

Contents

Mother's Song	6
Acknowledgments	7
A Cook's Prayer	8
Introduction	9
What's a Green Gourmet?	11
Organic and Biodynamic	13
The Green Gourmet Kitchen	14
Setting the Scene	17
Recipe Overview	23
Chapter 1—Water—The Elixir of Life!	27
Beverages--Cold Drinks	
Green Drinks	
Cold Herbal Teas	
Hot Drinks	
Hot Steeped Teas	
Overnight Teas	
Decocted (Cooked) Teas	
Broths	
Chapter 2--Fabulous Fruit	49
Fruit and Fiber Breakfasts	51
Don't Panic, Go Organic	
Fruit Is Tops in Antioxidants	
Care and Handling of Fresh Berries	
Fruit Types/Food Combining	
Melons	
Pineapple	64
Chapter 3—Plumping Dried Fruits	65
Wolfberries—an Antioxidant Heavy Weight	
Plumping Methods	
Plumped Fruit Purees	
Chapter 4—Amazing Nuts and Seeds	73
How to get the most from Nuts and Seeds	76
Calcium without Dairy Products	77
A Comparison of Calcium and Magnesium in Nut and Seeds	79
Nut Milks	80
Seed Milks	88
Making Milks from Seeds and Pulp	91
Cultured Nuts and Seeds	95
Chapter 5—Smoothies	97
Proportions for Blood Sugar Balance	
Fortifying Your Smoothies	
Fruit Smoothies	

For Love of Mangoes	
Fruit and Vegetable Smoothies	
Chapter 6—The Gel-forming Seeds	113
Chia Seeds	
Flaxseeds	
Psyllium Seed Husks	
Seed Sereals	
Lightly Cooked Breakfast Puddings	
Chapter 7—Uncooked Cereals	135
New Bran Cereals	
A Comparison of Brans	
Hot Bran Cereals	
Whole Grain Cereals	
Chapter 8—Food Storage Tips	147
Appendix 1—Culinary Salts and Sweeteners	151
Culinary Salts	
Sweeteners	
Appendix 2—Sources of Foods, Products and Information	157
Sources—Kitchen Tools and Appliances	
Natural Foods, Herbs, Spices and Products	
Publications	
Organizations	
Bibliography—	165
Index	169
About the Author	175