



Lentil and Brown Rice Soup

3 tbs. chicken-like-seasoning
 4 cups water
 3/4 cup lentils
 1/2 cup uncooked brown rice
 1 medium carrot, coarsely chopped
 1 large celery stalk, coarsely chopped
 1/2 tsp. basil leaves
 1/2 tsp. oregano
 1/4 tsp. thyme leaves
 1 tbs. parsley
 1 tbs. lemon juice

In a large saucepan, combine all ingredients except parsley and lemon juice. Bring to a boil, then simmer covered, stirring occasionally, 45 minutes or until lentils and rice are tender. Stir in remaining ingredients.

Makes about 3 (2 cup) servings.



Carob Mint Pie

1 1/2 lbs. tofu (soft or firm)
 1/2 cup honey
 1/2 sifted carob powder
 2 tsp. vanilla
 1/2 tsp. cardamon
 1 drop peppermint oil

Blend all ingredients until very smooth. Pour into an unbaked pie shell and bake on 425F for about 15 minutes. Remove from oven and sprinkle with chopped nuts and coconut shreds. Return to the oven until lightly brown. Chill and serve.



Flu, Fevers, Inflammation

1 ounce Peppermint leaves
 1 ounce Elder Flowers

Preparation: Place an appropriate vessel and pour 1/2 pint of boiling water over the herb; cover tightly and keep warm on the stove for 15 minutes; strain and cover immediately and keep warm.

Suggested Use: 1 teacupful every 30-45 minutes until perspiration takes place, then 2 tablespoonfuls every 1 to 2 hours.

This tea taken hot helps to break down congestions, equalize circulation, and restore a functional equilibrium. If you begin to sweat, sponge the body off in the morning.



Tooth Powder

1/4 oz. horsetail (shavegrass)
 1/8 oz. white oak bark pwd.
 1/8 oz. yucca root pwd.
 1/8 oz. myrrh leaf
 1/4 oz. peppermint leaf or anise seed for flavor.

Sift individually into a bowl. Mix together then sift into a bottle and store.

Recipes

Many wonderful things can be said about cooking with herbs. Medicinal herbs as well as culinary herbs are found in most food recipes today.

Herbs are food and they were originally designed to be eaten with meals, or added to cooked dishes to add flavor.

However, most people have failed to recognize the role the seasonings they are cooking with play upon the digestive system and health in general.

Only when herbs are used medicinally, in the form of medicine do most people come to learn or understand their real health potential.

Perhaps when you cook the next meal for your family, you will discover a few of the secret benefits the herbs in your kitchen cabinet hold besides their wonderful aroma that fills your entire home.

Happy cooking!



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