Healthy Cuisine
Your Family Will Love

Seven Secrets Cookbook offers recipes using only plant foods or unrefined plant products that not only are delicious but will help you stay well and trim.

Neva & Jim Brackett
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Neva Brackett knew little about cooking when she was first married, but put her mind to every opportunity and, under the blessing of God, has become a premiere vegetarian cook. We tell this part of the story so that everyone will be encouraged to know they can do it too! She has learned how to make healthy food taste good and passes along the secrets to those who wish to learn. After all, if healthy food tasted good, your family would probably have no problem following a better plan!

She and her husband, Jim, have held nutrition seminars and cooking classes for nearly 30 years in hundreds of locations across America and in other countries. Neva was also the food service manager at Five Loaves Deli and Bakery for 10 years, where in some cases customers traveled two hours and more just to have breakfast at the Sunday brunch.

Their greatest reward for the year of almost non-stop work to complete this book will be an improvement in your health! We trust it can be a whole-person endeavor, physically, mentally and spiritually.

SEVEN SECRETS, as with Neva Brackett’s earlier books, has been a family effort. For nearly 10 years, when high school and college was not in session, Kathy and Kim worked at Five Loaves Deli and Bakery, the vegetarian restaurant in Seattle that Jim and Neva had opened. The girls became excellent chefs in their own right, and many of the recipes in SEVEN SECRETS are theirs. Kim has done most of the food design, and Jim did the photography, design, and layout. Kathy, with a natural gift to write, prepared much of the script.
We wrote *Seven Secrets* because we want to help you improve your family’s health. The fact that you are holding this book indicates that you are interested in cooking healthy meals. But maybe you aren’t sure how to do it. We frequently read or hear in the media advice from leading nutritionists, scientists, and physicians on what we should be eating. But it isn’t easy to make lifestyle changes, especially when it comes to changing what we eat.

Eating delicious food is a delightful experience. But we Westerners have developed a taste for food that is risky to our health. And we have lost the skills (and determination) needed to prepare healthful food that is also tasty and attractive. *Seven Secrets* can help change that. We know that if healthful food tasted good, looked appealing, and was affordable, you and your family would be happy to eat it!

Let me share a little about how we came to write a cookbook. For 10 years we owned and managed two vegetarian restaurants in Seattle: Five Loaves Deli and Bakery and The Pocket Place. Neva and her staff served thousands of meals using healthy recipes similar to the ones you’ll find in this book. And for 30 years we’ve conducted hundreds of cooking classes all over the United States—even some in other countries.

How can you get your family to adopt more healthy eating habits? It will take some willingness to allow their tastes to change gradually. At our restaurants almost everyone enjoyed these healthy dishes. Every recipe may not be a winner for everyone, but here are some suggestions that we believe will help you introduce healthy food to your family.

1. Go slowly. Don’t clear the meat, dairy, and oil out of your kitchen all at once. Add one new meal to your menu at a time. Soon it will become a family favorite.

2. Serve your first dish without fanfare. Don’t announce, “This is healthy!” or “This is cashew cheese!” Cashews can never be cheese. But that entrée will be delicious because of the nuts, and they won’t miss the cheese if you don’t mention it.

3. Heart disease or diabetes can be dramatically reversed for many people. If you or someone in your family has one of those conditions, you’ll want to make changes more rapidly. Go ahead! Get rid of the culprit foods and make a new shopping list based on this book. Just be sure you make changes deliberately and steadily.

You will notice that there is a spiritual flavor in *Seven Secrets*. This is because we believe that our bodies belong to God—a concept found in the Bible. We believe that the best health will result when you accept your God-given responsibility to keep your body as healthy as possible. (You’ll enjoy reading Neva’s story on page 116, where she recounts how unskilled she was in the kitchen until God answered her prayer for help.)

No matter what your spiritual values are, we’re sure you will benefit from making healthy food taste good.

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*The best health will result when you accept your God-given responsibility to keep your body as healthy as possible.*
In the recipe sections of Seven Secrets there are frequent references to other recipes in the book. In order to help you find them quickly, we have indicated these in red type. Ingredients that may be less familiar to the average cook appear in blue type and are discussed in Shopping Secrets and Glossary. This section also tells you where to buy lesser-known products.

In the back of the book we have included Efficiency Tips, the result of many years of experience in saving time.

People are often concerned that if they quit using so many refined or prepared products, it will take more time in the kitchen—efficiency can make up for much of it! So in the back of the book we have included Efficiency Tips, the result of many years of experience in saving time.

The Ingredient Equivalents section gives general guidelines for substitutions—a real plus if something is missing from your pantry. Another helpful section in the back of the book is Menus and Shopping Lists. This section provides complete menus with shopping lists—enough for four weeks! This will help you get a running start on what to plan for the family and what to keep on your pantry shelf.

If you have children or grandchildren, you’ll appreciate Favorites for Children. These are recipes kids especially enjoy eating. You may even get them into the kitchen to help you make the healthy and delicious dishes!

There are two indexes in the very back of the book. The Topical Index lists recipes by type and indicates which are wheat-free. The Recipe Index lists all the recipes alphabetically; if a recipe has two or more words, you will find it listed under each of the prominent words in the title. So “Carob Dessert Trifle” would also be listed as “Trifle, Carob Dessert” and “Dessert Trifle, Carob.”

Finally, we make every effort to use only unrefined plant products. There are some exceptions mainly in the use of sweeteners and also in an effort to “reach out” to family members who may not be ready to follow the very best dietary plan for their health or at least not without the changes taking more time. We often use dates, raisins, or some other whole food sweetener, but also use some honey, syrup, or sugar of some kind, though sparingly. It is certainly possible for one to use some refined flour, for example, in a recipe, in an effort to make a preparation a little more like the standard fare.
Lower Your Cholesterol Without Medication!
Prevent or Even Reverse Diabetes!
Drastically Lower Your Risk of Heart Disease!

Are these preposterous claims? No, these claims are substantiated in medical literature—here is how you can do it. Let’s begin with the issue of controlling our weight.

Most Americans are overweight. In the past two decades this condition has increased to pandemic proportions: 60 to 80 percent of adults are overweight. Many are in the obese category. These extra pounds are making us more susceptible to a host of health problems from heart disease to diabetes to certain cancers, and much more.

Very few of us are pleased with the extra pounds we are carrying, although some of us have developed a jolly spirit in an attempt to relieve our private agony. Recently I worked with a woman who weighed nearly 500 pounds. As time went by she confided to me her innermost feelings: “When I go to an all-you-can-eat restaurant, people look at me and think, What are you doing in here, you big fat slob?” Those were her tragic words, not mine. Her negativity is a common thread among overweight people.

Solutions, of course, are offered everywhere. Friends offer unsolicited advice and advertisers promise pills to suppress hunger and burn calories. These slick and convincing ads seldom reveal the research: less than 5 percent of Americans who diet keep the weight off long-term. Most of us know that from painful experience.

“But,” you ask, “how do I know your plan is not just another empty promise?” That’s a fair question. You will need a certain degree of trust to accept our proposed eating plan, but it might help you to know that we have nothing to sell. It will cost you less than what you are doing now. The approach is very simple: You essentially eat all you want and lose weight slowly and consistently—and keep it off as long as you stay with the plan.

“Wait a minute,” you say. “All the plans work if you stay with them!” True. Most dieters gain their weight back because they quit the diet. But there are three great differences with this plan.

1. You eat all you want.
2. No spending money on a “weight loss” product.
3. You don’t diet, you live it. This is a new lifestyle—one so workable and energizing that you will never want the old one back. So what is this plan? Here it is in one simple sentence: Exercise moderately and eat only unrefined plant foods.

You’re probably wondering, Is that a life? Where will I get the energy to exercise? How can I turn down favorite foods while people all around me, some of them thin, enjoy the American diet? One key is to visualize success. See yourself buying new clothes, several sizes smaller. Imagine a life of looking and feeling great. That is a life!

**Exercise**

Every diet requires exercise to be effective. It not only burns calories, but raises the efficiency of your gigantic calorie burner, the basal metabolic rate (BMR). Every day the body needs a certain amount of calories just to operate, even if we don’t move a muscle all day. The basal metabolic rate is the calories burned to pump blood, breathe, run the brain, process food, keep the body warm, etc. The astonishing thing is that this BMR for most people is about 75 percent of their total calorie expenditure—close to 1,500 calories. You’d need to run 15 miles to burn 1,500 calories! Many people burn only an additional 300 calories for a whole day’s activities (the equivalent of walking three miles).

Here’s the catch: If you diet, your BMR, which is the giant calorie consumer, will decrease. It is as though the body says to itself, “Food shortage! Con-
serve calories!” The body turns down the “furnace.” Exercise tricks the body into keeping the furnace going full-blast even on fewer calories. The food shortage is ignored when you exercise, and your body burns calories left and right.

Most people will need to walk three miles per day to make this work. Any form of exercise will do. Try to find something you enjoy: play tennis, ride a bike, go swimming, or work in your garden. Just find out how long it takes you to walk three miles, and then exercise that long each day. And you don’t have to exercise vigorously. You can even divide up your three miles throughout the day and you will burn the same number of calories. You can even exercise leisurely. Whether you run or walk that mile, slow or fast, the same number of calories will be burned.

What’s more, for about a day after exercise (and if the exercise is vigorous, the effect is greater) the BMR is even higher, giving you added help in controlling calories. Amazingly, a sedentary person (very little exercise) will tend to have a larger appetite than one who has been exercising regularly.

**The Live It**

Start with delicious produce, grains, and nuts. Thoughtfully prepare them in your own kitchen. Then sit down and enjoy several helpings, guilt-free. Unrefined plant foods are naturally low in fat. That helps you to lose weight, because a low-fat meal has fewer calories but still fills you up. A pound of fat has more than twice the calories of a pound of carbohydrate or protein. A meal from this cookbook might have half the calories of the meal you ate last night!

What did you eat last night? If you had a serving or two of vegetables and salad, good for you! But you may be struggling with extra weight because you’re eating refined foods: dressings, gravies, sauces, and entrées. The term refined foods refers to the process of removing fiber and nutrients from plant foods, and usually increasing the amount of fat. There is another way to eat your entrées, potatoes, fruit, and vegetables! You don’t have to eat them plain—you’ll learn about that in the recipes that follow.

Refined foods can be blamed for most of the excess pounds people carry around. The culprits are oil, butter, and the high percentage of fat found in meat. Neva replaces oil in her recipes with nuts, olives, and coconut. Those foods give you all the moisture you need and make the food taste great, but because the refining process is left behind, you don’t get too many calories.

Obviously junk food is highly refined. A 200-calorie potato becomes a 1,000-calorie bag of chips. Chips are easy to eat, and even easier to store as fat. Other refined foods, such as white bread, pasta, and rice, are not as fattening but should be replaced with their whole-grain originals. Fewer calories are consumed, while the fiber and nutrients your body needs are restored.

**Read the Label!**

If the label says “wheat flour” it is refined. If it’s unrefined the label will say 100 percent whole wheat (or some other grain). Often both kinds of flour will be listed, and if that’s the case, don’t buy it. Also, watch for added fat in various forms—lard, butter, margarine, vegetable oil, or partially hydrogenated oil—don’t buy it! This will eliminate perhaps 97 out of 100 loaves of bread on the shelf at the store. If you want to control your weight, all your food needs to be unrefined!
Will you get hungry two hours after eating our low-fat recipes? No! Recently I was visiting with a physician who wanted a better understanding of this concept, and she said, “But fat is needed for satiety.” In other words, since fat slows digestion time it tends to keep us satisfied, keeps us from getting hungry too quickly. She was right. It is the fat that makes us feel full. But there is another ingredient usually missing from processed foods that also provides satiety: fiber. Plant foods are all high in fiber, but the fiber is removed when processed into white bread or pasta, vegetable oil, and sugar. These are just the obvious examples.

Animal products don’t need to be processed or refined to lose fiber—they never had fiber, they never will! Don’t miss this incredible point: Animal products (meat, fish, chicken, eggs, and milk) have zero fiber. No wonder so many Americans are constipated. Of course, fiber has much more to offer besides regularity. It lowers cholesterol. It helps protect against diabetes. And it helps keep us from getting hungry too quickly so we don’t look for snacks.

The recipes in this cookbook are different—they don’t use animal products. The ingredients are from your garden or the produce department, tastefully presented with gravies, sauces, and dressings made from nuts. All the fiber is still there. When you eat your first meal from this book, you will agree with the participants in our weight-loss programs. They were amazed to find that they could go five hours without even a snack—they just never felt hungry.

The live it is not just for weight control. Cholesterol goes down, the cholesterol ratio is improved, and hypertension can be cured and controlled. There is a much decreased risk for a number of cancers. There is a dramatic decrease in diabetes incidence, with a virtual nonincidence of gout.

Shannon was not only tall (6’3”) but well endowed with extra pounds. We hired her as a favor to an old friend to work in Five Loaves Deli and Bakery, our vegetarian restaurant. “Watch out for the ice-cream machine!” warned her mother, who doubted she could lose weight with free ice cream around. But Shannon lost weight! And so did nearly every other employee. They ate many of their meals at the restaurant and followed this plan for meals eaten away from work. Slowly the extra pounds would come off and normal weight would stabilize. Shannon lost 90 pounds in one year! For exercise she rode her bicycle several times a week. She ate all she wanted, including the healthy ice cream we’ll teach you to make, and still lost those 90 pounds.

Finally, a word about the psychology of controlling weight. Through a complex interplay of one’s background and life experiences it’s possible to develop a true obsession to overeating. There are people who almost tear the doors off the cupboards to get food, stuffing themselves as fast as they can gulp it down, not even enjoying the food. This is the extreme end of the spectrum, but if you recognize something like this in yourself, you need more help than this book can offer. See a physician and get help in finding professionals to guide you through recovery from a very complex problem.

—Jim Brackett, M.A., M.P.H.
THE SEVEN SECRETS TO DELIGHTFUL FOOD

In order to make plant based foods tasteful and attractive, we have discovered seven basic areas of food preparation and some simple skills that will make all the difference. Thus the recipe section in Seven Secrets is the practical application of seven basic principles—simple secrets of making scrumptious meals that make you forget you’re eating healthy!

1. USE WHOLE GRAINS IN PLACE OF REFINED, AND STILL ENJOY YOUR FOOD.

2. REPLACE BUTTER, OIL, AND EGGS IN BAKING WITHOUT SACRIFICING TENDERNESS AND TASTE.

3. MAKE WHITE OR CHEESE SAUCE TO USE IN PLACE OF MILK AND CHEESE, AND YET ENJOY CREAMY, DELICIOUS ENTRÉES AND SOUPS.

4. REPLACE MEAT, AND STILL BE ABLE TO ADAPT YOUR FAVORITE RECIPES WITH HEALTHFUL ALTERNATIVES.

5. FRY OR SAUTÉE WITHOUT OIL, ELIMINATING A SIGNIFICANT SOURCE OF DAMAGING FAT IN YOUR FOOD.

6. MAKE A GOOD SPREAD OR DRESSING FOR BREAD AND SALAD. AFTER ALL, IT’S WHAT WE PUT ON THE BREAD, POTATOES, OR SALAD THAT MAKES THEM FATTENING.

7. CUT DOWN ON REFINED SUGAR

As you put these basic skills into practice, you will see that these recipes are not so new and strange after all. They are just new variations of an old familiar theme. Something new and unfamiliar seems ard at first, but after the skill has been tried and learned, you realize how very simple it really is! If you will take the time to become familiar with these few basic techniques, you will have the secret to success.
The lifestyle of adequate exercise and healthier foods presented in the previous section will prevent almost everyone from getting type 2 diabetes. The same plan will reduce cholesterol in the blood and lower the risk of coronary artery disease. It will help 40 percent or more of those with diabetes to recover—they can have normal blood sugar and significantly reverse some of the damage diabetes has caused. If they follow the program carefully, the average time required to get well is three to six weeks, although some people respond in days. Nearly 90 percent of peripheral neuropathy disappears, and almost everyone finds relief from this often very painful condition within a few days. (Some have complete freedom from pain in just two days.)

How do I know? I’ve seen it happen at Weimar Institute, which is located near Sacramento, California. Neva and I have had the privilege of working with the Weimar physicians in the Reversing Diabetes program for more than 10 years (either http://newstart.com/diabetes.html or www.reversingdiabetes.org) and have seen these results ourselves countless times.

In order to reverse diabetes, we use the same plan as for losing weight: moderate daily activity2 and all food from unrefined plant products. (Be sure to read the previous section since we won’t repeat many of the same important points here.)

In the weight-control program we encourage participants to move judiciously but steadily. For diabetics the case is more urgent. If the hemoglobin Alc (also known as glycosylated hemoglobin) is above 6.0 percent, significant damage is taking place to virtually every tissue in the body. In fact, the medical community has concluded that if there is diabetes, then there is heart disease! So in order to halt the progressive damage, a diabetic needs to make these changes now! They must follow the plan religiously if they want to get well. Certainly there will be improvement if they make some changes, but to have normal sugar without medication requires strict adherence.

These changes are challenging for most people, but they can be done with reasonable effort and determination. We have followed this exercise and healthful-food plan ourselves for more than 30 years, and our health is great! And the food is really good. In fact, if you could eat at our home or at one of the Reversing Diabetes seminars, I believe you would proclaim, “I’d be happy to eat like this all the time—it’s wonderful!”

As in weight control, this plan calls for a reasonable amount of walking, two or three plant-based meals each day (the first meal is the largest and lesser ones follow), and no snacking at all.

Sometimes a physician may advise a patient to eat many smaller meals each day with less carbohydrate and more protein—almost the exact opposite of what we are proposing here. The physicians make these suggestions largely because patients usually won’t do what is best. Carbohydrate is the preferred food for the trillion cells in your body. The reason a physician suggests a cutback is that Americans eat mostly refined carbohydrates.

The fad for “low-carb” regimens is highly flawed. Rather than helping us eat unrefined carbs, which is just what our body needs, it recommends that we increase fat and protein and reduce carbs. This is hard on our kidneys and produces high levels of toxins in the blood. In fact, before the most well known of the low-carb programs was recently revised, the user had to test the urine several times each day for ketones (organic byproducts from burning fat). Since the high-protein diet could cause damage and even death from ketoacidosis, the ketone level had to be carefully monitored.

Plant foods are low in fat and protein and high in carbs, except four categories that are high in fat (and therefore high in calories)—olives, avocados, nuts, and seeds. We need to eat these more sparingly. A good handful each day would be a reasonable goal. It has been shown in recent years that nuts (of all kinds) lower the incidence of heart disease.3

Nearly 90 percent of peripheral neuropathy disappears.
Which brings us to the second reason physicians sometimes advise many small high-protein, high-fat, low-carb meals for the diabetic. If we use refined carbohydrate without the fiber that is naturally in the plant foods, our blood sugar rises quickly to high levels following a meal. Since we either won’t or don’t know how to prepare our foods with unrefined carbohydrates, which would lower blood sugar, the physician throws up his or her hands and says, “Well, use a low-carb plan,” even though it’s not really a solution. This plan may help in a small degree to keep sugar levels from soaring, but it’s truly a band-aid approach.

Don’t miss this all-important point: unrefined plant foods have fiber—and in just the right proportions. Animal products have zero fiber—in other words, all meat (including fish, chicken, and seafood) and other animal products, such as milk, eggs, and cheese, have absolutely no fiber at all! Around the world, cultures that use animal products and refined plant products and that include too many calories and too little exercise (the standard Western lifestyle) have increasingly high levels of diabetes.

Fiber is defined as that portion of the food that is indigestible. It is found in plants in two broad categories—soluble and insoluble. The soluble fiber soaks up moisture and makes a kind of gelatinous slurry (a little bit like Jell-O) in the small intestine. This slows the movement of nutrients so that the meal is “delivered” to the bloodstream in five to six hours rather than in a much shorter time. This long-lasting, smooth delivery of nutrients (including sugar) allows the body to control blood sugar levels. If refined carbs are in our food, there are blood sugar spikes followed by dramatic lows as the body struggles to control the unexpected surges of nutrient delivery.

Imagine a group of people standing in a swimming pool filled with shoulder-deep molasses. Let’s say they are instructed to get out of the pool as fast as possible. They struggle through the thick goo to the pool edge and climb out. Obviously it would take much longer to get out than if the pool had water in it. Let’s let the pool represent the small intestine and the people represent the nutrients that are being absorbed into the bloodstream (leaving the pool). The fiber turns the water in the pool into molasses. A refined diet would result in a more “waterlike” environment in the small intestines! A slower delivery of nutrients to the bloodstream is critical for good health.

Another benefit from fiber, though not such an immediate issue in diabetes, is that the insoluble fiber binds itself to the bile our bodies make (almost pure cholesterol) and other forms of cholesterol that come from our diet. These “hooked-together” molecules of cholesterol and fiber are too large to be absorbed into the bloodstream and so are excreted—which means this bound cholesterol is not absorbed into the blood. The obvious effect is a lowering of our (blood serum) cholesterol.

The physicians we work with in the Reversing Diabetes program believe that approximately 65 to 70 percent of a diabetic’s recovery is from exercise. They have found that diabetics aren’t likely to get well unless they exercise at a level equivalent to walking four miles each day.

Let’s explore a basic reason that exercise is so critical. Approximately 10 years before a person is diagnosed with diabetes the amount of insulin in the blood begins to rise. The body is doing this in order to force the increasing blood sugar levels from the blood into the cells—thus lowering or controlling blood sugar. This increase in the amount of insulin needed to “control” the blood sugar is called insulin resistance. The problem isn’t exactly that the body is resisting insulin. Rather the problem is that the cells are making less and less of a substance needed to move sugar from the outside of the cell to the inside. These little sugar movers have a large name, which isn’t at all important to understanding the issue. The point is that the insulin receptor on the cell is activated by insulin to send a message to the DNA to make these sugar movers—and right here is the problem. The message is sent, but it receives an increasingly smaller response—over the years, less and less of the sugar movers are produced. The body’s reaction is to make more insulin to send more messages, which helps in a degree but eventually fails to control the sugar level.
adequately. Now the body has very high levels of insulin, but the messages to make sugar movers are so poorly heeded that the sugar level in the bloodstream rises and the person becomes diabetic.

Diabetics have heard that they can take oral medication and help the situation. Although physicians have attempted to lower A1c scores to 6.0 percent with medication, the medical community has recently acknowledged that this is not achievable in most patients, so a goal of 7.0 percent is now seen as a reasonable target. Reasonable not because that’s safe for the diabetic (it isn’t), but because that’s about the best we can do with medication.

In reality, it would be better to use insulin, because that is a substance natural to the body. But the average diabetic has somehow gotten the idea that when you finally have to go on the needle, death is near. But in reality, it isn’t the needle or the insulin that brings one closer to the end—it’s simply the years of tissue damage from elevated sugar levels. And since most diabetics don’t want to give themselves injections, physicians use oral medications to delay the day of the needle.

In many ways it would be better to use insulin injections from the beginning and avoid the side effects of the oral medications. In fact, many of the medications used simply force the pancreas to produce even more insulin—so the result would be the same if one took injections and at the same time avoided side effects! However, there are now additional classes of oral medications that work in other ways than chemically forcing the pancreas to produce more insulin. They cooperate with the body’s effort to make more sugar movers. But they are expensive and still have side effects.

How much better to influence the body to make sugar movers naturally, rather than continuing to increase blood levels of insulin! And that is the effect of exercise. Using our muscles has the effect of actually changing our genes (DNA) or the chemicals controlling what the DNA does. The result is the increasing production of sugar movers.

So, since the problem is the lack of sugar movers and since the only way to increase those naturally is to exercise—walk, walk, walk, and use only plant sources of food. Even if you don’t get completely well (normal sugar without medication), you will be so close to being well that likely a very small amount of medication will keep your sugar at safe levels!

It is critical that someone with type 2 diabetes who “gets well” on the plan recommended here must stay with it religiously. They are not cured but are, if you will, in remission. Returning to the old lifestyle will likely plunge them into diabetes again. (Don’t blame the physicians who look on this plan with some concern. They are the ones who have to struggle to get the diabetic back under control again when he/she falls back into the old ways—without realizing their sugar was again out of control and wreaking havoc in their bodies.)

Keep in mind that the effort it takes to get well works completely for only about 40 percent of diabetics, although the other 60 percent do extremely well. And the 40 percent must stay with the plan to stay well. If they become ill enough to be in the hospital, even while following the plan as well as they can while in bed, they will regress to needing diabetic medication again. Most of these can be well again once they are out of the hospital and back on the plan, but this illustrates how fragile a former diabetic’s state is.

—Jim Brackett, M.A., M.P.H.
Breakfast Secrets

Granola

Muesli

Creamy Rice
Welcome to the recipe section of this book. Here you’ll find delicious ways of using the seven secrets in your cooking. Our philosophy for better health has been shaped by science, the Bible, and the practical counsel of a widely quoted health advocate from yesteryear: Ellen White. We hope the nuggets from these sources will inspire you as much as they have us!

**Maple Nut Granola**

Most granola at the market tastes like oatmeal cookies! This delicious recipe, without refined fat, will be a real hit if you carefully follow the directions. With experience, it will be oven-ready in 15 minutes.

- ¼ cup water
- ½ cup honey
- 1 tablespoon molasses, optional
- 1 teaspoon vanilla
- 1 teaspoon maple flavoring
- 1 teaspoon salt
- ½ cups pitted dates
- 1 cup walnuts, Brazil nuts, peanuts, or almonds
- 13 cups old-fashioned oats (42-ounce carton Quaker Oats)
- 1-2 cups quick oats, as needed
- ½ cup shredded, unsweetened coconut, optional
- 1-2 cups coarsely chopped walnuts, pecans, almonds, or peanuts

1. Put water, honey, flavorings, dates, and 1 cup nuts in blender. Blend for about 1 minute until smooth. This becomes quite thick, and you may need to help it blend by carefully stirring from the top with a rubber spatula while it blends.

2. Place oats and remaining ingredients (except quick oats) in a large mixing bowl. Add blended mix to the oats and gently mix together with your hands. Keep tossing until all the oats look moist and there are no dry, whitish-colored oat flakes in the mix. Avoid the temptation to squeeze or knead the mix. Plastic food-handling gloves are a great help.

3. If the mix is too wet, the finished granola will not be tender. If it is sticking to your hands or feels sticky, add an extra cup of quick oats and work them into the mix. If you are using gloves, it will be the right consistency when it hardly sticks at all. I almost always need the extra oatmeal along with the 42-ounce carton of oats, but ingredients can vary, and experience will help you get the right balance of moisture every time.

4. Place mixture in two large cake pans or sheet pans that have sides, taking care not to pack or pat it down tightly. Keep it light and airy.

5. Place pans in oven at 175°F for about 8 hours—no need to stir if it is baked slowly. If the temperature is too high, it will become dark brown or burned on top and uncooked underneath. When the uncooked part dries out, it will be tough and hard. Longer, slower cooking will result in an even, golden-brown product.

The right temperature is critical, so err on the low side or check it with an oven thermometer, since ovens vary greatly. A connection oven will usually give a more tender result.

❖ Makes about 24 cups.

**Creamy Rice Cereal**

This recipe became a favorite of ours when we worked in the Caribbean. Another way the islanders worked in the Caribbean. Another way the islanders

- 1 cup coconut milk or soy milk
- 1 banana
- 1 cup pineapple juice
- 1/2 teaspoon coconut extract
- 4 cups cooked rice
- Crushed pineapple and raisins

1. Blend together the coconut or soy milk, banana, juice, and coconut extract.

2. Place rice in a casserole dish that has been lightly coated with oil, and fold in the crushed pineapple and raisins. Stir in the blended milk and juice.

3. Bake at 350°F about 20 minutes until hot enough to serve, or about 8 minutes in the microwave.

❖ Makes 6 cups.

“Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and let your soul delight itself in abundance.”

Isaiah 55:2, NKJV

“Eating a diet rich in plant foods, in the form of fruits, vegetables, and whole-grain cereals, probably remains the best option for reducing the risk of colon cancer, and for more general health protection.”

The Lancet 361 (May 3, 2003): 1448

“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food.”

E. G. White, Counsels on Diet and Foods, p. 300

**Muesli for One**

Here’s a delicious one-person recipe for that favorite Scandinavian breakfast. Multiply according to the number served, but keep in mind that this makes a very generous serving—about 2 cups.

- ½ cup old-fashioned oats
- ¼ cup diced dried fruit (apricots, dates, and dried cranberries are good together)
- 1 cup soy milk (or piña colada juice) with a few slices of banana blended in
- ½ cup diced fresh apple
- 1 tablespoon chopped nuts
- Pinch of orange zest (optional)

1. Place oats in a dry pan over medium-high heat and stir until just beginning to lightly brown.

2. Pour toasted oats into a bowl and add dried fruit and milk (or juice). Let sit overnight in refrigerator.

3. In the morning, add as desired: diced apple, chopped nuts, sliced bananas or peaches, grapes, berries, or other fruits. Add more milk or juice if desired. Serve cold or at room temperature.

❖ Makes 2 cups.
**Light and Tender Waffles**

We have tried many combinations of waffle ingredients and made thousands of waffles. When we learned about the antioxidant benefits of flaxseed, we tried it in waffles. Our daughter Kimberley developed this recipe, which seems to have just the right combination of ingredients. It surpasses anything we have tried yet. We were surprised to discover that the flax works like leavening, causing the batter to bubble up and fill all the depressions in the waffle iron.

**Ingredients**

- 2 cups water
- 1 tablespoon concentrated apple juice*
- 1 cup quick oats
- ¼ cup millet or cornmeal
- ¼ cup flaxseed
- Raw cashew nuts
- 2 tablespoons cornstarch (optional) (helps waffle keep its shape when cool)
- ½ teaspoon salt

*Makes waffle brown; 1 date or ½ tablespoon of raisins may be used instead.

1. Preheat waffle iron.
   If your iron is old and worn, you probably have to use plenty of nonstick spray. The new waffle irons are not expensive, and a new Teflon surface stays nice a long time if you never grease or wash it. Some nonsticks leave a residue that builds up, making the waffles stick. So don’t spray, and get a nicer-looking waffle as well!

2. Blend all ingredients for 1 minute.

3. Pour mixture into preheated waffle iron and close the lid. Bake until steam stops rising and the waffle is golden brown and crisp.

Hint: We’ve found that the time to bake these waffles varies greatly with the particular waffle iron—from 4 to 12 minutes. So follow the steam rule above, and you won’t have a sticky mess! Once you know how long your iron takes, it’s simpler to use a timer than watch the steam.

4. Remove to a cooling rack and serve.

Don’t stack waffles when they’re hot, or they’ll become soggy and compressed. Use a toaster to add crispiness and reheat leftovers.

**Serving Tips:** Delicious with a warm fruit sauce (blueberry, apricot, or cherry) or sliced fresh peaches. For something really special, try adding a scoop of Five Loaves Rice Cream or Whipped Topping (p. 99). Also delicious with Simple Butter (p. 56) and Maple Syrup Sauce (p. 19).

Special Hint: An ordinary fruit sauce will look silky-smooth if the right thickening agent is used. Refrigerated fruit sauce made from potato starch or Clear Jel keeps its creamy texture instead of jelling.

**Makes 1½-2 large waffles (6-8 squares). Works good in Belgian waffle irons, too.**