

Comfort Food for Healthy People

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Instead of diet soda, please drink:

Sparkling Cranberry Soda

Ingredients:

1-2 ounces unsweetened organic cranberry juice

Stevia to taste

Sparkling mineral water from a glass bottle, such as Apollinaris or Perrier

Lemonade

Ingredients:

1-2 ounces lemon juice

Stevia to taste

Filtered water OR sparkling mineral water from a glass bottle

Directions:

Juice a bag of organic lemons. Wash the lemons, cut the ends off but include the peels as you juice the lemons. Reserve the juice in the refrigerator. When you are ready to make your lemonade, pour the lemon juice in a glass, add stevia to taste and top off with your choice of flat or sparkling water.

Why these choices are healthy:

Avoid aspartame, a neurotoxin. Cranberry juice supports your kidneys. Lemon juice detoxifies the liver.

Instead of ice cream, please make:

Frozen Fruit Sorbet

Ingredients:

8 ounces goat yogurt

Stevia to taste

1 bag of 12-16 ounces frozen organic berries

Directions:

In a blender, put mix to the consistency of soft ice cream.

Why this is healthy: Cow's milk is one of the most common food sensitivities.

Instead of pudding, please make:

Fun and Healthy Chocolate Fondue

Ingredients:

- 3 ripe avocados
- 7 ½ tablespoons Dagoba unsweetened organic chocolate powder
- ½ cup agave
- Pinch of sea salt
- Dash of cinnamon
- Fresh fruit: Bananas, apples, fresh strawberries, etc.

Directions:

Peel the ripe avocados and mash them in a Cuisinart. Add chocolate powder, sea salt and cinnamon. Add agave and adjust the amount for sweetness. Keep whipping in your Cuisinart until creamy.

Refrigerate.

When ready to serve, slice fruits into a bowl and place the chocolate pudding in the center of a table. Hand all your guests a fork. Dip fresh fruit into gluten-free, dairy-free pudding.

What's so healthy about this fondue?

- Safe for people with food sensitivities. Most puddings are made from the top four food sensitivities - gluten, cornstarch, cow's milk and/or eggs. This recipe is free of all common food sensitivities.
- Avocados. Avocados are loaded with oleic acid, a monounsaturated fat that may help to lower cholesterol. They are also a good source of potassium, which helps to lower blood pressure, as well as folate and B6, which helps promote serotonin production.
- A dessert that tastes so good that nobody will complain that it's too healthy. Ask your guests to guess the ingredients.
- A healthy sweetener. Agave is a syrup extracted from the cactus. It has almost no impact on blood sugar. It scores only 55 on the glycemic index. Compare this to honey (35 to 64 on the GI index) or table sugar (60 to 65) or pure maple syrup (54). Its sweetness comes from a complex form of fructose called inulin. Agave is 50 percent sweeter than table sugar, so less is needed.
- Healthy chocolate. I admit I fell for Dagoba Unsweetened Hot Chocolate a long time ago. Its 100 percent cacao powder and 100 percent organic, so you get all the antioxidants of dark chocolate without the junk associated with traditional processed varieties. Cacao is loaded with vitamins B1, B2 and D as well as magnesium and iron.

Instead of pies, please make:

Raw Food Berry Pie

By Catherine Carrigan



Many people think that "healthy eating" equals "boring."

Including a few raw food desserts in your diet is a great way to satisfy your Inner Child. This is the part of you that would rather be eating chocolate, ice cream and cookies and that begins to feel deprived if you don't learn how to nurture yourself.

The Inner Child becomes the Inner Brat if you become too strict. The Inner Brat is the part of you that will hold a temper tantrum and overeat if you don't vary your diet and don't include emotionally-rewarding treats that also happen to be healthy.

I have found that my clients are most successful with their weight loss programs when they learn how to nurture themselves in many ways - with exercise that feels good and with foods that satisfy them emotionally as well as nutritionally.

I am proud to say this is my creation. As you practice more healthy cooking, you can create new recipes too! Notice how I have included ingredients that I know will make me healthier. Without wheat or dairy, you can eat this pie and feel very satisfied without being bloated.

Crust

- 2 cups Brazil nuts
- 2 cups coconut dates

I think of Brazil nuts as great food for the brain. Brazil nuts are an excellent source of the mineral selenium and a good source of magnesium as well as B6, which is good for raising serotonin levels in the brain. I buy coconut dates at Life Grocery in Marietta — the dates are very soft and rolled in coconut.

Remember to soak the Brazil nuts for 12 hours in water. Rinse a few times. After 12 hours, drain the water off and slow roast the nuts at the lowest possible temperature in

Catherine's Raw Food Peach Pie

By Catherine Carrigan



Growing up in the state of Georgia, I of course love peaches. I found fresh peaches from Chile at our local Whole Foods this past week, and thought our listeners might enjoy this recipe.

Crust:

- 1 cup organic cashews
- 1 cup of organic walnuts
- 2 cups coconut dates – soft dates that have been rolled in coconut

Walnuts are great brain food – loaded with healthy fats for your brain. Soak the walnuts for 12 hours in water. Rinse a few times. After 12 hours, drain the water off and slow roast the nuts at the lowest possible temperature in your oven for another 12 hours. Soaking and then slow roasting your nuts helps the body digest them more easily — plus they taste even more delicious that way.

I slow roast many varieties of nuts and keep them on hand in jars in my kitchen for use in my raw food desserts and snacking.

Put the nuts in your food processor and chop until fine. Add the coconut dates gradually until the dough sticks together.

Hint: This pie is so good I almost always make in individual serving containers, like Tupperware, so nobody in our household gets carried away. Press the soft crust into the bottom of your container. Refrigerate while making the topping.

Middle layer

- 8 ounces dried cranberries
- 2-3 fresh peaches

Cranberries are one of the best sources of natural antioxidants and are great for the kidneys, which are more stressed during the middle of winter.

Instead of cake, please make:
Raw Food Carrot Cake

Catherine Carrigan's Raw Food Carrot Cake



In honor of our Natural Vision issue, I'm sharing my recipe for a really delicious way to include the great eye food carrots in your diet. Nobody complains about giving up wheat or dairy when they tuck into this confection! This is the cake Henry Edmunds asks for on his birthday. Choose all organic ingredients.

Crust:

- 1 cup sunflower seeds
- 1 cup almonds
- 2 cups raisins

How to make the crust

Put nuts in food processor. Chop. Add raisins until the crust sticks together. Pat in the bottom of individual containers - I make this in individual Tupperware - or in a large flat ceramic dish.

Carrot Cake Layer

- 6 large carrots, peeled
- 3 ounces dried pineapple
- 2 tablespoons cinnamon powder

If you can't find dried pineapple at your health food store, you can order it directly from www.justtomatoes.com This comes in a small tub for about \$6. Peel and wash the carrots, chop in food processor. Then add dried pineapple and cinnamon. Spread the carrot cake layer on top of the crust.

Icing Layer:

- 2 cups pine nuts
- 1 cup lemon juice
- 2 cups coconut dates

Pine nuts make this icing fluffy! Ahead of time, juice a bag of organic lemons in your juicer. Do not peel the lemons - pectin is good for your liver. Simply wash the lemons,

Instead of coffee, boost your energy with fresh juices:

Beginner Juice

Apple, Celery and Cucumber

Start with this basic juice. Make sure half your glass is filled with apple juice to cover up the taste of the vegetables. Every day, add one leaf of kale to your mixture. Gradually add other healthy vegetables in season, including spinach, golden beets, Swiss chard, as well as experimenting with other fruits, such as cantaloupe, pears or watermelon.

I am a big fan of juicing – let me make that perfectly clear!

Juicing is A-plus health behavior. Although many will hear about juicing, the few who are willing to actually do it get to enjoy:

- Increased energy
- Gorgeous skin
- The many benefits of live enzymes
- Better digestion
- Detoxification
- Lowered cholesterol
- Reduced inflammation
- Weight loss

If you decide to juice, definitely make your own – do not bother buying bottled – or God forbid – canned juices. Your cells will be so happy to receive food with the highest amount of life energy available!

There are many fancy juicers on the market. The one I recommend – the Jack Lalanne Juicer – is inexpensive and from an old-time fitness expert, the guy who swam the English Channel tugging a barge behind him.

I like his juicer because it's easy – it has a wide mouth so you don't have to spend the majority of your day chopping your vegetables into little pieces, plus you can put it in the dishwasher when you are done so you don't spend what's left of your day washing each little part.

Many people complain they don't have time to juice – you do!

When clients complain about not having time to do the job, I simply take them up to my kitchen and whip up a delicious glass of juice in about 2 minutes.

There are many recipes and many books about juicing, but the general thought is simple. Half your glass should taste good. The other half should be good for you.

So, for example, half your glass could be fresh organic apple or pear or pineapple juice.

The fruit juice will cover up the taste of the sharper vegetables like spinach or kale.

My favorite juice is celery, apple and parsley.

I always feel great when I juice, and those of you who are following our Total Fitness eating plans will note that when you juice for breakfast, you only need to add a protein and a healthy fat – your juice supplies your vegetables and healthy carbohydrates.

One of my favorite breakfasts is organic turkey sausages and a glass of fresh celery, parsley and apple juice. When I eat this for breakfast, I am not hungry for a very long time and I have tons of energy!

