

*Caroline
Sutherland's
Five Favorite
Recipes*



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Yummy Turkey Meatballs

Ingredients

- 1 lb ground turkey
- 1 tbsp soy sauce or Braggs Aminos (health food store item)
- 2 stalks celery – finely chopped
- 1 carrot – finely chopped
- 1 tsp Spike herbal seasoning (health food store item)

Instructions

Combine chopped celery and carrot and saute' until soft in 2 tbsp olive oil. Add Spike, mix well and set aside.

Mix Braggs Aminos or soy sauce with ground turkey, add cooked celery and carrots.

Combine mixture and form into balls. Fry in olive oil until golden brown. Serve for dinner with a crisp green salad.

Great for breakfast or any meal. Serve as a hot or cold snack. They freeze well and kids love them.

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Coconut Almond Flour Cookies

Adapted from a recipe "Monster Cookies" by Elaine Gottschall from her book Breaking the Vicious Cycle – Intestinal Health Through Diet

Ingredients

- 5 cups of almond flour – available at health food stores – or make your own by blending almonds in a food processor until they form a dry meal.
- 1/2 cup dried cranberries
- 1 cup walnut pieces
- 1 cup fine flake unsweetened coconut
- 1/2 cup melted butter
- 1/3 cup honey*
- 2 beaten eggs
- 1 tsp baking soda
- 1/8 tsp salt

Instructions

Mix all ingredients.

Drop by large tablespoonfuls onto a greased baking sheet. Press flat with a buttered fork which prevents sticking.

Bake at 325 degrees until golden brown (15 – 20 minutes) Makes 3 dozen.

- If you are working on Candida yeast control, do not get excessive with honey or dried fruit. But a small amount of honey and a few raisins/cranberries are not going to significantly affect your program.
 - With this in mind do not eat too many of these cookies at once!
- Variations: in place of cranberries, use raisins or 1/2 cup chopped dried apricots combined with 1 tbsp chopped preserved ginger.

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Nut Butter Balls

Ingredients

- 1 cup sunflower seeds – toasted
- 1 cup sesame seeds – toasted
- 1 cup rolled oats
- 1/3 cup dried cranberries
- 2 cups almond butter or peanut butter
- 1/3 cup honey
- 1 cup toasted coconut – for coating

Instructions

Put all ingredients except for coconut in a large bowl

Mix all ingredients with your hands. Form into balls.

Roll in toasted coconut

Store in an airtight container in the fridge. Keeps one week. May be frozen.

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Peacock Kale Salad

You are going to be intrigued by this unusual variety of white kale. It is less bitter than green curly kale and makes a delightful salad. You can also steam peacock kale (remember to remove all the woody stems) and enjoy with butter and salt and pepper.

Ingredients

- 1 head peacock kale (white leaves tinged with green)
- ¼ cup dried cranberries
- ½ cup toasted pine nuts
- 1 tsp dried tarragon
- juice of 1 lemon
- ½ cup olive oil
- ¼ tsp salt
- ¼ tsp fresh ground pepper (optional)

Instructions

Wash kale and pat dry. Strip leaves from woody stems. Tear larger leaves into bite size pieces. Mix lemon juice, olive oil, tarragon, salt and pepper. Shake in a jar to mix ingredients.

Sprinkle kale leaves with cranberries and pine nuts. Add half the dressing and mix well. Add additional dressing if necessary.

Serves 4.

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Russian Velvet Soup

Ingredients

- 1 T. Olive or Sunflower Oil
- 1 Large Onion, chopped
- 1 Medium Carrot, chopped
- 2 Red Beets, peeled and chopped
- 6 C. Water
- 1 C. Red Lentils, washed and drained
- 3 Bay Leaves
- 1 T. Sea Salt
- 2-3 Tbsp Red Wine Vinegar

Instructions

1. In a large soup pot, heat oil, and sauté onion until translucent and lightly browned.
2. Stir in carrots and beets, and sauté another two minutes.
3. Add water, lentils, bay leaves, and salt. Bring to boil, then lower heat and simmer, partially covered, 25-30 minutes.
4. Remove bay leaves. Let soup cool slightly, then puree in small batches in blender.
5. Stir in vinegar after all the soup has been pureed and returned to the pot.

Serve warm garnished with a dollop of sour cream and some chopped dill.

Serves 6

For more great recipes enjoy “The Body Knows Cookbook” by Caroline Sutherland including favorites by Louise Hay!