat it!?

What can you do in advance that would also add to the flavour?

How could you leave it to soak up more moisture?

The slow food industry is growing because it often tastes better!

Method

1. Ensure the method is easy to follow with minimum reading!

I'd love to hear your experience! Please email me hello@integratinghealth.com



For my latest publications and courses
please visit my website

www.integratinghealth.com

or email: hello@integratinghealth.com

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