

Natural living recipes featured at convention

SELINGROVE — As part of the Pa. Natural Living Convention and Alternate Energy Fair, Mrs. Joanie Huggins presented a workshop on cooking the body chemistry way.

Her cookbook features recipes without sugar. Her husband, Dr. Hal Huggins, D.D.S. also spoke at the convention, telling of a totally new concept of nutrition, determining individual needs.

It was to this end that Mrs. Huggins created her cookbook, developing it around a natural food theme.

She uses honey as a sweetener for her recipes. And since honey is twice as sweet as sugar, only half as much honey is needed. She told that people should try to buy honey from road side stands or anywhere where one is sure that it is not processed.

Included below are some of the recipes from her cookbook.



Mrs. Joanie Huggins spoke at last week's Natural Living Convention.

PEANUT BUTTER BALLS

- ½ cup peanut butter
 - 3 tablespoons cream
 - ½ cup honey
 - ¼ cup unsweetened coconut
 - ½ cup raisins
 - ½ cup roasted, ground soybeans
- Mix all ingredients together. Knead until consistency of pie dough. Roll into balls and chill.

TURKEY SALAD

- 1 cup mayonnaise
 - 2 tablespoons pure lemon juice
 - 2 tablespoons cream
 - 1½ teaspoons salt
 - dash of pepper
 - 4 crisp, large celery stalks, cut on the diagonal, thinly
 - 5 cups cut-up cooked turkey
 - crisp lettuce leaves
 - watercress or parsley
- In a large bowl, combine mayonnaise, lemon juice, cream, salt and pepper and mix well. Add celery and turkey. Toss lightly to coat well. Refrigerate, covered, until serving time (hopefully one hour). Arrange on lettuce leaves and decorate with watercress around edge. Serves eight. Note: this is a hearty, satisfying salad, just right for that lunch or supper when a hearty salad is enough for your family.

CAESAR RICE SALAD

- 1½ cups brown rice, cooked
 - 3 large tomatoes, chopped
 - ¾ cup parsley, finely chopped
 - 3 tablespoons oil
 - 1 teaspoon salt
 - 1 teaspoon cracked pepper
 - ½ cup dried green peppers
- Combine all the ingredients and toss gently. Serves six.

BEFOREHAND COLD PEPPER STEAK

- 1 cup oil
 - ½ cup salt
 - 2 tablespoons cracked pepper
 - 2 tablespoons red wine vinegar
 - 2 tablespoons thyme leaves
 - 2 teaspoons salt
 - 2 pound beef top round steak, cut about two inches thick
- A day ahead, in a baking dish, combine the first six ingredients. Add the steak and coat with the mixture. Cover and marinate in refrigerator at least eight hours or overnight, turning occasionally. Grill meat over charcoal on rack in broiling pan. Broil 15 minutes for rare, turning once. Place steak on platter. Cover and refrigerate to serve cold. Before serving slice on the diagonal. Makes eight servings.

CROCK POT SAFFRON BEEF

- 2½ cups cubed meat
 - 1½ cup onions, chopped
 - 1 clove garlic, minced
 - salt
 - pepper
 - 1 green pepper, chopped
 - 1 can (1 pound) tomatoes
 - ½ teaspoon thyme
 - 1/8 teaspoon saffron
 - 1 can (8 ounces) tomato puree
 - ½ cup red wine
 - ½ cup oil
 - hot cooked rice
- Put all the ingredients in a slow cooker and cook on low for six to eight hours. Serve over hot cooked brown rice.

APPLE CRISP

- 4 cups sliced apples
 - 1 tablespoon lemon juice
 - 1¼ cup rolled oats
 - ½ cup honey
 - 1 teaspoon cinnamon
 - ½ cup butter
- Put apples in a shallow pan or baking dish. Sprinkle with lemon juice. Combine the remaining ingredients and mix to a crumbly consistency. Sprinkle crumb mix over apples. Bake at 375 Degrees F. or until apples are tender.

FANTASTIC FRUIT

- 3 cups plain yogurt
 - ½ cup honey
 - 6 cups diced, peeled cantalope
 - 4 cups sliced fresh peaches
 - 4 ripe bananas, peeled and sliced
 - 1 cup whole almonds
- Mix the yogurt and honey in a large bowl. Add remaining ingredients and toss gently. Cover and refrigerate three hours or longer to blend flavors. Makes 12 servings.

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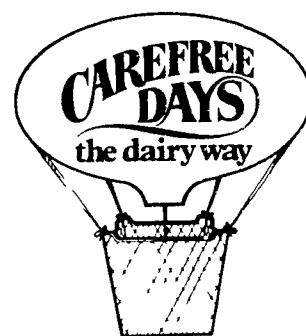
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