

4

Ingredients

FAST, FRESH & HEALTHY

**Over 400 sensational NEW recipes
using 4 or fewer ingredients for a
healthier mind and body**

**Kim McCosker, Rachael Bermingham,
Deepak Chopra**

4 Ingredients: Fast, Fresh and Healthy Cook Benchtop

Edition

Kim McCosker Rachael Bermingham

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How would you like to whip up quick, affordable and HEALTHY meals every day? Following the enormous success of *4 Ingredients Fast, Fresh and Healthy*, Kim McCosker, Rachael Bermingham and Deepak Chopra are delighted to release the book in a practical benchtop edition. Thanks to the convenient 'flip, look and cook' format, the 400 DELICIOUS recipes in *4 Ingredients Fast, Fresh and Healthy: Benchtop Edition* are so easy to read and use. *4 Ingredients Fast, Fresh and Healthy: Benchtop Edition* shows you how to take 4 ingredients, combine them, and make spectacular recipes that are delicious using fresh, nutrient rich ingredients for a healthier mind and body. At last, by using herbs, spices, fresh fruit and vegetables, you can transform a simple recipe into a sensational meal that will truly surprise your family and friends! *4 Ingredients Fast, Fresh and Healthy: Benchtop Edition* contains recipes that are: Easy to follow and quick to prepare, Delicious, Budget friendly, using ingredients that are easily sourced in your local supermarket, Healthy, with just 4 or fewer ingredients. With so many recipes to choose from, you'll be able to make breakfast, lunch and dinners that include soups, salads, mouthwatering cakes and guilt-free desserts. Kim, Rachael and Deepak have pooled their talents to create an ingenious cookbook that everyone can use to make tasty and nutritious meals in no time at all. Cooking healthy meals in minutes is easy with *4 Ingredients Fast, Fresh and Healthy: Benchtop Edition*. Simply flip, look and cook!



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Preface

Since the release of our first book, we have been constantly asked to bring out a recipe book that focuses on a healthier lifestyle. As everyone knows, our forte is making meals simple and easy to prepare. So when the opportunity came up to work with the foremost authority on mind-body medicine in the world Deepak Chopra, we believed that this was perfect timing. Through our collaboration, we believe we have come up with the best of all worlds when it comes to delivering healthy and simple meals.

For those of you who have not been exposed to Ayurvedic principles, it's a tried and true ancient system that is followed by millions of individuals around the world. Ayurveda, in Sanskrit, means "the science of life." It is a philosophy that's been around for at least 4,000 years, focusing on prevention, healing and wellbeing. Balance is very important in Ayurveda and strives to harmonise through the combination of diet, meditation, massage, essential oils and herbs.

The pure Ayurvedic principles that Deepak and many others follow are much deeper and more precise than what we have presented in this book. It was Deepak's intention only to touch on the principles and offer some guidelines by way of an introduction to what is possible. The recipes may not follow the strictest Ayurvedic requirements, but that wasn't the purpose of this book. Our intention is to introduce the concepts of what has worked so well in the East, in the hope that our readers can apply them to their very busy and demanding lifestyles. We wish to encourage everyone to explore all forms of a healthy and holistic lifestyle so that healthy, and simple choices become the obvious ones to make...

See you on the journey!

Kim & Rachael

Thank you

We are continually *amazed* at how the journey of *4 Ingredients* has grown from two mums who had a desire to write a cookbook, to help save time and money and put great food on the table for our families, to the global enterprise it has grown into in just a few years.

Of course this did not happen without *LOTS* of time and energy and without some special people in our lives.

We would like to thank Leon Nacson from Hay House for approaching us with the possibility of working with Deepak Chopra and then making this book happen.

Thanks so much to our incredibly supportive husbands who are still happily taste testing all our delicious 4 ingredient recipes and minding our beautiful children. We could *NEVER* do what we do without both of you!

To our gorgeous family and friends who have helped us research, compile, shop, cook, clean and taste test hundreds of recipes for this book. There are many of you but we'd like to pay special thanks to Jennette McCosker, Spud Moore, Jules Boag, Wendy Beattie, Michelle Tuite, Jeff Thode, Angela Covino and Dan Primmer—this book is what it has become because you all sprinkled your magic within its pages somewhere.

To our beautiful team who help us keep the balance; Mel Davis, Leona Bowles, Melinda Dines and Danae McAulay for often going above and beyond the call of duty to help make our lives *MUCH* easier—thanks girls!

Thank you to all of you who have sent us recipes, we delight in receiving every single one of them. Food is the ultimate universal language; we all have to eat and it's exciting receiving recipes from all over the world. So please, keep them coming, we will experiment with all of them.

And finally, to all of you for buying our cookbooks to use yourselves or as gifts for others, we know you'll absolutely *LOOOOVE* this book. Not only will it enable you to get delicious recipes on the table for you and your family, it will also help you save time and money in the kitchen and hopefully be your mind and body's new best friend!

Happy Cooking!

Rachael & Kim

[In the Cupboard](#)

4 Ingredients offers a wide range of yummy recipes, cooked for our families and friends for many a BBQ, party, Sunday dinner, Friday drinks and so on. In all our trials and errors there seemed to be a bunch of staple ingredients we always called upon. What we aim to do in this section is help you stock your kitchen pantry with those basic ingredients that will help flavour, make and save many a dish and event from peril.

Please note: In this book we have not included salt, pepper and water as part of the 4 Ingredients.

SAVOURY	SWEET
Sea salt	Plain flour
Peppercorns	Organic self raising flour
Vinegar	Rapadura or raw sugar
Lemons	Icing sugar
Soy sauce	Food colouring
Fresh garlic	Vanilla essence
Sesame oil & seeds	Condensed milk
Minced ginger	Cream cheese
Sweet-chilli sauce	Puff pastry
Whole-egg mayonnaise	Mixed fruit
Garlic	Jams; apricot, strawberry
Basil Pesto	Arrowroot biscuits
Cold pressed extra virgin macadamia oil	Honey
Extra virgin macadamia oil spray	Caster sugar
Bread crumbs	Evaporated milk
Sour cream	Mixed spices
French onion soup (dry mix)	Cinnamon
Dijon mustard	Nutmeg
Wholegrain mustard	Cornflour
Spaghetti & Noodles	Eggs
Brown rice	Marmalade
Jasmine rice	Gelatine
Sesame seeds	Tin of crushed pineapple
Pine nuts	Jelly crystals
Organic organic tomato sauce	Packet of bamboo skewers
BBQ sauce	
Worcestershire sauce	
Beef and chicken stock cubes	

[Guide to Weights & Measures](#)

A complex conversion table is not required as all you need to make the recipes within each edition of *4 Ingredients* are:

1 Teaspoon = 1 tsp.

1 Tablespoon = 1 tbs.

1 Cup = 250ml or the following:

[Gram Weights & Equivalents](#)

Product	Grams Per Cup	Product	Grams Per Cup
Almond Meal	170	Nuts – Pecans	120
Butter	230	Nuts – Almonds	160
Basil Pesto	260	Nuts – Pistachios	120
Breadcrumbs	130	Pasta (dried)	75
Brown sugar, packed	220	Peanut butter	260
Caster sugar	200	Popcorn	40
Cheese	100	Raisins	170
Chutney	300	Rice	185
Cornflakes	120	Rice bubbles	80
Cornflour	120	Rolled oats	100
Desiccated Coconut	120	Salsa	175
Dried apricots	160	Self raising flour	175
Dried mixed fruit	170	Sour cream	320
Flour	175	Sultanas	170
Honey	320	Sugar – White	220
Icing Sugar	120	Sugar – Raw	200
Jam	320	Tandoori paste	225
Mayonnaise	260	Tomato paste	260
Natural Muesli	110	Yoghurt	250

Abbreviations Used

Gram **g**
Kilogram **kg**
Millilitre **ml**
Litre **ltr**

Oven Temperature Guide

Making friends with your oven really helps when cooking. Basically, the Celsius temperature is about half the Fahrenheit temperature.

A lot of ovens these days offer the option to bake or fan bake (amongst others), as a rule, having the fan assisted option on will greatly increase the temperature in your oven and will shorten cooking times.

Our recipes have been compiled assuming a static conventional oven (non fan-forced) unless otherwise stated. If, however, your oven is fan forced, as a general rule of thumb, reduce the temperature by 20°C (this may vary between models). So if the recipe reads bake for 1 hour at 200°C that will be 1 hour at 180°C fan-forced.

Here's some help:

	Slow	Slow	Mod	Mod	Mod hot	Mod hot	Hot	Hot	Very hot
Fahrenheit	275	300	325	350	375	400	425	450	475
Celsius	140	150	165	180	190	200	220	230	240
Gas Mark	1	2	3	4	5	6	7	8	9

Healthy Food Substitutes

What we would really have loved is to have substituted many of our everyday household products for healthier alternatives. The main reason being is that natural, non-technically enhanced products are LOADED with essential nutrients that fuel your body, mind and soul. Apart from the obvious short and long term benefits of consuming these ingredients, you can literally taste the difference.

However not wanting to isolate those that are not able to purchase these products readily, we did not include these within our recipes, opting instead to add this section, which we feel, is vital to your and your families' health. For those of you able to access these products readily, the table below will show you what mainstream ingredient can be easily substituted with a healthier (and less technically altered and therefore nutrient drained) alternative. For more information on this we recommend our good friend Cyndi O'Meara's book, *Changing Habits Changing Lives*:

PRODUCT SUBSTITUTE

Sugar	<ul style="list-style-type: none">• Organic raw sugar*
	<ul style="list-style-type: none">• Cold pressed extra virgin olive oil*
Oil	<ul style="list-style-type: none">• Cold pressed macadamia nut oil*• Sunflower, rice bran, walnut oils
Spray Oil	<ul style="list-style-type: none">• Cold pressed macadamia nut oil* (or if you can't find, use one of the above oils in your own spray bottle)
	<ul style="list-style-type: none">• Spelt flour
Flour	<ul style="list-style-type: none">• Organic plain flour and Organic baking powder*• Organic self raising flour
Margarine	<ul style="list-style-type: none">• Butter*
Eggs	<ul style="list-style-type: none">• Organic free range eggs*
	<ul style="list-style-type: none">• Organic milk*
Milk	<ul style="list-style-type: none">• Raw milk• Pasteurised only milk
Pasta	<ul style="list-style-type: none">• Made from fresh ingredients• Organic Pasta*
Honey	<ul style="list-style-type: none">• Manuka honey*• Organic honey*
Jams	<ul style="list-style-type: none">• Organic jam*• Homemade jams made from raw ingredients
Soy Sauce	<ul style="list-style-type: none">• Tamari soy sauce*

Note — all ingredients with an asterisk * can now be bought in your local supermarket. Where possible buy products labeled 'certified organic' as these products have passed all the stringent tests to ensure that they really are organic and therefore are loaded with nutrients and flavour.

The Basic Ingredients for a Healthier Mind & Body

by Deepak Chopra

If you understand just these four basic ingredients for healthy living you will be well on your way to healthier mind and body.

1. ***There is a genius inside you and me.*** Our bodies have an ***inner intelligence***. In other words, our bodies know exactly what it is we need to eat (and when) for us to be healthy. Just as your brain takes in certain pieces of information and works out what to do with them, your digestive system takes in the food you eat and works out what it can use, what it will get rid of and what it will store.
2. ***Your cells recreate themselves over and over*** millions of times in your lifetime. We are being created anew each day. The skin, for example, replaces itself once each month, the stomach lining every five days, the liver every six weeks, and the skeleton every three months. In fact, each year around 98 per cent of each one of us is made up of brand new cells. So, even if you are feeling overweight or unhealthy today, there is no reason that you have to stay that way.
3. ***There is a mind/body connection.*** In recent times science is confirming more and more what some cultures have known for thousands of years: your thoughts and feelings can have a direct affect on your body's organs and cells, so it makes sense to keep a positive attitude around eating and exercise.
4. ***Everything you eat has an effect on your body.*** There are many books and research papers to prove this, but we've promised to keep this book really simple. So for now, let's just say that YOU BECOME WHAT YOU EAT.

This book is a back-to-basics approach to food preparation designed to guide you on your path to creating better health EASILY. If you are after an instant weight loss program you won't find it in these pages. When you really pay attention to your appetite your body finds its own natural weight, whatever this may be. And just for the record...

Food is more than just protein, carbohydrate and fat.

Your relationship with food needs to provide you with a sense of joy, growth and enrichment. You don't need to count calories, kilojoules or grams of fat; you need to simply develop more of an *awareness* around the food, you are choosing to eat day to day. When you pay attention to what your body wants to eat and when it wants to eat, you will experience positive change.

Healthy food was designed over millions of years to be pleasurable.

Food doesn't have to be bland to be healthy. The flavours of life in the right proportion add richness to our food and our experience. Your body will respond well if you spice up the food you eat. If you are not enjoying your food the nutritional, emotional, psychological and physical benefits of a meal will

be greatly reduced.

Kim and Rachael have created recipes and food preparation ideas that incorporate wonderful colours, stimulating aromas and a variety of flavours, textures and spices to completely satisfy your taste buds. The recipes are simple, healthy and environmentally sustainable.

I personally follow the Ayurvedic tradition which avoids pork and beef in particular, however this is a personal choice. These recipes provide health options for *all* tastes and are designed to excite your senses, to invigorate your taste buds and of course, to completely satisfy your appetite.

By becoming aware of the way you currently behave towards food, you will be able to make changes for the better. When you change your way of eating by changing a few simple rules, you will create a healthier, more vital body that is capable of providing you with more strength, joy and pleasure!

[Healthy Eating Can Be Easy](#)

Eating is one of the most natural processes in the world and it can be quite easy and enjoyable to follow a healthy diet. So why are so many people confused about what is good for them to eat?

As our world becomes ‘smaller’ we are given so many choices. We have access to grains, nuts and fruits from across the other side of the world, we can choose from full-cream, low-fat, no-fat, lite, skim, biodynamic, organic, high-calcium, low dairy *and* soy milks, and are bombarded with a wide range of dietary powders, pills and potions that promise instant weight reduction.

One day we are told by the ‘experts’ that chocolate and coffee are bad for us, the next day we’re told they are good for us. We are told to eat more protein and fewer carbohydrates, and then told this is not healthy. We’re told that low-fat diets are better for us, and then we are told by someone else that this is incorrect. For every diet, nutritional plan or exercise machine that is presented that ‘really works’ there is someone who will tell us why it doesn’t.

This situation has come about because over the years people have stopped paying attention to their own stomach; they’ve lost what is known as ‘**the mind/body connection**’ (being in tune with what the body really wants and needs). When we were children, many of us were taught to eat when it was ‘**time**’ to eat and to eat everything on our plate whether we were hungry or not. The current high levels of obesity around the world are not surprising considering how many children are encouraged to disregard the signals from their own body.

It’s time for us to re-engage this ‘mind/body connection’ and make healthier eating an easy and joyful experience.

Healthy eating = healthy weight.

The basic information and simple food preparation tips in this book will help you to get back to basics. Before we do that, let’s take a quick look at a different understanding of healthy living from another culture.

[What is Ayurveda?](#)

To maintain my own good health I follow Ayurvedic principles. Ayurveda (pronounced ah-your-vay-duuh) is a traditional Indian science of health that is over 5000 years old. The word can be translated as ‘the wisdom of life’ or ‘the science of longevity’.

Ayurveda offers an approach to living that is based on a very important principle: it says body, mind and soul are completely dependent on one another, and slowly, science is coming to the same conclusion.

[4 Golden Rules of Healthy Eating](#)

If you follow these four golden rules every day you will experience a total change in your well being and enjoy a healthier weight.

- 1. Pay attention to your appetite and only eat when you are truly hungry.***
- 2. Sample each of Ayurveda’s 6 Essential Tastes of Life every day, eating fresh, delicious, healthy foods that you enjoy.***
- 3. Choose food that nourishes your body and emotions.***
- 4. Eat with awareness.***

Apply these principles until they become your natural way of eating. Read these four golden rules every morning as a reminder of the new way you are going to approach your eating habits. Let’s look at each one in more detail.

1. Pay attention to your appetite and only eat when you are truly hungry.

Your appetite is your friend, don’t think of it as the enemy. A strong appetite is one of the most important signs of good health, it can tell you what to eat and when so you can feel healthier and happier. Don’t make your appetite ‘wrong’ and try to fight it—you will be fighting against your own body’s messages about what it needs. Instead, be thankful for your body’s wonderful ability to tell you what it needs through your appetite.

Most people eat out of habit, to be social, because they are stressed or lonely, or because someone tells them that it’s time to eat.

Hunger is a signal from your body that it wants to eat and is ready to metabolise food properly (this means it will use the nutrients it needs and get rid of the rest easily). If you’re not hungry, your body doesn’t need anything at that time, and more importantly, the body hasn’t prepared itself properly to be able to digest what you do eat.

Next time you go to eat something, place your hand on your stomach and check in—are you actually

feeling hungry? If not, don't eat! You might like to drink a glass of water instead.

If you are hungry, only eat until you start to feel satisfied—and not a bit more! Avoid eating to the point of heaviness, dullness or discomfort (how you might feel after trying everything at a large buffet or smorgasbord).

The other side of this is that it is important never to let yourself feel starved, because the body's 'intelligence' might think that means there won't be any food for a while and it could reset its metabolism (the speed at which it uses up or stores food) to protect against starvation by storing the food you eat. The less you eat, the slower your metabolism can get and the more weight you can gain. Eating healthy food only when you are hungry can help your body to maintain an efficient metabolism.

Here's a simple exercise to help you to break out of old eating patterns:

***EAT whenever you're HUNGRY,
but when you're NOT hungry, DON'T EAT.***

Doing this for two weeks will give you time to become more aware of your body's signals.

If possible, ***eat your heaviest meal at lunch time*** because digestion is stronger at midday and is more efficient at converting food into energy instead of into fat. After a while you'll find that you won't even feel like a heavy meal at dinner—a time when digestion isn't at its strongest. Don't be too hard on yourself if you do find yourself out to dinner in the evening. Just check your appetite and eat something delicious in small portions until you begin to feel satisfied but not uncomfortable.

This approach to eating is not dieting, it's simply paying attention to your body and its level of genuine satisfaction.

2. Sample each of the 6 Essential Tastes of Life every day, eating fresh, delicious, healthy foods that you enjoy.

Remember, healthy food doesn't have to be bland—far from it. Nature can provide all our dietary needs when eaten in the correct way at the correct time.

In Ayurveda all foods are placed into six categories according to their taste and the effect they have on the body. We need a wide variety of foods in our daily diet. Rather than fretting over charts, counting grams of fat and feeling guilty about cravings, you can make sure you are getting all the health benefits food offers by including each of the 6 Essential Tastes in your daily meals. Also, having a diet balanced in all six tastes is extremely helpful in satisfying food cravings.

The 6 Essential Tastes of Life: sweet, sour, salty, pungent, bitter, stringent.

Sweet

Most carbohydrates are considered to be part of this 'sweet' family. Most sweet foods are high in fibre, but of course we know that eating lots of refined sugar and starch (which also tastes sweet) isn't healthy for us. It's important for you to eat something from the sweet family each day, and if you

choose the *healthy* options, over time your body won't crave sweets in a form that is not healthy (such as processed cakes, pastries and fast foods).

Sweet foods: *sugar, honey, wholegrain rice, pasta, milk, cream, butter, whole grains, cereals. Fresh fruit such as mangoes, melons, bananas, peaches; crunchy nuts. Fresh vegetables such as corn and avocado.*

Consider reducing cholesterol-rich foods and avoid foods containing hydrogenated oils. *Meat* is also considered part of the 'sweet' family. Consider reducing the amount of meat that you eat to two meals per week, or replacing red meat with cold-water (oily) *fish* or *free range* chicken and *turkey*.

Sour

Oranges, lemons, pineapples, plums, blueberries, raspberries, strawberries, yoghurt and tomatoes all belong to the 'sour' family, as does *cheese* and *vinegar*. Their slightly sour taste adds a little acidic flavour to your meals. They can also bring wonderful health benefits, so be sure to experience this taste each day. Cut down on pickled foods, green olives, alcohol and vinegar.

Salty

In the right doses, salt adds flavour and stimulates digestion, but you need to choose the salt you use carefully and use it sparingly for best benefits, especially if you experience high blood pressure or fluid retention. Be aware that salt is also found in soy sauce, many tinned and processed foods and salted meats. There are many *organic salts* that are full of flavour and minerals, and *seaweed* is a tasty, natural form of salt.

Pungent

Think of the kick of *pepper*, the bite of *chilli*, the tang of *ginger* and the heat-producing effects they all have—these are 'pungent' foods. These flavours help digestion and have been known to stimulate metabolism. *Garlic* and *onions* have been shown to help lower cholesterol and blood pressure. The delicious smells and flavours offered by pungent foods add a delightful touch to every meal.

Pungent foods include *peppers (cayenne, black and chilli), fresh and dry ginger, horseradish, onions, garlic, leeks, mustard, cloves, cinnamon, peppermint, thyme, cumin, cardamom, basil, oregano and rosemary.*

Bitter

Members of the 'bitter' family include dark green and yellow vegetables such as *broccoli, kale, spinach, cauliflower, endive, chicory, asparagus* and *lettuce*—all are foods rich in nutrients that have been known to fight infections and have been useful for detoxifying and strengthening the immune system.

Astringent

Think of the slightly tart taste of a fresh green apple and you can imagine the 'astringent' family. *Cranberries, beans, lentils, peas, cabbage, pomegranates, pears* and *green tea* are astringent, as are the purple and red vegetables such as *eggplant*. Astringent foods provide a contrast to the sweet

family, keep your taste buds clear and sensitive, and have been known to assist in cell renewal.

[6 Essential Tastes Chart](#)

You may need a little help to change your eating habits to include the 6 Essential Tastes every day. Place a copy of this chart in a convenient place in the kitchen and carry one with you when you shop for groceries to help remind you of the foods you're wanting to include in your diet.

It's important that you don't make choosing what to eat hard work. Don't worry if you get to the end of the day and realise you've missed out on one or more of the tastes—this will be a long-term lifestyle change that you'll balance out over time. You will feel so much better when you incorporate the 6 Essential Tastes that you'll find it easy and fun to adjust your diet to include them.

SWEET		SOUR	
Milk	Honey	Limes	
Butter	Raw Sugar	Lemon	
Cream	Ripe Fresh Fruit	Citrus Fruit	
Wheat	Rolled Oats	Yoghurt	
Ghee	Raw Sugar	Mango Powder	
Rice	Raisins	Many Immature Fruits	
Maple Syrup	Cranberries	Tamarind	
Sesame Oil	Honey	Plums	
Apple Juice	Soy Milk	Blueberries	
Coconut Milk	Vanilla Extract	Raspberries	
SALTY		BITTER	
Salt	Tamari Soy Sauce	Greens	Turmeric
Pickles	Seaweed	• Kale	Fenugreek
Salty Pretzels		• Broccoli	Endive
		• Spinach	Chicory
		• Lettuce	
PUNGENT (generally hot & spicy)		ASTRINGENT (a dry & light taste)	
Chilli Pepper	Salsa	Apples	Green Tea
Ginger	Onions	Apricots	Lentils
Black Pepper	Asparagus	Beans	Peaches
Clove	Spinach	Berries	Persimmons
Mustard	Tomatoes	Cabbage	Pomegranates
Radish	Fresh chillies	Cauliflower	Prunes
Daikon	Garlic	Cherries	Raisins
Onions	Cinnamon	Coriander	Strawberries
Thyme	Basil	Figs (dry)	Turmeric
Oregano	Rosemary	Grapes	

There are foods that taste delicious to us, and other foods that don't. There is enough variety in the 6 Essential Tastes for you to choose a daily eating program that will not only taste good, but also be good for you—and you won't need to feel as if you're missing out! You will always feel satisfied and you will begin to crave healthy food that makes you feel good when you eat it.

3. Choose food that nourishes your body and emotions.

Fresh is always best for your body, as fresh food is full of nutrients and energy. You've seen the

difference between a lettuce picked fresh out of the garden and one that has been sitting in the bottom of your fridge for two weeks. Frozen, canned, processed, reheated and leftover foods have much less 'life' than fresh food—and organic food is free of chemicals.

As you begin to appreciate the food you put into your body you might even feel inspired to grow your own vegetables, herbs and fruits!

Satisfying cravings

Giving in to unhealthy cravings can sabotage your efforts. If you experience cravings, it's usually for sweet foods. This shouldn't be ignored. By making healthy choices from the 'sweet' family you can satisfy those cravings with more wholesome, healthy foods such as sweet fruits, whole grains and nuts.

While incorporating the 6 Essential Tastes into your daily diet is a long-term healthy life choice, there are some foods that can particularly help you to be a healthy weight. Choose...

- Foods that are light, dry and warm; spicy, bitter and astringent (see the [6 Essential Tastes chart](#)).
- Lighter fruits such as apples, pears, pomegranates, cranberries and persimmons.
- Honey is excellent (never heat honey).
- All beans.
- Light grains such as barley, corn, millet, buckwheat and rye.
- All spices except salt.
- All vegetables, especially radishes, asparagus, eggplant, green leafy vegetables, beets, broccoli, potatoes, cabbage, carrots, cauliflower, pumpkin, lettuce, celery and sprouts.
- If you do eat meat, choose cold-water (oily) fish and white meat such as free-range chicken and turkey.

4. Eat with awareness.

In this fast-paced world you may often feel that you just don't have the time to pay attention to your diet, but eating with awareness is vital to your body's ability to digest the foods you eat. This doesn't mean being a slave to meal times, but here are some tips that will help your body to digest the food you eat more easily.

- Eat in a calm and quiet atmosphere. How we are feeling when we eat can affect how well we digest it. Your attention should be on the food, not divided between eating and watching television, reading, etc. And don't eat when you are upset or angry; postpone the meal for a few minutes until you feel more settled.
- Always sit down to eat, even if it is just a snack. Taking the time to pay attention to what you are doing will help to prepare your digestion and allow you time to check in on your true hunger level.

- Avoid ice cold foods and drinks as they tend to freeze the digestive ‘fires’ that you need to help with the healthy breakdown of foods. It may take a little time to break the habit, but you’ll find after time you won’t miss cold drinks.
- Don’t talk while chewing—focus inward, enjoying the taste, sight and smell of the food you are eating.
- Eat slowly to give your body a chance to digest food properly. Put your fork or spoon down in between mouthfuls to help you to slow down and don’t take another mouthful until the last one has been chewed and swallowed.
- Sit quietly for a few minutes after your meal to allow digestion to begin.

Beware of quick fixes

Many people struggling to shed unwanted kilos seek quick and effortless solutions, often bouncing from one weight loss diet to another. Sadly, quick-fix diets just don’t produce lasting benefits and are often not very nutritionally balanced.

Avoid crash diets. Although you might see quick results at first, study after study has shown that the benefits are not long term. You’ll have better long-term results if you drop ‘diets’ altogether and take up a healthy eating program today that will serve you throughout your entire life.

Alcohol as part of a healthy lifestyle

Studies have shown that there are natural health-promoting chemicals in wine that may have a protective effect against heart disease and cancer. These natural disease-fighting substances have been shown to have powerful antioxidant properties that are most concentrated in the skins of grapes (red wine has the highest concentration of these).

If taking an occasional glass of wine as part of a delicious meal pleases you and adds richness to your life, enjoy! However, it is important to remember that excess alcohol can have damaging effects on almost every system and cell in the body and can contribute to serious illnesses affecting the nervous system, so follow Nature’s lead—everything in moderation.

How to have a happier, healthier mind and body

We’ve been concentrating on what to eat, how and when, but a healthy lifestyle requires a ‘whole body’ approach which also includes a sensible approach to exercise and strengthening that mind/body connection through meditation.

Exercise

Regular exercise will help you to burn fat and feel better within yourself. You will benefit more from regular, light exercise than occasional bursts of intense exercise. Walking around the block once each day with longer walks added now and then can have a positive effect on your metabolism. Studies show that short bursts of activity burn carbohydrates, while longer, ongoing exercise burns fat. Like eating, exercising your body should be enjoyable. If you over-exercise or force yourself to do exercise you don’t enjoy you risk injuries and can create emotional stress—which is exactly what you are

trying to avoid!

Exercise between 6–10am and 6–10pm when your body is stronger and more tolerant.

Meditation for a balanced life

The best way to deepen that mind/body connection we talked about is to take some time each day to slow down with breathing and meditation. When people think of meditation they sometimes think of long-haired guru sitting under a tree chanting, but *meditation is a powerful tool* that is being incorporated more and more as a valuable part of mainstream life.

There are many wonderful classes including Pilates and Yoga classes that will help you with meditation. There are also countless guided meditations available on CD and DVD that can help you with the process, or you may like to just take 20 minutes each day (preferably at the same time) to do the following:

Simple Meditation Exercise

1. Sit in a quiet space with your back straight. If this is physically impossible, you can lay on the floor with your legs bent at the knees to keep your spine straight on the floor.
2. Pay attention to your breath as it flows in and out, in and out.
3. To relax more, take deeper breaths.
4. On the in-breath think the word 'peace'; on the out-breath think the word 'peace'.
5. Thoughts will come into your mind; don't try to push them away, just let them go and return to focusing on breathing in and out.
6. Do this for 20 minutes and you will notice a deeper sense of calm.
7. You might also like to spend some of this time imagining yourself happier, healthier, preparing nutritious meals and bursting with energy.
8. You can set a quiet alarm to tell you when 20 minutes is over. After you have been meditating for while you will find that you will gradually open your eyes when it is time to go on with your day.

By incorporating these simple food preparation techniques, changing your attitude to food and including exercise and light meditation in your day, you will see positive results and enjoy the benefits of this simple approach to happier and healthier living.

May you live a long, healthy, happy and abundant life.

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Breakfast

According to Ayurveda (Ah-your-vey-duuh): ‘We are what we eat!’

*This ancient branch of science believes most of the common ailments are a result of **poor nutrition** ...*

Any anomaly in the body is thought to emanate in the digestive system.

What’s interesting is that this belief is over 5,000 years old!

Apricot Oats

SERVES 1

A recipe from John Kerr.

- *½ cup instant porridge*
- *1½ cups milk*
- *4 dried apricots, chopped*
- *2 tsp. golden syrup*

Simmer the porridge and milk together in a small saucepan for 4–5 minutes until slightly thickened and smooth, stirring frequently. Stir the golden syrup into the porridge. Pour the mixture into a bowl then sprinkle apricots on top and serve.

Berry Porridge

SERVES 1

- *½ cup (65g) fresh blueberries*
- *½ cup (65g) fresh raspberries*
- *2 tbs. organic raw sugar*
- *⅓ cup semolina*

Reserve a few of the berries for garnish, and puree the remainder with 2 cups of water. Strain the mixture through a sieve into a small saucepan. Add sugar and a pinch of salt to the pan and place over medium heat. Bring the puree to the boil, then gently whisk in the semolina, taking care the mixture does not boil over. Reduce the heat as far as possible, and leave the mixture to simmer for about 20 minutes, stirring frequently, until thickened. Serve garnished with reserved berries.

Bircher Muesli

SERVES 2

- *½ apple, peeled, cored and finely grated*
- *½ cup apple muesli*
- *1 cup pear juice*
- *2 kiwi fruit, diced*

Place apple, muesli and juice in a bowl. Mix well and leave to soak for 1 hour or overnight in fridge. Top with kiwi fruit.

Optional: Stir through a dollop of your favourite yoghurt.

Cherry & Raspberry Smoothie

SERVES 4

Recipe by Jules Boag.

- *400g cherries, destoned and partially frozen*
- *1 banana, sliced and partially frozen*
- *2 cups freshly squeezed orange juice*
- *³/₂ cup raspberry yoghurt*

Place all cherries and banana in a blender and pulse a few times. Add juice and yoghurt and 8 cubes of ice. Blend well, pour into glasses for a *nutritious, delicious* start to the day!

Cinnamon Pancakes

MAKES 8

- *1 cup (175g) organic self raising flour*
- *1 cup (250ml) milk*
- *1 free range egg, beaten*
- *1 tbs. cinnamon*

Lightly whisk all ingredients together. Heat a small non-stick frying pan, pour in enough batter to cover most of the base and over a medium heat cook until bubbles form. Flip and cook until golden on the underside.

Optional: Serve drizzled with honey.

Tip: When added to food, cinnamon inhibits bacterial growth and food spoilage, making it a natural

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