Apple Pie

Ingredients: -

1 only	Double pie crust, uncooked
1 kg.	Pie apples (I like Grannies), peel and slice thinly
½ - ¾ cup	Honey, depending on tartness of apples
3½ Tablespoons	Cornflour ***OR*** Arrowroot powder
2 Tablespoons	Lemon juice
½ teaspoon	Lemon rind, grated
2 teaspoons	Cinnamon

Directions: -

1. Cook apples just to shrink with a few spoonfuls of water for about 5 minutes. Drain and save liquid.
2. Put cornflour or arrowroot into a small saucepan and add cooled juice from apples stir until dissolved.
3. Add honey, lemon juice, lemon rind and cinnamon.
4. Place cooked apples into uncooked pie shell. Pour over filling sauce, cover with remaining pie dough, seal edges and flute.
5. Bake at 220°C/425°F. for 30 minutes or until golden brown.

Variations: - Use ½ quantity of apples and ½ rhubarb for a tasty pie. Or use pitted cherries instead of apples. Or a combo of peaches or apricots.

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Pastry Pie crust -

For a single (base & top) two crust pie:

Ingredients: -

2 cups	Whole wheat flour,
1 teaspoon	Salt
½ cup	Grape seed oil,
¼ cup	Cold milk or cold water.

Directions: -

1. Sift flour and salt,
2. Pour oil and milk into cup, mix with flour. Do not over mix as it will toughen the dough. Press into ball, cut in half.
3. Place between wax paper to roll out. Moisten counter to prevent wax paper slipping. Roll out until circle reaches edges, peel off top paper.
4. Place paper side up in 400/420 cm. (8-9 inch) greased pie dish. Remove 2nd paper and adjust fit into pie dish,
5. Roll out crust as above for the top layer. Place over filling, tuck edges under bottom crust, flute to seal, snip four slits near centre to allow steam to escape.

For two (base only) single crust shells:

1. Follow directions above to prepare two uncooked crusts.
2. Bake separately for 10 minutes at 250°C/480°F. for two 'blind' crusts. Be sure and prick each base with a fork to prevent puffing up.
3. Fill each shell with a desired filling in preparation for serving.

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Fruits are cell cleansing; vegetables are cell building

Baked Apples

Desired quantity of Granny Smith Apples – 1 per person
Wash the apples thoroughly to remove any spray or wax
Core the apples but do not peel.
Place in baking dish or a deep saucepan

Filling to Replace Core: -

1. Chop sufficient quantity of raisins or sultanas, & almonds or walnuts and mix with:

⅛ teaspoon	Cinnamon, per apple;
⅛ teaspoon	Ground Nutmeg, per apple;
1 teaspoon	Honey per apple.
3 tablespoons	Water.

2. Mix well and fill the cored centre of each apple.
3. Cook slowly (150°C/300°F. or low on burner/hot plate) until the apple skins begin to crack, approx. 20 – 30 minutes depending on apple size.

Variation: -

If you are not a cancer patient you could use red wine instead of the water, and brown sugar instead of the honey.

Serving Suggestion: -

Serve hot or cold with natural or vanilla yoghurt and a drizzle of honey on the yoghurt.

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Bonzer Banana Cake

Ingredients: -

2½ cups	Plain Flour, sifted
1 teaspoon	bicarbonate soda
1 teaspoon	Baking Powder
1 teaspoon	Cinnamon
1 teaspoon	Allspice
1 cup	Sugar ***OR***
½ cup	Honey
1 cup	Vegetable Oil
3 each	eggs, beaten
1 cup	Buttermilk
1 teaspoon	Vanilla essence
1 cup	Banana (very ripe & soft) mashed

Directions: -

1. Preheat oven to 175°C/350°F. In a large mixing bowl, beat the eggs and add the oil, buttermilk, vanilla and honey if supplementing.
2. In another bowl mix all the sifted dry ingredients and then fold into the egg mixture. Note: If using honey instead of sugar add an extra ¼ cup of flour to the mixture.
3. Blend in the mashed banana and pour into 2 well greased 23cm./9 inch diam. cake pans, ***OR*** 2 well greased 21 x 11 x 6cm./8½ x 4½ x 2½ inch loaf pans
4. Bake for 40 minutes, or until a skewer inserted into the centre of the cake comes out clean.
5. Remove from the oven and immediately turn out onto a cooling rack.

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Carrot Cake

Ingredients: -

2 cups	raw sugar
4 each	eggs
1½ cups	vegetable oil (grape-seed oil)
1 small can	Crushed pineapple, with the juice.
3 cups	Plain Flour, sifted
1 teaspoon	Mixed spices
1 teaspoon	Baking Powder
1 teaspoon	Bicarbonate of Soda.
2 cups	Carrots, finely grated
½ cup	Walnuts, chopped

Directions: -

1. Preheat oven to 175°C/350°F. and in a bowl beat well together the sugar and eggs. Add the oil and beat together until fluffy, before adding, the pineapple and juice.
2. Mix the dry ingredients together in another bowl and fold into the egg mixture.
3. Add the grated carrot and chopped walnuts last and pour into 2 well greased 23cm./9 inch diam. cake pans ***OR*** 2 well greased 21 x 11 x 6cm./8½ x 4½ x 2½ inch loaf pans.
4. Bake for 50 minutes, or until a skewer inserted into the centre of the cake comes out clean.
5. Remove from the oven and immediately turn out onto a cooling rack.

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Christmas Cranberry Apple Crunch

Yield: - 6-8 servings

Ingredients: -

	Coconut oil
3 each	Cooking apples, (Granny Smith) peeled and cut into cubes
1 bag	Cranberries, fresh or frozen
½ cup	Raw sugar
1 stick	Butter, melted
⅓ cup	Honey
2¼ cups	Rolled Oats
1½ cups	Walnuts, chopped

Directions: -

Mix apples, cranberries, and sugar and place in coconut oil greased casserole dish. Mix melted butter, oats, and chopped walnuts and pour over apples and cranberries. Bake in a covered dish for 1 hour at 180°C/355°F degrees.

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Vegetables are the food of the earth;
fruit seems more the food of the heavens.
~Sepal Felicivant

Hunger is the best sauce in the world. ~Cervantes

Crisp Oatmeal Cookies

Yield: - Approx. 4 doz. biscuits

1. Cream together:

1 Cup	Grape seed oil
1 Cup	Honey or raw sugar
1½ teaspoons	Grated lemon rind

2. Mix separately until smooth:

1 Cup	Whole Meal flour
3/8 Cup	Soy flour
1 Cup	Cold water, when using sugar ***OR***
¼ cup	Cold water, if using honey, plus ¼ cup lemon juice

3. Combine the two mixes together and add:

5 cups	Organic rolled oats (not quick or instant)
¾ cup	Nuts, chopped
½ cup	Raisins, chopped

Directions: -

1. Mix well and drop dessert-spoonfuls on a greased cookie sheet.
2. Flatten with fork and oven bake until light brown (approx. 12-15 minutes) at 180°C/355°F.
3. Remove from sheet to a cooling rack, and when cool, store in an air-tight container.

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Lemon Yoghurt Cake - Easy to mix and make cake!

Ingredients: -

2 lemons	Rind, grated fine.
1 cup	Grape seed oil
2	Free range organic eggs
1¾ cups	Raw sugar
½ teaspoon	Salt
1 cup	Greek Style plain yoghurt
3 Tablespoons	Lemon juice
2 cups	Whole-meal flour, self-raising.

Directions: -

1. Grate all the coloured peel from the lemons into the mixing bowl.
2. Add the oil, eggs and beat with a rotary beater until thick and well blended.
3. Add the salt, yoghurt and lemon juice and beat again briefly to mix well.
4. Fold in the flour.
5. Pour cake mixture into a buttered and floured ring pan (8 cup capacity).
6. Bake at 180°C/355°F. for 30 - 40 minutes or until the sides start to shrink, the centre springs back when pressed and a skewer comes out clean. It will be slightly moist.
7. Leave to cool in pan for about 10 minutes before turning carefully out onto a cooling rack.
8. Serve plain, sprinkled with a little icing sugar or topped with whipped cream.

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Pumpkin Pie

Use the single pie crust recipe and line pie dish with an uncooked shell—See Apple Pie Recipe

Yield: - 6 serves.

Filling Ingredients: -

2 large	Free range organic eggs
1¾ cups	Mashed cooked pumpkin with skin on
¾ cup	Honey ***OR*** raw sugar
½ teaspoon	Sea salt ground
1 Tablespoon	Plain flour
1 teaspoon	Cinnamon
½ teaspoon	Ground ginger
⅛ teaspoon	Ground cloves
1 cup	Evaporated milk
½ cup	Plain yoghurt

Directions: -

1. Place all the filling ingredients into an electric blender and blend until smooth.
2. Pour into the prepared pie shell
3. Bake for 15 minutes at 220°C/425°F. then reduce the oven heat to 175°C/350°F. and bake for 45 minutes longer, or until the pie is set.
4. Serve warm or with whipped cream sweetened with honey.

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Traditional Scottish Oatcakes

Ingredients: -

1½ cups	oatmeal
⅛ teaspoon	Salt
1 tablespoon.	butter, drippings, ***OR*** lard
¼ teaspoon	bicarbonate of soda
½ cup	hot water
	extra oatmeal

Directions: -

1. Preheat the oven to 160°C/320°F. Put the oatmeal, salt, and baking soda in a bowl and mix together. Melt the butter (or drippings or lard) and drizzle it over the oats. Add the hot water, and stir the mixture vigorously into a stiff dough.
2. Turn out the dough onto a clean flat surface—or better yet, one covered with a sheet of wax paper. If the dough sticks, sprinkle the surface lightly with a tablespoon or two of the extra oatmeal. Knead the dough thoroughly. You want the oats basically to lose their individuality—the dough should begin to look a little bit like rough biscuit dough. Separate the dough into two equal portions. Roll each portion into a ball, then use a rolling pin to roll each ball into a round that is about 3mm. (1/8 inch) thick. With this recipe, the two rounds will each be about 15cm. (6 inches) across.
3. Transfer the rounds to a greased baking sheet. Cut each round into quarters. Bake for 30-35 minutes. If you want them to be evenly golden, you can turn them over half way through the baking time. Enjoy warm, or put in an airtight storage container.

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Ian's Scottish Oatcake Biscuits

Yield: - 40 squares (My squares are cut to a grid of 4 cm.)

Ingredients: -

⅔ cup	Plain flour
½ teaspoon	Bicarbonate of soda
2½ cups	Oat-bran
⅓ cup	Caster sugar
150g.	Butter, melted
1 each	Egg, lightly beaten

Directions: -

1. Preheat the oven 175C/350F. Brush a baking sheet with melted butter or oil or non-stick spray. Also line a 32 x 20 cm./13 x 8 inch baking pan with grease-proof baking paper trimmed or folded to the width of the pan base, and long enough to provide a tail beyond each end. Sift the dry ingredients into a large bowl and make a well in the centre.
2. Melt the butter, beat the egg and combine before adding to the dry mix. I use a little milk to rinse out these bowls before discarding. Use a wooden spoon or spatula to stir together until just combined, If necessary use a little milk to make sure this happens.
3. Press the mixture firmly into the lined pan and distribute evenly (I use a piece of 4 cm. PVC pipe cut to the size of my pan as a rolling pin). Cut the mixture into the desired size (4 cm.) biscuit squares with a knife (I use my rolling pin as a straight-edge).
4. Lay the greased baking sheet face down on top of the pan and turn over. Use the paper tails to help remove the biscuits onto the baking sheet, then carefully peel off the paper. Carefully separate and evenly space the biscuit squares on the baking sheet.
4. Bake for 20 to 25 minutes or until lightly browned. Leave on the sheet for about 2 minutes to harden before transferring to a cooling rack. Store in a sealed container.

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Crepes á La Yvonne

Yield: - Makes about 5 or 6 by 15 cm./6 inch crepes.

Whisk together: -	1 each	Egg
	2 tablespoons	Grape-seed oil
	2 tablespoons	Yoghurt
	1 teaspoon	Honey ***OR*** Raw Sugar
Add: -	½ cup	S.R. Wholemeal flour, sifted
	¾ cup	Milk, for a pouring consistency.

1. Heat a non-stick omelette pan and spray with a non-stick oil.
2. Pour about 2 or 3 tablespoons of the mix into the pan and tilt the pan to make the mixture spread out to form a thin round crepe. Use a spatula if necessary.
3. When the crepe begins to form bubbles, turn or flip the crepe over and brown the reverse side.
4. Remove to a plate and fill with preserved fruit, or jam. Roll up and lightly sprinkle with icing sugar or cinnamon and a few almond flakes.
5. Serve with a portion of Yoghurt or Cream.

Variation: - For a savoury version, leave out the sweetener. Fill with a mornay or lentil filling and serve with a salad for lunch or main.

Fruit Blanc-Mange á la Yvonne

Yield: - 2 serves

Ingredients: -

2 tablespoons	Skim-milk powder, heaped
1 tablespoon	Cornflower, heaped
1 tablespoon	Vanilla Custard powder, heaped
2 tablespoons	Raw sugar
½ cup	Yoghurt, plain or flavoured to fruit choice
½ cup	Fresh fruit, blackberries, ***OR*** strawberries, peaches, ***OR*** apricots, plums, etc.

Directions: -

1. Combine dry ingredients in a microwave safe jug, and add ⅓ cup of cold water to make a paste.
2. Slowly add ⅔ cup of boiling water stirring constantly.
3. Microwave for 90 seconds, stirring at intervals to create a thick custard.
4. Allow to cool before adding yoghurt and fruit.
5. Combine in a blender and portion into two large long-stemmed glasses.
6. Refrigerate for about 1 hour to set.
7 Serve topped with whipped cream and a cherry/berry on top.

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Zucchini Cake

Ingredients: -

350g./12oz.	Zucchini, trimmed and grated
½ cup	Vegetable oil (grape-seed oil)
¾ cup	Sugar
1 each	Egg, well beaten
1 heaped cup	S/R flour
½ cup	Plain flour
½ teaspoon	Bicarbonate of soda
¾ tablespoon	Ground cinnamon
½ teaspoon	Grated nutmeg
½ teaspoon	salt
½ cup	Walnuts, chopped
	Milk or yoghurt

Directions: -

1. Pre-heat oven to moderate, 175°C/350°F. Line a 17cm./6½ inch square baking pan with greaseproof paper.
2. In large mixing bowl, combine zucchini, oil, sugar and well beaten eggs.
3. Sift the flour, soda, cinnamon, nutmeg and salt into a medium-sized mixing bowl. Gradually stir the flour mixture into the zucchini mixture. Add the walnuts and mix well. Use a little milk or yoghurt to adjust the mix.
4. Spoon the mixture into the pan and place in the oven to bake for 45 to 60 minutes or until a skewer inserted into the centre of the cake comes out clean.
5. Remove from the oven and allow the cake to cool in the pan for 10 to 15 minutes before turning out onto a cooling rack. Carefully peel off the paper and allow the cake to cool completely before serving.

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