



BULK FLOURS AND MIXES

BROWN RICE CEREAL

Boil 3 cups water and $\frac{1}{2}$ tsp salt. Stir in 1 cup cereal and turn heat down. Simmer for 8 minutes. Serve with honey, milk, or raisin

SEVEN-GRAIN CEREAL

Boil 3 cups water and $\frac{1}{2}$ tsp sea salt. Stir in 1 cup cereal and turn heat down. Simmer for 10 minutes, stirring occasionally until desired consistency is attained. Serve with honey, milk, fruits or nuts.

NON-FAT MILK POWDER

Mix 3tbsp with 8 oz of cold water, or $\frac{2}{3}$ cup with 1 quart of cold water.

PROTEIN POWDER

As a protein supplement, add 2 heaping tbsp to milk or juice and stir.

PANCAKE AND WAFFLE MIX

PANCAKES: Stir together $\frac{3}{4}$ cup mix, 1 tbsp oil, $\frac{1}{2}$ cup milk or water. Great with blueberries, cinnamon or banana! Makes 6-5" pancakes.

WAFFLES: stir together 1 cup mix, 1egg or egg substitute, 1 tbsp oil, 1 tbsp honey, $\frac{3}{4}$ cup milk or water.

SOYMILK POWDER

Add 4 tbsp of powder to 8 oz of boiling water. Stir until powder is dissolved. Sweetened if desired.

REFRIED BEAN MIX

In a bowl, add 1- $\frac{3}{4}$ cup boiling water to 1 $\frac{1}{2}$ cup mix. Stir well, cover 5 minutes, and then serve

FALAFEL MIX

In a bowl, mix 2 cups mix, and 1 $\frac{1}{4}$ cups water, let stand 15 minutes to absorb the water. Form into balls. Heat about $\frac{1}{2}$ cup oil to 375 F and fry until brown.

HUMMUS DIP

In a bowl, mix 1 cup mix, 1 ½ cups warm water and 2tbsp olive oil. Blend well and chill for 5 minutes before serving.

BLACK BEAN MIX

In a bowl, mix 2 cup boiling water, and 1 ½ mix. Stir well, cover for 5 minutes and serve

VEGETARIAN CHILI MIX

Boil 2 ½ cups water, add 1½ cup mix, stir. Add two 5oz cans kidney beans (drained & rinsed) and one 14oz can of diced tomato. Simmer for 20 minutes.

NATURE'S BURGER MIX

In a bowl, mix 1½ cup mix and 1½ cup boiling water. Stir well and let stand for 15 minutes. Pan-fry thin patties on medium heat until browned.

SOY LECITHIN

Take 1-2 tbsp daily, or as desired. Store away from heat or direct sunlight. Refrigeration is not necessary

OAT BRAN

To prepare for 1 serving: mix together 2/3 cup water, and 1/3 cup cereal. For 2 servings: 1 1/3 cup water, and 2/3 cup cereal.

To cook: combine ingredients; bring to a boil, stirring constantly. Lower heat, and simmer for 6 minutes. Great with honey, maple syrup, fruits, spices or nuts

SOY FLOUR

In any recipe calling for all purpose flour, replace up to 30% of usual flour with soy flour. Since flour is free of gluten (also wheat), which gives structure to yeast-raised breads, soy flour cannot replace all the wheat and rye flour in a recipe.

BREWERS YEAST

As a nutritional supplement, use approximately 2 tbsp daily. It dissolves easily in milk, juices, or any other liquid. Great sprinkled on salads, cottage cheese, yogurt or other foods.

NUTRITIONAL YEAST

As a dietary supplement, sprinkle it on your food, use it as a seasoning or mix it with milk, juices, soups, gravies, and casseroles.

TVP/TEXTURED VEGETABLE PROTEIN

Add 1 cup TVP to 7-8 cups of hot water. Stir until water is absorbed, and TVP is soft. Great with soups, stews or as a stir fry with onion, tomato, garlic and spices.