

Welcome

Are you ready to fill your dinner table with rich tasting, health promoting foods? If you had recipes your family would love and enjoy, would that interest you? Then you have picked up the right book. In these pages are cooking tips, shopping guidelines, and over 250 recipes to help convert ordinary meals into ones with more satisfaction, satiety and sense of wellbeing than ever imagined.

What started me on the journey to this healthy treasure was our family's deteriorating health. We appeared normal but were sick inside our bodies. Our meals were the typical American diet—processed, processed, processed, and our health became processed also with numerous doctor visits, prescriptions, and side effects. Enough was enough; we were ready for change.

I was very blessed to have a good friend recommend reading *What the Bible Says about Healthy Living* by Dr. Rex Russell. This book led my family to remarkable health improvements and an enhanced lifestyle, which in turn encouraged me to further my education in nutrition and begin the Designed Healthy Living classes with the *Treasures of Healthy Living* Bible Study.

It is my joy that you have decided to grab your mixing bowl and shake your measuring spoons to discover this treasure. From this cookbook, you will gain many tasty recipes, along with numerous pages of healthful tips to make wise choices throughout your entire home.

Have fun. Enjoy the life God has given you. I wish you many blessings!

—Annette Reeder



Special Thanks

If a foodie is a person who loves food and all that goes with it, then this book has contributions both in recipes and in food tasting from a fabulous fun foodie group. From family heirloom favorites being transformed into a new healthy dish, to new innovative creations from kitchens all around the U.S., this cookbook is truly a bounty of many flavorful variations. Numerous people were in on the first Designed Healthy Living classes before the idea became published. These were the foundational friends and foodies who brought this book to life. *Treasures of Healthy Living Bible Study* and *Treasure of Health Nutrition Manual* soon followed. Without these friendships and foodies, this dream would not be in your hands today.

Special thanks goes to Nancy Nash and many others for their contributions from editing, tasting and overall insight. Everyone was very encouraging and eager to engage in an experiment with food based on biblical nutrition.

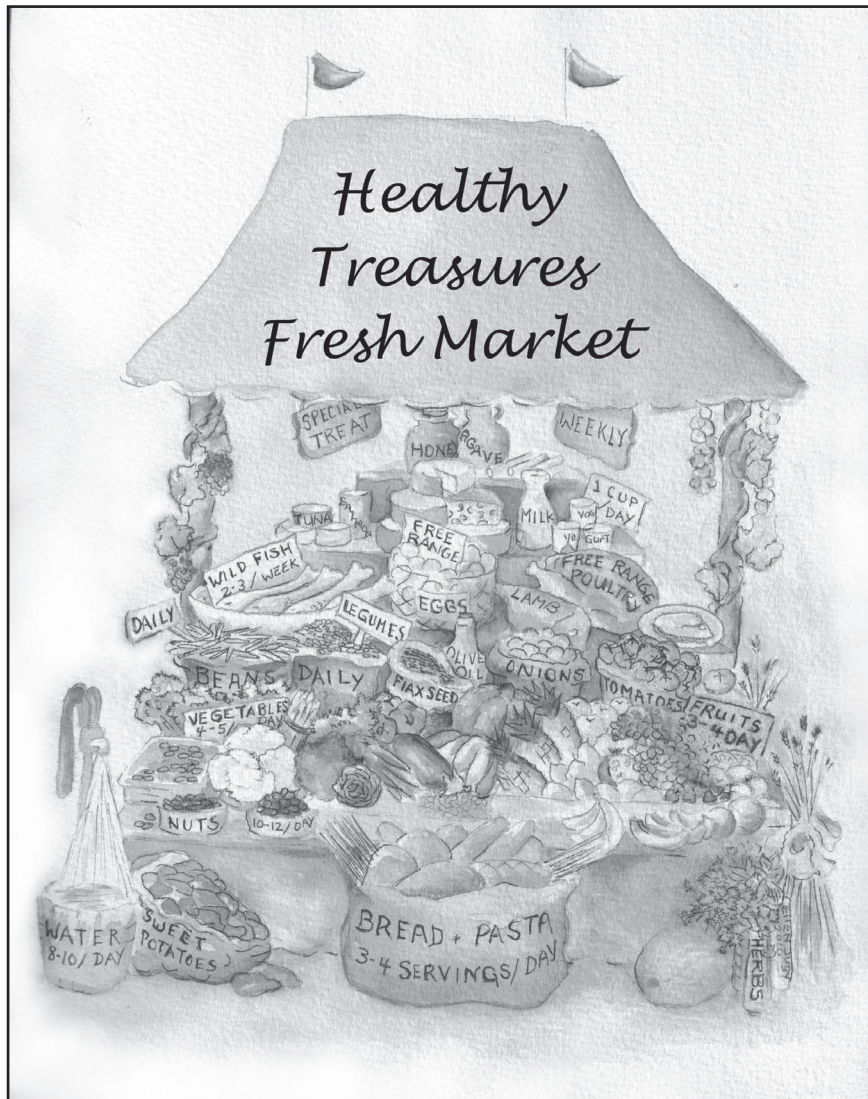
Food began in the Garden of Eden as a gift from our all-loving God and that is where the true acknowledgements begin. I know by the words He has given us that His gifts of health come from these foods. And I am never finished until I give thanks my Savior, Jesus Christ, who allowed me the joy of knowing Him and experiencing His love. It is because of Him that I have the blessing and the opportunity to prayerfully make a difference in other people's lives.

Taste and see that the Lord is good, blessed is the man who trusts in Him.

—Psalm 34:8

Blessings to your health,
Annette Reeder





The Healthy Treasures Fresh Market is the foundation for our eating plan. Whole grains, fruits, vegetables, nuts, and beans are the very basis around which our daily diet needs to be built. Each day, our diet should include 3-4 servings of whole grains, 9 servings of fruits and vegetables, yogurt, water, and herbs with just a touch of meat protein. On special occasions, delight in a sweet treat and enjoy the goodness of honey, sugar cane, or agave nectar. This foundational pyramid will build a strong immune system, healthy bones, and a future of promise.

Setting Up Your Kitchen: The Right Tools

Before going to the grocery store or reading every recipe, look in the cabinets and investigate your supply of utensils and bakeware. Some cookware will contribute to health, while others will harm your health.

COOKWARE:

Aluminum—Use caution. Studies on aluminum are conflicting as to whether or not this contributes to mental problems. The safest option is to avoid this type of cookware.

Food stored in the refrigerator is best in glass containers and not aluminum foil. Avoid using baking powder with aluminum.

Glassware—Pyrex glass loaf pans, pie plates, and cake pans are readily available in most stores. Glass is a heat insulator and not a heat conductor, which means glassware used on the stove top is not efficient. Glassware of newer varieties can also chip, shatter or break.

Teflon—The coating on this cookware can scratch or peel off into the food. This causes numerous health problems, and should be avoided.

Cephalon—A form of aluminum; caution should be taken with this product.

Stainless Steel—Generally a good cookware choice, but on its own is not a good heat conductor. High quality stainless steel cookware uses aluminum in the core, with stainless steel covering that core.

Waterless, greaseless stainless steel—This is the very best choice. Look for a high quality, lifetime waterless cookware for pots and pans. They are



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admittedly expensive, but you will gain the value in your health and a lifetime of use. I have had my set since 1980, and it looks great and cooks very well. The valve on several lids needed to be replaced a few years ago, and the company handled the replacement for free.

How the waterless, greaseless cookware works:

- The cookware is designed to cook fresh and frozen vegetables (and some fruits) with very little added water—just about 1 ounce of water per quart (30 ml/.95 L). This cooking method greatly reduces the loss of nutrients that occurs in other cooking methods, and the vegetables taste great!
- Nearly all of your meats, fish, and poultry cook without any added grease, fat, or cooking oil. This system can help you reduce calories without dieting, lower your cholesterol level, and maintain a healthy heart.
- Stack cooking lets you cook with more pans than you have burners. You'll especially appreciate this cookware when you are cooking for a large family gathering or a holiday dinner. The various combinations of cookware allow you to cook a number of foods on a single burner, saving energy and money.

Bakeware—Look for stainless steel bakeware.

Blender—All shapes and models of blenders are available in stores and online. My favorites are The Magic Bullet for personal drink sizes and the Bosch blender for larger servings. For sumptuous juice made from whole fresh vegetables and fruit, another favorite is the Vita Mix blender.

Utensils—Throw away the plastic utensils that melt when you use them. Get stainless steel for the same health benefits previously listed. Utensils made of wood are also a good choice.

Intriguing Ingredients

Ingredients in this cookbook may be new to you, so here are some explanations and common substitutions.

SWEETENERS

Sugar/sucanat—Sugar cane was created to grow naturally with nutrients and fiber. Processing and bleaching sugar removes these nutrients, thereby making it an expense to our health. A better choice would be sucanat. Sucanat is dried sugar cane with all the nutrition intact. Sucanat comes in names such as honey crystals, savannah gold, sucanat natural, and sucanat with honey.

Sucanat natural has a molasses flavor and is good for baking. The other varieties are lighter in color and have a mild flavor. The lighter type is good for drinks, cooking, and all ways in which we typically use white sugar. All varieties of sucanat can be substituted for regular white sugar in any recipe.

Sucanat with honey = Savannah Gold and Honey Crystals or white sugar
Sucanat natural = Sucanat or brown sugar

Healthy sugar replacements include: honey, molasses, date sugar, fruit concentrates, and agave.

Agave nectar is a healthy choice for a sweetener because it is sweeter than sugar, has fewer calories, contains inulin (a probiotic powder great for digestion), is low on the glycemic index, and is versatile and easy to cook.



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It contains calcium, iron, and other vitamins and minerals. Agave nectar has run into some controversy with some “health experts,” but not all agaves are alike. The highest quality brand is Xagave and can be found in some stores and restaurants. Agave is also available on line at www.xagave.com.

DAIRY

Milk—Pasteurized, homogenized milk can be easily replaced with a higher quality milk such as almond, soy, rice, or raw milk. If you are going to purchase soy and dairy milk, always obtain the organic variety.

Rice Milk—Rice milk triggers less allergic reactions than soy milk.

Soy Milk—Soy milk provides a rich feel and taste to recipes, sauces, and baked puddings.

Raw Milk—Some people are sensitive to the pasteurization process and not the lactose. Many nutritionists recommend using raw milk, but be certain of its source. If the dairy is dirty, when you drink raw milk, you risk introducing bacteria into your body. Raw milk from a clean dairy carries with it a natural boost because of its calcium content.

Buttermilk—Buttermilk can be used in most recipes using milk. (You can make your own buttermilk using 1 cup of any type of milk and adding 1 tablespoon of lemon juice or apple cider vinegar. Let it sit for 5 minutes.)

Almond Milk—Nuts are often used to produce a “milk” product. Due to their lower fat content and digestibility, almonds are a favorite for being used in this way.

Powdered Milk—Powdered soy and rice milk are now available. Be sure to check the list of ingredients to avoid stabilizers and preservatives.

Juice—In some baked dishes, such as muffins, fruit juices can be used in place of milk. Even water can be used where fruit flavor is not wanted. Juice needs to be natural and from fruits grown in the USA, i.e. Florida Orange Juice.

Butter/Margarine—Now recognized as a product far worse than butter, margarine is a hydrogenated or partially hydrogenated fat. This means it contains

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trans-fats, which are detrimental to our health. There are new spreads out on the market claiming no trans fats, but still they are the result of a lab experiment. Don't risk it, go for the real organic butter.

Oil—Many times olive oil or canola oil can be used in place of butter. Be sure the oil is expeller pressed, first cold pressed, and/or extra virgin.

Better Butter—To cut the dairy in half, a better butter can be made. Use 1 part softened butter (not melted) and 1 part water. Whip by hand or in a food processor until creamy. This will remain soft like margarine. Oil can be used instead of water.

Yogurt—Yogurt can be made at home; but if purchasing a store brand, the label should state how many live cultures are included. Six to eight cultures in a yogurt product is a good amount. Popular brands are Stoneyfield, Brown Cow, and Nancy's.

Yo-cheese—Yo-cheese is strained yogurt using a coffee filter paper or a manufactured yogurt strainer. (I find the purchased yogurt strainer convenient to use.) Since yogurt is a healthy dairy choice for recipes, yo-cheese acts as an alternative for sour cream and cream cheese, and as stated above, you can make your own by straining yogurt.

To make yo-cheese, start by placing plain yogurt (vanilla yogurt can be used where a sweetened cream cheese is needed) in a cheesecloth lined strainer. Coffee filters will also work. Place the strainer over a bowl and refrigerate. Keeping the yogurt cold stops the fermenting process. Let the yogurt drain for 6 to 24 hours; the longer the time, the thicker the yo-cheese will be. Use yo-cheese as an alternative in any recipe calling for cream cheese, even cheesecakes. The yo-cheese will keep for one week. The whey that drains from the yogurt can be used in soups. Store in refrigerator. Straining one cup (240 ml) of yogurt will give you less than one cup of cheese. The longer you strain the less amount of cheese you will have, since the whey is draining from it. I recommend starting with 2 cups (470 ml) of yogurt.

Whipping cream—Raw certified whipping cream, or coconut milk

Sour Cream—Use nonfat sour cream or make your own, similar to cream cheese and yo-cheese. Sour cream must be strained for 2 hours and no more.

Cream Cheese—When purchasing from the store, choose lite or Neufchatel cheese.

Eggs—A combination of ground flaxseeds and water will provide a gelatinous substance that can work in place of eggs. To be sure you are purchasing eggs containing no antibiotics or hormones; obtain them from farms which raise range-fed hens.

FAT AND OILS:

Most people are aware of the fact that they need to cut back on fat. However, those same people are often uninformed of the hazards of some fat replacements. Trading one problem for another is not an example of effective problem solving. The alternatives we choose must be healthy choices if we're to experience long term benefits.

It is important to understand how oil is made. Most vegetable oils found in supermarkets are produced by using solvents, as in petroleum oil. The solvent is then burned off, producing a highly processed toxin (something that is poison to your body). Vegetable oils may be light in color, but most are poisonous to your body.

Expeller Pressed or Cold Pressed—These oils are made by pressing the oil from the seed, nut, or bean. No chemicals or solvents are used. These oils are left unrefined, or can be refined to produce additional stability for cooking. The expeller pressed oils have wonderful flavors and smaller amounts can produce excellent results. The best choice would be to find some of these expeller pressed oils in the organic form. Most of these oils need to be stored in the refrigerator to prevent rancidity, but olive oil can be stored in a dark cabinet away from light and heat.

Oil in Baking—Applesauce can replace oil in many recipes.

Oil in Marinades or Dressings—To replace all or part of the oil in salad dressings or marinades, use vegetable broth, chicken broth, or unsweetened fruit juice.

Oil for Sautéing—Sautéing can be done with broth, water, stock, or fruit juice.

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GRAINS:

All grains have different flavors and may vary in texture. Some flour/grains are whole wheat pastry flour, whole wheat flour, brown rice flour, oat flour, spelt, kamut, etc.

Cereal—Cereal is a staple for breakfast in many homes. A few better choices than most store-bought cereal would include eating whole grain cereals with nuts, dried berries, no added sugars, and very little salt.

Flaxseed—Flaxseed is the richest source of Omega 3 fatty acids. It can be found in most stores, but the seeds have a much higher quality of omegas than the oil already made. It is best to grind seeds in a blender or coffee grinder each day. Flaxseed, once ground, is very beneficial to the diet of everyone in your family. A minimum amount to use is 2 tablespoons ground per person per day. Only purchase the seeds, and grind them yourself. The ground flaxseed in the stores has already lost its nutrition value. The quality of the flaxseed oil is critical to its effectiveness. If you choose to use the oil, make sure it is an organic and has not expired.

Nuts—Nuts have a high fat content, but this is a healthy monosaturated fat that is able to be utilized in the body. The quantity of nuts can be reduced without impacting a recipe. Toasting nuts prior to use makes the flavor stand out more, thereby lowering the quantity needed. Purchase unroasted, raw, unsalted nuts.

Beans—Beans come in all varieties and can easily be exchanged in a recipe. It is best not to substitute lentils for beans and vice versa.

Oats—Oats come in various qualities. Steel cut oats are the least processed and require the longest cooking time. Old-fashioned (rolled) oats is the typical long-cooking variety found in most stores. Quick oats require little cooking time, while instant oats are typically combined with sugar and artificial flavors and are the most processed. Keep in mind: the longer the cooking time required, the higher nutritional value. Recipes will state either old-fashioned or quick oats.

BAKING INGREDIENTS:

Baking Powder—Non-aluminum, low sodium, Rumford baking powder is a good brand, but there may be others.

Cornstarch—Arrowroot powder or an organic non-GMO cornstarch is now available in most stores.

Salt—Use unrefined mineral salt or sea salt. Good brands are RealSalt or a Celtic Salt.

Chocolate—High quality dark chocolate (60% or more cocoa) will enhance a recipe's health value, while milk chocolate is a far lesser quality, almost to the extent of a junk food. For chocolate chips, choose dark chocolate, carob, or grain sweetened.

Lecithin—Lecithin oil is valuable to the body. It aids the lubrication of joints, the absorption of vitamins A and D, the use of vitamins E and K, and assists in the transmission of messages from one nerve to another. It can also retard liver deterioration. Lecithin can be purchased as a powder, liquid, or granules. It is easy to add this to many dishes.

Coconut—Opt for unsweetened or dried coconut.

Jell-O®—Use unflavored gelatin. Employ fruit juices to make your own dessert.

Fruit Juices—Go for unsweetened, fresh pressed juices.

Canned fruits—Look for fruit canned in its own juice without the use of sweeteners or artificial sweeteners.

Frozen fruits—Opt for unsweetened frozen fruits.

Dried fruits—Eat unsulfured and unsweetened dried fruits.

Jams, jellies—It's pretty simple to find 100% all fruit spreads or honey sweetened spreads.

Meat—In most recipes beef, lamb, turkey, venison, and chicken can be interchanged to add variety to your menu or to match your supply. Recipes will state if a different meat is not appropriate. If a stock liquid is required in the recipe, then it will need to be changed to bring out the best flavor of the meat.

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Stock liquid—The best matched stock liquid will bring out the richest flavor in the recipe. Generally chicken dishes taste best when combined with a vegetable or chicken stock. For a beef dish, use a beef stock as your first choice. Turkey can be accompanied by chicken, turkey, or vegetable stock.

GENERAL TIPS FOR HEALTHY COOKING

A good quality set of waterless, stainless steel cookware can reduce the oil necessary to sauté and cook. It will also reduce the cooking time. Do not use coated cookware, since the coating can leach or peel off into your food and be very toxic to your body. More about this is discussed under “Setting up Your Kitchen with the Right Tools” and the Resource Section.

Replace $\frac{1}{4}$ to $\frac{1}{2}$ of ground meats with cooked grains (brown rice, bulgur, barley) to reduce the cholesterol and fat. This also adds fiber to the recipe.

Pureed, cooked vegetables such as carrots, squash, pumpkin, or potatoes, can thicken soups and sauces. These purees can be used in place of cream, egg yolks, and flour.

BEGINNINGS OF GOOD HEALTH PURE WATER

The 10 Commandments of Good Hydration

1. Drink $\frac{1}{2}$ ounce (15 ml) of water daily for every pound (454 grams) you weigh.
2. Avoid diuretic beverages that flush water out of your body such as caffeinated coffee, tea, soda, alcohol, and beer.
3. Drink more water and fresh juices to maintain hydration during illness and upon recovery. Illness robs your body of water.
4. Start your day with $\frac{1}{2}$ to 1 quart (470-940 ml) of water to flush your digestive tract and rehydrate your system from the overnight fast.
5. Drink water at regular intervals throughout the day. Don't wait until you're thirsty.
6. Get in the habit of carrying a water bottle with you. Keep one in the car or on your desk. Convenience helps. Use a water purifier in your home and refill a quality bottle to take with you.



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7. Make a habit of drinking water. Decide to drink water at least 30 minutes before every meal. Take water breaks instead of coffee breaks.
8. Increase your drinking when you increase your mental activity level, your stress level, and your exercise level.
9. Drink the purest water available.
10. Perspire. Exercise to the point of perspiration or enjoy a steam bath. Sweat cleans the lymphatic system and bloodstream. It is one of the best detoxification avenues available to us. Do drink plenty of water afterwards to replace the loss of fluids. Drink more water in hot weather.

Wise choice: Use a Reverse Osmosis system in your home that has a three stage technology to get rid of the most contaminants.