

Body Ecology Living *Holiday Recipes*



bodyecology
The Way to BE



Introduction

The holidays are a time for family and friends; when we get together to share a delicious holiday meal and each other's company.

It's also an easy time to fall off the wagon, but with these menu suggestions it's easy to stay on track and enjoy the holiday spirit with a table full of tasty, nutritious dishes!

Foods on the Body Ecology Diet have the amazing power to build your immune system and to nourish both your body and your soul!

As you prepare these recipes, please do so with an intention to heal. A cook's vibrations are always in the food! In fact, in earlier times, many spiritual teachers would choose their most spiritually elevated devotees to prepare food for them, knowing that only a well-balanced, centered person with a gentle, humble soul has the power to create food with a harmonious and positive energy.

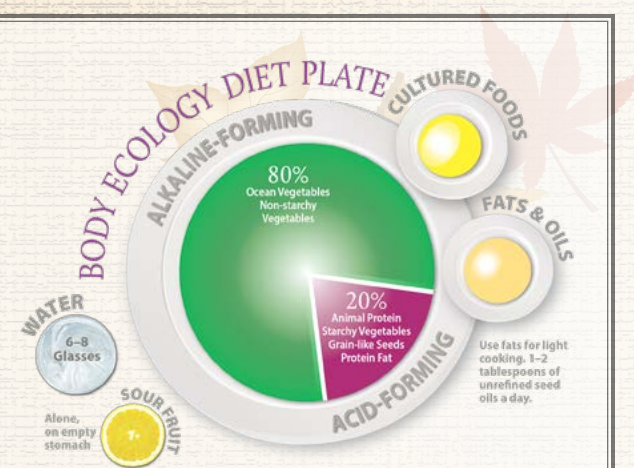
The best-kept secret to creating delicious meals is to prepare them with a heart of gratitude. When you do, the food "feels" your energy and responds in a loving way. This is the true meaning of the saying "food is medicine". Entering the kitchen to prepare a meal while holding the intention of love and gratitude for healthy food, creates a meal that is that much more delicious and nourishing.

Whether you cook for yourself or also for those you love, it's important to prepare each meal with the intention to heal, and with calmness and appreciation for the benefits that healthy, nutritious food can bring.

Share this value of having gratitude for nutritious, healthy food with your children. Teach them to savor each bite with deep appreciation, knowing that they are truly feeding their bodies with what they need.

Research on the brain has shown that children remember habits, not our words, so start your children out with healthy ones. Create the practice of gathering around the kitchen where healthy food is being prepared and enjoyed. If you do, then that is what they will grow up remembering and hopefully one day recreate for their own children.

Enjoy a Body Ecology Thanksgiving!



Recipes

Appetizers

Leek-Stuffed Squash Cups
Broccoli and Fresh Fennel Soup

Entrées

Roasted Thanksgiving Turkey
Harvest Grains Zucchini Boats (vegetarian option)

Side Dishes

Body Ecology Gravy
Cranberry Sauce
Dijon Roasted Brussels Sprouts
Garlicky Green Beans
Roasted Garlic Mashed Cauliflower
Fermented Vegetables: Green Cabbage, Kale, Onion, and Fennel

Desserts

Chocolate Mousse
Coconut Vanilla Pudding
Chocolate Chip Oatmeal Cookies

Drinks

Green Tea Peppermint Iced Latte
Cinnamon "Horchata" Kefir Smoothie



Leek-Stuffed Squash Cups

Ingredients

- 1 small winter squash, such as acorn or butternut, cut in half and seeds removed
- 1 cup filtered water
- 2 leeks (include some of the green part), cleaned, thinly sliced
- 2 ounces fresh shiitake mushrooms, de-stemmed, thinly sliced
- 1 tablespoon coconut oil or ghee
- 1 small zucchini, washed, cut into thin half moons
- 1 large garlic clove, minced

1. Preheat oven to 350 degrees.
2. Place squash in an ovenproof baking dish, cut side down. Pour water into pan and bake for 60 to 75 minutes until meat is soft.
3. Remove squash from oven, drain water and set squash aside to cool.
4. Heat oil in small sauté pan over medium heat. Add leeks, garlic, and zucchini. Sauté for 5 to 7 minutes, or until fragrant and vegetables begin to soften.
5. Remove from heat and stir in mushrooms. Set aside for 15 minutes and allow residual heat to continue to cook the mixture.
6. Spoon stuffing into squash cups and return to baking dish, this time with cut side up. Bake at 400 degrees for 25 to 35 minutes.

Make this dish the day of your party or a day in advance. Bake when you're ready! It is easy to double, triple or quadruple this recipe, so last-minute guests will not send you into a panic.



appetizers

Broccoli and Fresh Fennel Soup

Ingredients

1 large head broccoli, separating florets and stems
1 large onion, chopped
4 to 6 garlic cloves, chopped
1 tablespoon coconut oil or ghee
Feathery tops from 1 bulb fresh fennel
6 cups filtered water
1 teaspoon ground fennel seed, or more to taste
Celtic sea salt or Herbamare to taste
Scallions and parsley, finely chopped
Red bell pepper, thinly sliced

1. Peel broccoli stems and chop, discarding any woody pieces.
2. Sauté onion, garlic, and ground fennel seed in coconut oil or ghee in a stockpot. When onions are translucent, add broccoli stems and most of florets, reserving a handful of the smallest ones.
3. Add fennel tops and water and simmer until tender, about 20 minutes.
4. Purée mixture in blender or food processor for several minutes. Return to stockpot and add sea salt or Herbamare to taste.
5. Simmer 10 minutes and serve.
6. Garnish with reserved broccoli florets, parsley, scallions, and sliced red bell pepper strips.



appetizers

Roasted Thanksgiving Turkey

Ingredients

1 organic turkey

Organic butter, ghee, unrefined coconut oil or olive oil

1 tablespoon dried rosemary, crushed

1 tablespoon dried basil, crushed

1 tablespoon Celtic Sea Salt

1. Thaw turkey thoroughly in the refrigerator. This can take between 65 to 96 hours, depending upon the size of your turkey.
2. Preheat oven to 325 degrees.
3. Remove the neck and giblets from the turkey and rinse the entire turkey, inside and out. Pat dry with paper towels.
4. Place turkey breast side up in a shallow roasting pan. Add about an inch of water.
5. Rub the turkey with the butter, ghee, or oil.
6. Combine the sea salt, rosemary and basil and rub it inside the turkey cavity and either on or under the turkey skin.
7. Cover the pan and place the turkey in the oven. For an unstuffed turkey, cook for about 20 minutes per pound for an 8 to 10 pound turkey or 14 to 16 minutes per pound for larger turkeys. (For optimum safety, stuffing a turkey is not recommended.) Remove the cover during last 1 hour of cooking time.
8. At just over half the roasting time, baste the turkey with its own juices using a spoon or baster. Baste the turkey every 20 minutes until the last half hour of roasting time then baste every 10 minutes.
9. The turkey is done when the drumsticks move easily in their sockets and the juices from the thigh run clear. A meat thermometer can be very helpful and if you do use one, it should register 170 degrees in the thigh meat.
10. Let the turkey stand for 20 to 30 minutes before carving.



entrées

Harvest Grains Zucchini Boats

Ingredients

4 large zucchinis
1 cup quinoa, soaked for 8 hours and cooked
 $\frac{3}{4}$ cup millet, soaked for 8 hours and cooked
 $\frac{3}{4}$ amaranth, soaked for 8 hours and cooked
 $\frac{1}{4}$ cucumber, diced
1 red onion, minced
2 tablespoons lemon juice, freshly squeezed
2 tablespoons cilantro, chopped
2 tablespoons mint, chopped
1 tablespoon coconut oil or ghee
2 teaspoons ground cumin
Celtic sea salt, to taste

1. Preheat oven to 400 degrees.
2. Trim off top layer of each zucchini horizontally about $\frac{1}{4}$ inch. Gently scoop out the inner flesh and reserve.
3. Blanch and shock zucchini shells, set aside.
4. Combine reserved inner flesh of zucchini, quinoa, millet, amaranth, onion, lemon juice, herbs, coconut oil, and cumin in a bowl. Mix well and add salt to taste.
5. Fill zucchini shells with grain mixture so that they are slightly overflowing. Place them in a shallow baking pan.
6. Bake for 20 to 25 minutes, or until zucchini shells are tender and dish is hot all the way through.



entrées

Body Ecology Gravy

Ingredients

- 1 medium onion, thinly sliced
- 3 cups of shiitake mushrooms, thinly sliced
- 3 tablespoons coconut oil or ghee
- 2½ to 3 tablespoons amaranth flour
- 2 cups vegetable stock or filtered water
- ¼ teaspoon garlic, minced
- 1 teaspoon of Spice Hunter's many seasoning blends, such as Herbs de Provence or Deliciously Dill Celtic sea salt or Herbamare, to taste

1. Sauté onions and shiitake mushrooms slowly with 1 tablespoon of coconut oil or ghee in a small skillet until onions are just golden. Add garlic and cook for 1 minute. Remove mixture from skillet and set aside.
2. Heat the coconut oil or ghee in the same skillet and quickly stir in flour. Very slowly add vegetable stock or water, stirring constantly.
3. Add seasoning blend and return onions, mushrooms and garlic to skillet.
4. Add salt or Herbamare to taste.

This delicious recipe is greatly enhanced by the sautéed onions and shiitake mushrooms, which give the gravy that rich, umami taste!

Cranberry Sauce

Ingredients

- 8 ounces fresh cranberries
- 1 tablespoon lemon zest
- 2 cups filtered water
- ¼ teaspoon Body Ecology's stevia liquid concentrate
- 1 to 2 tablespoons vanilla extract
- ½ cup pecans or walnuts, soaked for at least 8 hours, coarsely chopped, then roasted in a dry skillet.

1. Bring cranberries to boil in a small saucepan. Cover and simmer until berries are slightly soft. Drain.
2. Add remaining ingredients to the cranberries, adjust sweetness as desired, and chill.

Dijon Roasted Brussels Sprouts

Ingredients

- ¼ cup coconut oil or ghee
- 2 tablespoons high quality organic Dijon mustard
- 2 tablespoons Lakanto sweetener
- 1 teaspoon wheat-free tamari
- 2 pounds Brussels sprouts, cored and quartered



1. Preheat oven to 400 degrees.
2. Whisk first four ingredients together in medium-size bowl. Add Brussels sprouts and toss to coat.
3. Spread sprouts evenly on a baking sheet and roast until cores are tender, approximately 25 minutes. Stir sprouts and rotate pan halfway through cooking time. Serve hot.

Garlicky Green Beans

Ingredients

- 2 pounds green beans, trimmed and cut in half
- 3 tablespoons olive oil, coconut oil or ghee
- 4 large garlic cloves, minced
- Celtic sea salt, to taste

1. Steam green beans. When tender, remove from heat, cover and set aside.
2. Melt olive oil, coconut oil or ghee in a sauté pan over medium-low heat. Sauté beans and garlic together and season with sea salt according to taste. Serve hot.

Roasted Garlic Mashed Cauliflower

Ingredients

1 large head of cauliflower
1 head of garlic
3 tablespoons ghee, organic butter, or coconut oil, divided
¼ teaspoon freshly ground or micro-planed nutmeg
Freshly ground black pepper
Celtic sea salt

1. Preheat oven to 350 degrees.
2. Slice off very top of garlic bulb to expose most of the individual cloves.
3. Put 1 tablespoon ghee, butter, or coconut oil on a square of parchment paper. Place garlic cut-side down on parchment , bring sides up, and twist to secure.
4. Roast garlic for 15 to 25 minutes. Set aside until cool enough to handle then slide individual cloves out of their skins.
5. Bring a couple of inches of water to a boil in a large stockpot with a steamer insert.
6. Cut cauliflower into medium-sized, uniform florets.
7. Place cauliflower in the stockpot and sprinkle well with salt.
8. Steam approximately 10 minutes, or until soft. Drain well.
9. Place cauliflower, remaining 2 tablespoons butter or oil, roasted garlic, freshly ground pepper, and nutmeg in a food processor. Process until smooth. Correct seasonings, if necessary.



side dishes

Fermented Vegetables: Green Cabbage, Kale, Onion, and Fennel

Ingredients

3 heads green cabbage, shredded, reserving 5 or 6 whole, large leaves.
1 large bunch kale, chopped by hand
1 large fennel bulb, shredded in food processor
1 large bunch fresh mint, coarsely chopped by hand
2 yellow or sweet onions, sliced thin or shredded in food processor
Microbial-enriched brine (recipe below)

1. Combine all cut or shredded veggies in a large mixing bowl.
2. Add brine (see below) to veggie mixture, mixing well.
3. Pack vegetables and brine into 1-quart wide-mouth Mason jars, leaving about 2 inches of space at the top so that veggies can expand. Push down on veggies as if you were attempting to push all the air out of the jar.
4. Roll up several reserved cabbage leaves into a tight "logs" and fit into the top of each jar to fill the space. Place lid on each jar. While fermenting, the vegetables should always be under the liquid brine. If you need to add more liquid to your shredded vegetables once they are packed into the jars just add a little more filtered water.
5. Let veggies sit for 7 days at room temperature (70 to 72 degrees). You can refrigerate the jars to slow down fermentation.

How to Make Microbial-Enriched Brine

3 red apples, chopped
2 teaspoons Celtic sea salt
1 teaspoon Body Ecology EcoBloom powder
1 packet of Body Ecology Culture Starter
Ancient Earth Minerals (contents of 6 capsules)
4 cups water

1. Put all the ingredients into a high-speed blender and blend well.
2. This recipe makes enough brine for approximately nine 1-quart jars of cultured vegetables.



Fermented vegetables will be safe to eat for up to one year but they will continue to become more and more sour. They also won't have as many live beneficial bacteria after about 2 months.

Chocolate Mousse

Ingredients

- 2 14-ounce cans coconut milk
- 1 cup Lakanto
- ½ cup agar flakes
- ½ cup unsweetened organic dark cocoa powder
- 2 teaspoons vanilla extract, alcohol-free
- 1 teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 1 tablespoon coconut oil
- 1 cup walnuts, soaked, chopped

1. Combine 2 cans coconut milk, Lakanto, agar flakes, dark cocoa powder, vanilla extract, cinnamon, and sea salt in a saucepan over medium-high heat. Bring to a boil.
2. Reduce the heat to medium-low and simmer for 15 minutes, stirring occasionally.
3. Pour the chocolate mixture into a 2-quart dish and stir in the coconut oil. Let cool at room temperature for 15 minutes. Refrigerate until set.

This delightful mousse is not only delicious, it's dairy-free! As a delicious variation, try adding dried orange peel in step 1.

Coconut Vanilla Pudding

Ingredients

- 1 16 ounce package of coconut meat, thawed or the meat from 3 young coconuts
- 1 tablespoon vanilla beans
- ½ cup Lakanto
- 3 ice cubes
- ½ cup coconut kefir

1. Process all ingredients in a blender until smooth.
2. Scoop into small serving dishes and serve cold.

Chocolate Chip Oatmeal Cookies

Ingredients

1 stick unsalted butter, softened
¾ cup Lakanto
1 teaspoon vanilla extract, alcohol-free
1½ cup amaranth flour (Stage 1) or rice flour (Stage 2)
½ teaspoon sea salt
1 teaspoon baking soda
¼ cup boiling water
2 cups gluten-free oats
6 ounces raw cacao nibs

1. Preheat oven to 350 degrees.
2. Beat butter, Lakanto, and vanilla extract with a wire whisk until light and fluffy.
3. Add flour and salt and mix well.
4. Dissolve baking soda in boiling water. Add to the mixture.
5. Stir in oats and cacao nibs.
6. Refrigerate for 15 minutes. Use a spoon to drop dough onto cookie sheets, 2 to 3 inches apart.
7. Bake on the middle oven rack for 10 to 15 minutes. Cool on racks. The cookies will be crunchy.

These delicious chocolate chip oatmeal cookies are naturally sweetened with Lakanto, making them sugar-free. They're easy to make and even easier to enjoy! However, flour products of any kind are not healing foods, nor are they healthy for your intestines. Therefore, please consider these Chocolate Chip Oatmeal Cookies a transitional food meant to be eaten only on rare occasions as a special treat. It's best to wait until your inner ecosystem has been well established and healthy. Drinking a few ounces of a probiotic liquid around the same time would be wise.



desserts

Green Tea Peppermint Iced Latte

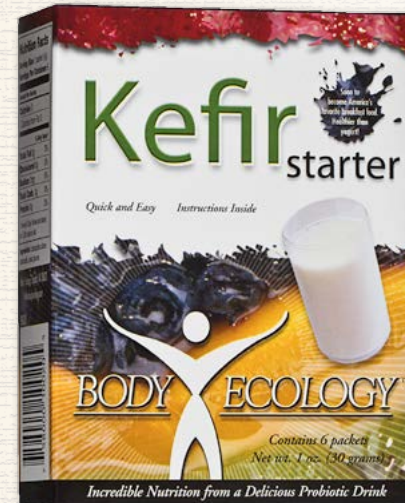
Ingredients

- 1 to 3 tablespoons homemade coconut yogurt (see below)
- 1 handful ice
- 1 cup of green tea, steeped, cooled
- 2 drops peppermint flavoring, or to taste
- 1 teaspoon non-GMO soy lecithin (optional)
- Stevia to taste

1. Make coconut yogurt:

- Carefully scoop out the meat of 2 to 4 young Thai coconuts.
- Place the coconut meat in a food processor or blender with enough coconut water or filtered water to create the consistency you desire.
- Transfer the mixture to a clean, sealable glass container and add either one Body Ecology Kefir Starter packet or a quarter cup of coconut water kefir you have already made.
- Store at room temperature for approximately 8 hours, or until slightly thickened and it no longer tastes sweet.

2. Process the coconut yogurt with the remaining ingredients in a blender and serve immediately.



beverages

Cinnamon “Horchata” Kefir Smoothie

Ingredients

1 cup cow's milk kefir (see below)
2 tablespoons tocotrienols
1 tablespoon + 1 teaspoon cinnamon
3 tablespoons Lakanto
1 serving non-denatured whey protein powder
1 teaspoon vanilla flavoring of ground vanilla bean or 1 teaspoon almond flavoring
1 teaspoon chia seeds
Pinch of fresh nutmeg
1 cup ice
Stevia to taste

1. Make cow's milk kefir:

- Pour 1 quart of (ideally raw and whole) cow's milk into a clean, sealable glass container and allow it to come to room temperature, or slightly warmer. You can use a saucepan (watched carefully!) hot water, a dehydrator, or heating pad to warm the milk - just check it regularly to ensure it doesn't get above the 90's - 92' F is ideal.
- Add one packet of Body Ecology Kefir Starter to the milk, mix and seal the jar. Keep the kefir at room temperature (72 to 75 degrees) and out of sunlight until it is fermented (approximately 18 to 24 hours). The kefir is ready to use when it tastes tangy and not sweet.

2. Place all ingredients in a blender and process until smooth. Serve immediately.



beverages



Donna Gates, M.Ed., ABAHP, is the international best-selling author of *The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity*, *The Body Ecology Guide to Growing Younger: Anti-Aging Wisdom for Every Generation*, and *Stevia: Cooking with Nature's Calorie-Free Sweetener*. An Advanced Fellow with the American Academy of Anti-Aging Medicine, she is on a mission to change the way the world eats. The Body Ecology Diet was the first of its kind—sugar-free, gluten-free, casein-free, and probiotic rich. In 1994, Donna introduced the natural sweetener stevia to the U.S., began teaching about fermented foods, and coined the phrase “inner ecosystem” to describe the network of microbes that maintains our basic physiological processes—from digestion to immunity. Over the past 25 years, Donna has become one of the most respected authorities in the field of digestive health, diet, and nutrition.

Coming Soon - The first Body Ecology Cookbook!

We are so excited to announce that the first BE cookbook will be launching soon and we want to give our community the first chance to order it.

The Body Ecology Living Cookbook, Deliciously Healing Foods For a Happier Healthier World

- Over 250 delicious recipes for optimal health created by Donna Gates
- Body Ecology's top cooking tips
- How to apply the 7 BE principles to every meal you eat

Go to www.bodyecology.com/cookbook to be notified when the pre-order window is open!

