

Recipes from WayfaringTraveler.com

Sunflower Seed Recipe

To dry-roast "sunnies", use a cast iron skillet on low-medium heat. Fill skillet about one inch deep with the seeds; stir for ~10 minutes with wooden spoon till golden and fragrant. At this point, Himalayan sea salt can be added to taste, and/or soy sauce and cayenne to taste.

These make a nutritious snack, and are yummy sprinkled on cornbread before baking.

Apricot Preserves

1 Qt. pitted organic apricots, blender-pureed with:
1 c. wild-crafted goji berries in 1 c. water
Juice of 2 organic lemons
fat 2-3" chunk organic ginger, peeled & sliced
1 Tbs. calcium solution

Pour into non-aluminum jam pot (I use a big "Le Creuset" enameled one found at a thrift store. Enamel actually best as stainless steel pots are a leaching source of nickel & cadmium.)

~2 Qts. additional apricots pitted and sliced.

You will meanwhile have sterilized jelly jars and lids.

Drain jars upside down on clean dish towel. Get boiling water bath boiling.

Simmer pureed and sliced fruit mixture briefly till soft, stirring with a wooden spoon. Add slowly:

1.5-2 c. Sucanat mixed with 1Tbs. Pomona's Pectin

Stir till rolling boil. Ladle into jars via wide-mouth funnel; wipe jar rims; Add sterilized lid and screw on rings moderately. (Four hands useful here.)

Holding upright, use jar lifter to set into boiling water bath for time suggested on pectin box, adding minutes if at elevation. Set timer

Yield: ~4 & 1/2 pints. (Plus appreciative licking of ladle and last bit in pot!)

Kombucha Smoothie Recipe

1/4 to 1 cup Kombucha, less if just starting

Goji Berries, small handful

Local bee pollen, 1 tsp - 1TBS, less if not accustomed

1/2 cup of organic fruits in season, e.g. red grapes, peach, apricots, berries

6 ice cubes

Blend til smooth. Sip. Drink water.

Sit quietly in nature if possible for a day, try weaning yourself from phone, tv, internet. Microsoft and Apple now recommend employee vacations as well away from e-buzz and the chronic unconscious stress of induced *beta* brain states.

Wicked Good Spicy Hot Cocoa

1Qt. organic milk (or Rice Dream, or Almond Milk)

1 rounded Tbs. Sucanat (organic dehydrated sugar cane juice; yum)

2 Tbs. organic unsweetened cocoa

1 tsp. cinnamon

1/2 tsp. cardamom

1/4 tsp. clove

1/4 tsp. ginger

1/8 tsp. cayenne

Heat milk. Mix other ingredients with a little water to make thick syrup. Swirl into hot milk. Serves 1-4, depending on appetite!