

RECIPE**Seaweed Salad**

This salad uses arame sea vegetables which are among the mildest seaweeds. This salad is a good first step in exploring seaweeds in recipes. It is especially beneficial for fatigue, depression, and hypothyroidism.

Ingredients

- 1 cup of dry arame seaweed
- 3 scallions
- 1 cup tofu (optional)
- 1 carrot
- ½ cup peapods
- ½ of a red bell pepper
- ½ of a cucumber
- Handful of broccoli florets
- ¼ cup walnuts or pine nuts
- Sprouts (optional)

Dressing

- ¼ cup toasted sesame oil
- ¼ cup rice wine vinegar
- 1 tablespoon wheat-free tamari
- Juice from of 2 cloves of garlic and a chunk of fresh ginger, well chopped
- Dash of hot red pepper flakes (optional)

Directions

1. Soak the seaweed in warm water for 15 minutes until soft (save the water for soup or to put in your animal companion's bowl).
2. Dice the scallions, tofu, carrots, peapods, red pepper, cucumber, broccoli, nuts, and sprouts (if using) into small (equal size) pieces.
3. Mix all of the dressing ingredients together in a bowl and whisk until well combined. Combine the vegetable mixture with the softened seaweed and pour the dressing over it. Mix and allow to marinate for a few hours or even a day. Eat and enjoy!

RECIPE**Chocolate Almond Coconut Joy**

By Dr. Rudolph Ryser

(Makes about 30 pieces)

This recipe is good medicine— a delicious and healthy alternative to commercial candy bars. Making these treats can be a group activity and is especially fun to do with children and adolescents, who can learn about healthy “treats” and the effects of sugar on focus and well- being. The anti- inflammatory properties of both coconut and dark chocolate make this treat a healthy and effective mood booster.

Equipment

- Two sheets parchment paper
- Half- sheet pan

Ingredients

- 1/4 c, raw honey and 20–25 drops of liquid stevia
- 2 tbsp. butter
- 2 c. unsweetened shredded coconut, lightly packed
- 17 oz. organic dark chocolate (no sugar added), chopped or broken into small pieces
- 30–35 lightly roasted and unsalted almonds

Directions

1. In a saucepan, bring the honey to a low boil over low heat. Add the butter and melt it, stirring occasionally. Once fully integrated, remove from heat and let sit for 2–3 minutes. Add the coconut slowly, stirring until it is fully coated.
2. Put a sheet of the parchment paper on a clean cutting board. Pour the coconut mixture onto the parchment, spreading it with a spatula or the flat side of a knife.
3. Spread the mixture to about . inch thickness. Form into a rectangle, roughly 9 by 4 inches, and cover with another piece of parchment. Using a rolling pin or bottle, lightly roll the mixture outward until it is about . inch thick.

4. Allow the mixture to cool slightly, remove the top parchment, then sharp- cut the mixture into strips about 1- inch wide. Working crosswise cut the strips again into 2- inch rectangles. Slide the coconut squares, still on their parchment, onto a half- sheet pan, allowing them to set while you prepare the chocolate. (Tip: Coat your knife with butter to keep the mixture from sticking.)
5. Next, place the chopped or broken chocolate into a heat- proof bowl. Set the bowl over a pan of simmering water, but don't allow the bowl to touch the water. Melt the chocolate, stirring constantly with a rubber spatula, until it is smooth. Remove the melted chocolate from the heat.
6. Place the second piece of parchment paper on the cutting board. Working quickly while the chocolate is still warm, spread a thin layer of the chocolate into a rectangle that is more or less the size of the sheet of coconut squares, using only half of the melted chocolate. When finished, place it in the refrigerator to cool.
7. Remove the coconut squares from the refrigerator and immediately turn them out onto the sheet of melted chocolate. Press down firmly using your hands. Remove the parchment from the coconut. Using a knife, separate the coconut squares following the cuts made earlier.
8. Top each coconut square with a roasted almond. Using a spoon, ladle the rest of the melted chocolate across the coconut squares, creating an even layer. Refrigerate the pan for 20–30 minutes to allow the chocolate to harden. Recut the squares and refrigerate until ready to serve.

RECIPE

Plantain Soup

This recipe is good medicine— a delicious and healthy alternative to commercial candy bars. Making these treats can be a group activity and is especially fun to do with children and adolescents, who can learn about healthy “treats” and the effects of sugar on focus and well- being. The anti- inflammatory properties of both coconut and dark chocolate make this treat a healthy and effective mood booster.

Ingredients

- 3 large plantains, peeled and cut into 1/2 inch slices Juice from 1/2 lemon
- 3 tablespoons unsalted butter
- 1 medium onion, chopped
- 5 cloves garlic, minced
- 4 cups freshly made chicken broth Sea salt and black pepper, to taste
- 1 cup coconut milk

Topping

- 1/3 cup cilantro
- 1 clove garlic, chopped
- 1 teaspoon grated orange peel
- 3 tablespoons lime juice

Directions

1. Place plantains in a bowl; sprinkle with lemon juice to preserve their color.
2. Heat butter in a saucepan on medium heat. Add the onion and the 5 cloves of garlic and sauté until onion is tender, about 5–10 minutes.
3. Add plantains and chicken broth and bring to a boil. Reduce heat to low, add salt and pepper, and simmer until plantains are tender, about 25–30 minutes.
4. Place mixture in a blender and puree just until smooth. Do not overblend. Return to saucepan and add coconut milk. Cook over low heat for 5 minutes to heat through.
5. In a blender or food processor, blend cilantro, garlic, orange peel, and lime juice. After blending, swirl this mixture into the soup and serve.

RECIPE**Anti-Anxiety Tonic**

It might sound strange to drink apple cider vinegar but when combined in this drink it is delicious, refreshing and lifts the spirits, quells anxiety and increases energy. Even children will enjoy this drink. The watermelon is rich in Potassium and B vitamins and contains high levels of lycopene and is a powerful anti oxidant. The raw apple cider vinegar is acidifying and helps relieve anxiety, depression, hyperventilation, panic and fatigue. Make a batch and drink 1-2 cups a day for several days. This recipe is adapted from Louisa Shafia's (2013), *The New Persian Kitchen*, Ten Speed Press, Berkeley CA.

Makes 5 cups concentrate**Ingredients**

- 3 cups water, plus more to serve 1/4 teaspoon sea salt
- 1/4 cup raw organic honey
- 10 drops liquid stevia
- 6 cups watermelon, coarsely chopped
- 1 cup tightly packed fresh spearmint
- 1 cup raw apple cider vinegar
- Ice cubes
- Sliced watermelon, sliced unwaxed organic cucumber, and spearmint, for garnish.

Directions

1. Bring the water and the salt to a boil in a medium saucepan. Remove from the heat. Add the honey and stir to dissolve.
2. Combine the watermelon and mint in a large bowl. Stir in the honey-water and let cool to room temperature. Add the vinegar. Steep the mixture in the refrigerator for several hours or up to overnight.
3. Pour the mixture through a strainer. The watermelon chunks can be eaten, if desired. Pour the juice into a clean glass jar, and store in the refrigerator for up to 1 week.
4. The juice is very concentrated, so to serve, pour just 1/4 cup of the juice into a glass over ice and dilute with 3/4 cup water.
5. Garnish with the watermelon, cucumber, and mint.