

# **Module 4: Comfort Foods**

Sometimes we crave comfort food. Nice comforting dishes included cooked oats, quinoa, potatoes and desserts. These are often helpful if someone needs to gain weight. Below are some more healthy comforting alternatives.

## **Real Pates**

*Pates can be made from nuts, seeds, garbanzo beans or one-eyed peas. They play a great role in Better World Cuisine kitchen and can be used for many things: veggie dips, steamed veggies, dressing for raw noodles or raw spaghetti, spreads on cracker or pizza crust, part of a veggie wrap, and most of all the leftovers can be part of a salad dressing. Blend all of the ingredients in a food processor.*

### **Mock Cheese Pate**

**2 cups of macadamia nuts  
1 Tbs of nutritional yeast  
1 Tbs of garlic powder  
1 Tbs of raw virgin olive oil  
some dill and a pinch of natural salt**

### **Mock French Gourmet Pate**

**2 cups of walnuts  
½ cup of raw olives  
1 Tbs of lemon juice  
1 tsp of chickpea miso  
a bit of cilantro and garlic powder**

### **Mock Salmon Pate**

**2 cups of walnuts  
1 large scallion  
1 red bell pepper  
2 stalks of celery  
1Tbs of virgin olive oil**

### **Mock Tuna Pate**

**2 cups of almonds  
1 Tbs of sunflower  
2 stalks of celery  
1 Tbs of lemon juice  
1 Tbs of chopped onion  
1 Tbs of chopped parsley  
1/2 tsp of garlic powder**

## **Magic Healthy Cake**

*First: soak 6 dates in water for about 3 hours. Remove pits and blend with water into a sauce.*

*Place parchment paper (cut round) in the bottom of a round 8" cake spring form. Layer the following ingredients in the pan in the following order: 1/2 of fruit mix, 1/2 of nut mix, other half of fruit mix, and top it with the rest of the nut mix and some extra coconut flakes(!). Cover with another parchment paper. Chill in refrigerator for several hours to make firm or store in freezer. Turn upside-down to serve. You may want to decorate. Enjoy! Your friends will love it.*



#### Fruit mix:

- 1 cup of blueberries or raspberries
- 3 cups of strawberries, cut into slices
- 5 peaches or persimmons, blended into a sauce

#### Nut mix:

- 2 cup of Brazil nuts, chopped in food processor
- 2 cups dried coconut flakes
- 10 pitted Medjool dates, blended into a sauce

### **Dessert Picasso**

*This is one of my favorite dishes because it tastes great, has not many calories and is very creative and playful.*

**Prepare in Magic Bullet** (or other blender) a variety of fruit sauces to a medium coarseness (not too liquid). Stay away from bananas, apples and pears. They are too liquid or discolor easily. The raw fruit can be fresh or frozen.



- Strawberries with a bit of lemon/pepper
- Blueberries with a little nutmeg
- Mango (or papaya) with vanilla
- Kiwi with cinnamon
- Pineapple, all by itself or a little curry
- Coconut cream

*The coconut cream is made from the flesh of fresh young coconuts, a bit of coconut water, coconut oil, non-GMO lecithin, vanilla, a little lemon and some date paste. (A cream made from almonds is another good option).*

*Note: Do not put coconut oil and fruit in the same sauce!! They react to each other and after a few hours taste unpleasant.*

**Create a color palette.** Put 1 or 2 Tbs of the various prepared fruit sauces and the cream in drop shapes towards the center of a plain colored plate. Use your fork like a brush and make a circle stroke. Balance your work of art with little drops of various sauces. Serve at room temperature. Make the plate your signature!

### **Blueberry Truffles**

*There is nothing easier to make: Put dried blueberries and double the amount of Brazil nuts and a little stevia if needed in your food processor. Let it run until the ingredients forms a ball. Make truffles out of the mixture.*

*Store in freezer. Note: leftover oil is nice for a salad dressing.*

*After some time in the freezer roll truffles in carob powder or sesame seeds.*



**Dried organic blueberries**

**Brazil nuts**

#### **Optional:**

**roll truffle in sesame seeds**

**or roll truffle in carob powder (it tastes amazing... better than real chocolate truffles!)**

## **Healthy Ice Cream (dairy free)**

*This is a special ice cream supporting detoxification because I am adding a Medicinal Detoxification Powder. If you do not use this powder, you can add a few nuts to make the ice cream creamy. Mix ingredients in the food processor.*



- a bag of frozen pineapples**
- 1 fresh banana**
- 1 scoop of Ultra Clear PH plus (see resource section)**
- optional vanilla**
- some liquid (almond milk or water)**

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## **Mouse**

*In order to make a nice mouse we can use mineral-rich Irish Moss instead of gelatin. The moss needs to be soaked for about 12 hours before using it. Clean and wash it well(!), then blend with a bit of water in the blender.*

*You will get a gelatin like substance. Add this to mousse. Mix all of the ingredients in your blender. Pour into small pudding containers. Let the mousse sit for a few hours in the refrigerator before serving. Top this off with some berries, small pistachio pieces, or whatever you have available.*



- 1 cup of Irish Moss gel**
- 2 cups almond milk**
- 6 soaked dates (no pits)**
- vanilla bean powder**
- pinch of natural salt**
- 1 Tbs of coconut oil**
- 1 Tbs of lecithin (non-GMO)**

## **Potato Mayonnaise (partly cooked)**

*This vegan mayonnaise tastes fabulous and is healthy. A true winner. Mix all ingredients in Magic Bullet or blender. Serve on top of artichoke bottoms, tomato slices, yams or potatoes.*



- 1 baked potato, peeled (preferably day old)**
- 1/2 cup of olive oil**
- 2 Tbs apple cider vinegar**
- 2 Tbs of lemon juice**
- 2 garlic cloves or some garlic powder**
- optional: 1 Tsp of date paste, chives**

### **Oatmeal Breakfast** (cooked)

*You can sprout oats (see resources) and eat them raw with some fruit salad.*

*Or, for more comfort, you can cook flat organic oats on low flame. Add other ingredients and let sit for a short while. With leftover cooked oatmeal you can make pudding.*

*If you need to gain weight, you can eat this dish before going to bed.*



**1 cup of organic oats and 2 cups of water** (cooked)

**½ cup of sunflower seeds**

**1 apple or some dried prunes or raisins**

**some cinnamon**

**pinch of natural salt**

**Optional: some almond milk and a little stevia**

### **Banana/Papaya Pudding**

*Nothing can be easier than making this comforting food. It is the ultimate baby food for grown-ups. Mix ingredients in blender or Magic Bullet. Serve cool.*



**papaya and banana in equal amounts**

**some vanilla**

**optional pinch of psyllium husp**

**Top off with some seeds**

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