



Autumn is a Time of Change

As we move through the seasons from warm summer days to the colder winter months, we have to readjust how we take care of ourselves. From changing what we wear to what we are eating, we always want to be healthy and we need to make adjustments towards that goal.

Click here to see how we can do this.

Here at Hallelujah Diet Canada we have always encouraged you to eat mostly raw whole foods. We get the best nutrition from our raw whole food when we juice it and we suggest you have 3-8 servings of juice every day for optimal health.

In Autumn we are into the changing colder weather so it is wise to add some good cooked comfort food made directly from scratch using whole foods. Never buy pre-made packaged food.

SPECIAL COMFORT FOODS: Cooked food is comfort food but let's make sure these foods are made from our fresh vegetables, fruits, nut, seeds and legumes. Remember the cooked portion of our daily food should only be about 15% of your daily allotment of food. My cooked food is usually a soup or stew. Always start your meal with a Large Raw Salad — this will give you a good beginning for your evening meal.

Cooked Soups & Stews:

A bowl of hot soup is great on a cold fall or winter day! Because you are going to cook these soups it is okay to use organic canned goods or frozen vegetables, but it is even better if you use whatever you have from the fresh produce section.

I use a slow cooker to make my soups so that I can leave them simmering while I go about my day. I start most of my soups the same way, with the basic base ingredients simmering in water on high until tender. Then I add your other vegetables cover with water, taste and re-season, simmer on low for the rest of the day. You can also make them in a saucepan and let it simmer while you eat the salad portion of your evening meal.

Healthy Substitutes when Baking:

Replace - regular milk with Coconut Milk in the same amounts

Replace - 1 egg with ¼ cup apple sauce in most recipes

Replace - shortening or butter with Coconut Oil or Grape Seed Oil

Replace – sugar with agave, honey or maple syrup (use ½ of sugar called for)

Replace - the flour with ½ unbleached flour & ½ whole wheat flour

Basic Recipe for Soups and Stews:

I always start with these basic ingredients to make a good tasting base:

Onions – add great flavour and also contain quercetin, a potent antioxidant, and sulfur compounds

that lower cholesterol, and adenosine which hinders clot formation

Garlic – for great taste, also is known for boosting the immune system, lowering cholesterol and blood pressure, and kills bacteria

Celery – for the natural sodium, acts as a natural tranquilizer, and replaces lost electrolytes

Season with sea salt, cayenne, herbs and spices

See the recipes below to get you started

Mushroom Soup

Recipe: serves two

In a saucepan sauté the following in a small amount of water until tender:

- 2 tbsp coconut oil
- ¼ cup of each: chopped celery & onion
- 2 cloves of garlic (finely chopped)
- 1 cup sliced mushrooms
- 1 handful fresh basil (or 1 tsp dried)

Add the following and continue cooking:

- 2 tbsp coconut flour (stir in to make a paste)
- 1-2 cups coconut milk
- 1 tbsp of each: organic mustard & maple syrup
- 2 tsp naturally fermented soya sauce
- Sea salt to taste

You may need to add some water as it is cooking.

Cook on medium heat for 20-30 minutes until everything is

tender (see smaller top picture). If you want to cream this soup let it cool for 10 minutes then put in your blender and process for just a few seconds to get the creaminess you desire. Garnished here with a dollop of my Basil Pesto (pictured above) Serve with a large salad and some Polenta triangles and Pesto Basil Dip (see recipe below).



Cauliflower Soup

Step 1: Basic Recipe for Soups and Stews

Put the following in your sauce pan and simmer until tender (about 10 minutes):

- ¼ cup onion finely chopped
- 1-2 cloves garlic finely chopped or minced
- ½ cup celery finely diced
- ½ cup water
- Season with sea salt and cayenne pepper (optional)

Step 2: Add the cooked cauliflower and the following ingredients

- 1-2 cups cooked cauliflower (if frozen let thaw first)
- ¼ cup frozen corn (thawed)
- 2 tbsp coconut oil (let melt)
- 1-2 tsp dried basil & sea salt to taste
- 2 tbsp flour (sprinkle over everything and stir just slightly)

Step 3: Add 1 cup coconut milk and simmer until it thickens slightly

Step 4: Serve as a chunky soup or put in your blender and blend to make a creamed soup
Garnish with some corn

