

THE CORY HOLLY SERIES



The Athlete's Cookbook

Whole Food Recipes from Tracy Holly's Kitchen

Foreword by Trent Nellis & Shelly Lynn Nellis

The Athlete's Cookbook

Whole Food Recipes from Tracy Holly's Kitchen

Book Three

The
CoryHolly
SERIES



The Athlete's Cookbook - *Whole Food Recipes from Tracy Holly's Kitchen*

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Foreword



Although I may not be an expert, I consider myself to be an accomplished eater and a connoisseur of fine foods. I have had the pleasure of eating Tracy's cooking several times and each and every occasion has been an experience to remember. The finished results of her recipes are a combination of the ingredients she chooses and the knowledge and ability to create healthy and amazing creations. Any opportunity to taste the appetizers, the salads, the main courses, the desserts and even the breakfasts will leave you wanting more. Her ability to take organic produce, lean quality protein and essential fats and turn them into the gourmet delights she creates is truly an eating and palate satisfying experience that I cannot aptly describe. I will say this though, if the health and physical well-being of mankind is related to the food we ingest, it is no wonder that Tracy and her family members are in appearance, physical specimens of perfect health. I always look forward to our opportunities to break bread with the Holly family. After many years of enjoying her cooking and prodding Tracy to publish this book; now you too can experience the culinary delight that is her family's Recipe for Health.

Trent Nellis - Publisher, VISTA & Fresh Vancouver Magazine



I make no hesitations when proclaiming the fact that I'm one of the healthiest eaters I know. At one time I thought eating healthy meant eating boring, tasteless food until I sat down and ate Tracy Holly's fine cuisine. In other cook books you will find most recipes include ingredients such as white flour, sugar, and lard. Tracy's recipes are different. You will only find whole foods selected to both taste good and enrich the body, mind and soul. Who knew you could take oatmeal and make a delicious meal that will satisfy the even the most finicky eater? From Tracy's healthy date squares to her mouth watering baked garlic, these dishes all leave you wanting to try another. Serve these meals to your friends and family and watch the reaction on their faces when they dig in and enjoy!

Shelly Lynn Nellis - Editor-In-Chief, Fresh Vancouver Magazine

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Introduction

Welcome to Tracy Holly's Whole Food Kitchen

My story begins as a full-time professional athlete, competing internationally for Canada. I trained 24/7, took handfuls of vitamins and looked great. I was super lean and a respected champion in my field but...I suffered with constipation, mental fatigue, yeast infections, painful hemorrhoids, bronchitis and debilitating migraine headaches.

Back then I never drank water or ate raw food. I lived on fast food high in refined carbohydrates and fat. I just wanted to get filled up, and thought 'food was food.' I had no idea that food quality was so important and I never associated my diet with my health problems. I thought my health problems were genetic; at least that's what I was led to believe. On the outside, my appearance was glamorous and I performed extremely well, but on the inside, I was tired, physically worn-out and mentally burnt-out. I couldn't cope with the stress and the pressure, so...I decided to retire. This meant forfeiting my career status. I was 24 years old!

Boy, if I knew then what I know now!!!

Everything changed when I met Cory. He explained his philosophy (in graphic detail), sparked my interest in preventive medicine and helped me to understand the importance of whole food. As a result of following his advice and applying the ten principles revealed in his Recipe For Health, I am literally 'born again'. At 54, I'm stronger and faster than I've ever been. All of my former health problems are long gone, and I

know it's because of how I nourish my body with high-quality food and drink. Nutrition is a science and I now realize that food can heal the body or act as a poison. What a revelation! Never underestimate these wise words...

"Let your food be your medicine and your medicine be your food."

~ Hippocrates

This book is not a fad, trend or a diet book. This book shares with you my whole food recipes hoping to entice you to enter a world of health and wellness through food, as well as keep you lean year round. Preparing your own meals gives you the knowledge of what you are putting into your body. Pre-made, pre-packaged food with unknown ingredients are the real silent killers.

Like most active people I want to spend the least amount of time in the kitchen and be as productive as possible. The greatest challenge for me in compiling this book was to sit down and meticulously write each recipe in a manner that you the reader/cook can follow and enjoy. By adding a few tidbits of information that are imperative to the recipe, you will also learn 'why' it is important to follow The Athlete's Cookbook.

Every recipe in The Athlete's Cookbook is tried, tested and true. Each recipe is nutritious, delicious, and easy to make. Using only high quality whole food ingredients these recipes are designed to optimize health and performance and satisfy an athletes hunger.

** Please Note: Oven temperatures may vary according to your oven and altitude and not all of the following recipes are dairy or gluten-free.*

The Essentials



Water

Water should be filtered, as tap water is often polluted with contaminants, including a full range of industrial chemicals, fumigants, pesticides, radioactive waste, bacteria, chlorine (reacts with organic waste to form trihalomethanes, which are carcinogenic) and heavy metals such as lead, mercury and cadmium. Tap water can also represent an excess source of inorganic copper.

It is imperative to understand that chronic dehydration plays a profound role in man-made disease. These include migraine, rheumatoid arthritis, heart disease, obesity, diabetes, gallstones, colon cancer, tooth decay, appendicitis, diverticulosis, varicose veins, hemorrhoids and deep vein thrombosis, high blood cholesterol, asthma and allergies. It is a formidable list and it is becoming more and more evident that water 'the universal solvent' plays an indispensable role in the human body. Use spring, distilled, or reverse osmosis, but make sure to drink and cook with water that is contaminant-free. Drink 1 litre of filtered water in a workout and at least 2 litres throughout the day. Your body will thank you. Pretty simple stuff!

“Eat to Live and Not Live to Eat”

~ Proverb

Ghee

What is ghee? Dehydrated milk butter without its solids. Ghee is the purified essence of butter. It is traditionally prepared by gently heating butter until it becomes clear golden liquid. The lactose and other milk solids coagulate and are meticulously removed. What's left of the butter is a clear golden liquid, with the solids settled at the bottom. This liquid is ghee.

This process also evaporates most of the natural water content, making ghee light, pure and resistant to spoilage. Ghee has a very high burning point and doesn't burn or smoke during cooking. It combines well with a wide variety of spices and provides an excellent aroma and nutty flavor.

It is important to use unsalted butter, available at most supermarkets. Raw unsalted butter (made from unpasteurized cream) is best but this is difficult to obtain. Ghee is often called clarified butter, but this may be a misnomer. Ghee requires a longer cooking time and the foam which rises to the surface during the cooking process is not skimmed off as may be done when clarifying butter.

Butter will eventually turn rancid if kept at room temperature, ghee will not. It's the moisture in the butter that promotes decay. Virtually moisture-free, ghee has no such problem. It will retain its original freshness and flavor for months, even without refrigeration. Ghee is a practical way to preserve butter.

Makes approximately 1½ cups (375 ml)

Preparation Time: 1 hour

1 pound (454 grams) cultured unsalted butter

Heavy saucepan

4 cup (1 litre) Glass measuring cup (clean and thoroughly dry)

Fine meshed sieve (strainer)

Glass jar with airtight lid (clean and thoroughly dry)

Place butter in a heavy saucepan. Heat over medium-high heat until butter has melted and begins to boil. When the surface of the butter is covered with a frothy white foam, reduce heat to a very low temperature. Simmer, uncovered and undisturbed, until the gelatinous protein solids have collected on the bottom of the pan, and a thin layer of pale golden, crusty solids has formed on the surface. This takes approximately 20-30 minutes. Remove from heat and let sit for 5 minutes.

Pour ghee from saucepan through sieve into measuring cup. If there are any solids in the ghee, no matter how small, strain it again until it is perfectly clear. Wash sieve and dry thoroughly. Pour ghee from measuring cup through sieve into a clean, dry glass jar.

Be sure to cool the ghee to room temperature before covering with airtight lid. Ghee that is well purified, filtered, and properly stored will last for months in or out of the refrigerator.

SERVING SUGGESTIONS:

Use as you would regular butter. Brush a layer on corn-on-the-cob or drop a dollop on top of any steamed vegetable. Pour into the hollow of a freshly baked potato or sauté with fish. Stir-fry, bake, sauté or spread—any which way you use it, ghee will find flavor with you.

GHEE-LICOUS!!!

Everyday Healthy Salad Dressing

The Everyday Healthy Salad Dressing is a vital component to good nutrition. It is extremely therapeutic and beneficial for optimum health and performance. The Everyday Healthy Salad Dressing acts as a digestive enzyme in the body, helps to ward off disease in the body, lubricates the joints and definitely satisfies the soul.

Make and store your dressing in a glass screw-top jar. Always remember to shake the jar vigorously to combine the dressing before using. The Everyday Healthy Salad Dressing can be refrigerated up to one week. Take out of the refrigerator before use to liquefy dressing and bring out the flavor.

Use this super savoury dressing to dress salads, marinate meat, fish or chicken, as a side sauce for meats or steamed vegetables, or as a dip for raw vegetables.

Together, in a glass screw top jar add:

1 part (½ cup-125 ml) "extra virgin" olive oil

1 part (½ cup-125 ml) juice from freshly squeezed lemon

1 Tablespoon (15 ml) Dijon mustard

6 cloves of freshly grated garlic or 1 large clove elephant garlic

Makes approximately 1 cup (250 ml) of dressing.

Shake vigorously. Taste. If you like it tarter, add more lemon juice, if you like it oilier add more oil. It's that easy!

For a change, I vary the Everyday Dressing by using flax seed oil instead of olive oil, balsamic vinegar or apple cider vinegar instead of lemon juice.

To make **Honey Mustard Dressing** start with the Everyday dressing and add 1 extra Tablespoon (15 ml) of Dijon and 2 Tablespoons (30 ml) of unpasteurized honey. Very Sophisticated!

Roasted Garlic

"There is no such thing as a little garlic"

~ Arthur Baer (b. 1886)

Garlic contains 8 essential amino acids and over 18 different sulphur components. It is an excellent source of germanium and selenium, both of which are powerful antioxidants. The pungency of garlic comes from allicin, just one of the many active components that make garlic so valuable to the body.

In addition to having antibiotic properties, garlic is also a febrifuge, reducing and preventing fever, a vermifuge, expelling parasites, a sudorific, promoting sweat, and a diuretic, boosting the excretion of fluids.

Researchers believe that garlic can bolster the immune system, lower blood pressure and prevent heart disease, and at least some people believe that garlic can ward off insects-not to mention vampires!

We had so much garlic left over from a Halloween party one year I decided to make this recipe- and now it is a staple in our home!

Preheat oven to 400 degrees.

Whole Garlic Bulbs
Extra Virgin Olive Oil
Coarse Black Pepper
Sea Salt

Take a whole bulb of garlic and place it on the counter on its side. The flat end of the garlic should be facing the hand that is holding it. With a very sharp knife cut the pointed end off (approx. ¼” or 1½ cm.) so the flesh is exposed evenly. Arrange the bulbs in a shallow baking dish. Drizzle a little oil evenly over each bulb. Top with pepper and a dash of sea salt. Bake uncovered for approx. 25 mins. or until soft and golden. Remove from the oven and turn cooked bulbs over flesh side down in dish for 10 mins. to absorb the oil.

SERVING SUGGESTIONS:

Squeeze soft garlic out of skins and spread on meat or breads.
Present whole beside meat entrees.

I use Roasted Garlic alone as an appetizer, (the cloves slip out easily simply by using a cocktail fork) and my guests always enjoy the delicate and sweet taste which leaves them longing for the next course.

So Simple yet sooo Good!

Condiments

Condiments should be purchased at a whole food supermarket or health food store. It is best to buy organic brands, and be sure to check the labels. The ingredient panel should be easy to read and be free of white sugar, white flour, salt or preservatives.

Baking Soda (aluminum free)

Braggs All Purpose Seasoning

Tamari Sauce or Wheat free Soy

Tabasco or Hot Sauce

Salsa

Ketchup

Mustards

Mayonnaise

Relishes

Jams

Peanut Butter

Natural Bouillon

These condiments can be purchased at your local supermarket, whole food market or health food store.

Black Whole Peppercorns

Himalayan Sea Salt

Veggit (salt-free)

Spike (salt-free)

Mrs. Dash (salt-free)

Garlic Powder

Fresh or Ground Herbs

Cinnamon Sticks/Powder

Pure Vanilla Extract

Unpasteurized Honey

Agave Syrup

Maple Syrup

Coconut Palm Sugar

Extra Virgin Olive Oil

Shake it up!

Mocha-Coffee Shake

This mocha-coffee shake uses strong coffee. Make strength according to your taste. This shake is perfect for traveling to the gym or work. You can use certified organic whole bean decaffeinated dark roast coffee if you prefer.

*4 Tbsp (60 ml) certified organic whole bean
dark roast coffee*

3 cups (750 ml) filtered water

*1 - 2 servings (25 - 50 grams) chocolate whey protein
isolate powder*

Grind whole bean and make coffee as usual, to suit your taste. Add coffee to blender with chocolate protein powder, blend for 10 seconds then pour into your favorite coffee cup. Do not reheat the shake in the microwave as it will form clumps.

Morning or Pre-workout shake

Juices must be consumed immediately after being squeezed or pressed through a juicer, because live juices lose their micronutrient and enzymatic value quickly, when exposed to oxygen, light or heat. Live fresh juices made from organically grown vegetables and fruits, boost energy and immune levels. Not only are they delicious, the plants' liquid life nourishes the trillions of cells that make up our body and supercharges health.

*1 cup (250 ml) freshly squeezed grapefruit/orange
or carrot or mixed vegetable juice
1 - 3 servings (25-75 grams) whey protein isolate
and/or mixed plant/hemp powder
1 Tbsp (15 ml) omega-3 rich mixed oil blend*

The measurements equal approximately 2 grapefruit, 2 oranges or 8 medium sized carrots.

If you like your shake cold, add ice cubes and blend at high speed for 2 seconds. Squeeze or extract juice from fruit or vegetables and immediately pour into blender. Next, add oil, protein powder and powdered supplements, blend for 10 seconds and drink immediately.

SELECTED OPTIONAL INGREDIENTS:

1 tsp (5 grams) calcium ascorbate powder
1 tsp (5 grams) green food blend
2 - 4 ice cubes (made from filtered water)

Post-workout shake

The taste, texture and thickness of your shake will depend on the amount and type of fruit you use, the volume of water added, and the flavor and quantity of the food supplements you select.

1 cup (250 ml) filtered water
1 - 3 servings (25-75 grams) whey protein isolate
and/or mixed plant/hemp powder
1 Tbsp (15 ml) omega-3 rich mixed oil blend
1 cup (250 ml) fresh or frozen fruit

First add water to the blender. If you like your shake ice cold add ice cubes. Next, add powdered food supplements, such as vitamin C, whey protein, glutamine, creatine, ribose, colostrum, MSM. Then add the oil and the fruit. It's ok to use frozen berries right from the freezer. Now, blend all the ingredients at medium to high speed for 10 - 20 seconds.

Afternoon Shake

Instead of reaching for a high carbohydrate snack “stabilize yourself” because this shake will definitely pick you up and give you energy that will carry you through to dinner.

1 cup (250 ml) filtered water
1 - 2 servings (25 - 50 grams) of your favorite flavor whey
protein isolate and/or mixed plant/hemp powder
1 Tbsp (15 ml) omega-3 rich mixed oil blend
1 - 2 cups (250 - 500 ml) fresh or frozen fruit

Bedtime Shake

Turn your body into a fat burning machine while you sleep. Green apples, pears, peaches and cherries have a low glycemic index, which means that the rate of the energy transfer into the body is relatively slow, thus modifying blood sugar and insulin response.

1 cup (250 ml) filtered water
1 - 2 servings (25-50 grams) whey protein isolate
and/or mixed plant/hemp powder
1 Tbsp (15 ml) omega-3 rich mixed oil blend
green apple with skin (washed and chopped into 1 inch cubes)

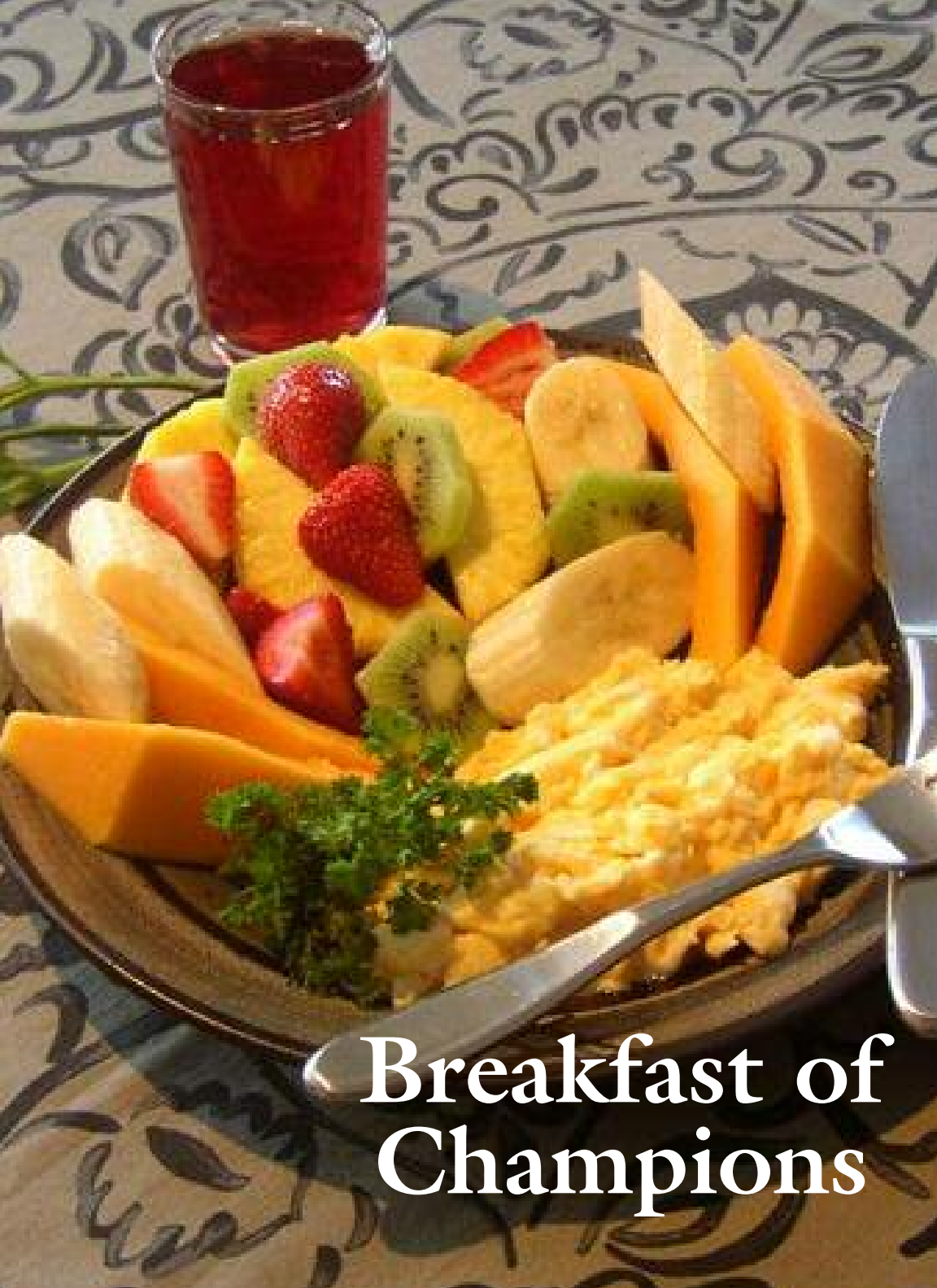
Add filtered water to blender. If you like your shake cold add ice cubes. Next, add chopped green apple, oil and protein powder and blend for 10 - 20 seconds. Chocolate is my favorite flavour for this recipe.

• *Attention all athletes* •

*The following Selected Optional Ingredients
are essential for the competitive athlete...*

1 Tbsp (15 grams) liquid unpasteurized honey
1 tsp (5 grams) calcium ascorbate powder
1 Tbsp (15 grams) fresh raw bee pollen
1 tsp (5 grams) green food blend
5 grams creatine monohydrate
5 grams L-glutamine
5 grams colostrum
5 grams D-ribose
5 grams MSM

Amounts may vary according to lean mass.



Breakfast of Champions

Different Ways with Eggs

It is important to buy the highest quality of egg that you can find. The health of the chicken and it's diet directly affect the nutritional content of the egg produced. Look for free-range or free-run, drug-free, omega-3 or vitamin E fed.

Hard Cooked Eggs

Hard-cooked eggs (eggs cooked in the shell in water) should not be boiled - simmer them in water. If boiled or cooked too long, the protein toughens or becomes rubbery and a greenish or purplish ring forms around the yolk. Place eggs in a single layer in a pan with enough cold water to cover them completely. Bring the water to a boil, remove from heat, cover tightly with a lid, and allow to remain in the water approximately 15 to 20 minutes. Then place under running, cold water to cool quickly.

Soft-cooked eggs: 3 to 5 minutes

Medium-cooked eggs: 7 to 8 minutes

Hard-cooked eggs: approx. 15 to 20 minutes

*Keep unpeeled hard boiled eggs in the refrigerator
for a quick protein snack*

Poached Eggs

Bring water to a boil in a saucepan, add a touch of olive oil. Break the eggs one at a time into a sauce dish, and let down gently into the hot water. Set temperature where the water will keep just below the boiling point; and when the white is "set", lift out on a per-forated spoon, and place on toast or on a warm dish and serve.

Scrambled Eggs

Break as many eggs as desired eggs into a bowl, and beat only slightly. Lightly grease a frying pan with extra virgin olive oil or butter (ghee) and when pan is hot, add the eggs and a sprinkle of sea salt and fresh ground pepper. Scrape the bottom of the pan continuously with a spatula until the mixture is soft and jellied. Remove pan from heat. Do not overcook the eggs as they will become dry and denatured.

SERVING SUGGESTION:

- Serve eggs with fresh fruit/tomato and cottage cheese. Egg-cellent!
- Before adding eggs to pan add chopped onion, left-over meat, fish or chicken, tomato, green pepper, salsa, etc... Sauté then add eggs, top with goat feta cheese. Egg-splore the possibilities!
- When making an omelet I use club soda instead of milk, it makes the omelet lighter and fluffier. Egg-squisite!



Spinach and Egg Bake

This dish is great for brunch or dinner and can be eaten with or without any added meats. If you like, add shrimps, prawns or left over chicken. This will make for a heartier meal. The nutmeg gives a friendly flavor whereas the chilies add robustness to this dish. The club soda gives a nice fluffy texture.

Pre-heat oven to 350 degrees.

*6 whole eggs & 6 egg whites only
2-bags spinach or 4 bunches of spinach*

3-tomatoes chopped

1-large onion chopped

4-cloves garlic chopped

½ cup (125 ml) goat feta cheese crumbled

½ cup (125 ml) parmesan cheese fresh grated

**1 T (15 ml) extra virgin olive oil*

2 cups (250-500ml) club soda

Sea salt and coarse black pepper to taste

1 tsp (5 ml) hot chilies or ½ tsp (2 ½ ml) nutmeg (optional)

2 cups (500 ml) of shrimp meat, prawns or chopped chicken (optional)

Serves 4

Grease 8 x 10 baking dish. In a skillet add oil and lightly sauté onion and garlic. Wash spinach, add to steamer, bring to boil and turn heat off, not lifting the lid, approx 10 minutes. In large bowl break eggs and whip with fork. Add club soda, salt and pepper, chilies or nutmeg, stir and add to greased baking dish. Sprinkle evenly over egg mixture, tomato, feta, onion, garlic, spinach and meats. Top with parmesan cheese and bake for 45 minutes. Salt and pepper to taste.

** may be substituted with coconut oil or ghee*



Oatmeal

There are so many different and delicious oatmeal combinations. Try adding a serving of your favorite flavor of whey protein isolate powder to a bowl of oatmeal after it is cooked and cooled. Don't reheat oatmeal after protein powder is added or it will turn lumpy. I'm sure you'll find that oatmeal isn't just for breakfast anymore. Oatmeal can be refrigerated for up to 1 week.

*2 cups steel cut oats or porridge oats
(with added fresh wheat germ*, oat bran, flaxseeds*)
or regular large flake oats
1 large unpeeled grated apple
1 tsp (5 grams) pure vanilla extract
1 tsp (5 grams) cinnamon
1 cup (250 ml) dried black currants
4 cups (1 litre) filtered water*

* It is best not to use pre-ground flaxseeds or wheat germ unless they are specially packaged to protect their delicate fats from the damaging effects of light and oxygen.

In a large saucepan add water, apple, currants, cinnamon and vanilla. Bring to a boil, reduce heat to low and stir in oats. Cover and simmer for 20 - 30 minutes stirring occasionally, adding more water if too thick.

Sweeten with unpasteurized honey, blackstrap molasses, pure maple syrup, brown rice syrup or Agave syrup. Top with fresh fruit such as bananas, peaches, pears or any other of your favorites.

Variations: add nuts (e.g. slivered almonds, walnuts) and seeds (e.g. flax, sunflower, hemp, pumpkin) or dried fruits (e.g. raisins, cranberries, dates, apricots, mango, pineapple).

Note: The glycemic index of long cooking oatmeal is approximately 50 - 55, which is considered a medium glycemic rating. Foods that lead to a slow increase in blood glucose, such as lima beans, cherries or plain yogurt, have a low glycemic index. Foods that induce a rapid rise in blood sugar, including millet, rice cakes and sucrose have a high glycemic index (> 60).

Blueberry Buckwheat Waffles & Pancakes

Cory loves his buckwheat waffles after a grueling "Grouse Grind" hike. I grind the buckwheat groats fresh. You can add any berry that you like. We always make extra for freezing. Mmmm Good Grinds!

*2 cups (500 ml) fresh ground buckwheat flour
or packaged buckwheat flour
2 servings (25 - 50 grams) vanilla or plain (unflavored,
unsweetened) whey protein isolate and/or hemp powder
1 cup (250 ml) filtered water
4 whole eggs (or 1 T. coconut oil)
1 tsp (5 ml) pure vanilla extract
1 cup (250 ml) fresh or frozen blueberries (or other)
1 medium banana*

In a blender add water, protein powder, eggs (or coconut oil), vanilla, berries and banana and blend till smooth. In a large mixing bowl add flour. Stir in wet ingredients to dry and blend.

For Pancakes: use a large greased frying pan, add large scoop of mixture, turn over when small bubbles start to appear. Re-grease pan after each pancake is made. Top with ghee and organic maple syrup.

For Waffles: preheat waffle iron and grease with cooking spray. Scoop mixture onto grill, close lid. Waffles are ready when the lid releases easily. Re-grease grill after each waffle is made. Top with ghee and organic maple syrup.

Makes approximately 8 large waffles or 8 large pancakes

SERVING SUGGESTIONS:

Serve with fresh fruit medley and/or scrambled eggs.





French Toast

To enhance this recipe try using the heaviest grain of bread with added nuts and seeds or even raisins. This makes an excellent hearty brunch served with scrambled eggs and fresh fruit. Kids love this healthy recipe too!

6 slices grainy whole sprouted bread

3 whole eggs

2 Tbsp (30 ml) filtered water

1 tsp (5 ml) pure vanilla extract

1/2 tsp (2.5 ml) cinnamon

1 Tbsp (15 ml) ghee or unsalted cultured butter

In a bowl mix eggs, vanilla, cinnamon and water. Cut crust off bread and evenly dip in egg mixture until soaked. Melt ghee in large frying pan, add soaked bread to pan and flip over to other side when golden brown. Top with organic maple syrup or unpasteurized honey.

Serves 2



Savory Salads

We eat a very large salad each evening before the main course, so you may find that the amounts are more than you need. Experiment with the amount, but... you should be eating plenty of greens in your diet.

This basic lettuce salad can be made with various types of lettuce or a mixture of these lettuces, such as romaine, butter, red leaf or baby mixed greens. Top with Everyday Healthy Salad Dressing and either freshly grated Parmesan or goat feta cheese.

Just by using a variety of lettuces, onions and cheeses, changing the dressing to honey mustard, you'll see how fast and easy it is to create a different taste.

Basic Lettuce Salad

Large head romaine lettuce or other types

Medium size red onion or white onion

Freshly grated Parmesan or goat feta cheese (optional)

Top with Everyday Healthy Salad Dressing

Wash and dry lettuce. Tear or cut into uniform pieces, add to large salad bowl. Slice thinly or square chop onion, add to lettuce. Add finely grated or thick grated parmesan or crumbled feta cheese and toss with salad dressing.



Spinach Salad

Like kale and swiss chard, spinach is an excellent source of chlorophyll. Chlorophyll is a powerful source of magnesium and is regarded by the natural health industry as an incredible healing substance. There are many variations of this super salad, here's mine.

2 bags baby spinach or 4 bunches fresh spinach leaves

½ lb (225 grams) white mushrooms 1- medium sized red onion

*3-hard boiled eggs or two ripe avocados
(chopped & drizzled in lemon juice)*

½ cup (125 ml) goat feta cheese

Honey Mustard Salad Dressing

Wash, dry and trim stems of spinach leaves. Cut leaves in half with sharp knife, add to large salad bowl. Add clean and thinly sliced mushrooms to salad bowl. Chop onion and eggs/avocado and add to salad bowl. Top with Feta. Cover and refrigerate all ingredients till ready to serve. Add dress-ing and toss. Season with crushed black pepper.

Makes 4 large servings

Red Cabbage & Carrot Slaw

This salad is a great accompaniment with any baked or barbequed meat, fish or chicken dish. This Red Cabbage and Carrot Slaw is a colourful combination with a delightful crunchy sweet and sour taste that will intrigue your taste buds.

½ red cabbage sliced and chopped

2 large carrots coarsely grated

1 medium white onion, chopped

1 unpeeled green apple cored and chopped

½ cup (125 ml) dried black currants

Everyday Healthy Salad Dressing

or Honey Mustard Salad Dressing

Add all ingredients to a large salad bowl, top with dressing and toss.

Serves 4 people





Greek Salad

This rich multi-coloured salad, accompanied with a lean piece of barbequed meat, fish or chicken makes an easy, delicious meal that will surely tantalize everyone's taste buds and satisfy their hearty appetite. I find "*My Big Fabulous Greek Salad*" the easiest salad to make. You may have noticed I don't add lemon, balsamic vinegar or garlic as some recipes do, but by all means add them if you like. Enjoy!

6 firm ripe Plum (Roma) tomatoes

1 large long English cucumber

1 medium red onion

1 of each small yellow/orange/red/green Bell pepper

1 cup (500 grams) goat feta cheese

12 or more Kalamata olives

¾ cup (250 grams) extra virgin olive oil

2 tsp or more crushed Oregano

Coarse ground black pepper to taste

Wash and dry off all vegetables, except onion.

Cut the vegetables into uniform size pieces.

Cut tomatoes into wedges.

Peel cucumber using a potato peeler alternating strips, (stripe effect) cut lengthwise in half and slice into chunks.

Peel onion and cut into square chunks.

Seed peppers and cut into square chunks.

Place these ingredients into a large salad bowl. Top with chunks of crumbled feta cheese, sprinkle with oregano and olives. Cover and refrigerate all ingredients. Let salad sit at room temperature for 1 hour before serving. This will bring out the flavor. When ready to serve, add dressing and toss. Season with crushed black pepper.

Makes 6 large servings

Caesar Salad

This Caesar salad recipe is not a daily fair for my family but it is great for that special dinner party. Extremely rich in flavor, the crunchy romaine hearts coated with freshly grated cheese and anchovies with a sprinkle of capers, really make this salad a mouth watering delight. Your guests will remember and savor the flavor.

4 heads romaine hearts only

1-red or white onion

¾ cup (175 ml) Fresh Romano or

Parmesan cheese coarsely grated

1-raw egg yolk (optional)

Make 1 cup of Everyday Healthy Salad Dressing

as usual and add to jar

2 Tbsp (30 ml) capers,

2 tins drained and chopped anchovies

3 tsp (15 ml) Balsamic vinegar

Shake vigorously and refrigerate for 2 hours or more.

Wash and dry lettuce, tear with hands into uniform sized pieces, cut onion into long thin slices, cover and refrigerate for 2 or more hours. Before serving add raw egg yolk to lettuce and toss. Add salad dressing and thickly grated Romano cheese, tossing well so the lettuce is completely coated with dressing. Serve onto salad plate then top with more cheese and crushed black pepper to season.

Serves 4 people





Protein Power

Whole Roasted Chicken

This method of roasting a chicken guarantees a truly tender delight. Serve with salad and a side vegetable dish and you've got a delicious simple meal. Left over chicken can be added to a breakfast egg dish or luncheon salad.

Preheat oven to 275 degrees

6 - 11 lbs (3- 5 kg) non-medicated chicken

2 Tbsp (30 ml) extra virgin olive oil

2 Tbsp (30 ml) garlic powder

Rinse whole chicken with cold water inside and out. Place in a roasting pan. Pour oil over chicken and sprinkle with garlic powder. Massage chicken thoroughly with hands. Wash hands with hot soapy water. Cover with lid and place in preheated oven. Slow roast chicken for 4 hours. Check doneness with meat thermometer. Pour out excess fat, let chicken sit for 10 minutes and then carve.

You can also do this method in a crock pot. Add carrots, onion, celery to bottom of pot. Place chicken on top of vegetables, add 1 cup of natural bouillon. Cover and slow cook for 6 hours. You can add any herb or spice that you like.



New Zealand Leg of Lamb

If you like the taste of lamb then New Zealand is the way to go. Leg of lamb is lower in fat than most cuts of lamb and is recommended for most blood types. My family fights over the bone to see who will suck out the marrow. Don't overcook the meat as it will continue to cook when it is out of the oven, unless you slice it. Serve with Greek salad and wild rice.

Preheat oven to 350 degrees

Large New Zealand leg of lamb

2 Tbsp (30 ml) extra virgin olive oil

2 Tbsp (30 ml) garlic powder

½ tsp (2.5 ml) fresh rosemary or mint (optional)

Place leg of lamb in uncovered roasting pan. Pour oil over leg and sprinkle with garlic powder. Massage entire leg thoroughly with hands. Then sprinkle with herbs if so desired. Wash hands with hot soapy water. Place lamb uncovered in preheated oven. Roast leg for 1½ - 2 hours until done. Check doneness with meat thermometer. Remove from oven and let sit for 10 minutes. Don't throw out the juice. Carve leg, return to pan and top with juices.

Serves 3-4

Turkey Breast

Turkey breasts are a nice change from chicken, but they are quite bland so marinating the breasts adds flavor. Try barbequing them instead of baking. Make sure that you don't over cook the turkey as it will become dry. Undercook slightly, cover and leave to rest for 10 minutes as it will continue to cook after it is off the heat. Serve with fresh green salad and a steamed vegetable.

4-6 turkey breasts

2 Tbsp (30 ml) extra virgin olive oil

½ cup (125 ml) Everyday Healthy Salad Dressing

2 tsp (10 ml) chili peppers (optional)

Place turkey breasts in a shallow pan. Pour salad dressing on top of breasts and massage with hands. Wash hands with hot soapy water. Cover dish and marinate breasts for 2 - 4 hours in refrigerator. Preheat oven to 350 degrees. Cover dish with tin foil and bake for 30 minutes until done.

Serves 4





Wild Salmon or White Fish

Wild Salmon is easy to find. There are also many types of white fish available including Basa, Sea Bass, Halibut, Snapper, Cod and Sole just to mention a few. White fish is healthful and low in fat. This fish dish can be baked or barbequed.

Preheat oven to 350 degrees

1 fillet of wild salmon or 4-6 large fillets of any white fish

Juice of 2 lemons or limes

1 lemon or lime cut into thin slices

Fresh ginger cut into thin slices

6-8 cloves of garlic crushed

Sea salt

Fresh ground pepper

To barbeque, place fish in large piece of foil. If baking, place fish in shallow baking dish. Pour juice of lemon over fish evenly. Add ginger and lemon slices placed evenly to cover fish, sprinkle with sea salt and pepper. Cover dish and bake for 20-30 minutes depending on the thickness. Check doneness with fork. If barbequeing, wrap in foil and place on barbeque for 10-20 minutes. The fish will steam in the foil. Check for doneness by opening the foil and using a fork to flake the fish.

Serves 4

Buffalo Meat loaf

Buffalo meat is relatively easy to find these days so check out your grocery store meat department. Buffalo meat is leaner than beef. This recipe is fast and easy and makes great leftovers served cold with Dijon mustard. There are so many variations for a meat loaf, like adding grated carrots, celery and feta cheese for example. I serve this with Red Cabbage & Carrot Slaw and Potato Salad.

Preheat oven to 350 degrees

2 lbs (1 kg) lean ground Buffalo meat

1 small yellow onion chopped

1 cup cooked mashed yam (no skin)

Sea salt & fresh ground pepper

1 tsp (5 ml) garlic powder

2 Tbsp (30 ml) Dijon mustard

1 Tbsp (15 ml) Balsamic Vinegar

2 tsp Mrs. Dash

In a large bowl add meat and all the above ingredients. Mix well with hands till blended. Wash hands with hot soapy water. Place mixture in greased loaf pan. Place in oven and bake for 30 minutes.

Serves 4





Kale

On the Side

Steamed vegetables are not only healthful and delicious they also add a dimension of balance and color to the meal. Instead of ghee, try adding a squeeze of fresh lemon or lime on the steamed greens and a dash of sea salt. Very refreshing! If you don't already have a rice cooker or a vegetable steamer it's a good idea to go out immediately and purchase one. It will be a worthwhile and valuable health investment.

Kale

Wash kale and cut off long stems. Cut leaves in half. Place in steamer and bring to boil, reduce heat and let simmer for 10 minutes. Remove from pot and if desired add ghee, sea salt and fresh ground pepper.

Spinach

Spinach shrinks so make sure to use at least 1 bunch per person. If using pre-washed spinach no need to wash. If using bunch spinach, cut off ends and fill sink with cold water with sea salt and wash thoroughly, rinsing water 2 or 3 times. Place clean spinach in steamer and bring to a boil. Remove from heat and let stand for 10-15 minutes, do not lift lid. Remove from pot and if desired add ghee, touch of nutmeg, sea salt and fresh ground pepper.



Broccoli Florets

Wash broccoli and trim the ends to uniform pieces. Place in steamer and bring to boil, reduce heat to low and simmer for 5 minutes or until desired doneness. Broccoli should be slightly crisp. Remove from pot and if desired add ghee, sea salt and fresh ground pepper.

Green Beans

Wash beans and trim the ends. Place in steamer and bring to boil. Reduce heat to low and simmer for 10-15 minutes. Beans are done when just tender with fork. Remove from pot and if desired add ghee, sea salt and fresh ground pepper.

Swiss Chard or Beet Tops

Cut long stems off. Thoroughly wash each leaf. Cut leaves in half if they are very large. Place clean leaves in steamer, bring to boil and reduce heat to simmer for 10 minutes. Remove from pot and if desired add ghee, sea salt and fresh ground pepper and/or lemon juice.





Carbs & Starch

The trick to carbs and starches isnot to eat too many at one time. The recipes are very simple to make and once cooked can be stored in the refrigerator for a few days to eat with other meals. The method of cooking is also important. All carbs and starches listed are delicious and should be incorporated in your diet (if required) at the right time.

Yams or Sweet Potato

Steaming Method

Wash and cut unpeeled yams into uniform thick slices. Place in steamer and bring to boil. Reduce heat to simmer for 20 minutes or until yams are tender. Remove from pot and add ghee, plain yogurt, sea salt and fresh ground pepper if desired.

Microwave Method

Wash unpeeled yams and cut into uniform thick slices, do not peel. Place in a microwavable dish with 1 Tbsp of water. Cover tightly and microwave on high for 10-15 minutes depending on the amount of yams in dish. Remove from microwave and let sit in covered dish for 10 minutes. Remove from microwave dish, add ghee, sea salt and fresh ground pepper if desired.

Baking Method

Preheat oven to 400 degrees

Wash unpeeled yams, pierce with fork once. If yams are very large, cut in half, no need to pierce. Place yams on a baking dish. Bake for 45 minutes. Yams are done when they are soft. Remove from oven, add ghee, plain yogurt, sea salt and fresh ground pepper if desired.

Wild Rice

There are many different types of rice available today. We use only brown organic rice or organic wild rice. If you don't have a proper rice cooker make sure to follow the directions on the package.

Serving Suggestions:

Add finely chopped celery, onion and carrots to the water.

Add fresh or powdered garlic to the water.

Add natural bouillon to the water.





butternut



acorn



spaghetti

Squash

There are many different types of squash. All are delicious and different in color, taste and texture. Give squash a try!

Steaming Method

Wash outside of squash. Cut lengthwise and remove the seeds. Do not peel. Cut squash into thick slices. Place in steamer and bring to boil. Reduce heat, simmer for 20 minutes or until squash is tender. Remove from pot and add ghee, plain yogurt, sea salt and fresh ground pepper if desired.

Microwave Method

Wash outside of squash. Cut lengthwise and remove the seeds. Do not peel. Cut squash into thick slices. Place in a microwavable dish with 1 Tbsp of water. Cover tightly and microwave on high for 10-15 minutes depending on the amount of squash in dish. Remove from microwave and let sit in covered dish for 10 minutes. Remove from dish, add ghee, sea salt and fresh ground pepper if desired.

Baking Method

Preheat oven to 400 degrees

Wash outside of squash. Cut lengthwise and remove the seeds. Place squash that is cut lengthwise onto baking sheet. Add a drop of ghee and sea salt and fresh ground pepper into the center. Bake for 45 minutes or until tender. Remove from oven, add more ghee and top with plain yogurt if desired.



Potato Salad

The recipe is a bit different than the usual potato salads as I use raw garlic and plenty of it. I know that everyone will enjoy the fresh raw garlic and potato combination. Take this along as a side dish to an outdoor B.B.Q. It's an ideal accompaniment to any meat, fish or chicken. Wow, a garlic sensation.

2.2 lbs (1 kg) small red potatoes

1 or 2 bulbs garlic

½ cup (125 ml) extra virgin olive oil

2 Tbsp (30 ml) crush oregano

Sea salt and fresh ground pepper to taste

Wash and cut potato in half. Cook potato (steam or microwave). Peel and cut garlic into large pieces (1 clove quartered). In large bowl lightly mix hot cooked potato, garlic, oregano, salt, pepper and olive oil. Add more oil if desired. Let sit for a few hours to soak in the flavor. Serve at room temperature.

Serves 6

Pasta

Who doesn't love pasta? This is pretty much the only food we eat that is pre-made. We eat this only on occasion as a carb booster. Pasta can be served on its own or with added ground turkey, buffalo or beef, shrimps or clams, depending on the sauce and style of pasta. Use only whole grain, whole wheat, spelt, kamut, etc... vary your grains. The sauce should have no added sugar. Read the labels carefully as there are only a few sauces on the market with no added sugar. Cook according to package directions. I suggest you serve a pasta dish with a large green salad first, then you won't be tempted to eat too much.





Sweet Treats

Bran Muffins

This muffin recipe is only one variation of a multitude. You can add any type of nut or seed or add other dried fruits to the mixture. I freeze them and bring them out when I travel or desire a "sweet treat". These muffins are great with a protein shake after a high intensity workout. A rich and healthy flavor, moist and satisfying.... "Power" in every bite.

Preheat oven to 375 degrees

1 ½ cups (375 ml) natural wheat bran
1 cup (250 ml) plain yogurt
1 cup unpasteurized honey
½ cup (125 ml) blackstrap molasses
4 whole eggs (room temperature)
½ tsp (5 ml) pure vanilla extract
½ cup (125 ml) prunes cut up
½ cup (125 ml) dates cut up
½ cup (125 ml) raisins or currants
2 cups (500 ml) whole wheat or spelt flour
2 Tbsp (30 ml) baking soda (aluminum free)
1 tsp (5 ml) cinnamon

Makes approximately 12-15 large muffins

In a large bowl, mix bran with yogurt, let sit. In small bowl beat eggs, vanilla, molasses and honey with fork. Stir egg mixture into bran. In another bowl add flour, soda, cinnamon and dried fruit and mix well. Add flour mixture to wet mixture and blend well. Spoon mixture into greased muffin tins. Bake for 15-20 minutes or until golden brown.

Carrot Cake

Corey's favourite dessert is carrot cake with lemon cream cheese icing. I grind the flour fresh and make the cake three layers high with lemon cream cheese icing in between each layer, then I top the cake and sides with toasted coconut. It's a meal in itself and goes down smooth. This recipe also makes great muffins with or without icing. You'll get your fiber quota for the day with this cake!

Pre-heat oven to 400 degrees

3 cups (750 ml) whole wheat or spelt flour

2 tsp (10 ml) baking soda (aluminum free)

2 tsp (10 ml) baking powder (aluminum free)

2 tsp (10 ml) cinnamon

½ cup (125 ml) Coconut Palm Sugar

2 cups (500 ml) walnuts (small chunks not crushed)

4 whole eggs (lightly beaten)

1 cup (250 ml) ghee or melted unsalted cultured butter

2 tsp (10 ml) pure vanilla extract

½ cup (125 ml) unpasteurized honey

2 cups (500 ml) grated carrots

2 ½ cups (625 ml) crushed pineapple (fresh or from can)

½ cup (125 ml) pineapple juice (only add to mixture if too dry)

Grease three 8" round cake pans. Into a large mixing bowl combine all dry ingredients mixing well. In another large bowl combine all wet ingredients. Add wet ingredients to dry ingredient bowl and mix thoroughly until well blended. Fill the cake pans evenly. Bake for 25-30 minutes or until a knife inserted into the center of cake comes out clean.



Lemon Cream Cheese Icing

5 large packages of real cream cheese (softened)

Juice of 3 lemons

1 cup (250 ml) unpasteurized honey

2 cups (500 ml) unsweetened coconut

Leave cream cheese out of the refrigerator to soften.

To make icing, add cream cheese, honey and lemon to a mixing bowl and blend with a beater until thick and soft. Do not make icing runny. Use more honey or lemon if needed. Spread coconut onto a large cookie sheet, and heat under the broiler of the oven until golden brown. Keep oven door open and a close watch on the coconut so it doesn't burn. Use a spatula to stir the coconut so it cooks evenly.

When the cake has cooled (approx 4 hours) and the icing and coconut is made, use a fancy cake plate and place 1st layer onto it. Drop 1 cup of icing in center of cake and spread evenly, the thicker the better. Repeat for the 2nd and 3rd layers. Then use remaining icing to ice the sides of the cake. Splash coconut on sides and top of cake. Refrigerate to set. Serve cake at room temperature. ENJOY!

Lemony Date Squares

This date square recipe makes a great "munchie food" and dessert. Natural date squares can also be eaten with a protein shake to enhance post workout glycogen replenishment. They are moist and the rich thick date filling will surely satisfy your "sweet tooth" craving.

Caution: Eat at your own risk! This treat is highly addictive!

Preheat oven to 400° F (200° C)

2 - 500 gram (4 cups) packaged pitted dates

5 cups (1250 ml) filtered water

3 cups (750 ml) organic whole wheat, spelt or kamut flour

3 cups (750 ml) uncooked wild oats (rolled oats)

1 tsp baking soda (aluminum free)

1 Tbsp (15 ml) cinnamon

¾ cup liquid unpasteurized honey

½ cup coconut palm sugar

1 lb (454 grams) melted unsalted cultured butter

Juice of 3 lemons

Grease 12" x 9" baking pan approx. 2" deep. In a heavy saucepan bring butter to a boil, let simmer for 20 minutes. Cool for a few minutes. In a large pot, combine dates with water and bring to boil, then lower the heat to simmer for 15 minutes until thick and mushy. Use a large wooden spoon or potato masher to break down dates. Remove from heat, cool for a few minutes then add lemon juice. In a large mixing bowl combine flour, oats, baking soda, cinnamon, coconut sugar and honey.

Add butter to flour mixture and blend with fingertips until mixture resembles coarse crumbs. Transfer half of crumb mixture to greased pan and press down evenly to form 1st layer.

Spread date paste evenly over bottom layer. Cover evenly, sprinkle and pat down with remaining crumb mixture. Bake until golden brown, approximately 30 minutes. When you can smell the date squares they are ready. Cool completely before cutting into 3" squares (7 cm). They are best eaten at room temperature.





Fruit Crumble

This recipe is very simple. Leftover crumb mix can be frozen and taken from the freezer whenever you have a craving for something sweet, just add fruit. We love it!

Preheat oven to 350° F (180° C)

6 - 8 cups (2 liters) fresh or frozen fruit

½ cup (125 ml) unpasteurized honey

½ cup (125 ml) freshly squeezed orange juice or other fruit juice

1 ½ cups (375 ml) organic whole wheat or spelt flour

1 ½ cups (375 ml) wild oats

½ pound (227 grams) of ghee or melted unsalted cultured butter

¾ cup liquid unpasteurized honey

½ coconut palm sugar

1 cup (250 ml) crushed walnuts (optional)

1 tsp (5 ml) cinnamon

Grease a 9" x 12" casserole dish, approx. 2" deep. Add frozen or fresh fruit (blueberries, strawberries, blackberries, raspberries, peaches, plums etc...) Fill the dish almost to the top. Drizzle honey and fresh squeezed juice over fruit.

In a large mixing bowl combine flour, oats, cinnamon, honey, coconut sugar and crushed walnuts (if desired). Add butter to flour mix-ture and blend with fingertips until mixture resembles coarse crumbs. Evenly spread the crumble mixture on top of the fruit and pat down with hands. Bake for 30 minutes for fresh fruit and 40 minutes for frozen or until you can smell it! Let stand for 20 minutes. Scoop into a large bowl and enjoy.

Serving Suggestions: Top with vanilla ice cream, French vanilla yogurt or fresh whipping cream.

Cookies

You can add any nut or seeds you prefer to this easy and delicious dense cookie. This recipe makes approx. 4 dozen medium size cookies or 3 dozen large cookies. You can freeze the batter or freeze the cookie....that's if there's any leftover. These cookies are a great treat to take along as fuel for a long hike or a long car ride. Kids will love them too! Yummie!!!

Preheat oven to 350° F (200° C)

2 cups (500 ml) whole wheat or spelt flour

1 cup (250 ml) rolled oats

1 cup (250 ml) nuts and seeds (pumpkin, walnut, sunflower, etc)

or 2 cups (500 ml) trail mix

1 cup (250 ml) raisins or currants

1 cup (250 ml) carob chips

1 tsp (5 ml) cinnamon

1 tsp (5 ml) pure vanilla extract

4 whole eggs (room temperature)

1 1/2 cup (375 ml) crushed pineapple with juice

1 cup (250 ml) unpasteurized honey

1/2 cup (125 ml) freshly squeezed orange juice (optional)

Add first 5 dry ingredients to large mixing bowl. In small bowl add beaten eggs, pineapple with juice, honey and mix well. Add wet ingredients to dry and blend. Add orange juice if needed for more liquid. Spoon onto greased cookie sheet. Bake for 20-25 minutes or until golden brown.

Makes approximately 3 dozen large sized cookies.



*“Make food simple and let things
taste of what they are”*

- Curnonskey French writer (1872-1956)

*Bon Appetite
Tracy Holley*

Afterword

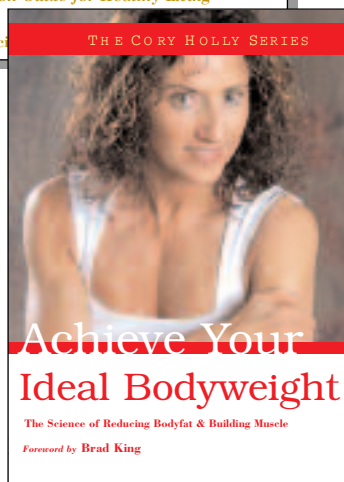
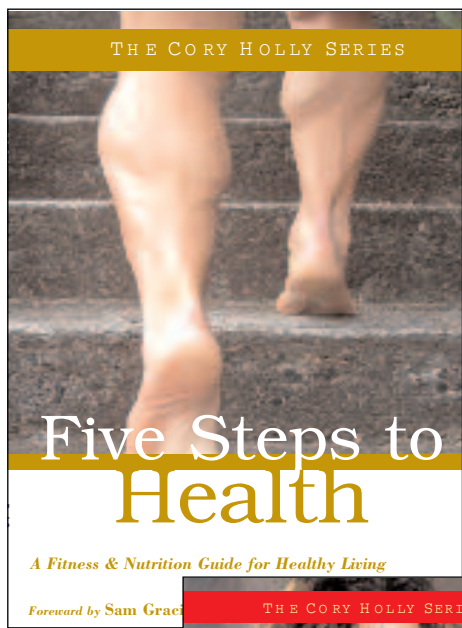
This book is designed to be well used and eventually become part of your everyday routine. By following the recipes in *"The Athlete's Cookbook"* your constitution will undoubtedly strengthen day by day. The Athlete's Cookbook methods and preparations should be so ingrained into your daily routine that even you will start to experiment with the exciting world of nutritious, delicious whole food cooking. Now remember...this book is not a trend or a quick fix diet book.

Throughout this book each chapter gives you recommended recipes for everyday healthy living. Mix and match the menus and you'll discover how easy it is to satisfy your hunger and create harmony in your body. Just watch the transformation happen. Instead of sickness and disease, you'll have an abundance of energy and slowly shed those unwanted pounds.... permanently.

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Book 5

THE ATHLETE'S COOKBOOK - BOOK THREE

About this Book

The Athlete's Cookbook is the third book in the Cory Holly Series. Each book in the series forms a link in a continuous and integrated chain of sports nutrition, health and fitness education. The series provides a practical approach to the science of living well by detailing the application of controlled exercise, whole food nutrition and natural health products.

Here at last is a book that not only provides delicious recipes but vibrant good health. Tracy Holly reveals her best kept secret "*The Kitchen is King*". Tracy uses only fresh whole foods guaranteed to enhance athletic performance. The dietary staples she presents are the "*foundation foods*" required year round for a healthy lean body that functions at optimum levels. The recipes are practical, simple to make and very easy to digest. This book is definitely not a "*trend*". The Athlete's Cookbook is the first and only recipe book of its kind.

"I will say this though, if the health and physical well-being of mankind is related to the food we ingest, it is no wonder that Tracy and her family members are in appearance, physical specimens of perfect health".

- Trent Nellis, publisher VISTA Magazine

About the Author



Tracy Holly is Executive Director of the Cory Holly Institute. She is a health & fitness enthusiast and an advocate of alternative natural medicine and sports nutri-tion products. Tracy works as an Emcee, National Spokesperson and fitness & lifestyle coach. She also writes for several national health magazines on fitness, whole foods and wellness. Tracy is a professional Latin & Ballroom dance teacher and competes in Ms. Fitness and Natural Bodybuilding.

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