

MUESLI

- 1 ½ cup old fashioned oatmeal
- 1 cup pineapple juice
- ¾ cup canned coconut light milk
- 1 banana
- 2 Tbs. honey (optional)
- 1 cup currants
- 4 cups diced fresh fruits (apples, peaches, berries, grapes, bananas, pears, or oranges)
- 1 cup raw or toasted nut pieces (slivered almonds goes nicely)

Dextrinize oats by placing them in a dry pan over medium-high heat and stirring until just beginning to lightly brown.

Blend pineapple juice, coconut milk, banana, and honey until smooth. Add to oats and let sit overnight in refrigerator.

In the morning add as desired: currants or raisings, sliced fruits and nuts. Serve cold or room temperature.

Ps. I usually blend juice from canned pineapple with some chunks as well and some chunks I leave to add in the morning.

TENDER CREPES

- 8 oz tofu
- 3 cups water
- 2 cups brown rice flour (you can use w. w. flour)
- ¼ cup raw cashews
- 1 Tbsp. apple juice conc.
- ½ tsp salt

1. Blend all ingredients in blender until smooth.
2. Pour ¼ cup portions onto a pre-heated non-stick griddle. Or pour in 1 cup portions for large crepes, spreading the batter into a 10 inch circle with the bottom of the dipper.

Hint: Although you may think the batter is too thick for crepes, don't be tempted to thin it with more water, because the result will be gummy crepes that won't cook through.

3. Cook until well browned on the bottom and dry on the top.

Hint: Slip a spatula around the sides to loosen, and then slip under to turn. Make several ahead and keep warm in the oven before serving so they won't disappear faster than they can be made.

THICKENED FRUIT

4 cups Frozen Fruit
2 Tbsp Honey
1 cup Water
3 Tbsp Cornstarch

Place frozen fruits in a pot with honey over high heat until just beginning to boil.
Remove from heat.

Be careful not to overcook, especially with blueberries or raspberries.

Slowly stir in the dissolved cornstarch until it thickens.

Return to heat and stir until it just starts to boil.

CREAMED PEARS

1 cup Cashew
1 tsp Vanilla
1 Tbsp Honey
2 -14 oz cans of Pears unsweetened

Place all ingredients in a blender and blend it until smooth.