

Healthy Vegan Recipes with a 90 Day Journal from Judy's Kitchen



Table of Contents – this book will contain the following pages:

- How to use this book – instructions so you can follow the Hallelujah Diet with the recipes and keep track of the results
- A Day with Judy giving you details of how she does this and info about the H!Diet Products
- What are the Best Foods to Eat (2 pages) along with A Daily Menu (2 pages)
- Nutrition 101 – whole foods explained and the Mineral & Vitamin Charts so you see what is found in our food
- 90-day Journal which includes 3 Monthly pages, 15 Weekly planning pages, 3 Menu planning pages (These pages are for you to use to journal your experiences during the 90 day program)
- 6 Articles (including: Journaling, Dealing with Family, Environment issues, Exercise, Seasons of Life, Living Green)
- Recipes from Judy's Kitchen: juices, smoothies, appetizers, salads, soups, desserts
- 3 Grocery Lists and 3 more Menu Planning pages
- Index of Recipes and Did You Know points

The advantages of planning are obvious:

- Having the right food makes it possible to prepare healthy recipes
- By planning you eliminate buying too much food and wasting it
- If you have the food on hand you will not be tempted to eat out
- When you are making dehydrated foods it is best to make large amounts because they will last for long periods and once you get out the dehydrator you might as well make more - remember by drying them longer they can be stored for longer periods
- Plan the recipes you want from your books or the website – then plan what you need to buy or what you have in your pantry
- Plan what you need to do for the month ahead and then plan something that is just for you to do as a reward
- Then at the end of each month record what has worked for you and what you still need to do

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In the recipe section we have recipes for healthy Beverages (Juices or smoothies); Breakfast foods; Appetizers and Raw soups; Salads for Lunch and Suppers, Snacks or desserts and last healthy Cooked comfort food. Here are samples from each section.

Melon Smoothies: One of the easiest smoothies you can make is with melons – all you need to do is put pieces of any one melon or different melons into a blender and blend until you have a liquid.

My Melon recipe: serves 2

Put the following in your blender and blend on high:

- 1 cup of each melon cut into cubes: watermelon, cantaloupe & honeydew
- 2-4 leaves of fresh mint (or 1 tsp dried)



Lemon Ginger Granola:

Soaked your nuts and seeds overnight (or for 8 hours)

In a large bowl add the following;

- 1 cup of each: chopped nuts (almonds, hazelnut, pecans)
- ½ cup of each seed: sunflower and pumpkin
- 1 cup unsweetened coconut
- 2 tbsp. maple syrup
- 1 tsp. ginger powder or 1" ginger root finely chopped
- 2 tbsp. lemon zest
- 2 tbsp. lemon juice

Mix well then spread evenly on a Paraflex lined tray for your Dehydrator (or use parchment paper). Put in your Dehydrator for 6-8 hours at 105F. During this time stir the mixture so it will evenly dry. Once the granola is dried put it in a sealed container in the fridge for 1-2 weeks.

Watermelon Ginger Raw Soup:

Preparation time: 15 minutes

Serving size: serves 3-4 people

Ingredients:

- Watermelon – Tomatoes – Ginger

Method: Put the following into each soup bowl:

- ¼ cup cubed watermelon (bite sized)

Put the following ingredients into your blender and blend on high:

- 2 ripe tomatoes (diced)
- 2-3 cups watermelon (cubed)
- 1 tbsp. finely chopped fresh ginger root

Pour this tomato/watermelon mixture into each soup bowl to cover the diced watermelon.

Chill until ready to serve. This is best made the same day, not too far in advance.





Yam/Corn Crunch Salad

The Salad: serves 2

Yam curls: you will need a spiral cutter to make these. Take 1 medium sized yam peeled, place in the Spirooli and turn until you have 2 cups of spiralled curls.

Place these in a bowl of cool water and let soak until ready to use.

In a large bowl put the following:

- ¾ cup fresh pineapple cubed (bite sized)
- ½ cup celery (thinly sliced)
- ½ cup organic frozen corn (thawed) or the corn from 2 cobs
- ¼ cup flaked coconut (unsweetened)
- 2 tbsp sesame seeds
- ½ cup fresh cilantro (chopped)
- 2 cups yam curls (drained)

Toss with the following dressing

The Dressing: makes 1 cup

Blend the following in a blender until smooth and add to salad above:

- ½ pomegranate juiced (try using a citrus juicer to get the juice easily)
- ½ orange (peeled and diced)
- ¼ tsp of each powdered spice: cinnamon, nutmeg, cloves
- ¼ cup coconut oil
- 1 tsp water (adjust so the dressing is liquid enough)

Garnish with chopped chives just before serving.

Lemon or Key Lime Pudding:

Place the following ingredients in your food processor and blend until smooth

- 2 ripe avocados (peeled)
- 2 bananas peeled
- ½ cup fresh lemon or lime juice (2-3 lemons or 3-5 limes)
- 1 tbsp. zest from lemons/limes
- ¼ cup agave syrup

Blend until smooth, pour into piecrust and put in fridge for at least 1 hour before serving

Serving suggestions: serve in dessert bowls or parfait glasses as in the picture, Just layer the pudding then the granola from above or you can make an almond/date crust and fill it with the pudding to make a cream pie.



Stuffed Vegetables

Preparation time: rice 30 minutes; stuffing another 15 minutes

Serving size: makes enough stuffing for 4-6 servings

Ingredients: Basmati brown rice, nuts, sunflower seeds, celery, onion, rosemary, tomatoes, bell peppers, zucchini

Method: This can be used in many recipes, some of which I have listed for you below.

Steam the rice. (I use a mixture of Brown Basmati and Wild Rice.)

Here's an easy recipe for making your rice:

Steamed Rice:

- 1 cup rice
- 2 ¼ cups distilled water
- ½ tsp. sea salt

Bring the water and salt to a boil, add the rice then turn heat down to a slow simmer, cover and leave for 20-25 minutes.

Rinse the rice when it is cooked and put aside.

Stuffing: In a large bowl add the following:

- 2 cups cooked rice
- ½ cup chopped nuts (walnuts or pecans)
- ½ cup sunflower seeds
- ½ cup of each: chopped celery, onion & red pepper
- 1 tsp. ground rosemary

Mix well and use as stuffing in a variety of vegetables.

Other Serving suggestions:.

Stuffed Tomatoes:

Take small round tomatoes and hollow out the center.

Sprinkle each tomato with sea salt and garlic to taste.

Stuff each tomato with the Rice Stuffing - these can be baked at 350F or served raw.

Stuffed Peppers:

With a sharp knife carefully slice around the top of each small pepper, twist & pull off the top. This will allow you to take out the seeds (use the bit of pepper that you sliced off to put in the stuffing). Stuff each pepper with the Rice Stuffing and serve raw.

Or you can put each pepper in a shallow pan cover with tomato sauce and cook in a 350F oven for 40 minutes (or until peppers are tender) Serve hot!

Stuffed Zucchini:

Slice each zucchini in half lengthwise and hollow out the seeds (throw this out, if the seeds are large. Otherwise put it into the stuffing).

Stuff each half with the Rice Stuffing - put them into a shallow pan cover with tomato sauce and cook in a 350F oven for 40 minutes (or until zucchini is tender). Serve hot!

