

# COOKING SCHOOL

## BAKED OATMEAL



Ingredient	Amount
Oats	2 Cups
Apple, grated (opt)	1 medium
Coconut, grated	1/4 Cup
Raisins (optional)	1/3 Cup
Soy milk or water	3-4 Cups
Salt	1 Teaspoon
Vanilla	2 Teaspoons
Coriander, ground	1/2 Teaspoon

**Recipe serves 6**

### Instructions

- Mix all ingredients together in medium bowl. Pour into small casserole dish.
- Bake at 350 degrees for 1 hour. Variations: Any sweet fruit can be used in place of the apple. Use any type of milk substitute or use apple juice for the liquid. Dates could also be chopped and added to sweeten it in place of raisins. Add any kind of chopped nut. Eat as is, or serve in a bowl with soy or rice milk.

## GREAT GRANOLA



Ingredient	Amount
Oats	9 Cups
Coconut shredded	1 Cup
Sunflower seeds	1/2 Cup
Sesame seeds	1/2 Cup
Chopped nuts	1 Cup
Bananas	2 ripe
Raisins	1/2 Cup
Dates	1/2 Cup
Salt	1 1/2 Teaspoons
Apple Juice	1/2 Cup

**Recipe serves 12**

### Instructions

- Mix first 5 ingredients well in large bowl.
- Blend bananas, raisins, dates, salt and apple juice till smooth.
- Pour into bowl with oat mixture and mix together well. You may need to use your hands.
- Spread on cookie sheets 1/2 inch thick and bake at 250 degrees for 90 minutes, stir every 30 minutes.
- Turn off oven and leave pans inside until cool and completely dry.

## SOY MILK



Ingredient	Amount
Soy beans, soaked	1 Cup
Vanilla	1-2 Teaspoons
Honey/cane sugar	1-2 Tablespoons
Salt	1/4-1/2 Teaspoon
Water	to make 2 qts

**Recipe serves 8**

### Instructions

- Soak soybeans overnight in plenty of water.
- Next day, pour off water, add fresh water and bring to a boil. Lower heat and simmer 5-10 minutes.
- Pour off foamy water and rinse in cold water.
- Blend with 1 cup water until smooth, adding water if needed
- Add remaining ingredients and water to make 8 cups. Adjust salt and vanilla to taste.

## SCRAMBLED TOFU



Ingredient	Amount
Tofu	1 pound
Onion powder	2 Teaspoons
Garlic powder	1 Teaspoons
Parsley	1 Teaspoon
Goya Adobo	1 Teaspoon
Turmeric	1/2 Teaspoon

**Recipe serves 4 to 6**

### Instructions

- Spray a nonstick skillet with cooking spray.
- Drain and crumble tofu and add to skillet.
- Sprinkle seasonings over tofu and stir until well mixed and heated through.
- Serve with ketchup if desired. Variation: Make into a stir-fry dish by adding other veggies and serve with brown rice for a hearty breakfast or lunch.

## KETCHUP



Ingredient	Amount
Tomato paste	6 oz Can or 3/4 cup
Water	1 Can or 3/4 cup
Salt	1/2 Teaspoon
Basil	1/2 Teaspoon
Onion powder	1/2 Teaspoon
Lemon juice	2 Tablespoons
Honey	1 Tablespoon

**Recipe serves 16**

### Instructions

- Mix all ingredients in a small bowl.
- Adjust salt and seasonings to taste.

## HEALTH TIPS

Humans are the only animals that continue to consume milk beyond the weaning period, and that from another species! Cow's milk is perfectly designed to do what it's supposed to do - turn a 50 pound calf into a 500 pound cow in a relatively short period of time. It is not ideal for human consumption. This is seen in the fact that the vast majority of earth's population is lactose intolerant - producing abdominal cramping, gas, and watery stools after consumption of cow's milk. Cow's milk also contains many contaminants, including bacteria, antibiotics, pesticides, blood, and viruses. It also contains saturated fats (which increase LDLs, worsens diabetes, and leads to cardiovascular disease), casein (a protein / glue that has been linked with cancer and cancer progression as well as constipation), and lactose (the sugar that is the cause of intolerance of dairy products). Problems associated with dairy consumption include allergies, asthma, bacterial infections, cancer (prostate, ovarian, rectal, breast, lymphoma, leukemia), cardiovascular disease, constipation, Creutzfeldt, Jakob disease (Bovine Spongiform Encephalopathy), Type 1 (child onset) diabetes, Type 2 (adult onset) diabetes, migraines, osteoporosis (thinning of the bones - related to too high protein consumption - urea acid production - calcium from bones to buffer - lost in the urine, not dietary calcium deficit) and viral infections.

Cheese contains all the same contaminants that the milk contains, but in concentrations 10 times greater! It also includes things like rennet (the digestive lining of animals such as calves or goats) or a genetically engineered rennet substitute, tyramine (can cause hypertension, tachycardia, and migraines), nitrosamine (a cancer causing substance), and mold and bacteria waste products.

Eggs contain large amounts of cholesterol and fat which increase heart disease, diabetes and weight gain.

Why not start making healthier choices today? Try substituting soy or rice milk for cow milk, tofu for eggs, and dairy free cheese substitutes instead of the real thing. No, the substitutes won't taste exactly like the things you are used to, but they make a good replacement. And if you stick with your new lifestyle your taste buds will change and you will start to enjoy the things that at first seemed strange to you. Your health is worth it. Go ahead and take the first step today. Your body will thank you!

For more information visit [www.HealthByTheBook.org](http://www.HealthByTheBook.org)



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# COOKING SCHOOL

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## PERISHABLE ITEMS LIST AND BUDGET

### Shopping List

Ingredient	Have it	Quantity	Estimate	Store
Shredded coconut	<input type="checkbox"/>			
Bananas	<input type="checkbox"/>			
Dates	<input type="checkbox"/>			
Salt	<input type="checkbox"/>			
Slivered almonds	<input type="checkbox"/>			
Raisins	<input type="checkbox"/>			
Sunflower seeds	<input type="checkbox"/>			
Cane sugar	<input type="checkbox"/>			
Sesame seeds	<input type="checkbox"/>			
Oats	<input type="checkbox"/>			
Apples	<input type="checkbox"/>			
Soy milk	<input type="checkbox"/>			
Coriander	<input type="checkbox"/>			
Soaked soy beans	<input type="checkbox"/>			
Vanilla	<input type="checkbox"/>			
Tofu	<input type="checkbox"/>			
Onion powder	<input type="checkbox"/>			
Basil	<input type="checkbox"/>			
Parsley	<input type="checkbox"/>			
Goya adobo	<input type="checkbox"/>			
Garlic powder	<input type="checkbox"/>			
Tumeric (Saffron)	<input type="checkbox"/>			
Tomato paste	<input type="checkbox"/>			
Honey	<input type="checkbox"/>			
Lemon Juice	<input type="checkbox"/>			
<b>Total</b>				

### Budget

Item	Have it	Store	Estimate
Food	<input type="checkbox"/>		
Napkins	<input type="checkbox"/>		
Handouts	<input type="checkbox"/>		
Take out Plates	<input type="checkbox"/>		
Plasticware	<input type="checkbox"/>		
<b>Total Cost</b>			

# COOKING SCHOOL

## NON-PERISHABLE ITEMS CHECK LIST

Item to bring	Quantity	Size	Have it
Blender	1		<input type="checkbox"/>
Hot Plate	1		<input type="checkbox"/>
Cookie Sheet	1	med	<input type="checkbox"/>
Hot pad	1		<input type="checkbox"/>
Mixing bowl	3	large, med, small	<input type="checkbox"/>
Measuring spoons	4	2 1T, 1t, 1/2t, 1/4t	<input type="checkbox"/>
Mixing/serving spoons	4	large	<input type="checkbox"/>
Spatula	1		<input type="checkbox"/>
Paring knife	1	small	<input type="checkbox"/>
Pancake turner	1		<input type="checkbox"/>
Casserole dish	1	small	<input type="checkbox"/>
Skillet	1	medium	<input type="checkbox"/>
Measuring cups	4	4c, 1c, 1/2c, 1/4c	<input type="checkbox"/>
Table cloth	3	large	<input type="checkbox"/>
Pitcher	2		<input type="checkbox"/>
Dishcloth	1		<input type="checkbox"/>
Dish towel	1		<input type="checkbox"/>
Extension cord	1	large	<input type="checkbox"/>
Power strip	1		<input type="checkbox"/>
Plastic bowls	40		<input type="checkbox"/>
Plastic cups	40		<input type="checkbox"/>
Plastic plates	40		<input type="checkbox"/>
Plasticware	40	forks, spoons	<input type="checkbox"/>
Napkins	40		<input type="checkbox"/>