

THE

Conscious EAT

HEALTHY COOKING & LIFETIME RECI-PEACE

Excerpt

Not for resale

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DIANE FRIEDBERG

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Roasted Root Vegetables with Brussel Sprouts

The benefits of root vegetables are invaluable. These colorful friends can help reduce your cancer risk, provide your folate, help you absorb more iron, increase your exercise stamina, and help boost your beta-carotene. Brussels sprouts, on the other hand, are a cruciferous vegetable that are high in protein, have the possibility of decreasing the risk of obesity, diabetes, heart disease, and improving overall mortality.

for 6 servings

1 medium red beet, peeled and cut into chunks	1/2 lb. whole fresh brussels sprouts (sliced in half from base to top)
1 medium sweet potato, peeled and cut into chunks	1/3 cup olive or coconut oil
1 medium turnip, cut into chunks (peeling optional)	2 tsp of your favorite herb mix, or rosemary, or curry powder
1 medium rutabaga, cut into chunks (peeling optional)	

1. Thank the earth for providing such bounty.
2. Preheat oven to 375°F.
3. Place all prepared vegetables in a large bowl and mix thoroughly with oil and herb of choice.
4. Cover a large baking sheet with parchment paper. Arrange vegetables on the pan.
5. Roast in oven on the lowest rack for 25 minutes or until fork tender.
6. Serve.

Polenta with Pine Nuts and Raisins

Polenta, or corn grits as they are also known, makes a nice light meal or snack and is quite easy to prepare. A favorite in Italy and in other countries across Europe, Asia and Africa, polenta is prepared from yellow or white corn and is sold in markets as fine or coarsely ground cornmeal. It is a complex non-glutenous carb with fiber and a small amount of protein and fat per serving. It has a good compliment of trace minerals including copper, zinc, magnesium, iron, potassium, and manganese. Flexible and adaptable, polenta can be prepared many different ways and with or without a sweet touch. It's perfect for creamy porridge-type dishes or formed into a round patty to compliment other foods. Polenta has yin, or light energy properties, to help relax and cool the body.

Note: For the best results, polenta needs a minimum 4:1 ratio of water to polenta.

for 2-4 servings

6 cups purified water

1 tbsp dried cranberries

1 tbsp of pine nuts

1 tsp non-dairy buttery spread

1 cup grits

1/2 tsp sea salt

1. Breathe deeply and have a moment of thanks for the balance of all ingredients.
2. In a 3 or 4-quart saucepan bring water, cranberries, pine nuts, and buttery spread to a slow boil for 6-10 minutes.
3. Slowly add the grits to the boil and then lower the fire with a smooth and constant stir.
4. Keep on low flame for another 2 minutes and then stir in salt. May add more water if desired for perfect consistency.
5. Remove from heat and serve.



Happy Morning Tea (or Anytime)

The ingredients in this tea are designed to give you energy throughout the day. Raisins have natural iron, oleanolic acid (reduces bacteria in mouth), selenium, calcium, potassium, fiber and several B vitamins. Apples are rich in pectin fibers (prebiotic to help intestinal bacteria), manganese, potassium, and quercetin (a polyphenol to help alleviate allergy and asthma conditions). Ginger has gingerol, magnesium, calcium and multiple minerals and vitamins that help with nausea and inflammation. Cultivated in Asia, Africa and also here in our country, Tulsi is a very beneficial tea. It is known as an adaptogenic, which means it helps you in stressful situations. It can reduce cortisol (stress hormone) levels to allow for a calmer, more stable mind & body. In addition, Tulsi contains immune-boosting eugenol, rosamrinic acid, ursolic acid, and carvacol along with magnesium, potassium and other minerals that help with infections, stress, headaches, anxiety, fever, and congestion. The dried leaves are even used as an insect repellent! No wonder it also known as *holy basil!*

You can choose to combine any one or more of the fruits and spices in this tea in a variety of ways to achieve your optimal flavor and balance. Carry the tea in your favorite stainless steel or glass container that will keep it hot/warm in your travels.

for 2-4 servings

4-6 cups of purified water in a saucepan
or tea pot

2 tbsp of organic raisins

4-6 slices of apple (most varieties are just
fine)

4-6 thin slices of ginger

3-4 Tulsi (also known as holy basil) tea
bags or 1 tbsp dry leaves in a tea ball

1. Be thankful to and for the waters of the planet that are here to quench and hydrate our bodies.
2. Put the water on medium flame and gently add one ingredient at a time as the water is heating. Let the apples and raisins stew for about 10 minutes.
3. Add the tulsi after the other ingredients have cooked.
4. Cover and brew for another 10-12 minutes.
5. Turn off the heat, then let sit for at least 5 minutes.
6. Drink as is without any added sweetener.
7. Set aside and recycle/reuse the raisin, apple and ginger ingredients later in the day or refrigerate them and use again on the following day. You may need to add a new helping of the tulsi for another brewing.

Note: you may also use twig tea or other non-caffeine types of teas. Caffeine is too strong on adrenal glands and overpowering to heart and blood vessels



Chew Bars of Peace

For a lift of energy, try this blend of hearty flavors with quality nutritive foods that work well together. The antioxidants in these ingredients have this snack scoring high on the nutrition scale. Apricots are a good source of vitamin C, D, and minerals. Raisins have iron. Pumpkin seeds are rich in zinc, iron, calcium, and protein. Oats are another source of protein, fiber, and fatty acids. Cinnamon and ginger both add energy and healthy trace elements. The syrup has also some trace minerals. The salt balances the grain.

These bars can be wrapped in parchment or placed in a small container for on-the-go snacks or kids' lunchboxes.

for 4-6 servings

1/2 cup brown rice syrup	1 cup whole oats
1/2 cup apricots, sliced	1/4 tsp cinnamon
1/2 cup raisins	1/4 tsp of ginger
1/4 cup pumpkin seeds	pinch of sea salt

1. Give a moment of thanks for this nutrition powerhouse.
2. Heat the syrup in a quart saucepan on a low flame for 1 minute.
3. Add other ingredients to pan and stir, cooking for another 3 minutes.
4. Remove from heat and transfer the mix to a small glass or earthenware pan with a spatula or large spoon.
5. Press the ingredients into the pan with your hands. You can also use unbleached parchment paper to press and cover. Flatten evenly.
6. Refrigerate for a minimum of 1 hour minimum.
7. Remove and cut into pieces, in whatever size you desire.

