

## *Dessert Ideas*

### *(Emphasizing Wheat-Free and Dairy-Free Choices)*

**Fruit & Berry Boats:** Cut a papaya in half (length-wise), spoon out seeds to create a “boat”; fill with fresh blackberries. (Experiment with other fruit and berry variations).

**Banana & Walnuts:** Fill a small bowl or cup with finely chopped, raw walnuts; peel a banana and dip it in the bowl, coating the end. Keep dipping with each bite.

**Fruit Kabobs:** Spear chunks of pineapple, melon, banana, orange, grapefruit and/or other fruit combinations on kabob spears. (Child-safe variation: arrange appropriately-sized pieces on a plate to form a “caterpillar” or other interesting shape).

**“Ice Cream”:** In a blender (Vita-Mix works best), blend frozen mango (or favorite frozen fruit) with coconut milk, almond milk or raw, organic cow’s milk or goat milk. No need to add sugar!

## *Food Facts*

**Butter and Coconut Oil:** Organic, raw butter and coconut oil are best for stove-top cooking and sautéing. They are “good” fats that can handle high temperatures without breaking down and becoming rancid (as olive oil does). Avoid hydrogenated and partially hydrogenated oils.

**Nuts:** Avoid roasted nuts (most often rancid) and select fresh, raw nuts. Soak raw nuts to sprout them before eating (see *Nourishing Traditions* cookbook by Sally Fallon for sprouting instructions).

**Bread:** Consider minimizing grains; selecting non-gluten grains (rice, wild rice, quinoa, corn, millet, buckwheat, amaranth, oats); selecting Ezekiel and other sprouted grain breads that also do not have added gluten or corn syrup.

**Dairy:** If you “do” dairy, consider organic, raw products. The pasteurization process depletes dairy of essential vitamins and enzymes. Although synthetic vitamins are added after pasteurization, they lack the necessary co-factors and enzymes to be properly utilized by our bodies. Also consider goat milk and cheese, as these alternatives are often more easily digested.

**Herbs:** Use both fresh and dried herbs in your cooking instead of packaged seasonings. Most packaged products contain sugar and artificial ingredients, AND herbs contain lots of great nutrients that are often not found in other foods.

**Sea Salt:** Offers beneficial mineral content and a sweeter taste than iodized table salt.

**Avoid:** Hydrogenated fats (trans-fats); sugar in all its varieties (i.e. corn syrup, fructose, dextrose); artificial and “natural” flavors. Be aware that packaged food usually contains ingredients not listed on its label.

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Note: We have found the above suggestions to be helpful for most people. However, not every dietary recommendation will apply to everyone. In order to discover each person’s unique dietary needs, food sensitivities and overall health condition, a full examination, consultation and evaluation are necessary.

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