

Richmond CHIP Alumni Meeting Newsletter

Date: May 16th, 2006

Location: Richmond SDA Church

The May 16 alumni meeting fell on a lovely warm evening. It was well attended by Richmond Chippers. The group watched a video lecture by Dr. Caldwell Essylstyn that was taped at the Veggie Expo in 2003. Based on his many years as a surgeon and on his numerous research studies, Dr. Essylstyn made a very strong case for eliminating fat from the diet. He recommended not using oil at all, even "good" oils, because his research showed that even good oils, such as olive oil, still contribute to the formulation of plaques in the arteries.

Branka demonstrated how to make a delicious breakfast muesli. It was extremely flavorful because it was full of assorted fresh fruits. Branka also showed us how to make a fruit crepe (using rice or wheat flour) that could be served for breakfast or as a dessert. The crepes were topped with a delicate pear cream. These delicious recipes are available on the website.

Be sure to come to the CHIP alumni meeting in June because Branka will be showing us how to make stuffed peppers. This will be the last alumni meeting until the fall; there are no CHIP meetings scheduled for July and August.

