

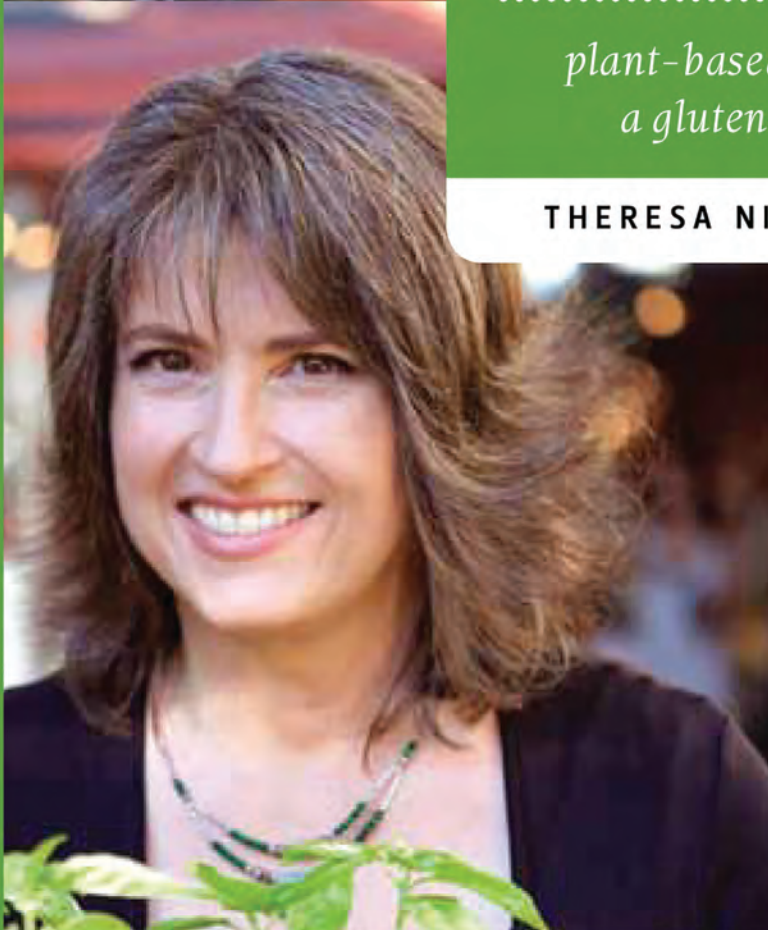


# YUM

MINI

*plant-based recipes for  
a gluten-free diet*

**THERESA NICASSIO PhD**



**SIMPLE RECIPES THE WHOLE FAMILY WILL ENJOY**

- Have you found that when you eat some foods you feel bloated, get headaches or have blood sugar spikes?
- Do you or a loved one have a health condition that restricts your food choices?
- Do you crave the freedom to choose food that you actually want to eat instead of what you “should” eat?
- Do you prefer to prepare healthy food in order to feel good, look good and live a long life?
- Are you a health-care professional who would love a practical resource for your patients who would benefit from making specific dietary changes, but don’t know where to start?

**If you answered “Yes” to any of these questions, then YUM is for you.**

**YUM MINI IS AUTHOR THERESA NICASSIO’s** gift to you. It is a small sampling of what you will find in the complete *YUM: plant-based recipes for a gluten-free diet*.

The forthcoming complete book of *YUM* is inspirational and empowering. Whimsical and soulful personal stories and beautiful garden photographs interweave through the tapestry of the pages, while practical health notes by a dietitian and a nutritionist highlight the delectably enticing dishes. Filled with over 180 delicious recipes that are simple enough for a 12-year-old to prepare, the complete book also includes an informative guide to special ingredients (and how to use them), a food allergy and special diet chart for all the recipes, plus tips for creating a more sustainable kitchen. *YUM* is much more than a cookbook: it is a much-needed and long-craved-for resource for the body and a feast for the mind and senses.

Enjoy guilt-free, mouthwatering delights that everyone will love, even those with lactose intolerance, celiac disease, diabetes or other health challenges.

Finally, you can have your cake and eat it too!

.....  
**SEE THE BACK PAGE OF THIS SAMPLE BOOK FOR HOW YOU CAN ORDER YOUR COPY OF THE COMPLETE BOOK OF *YUM: PLANT BASED RECIPES FOR A GLUTEN-FREE DIET***



# Excite your taste buds Honour your body Empower the planet

*YUM Mini* is a taste of the complete *YUM: plant based-recipes for a gluten-free diet*, an invaluable resource if you enjoy infusing your life with healthy practices or have special food preferences or needs. In addition to the delectable recipe teasers from the complete book of *YUM*, this mini-sampler provides you with an introduction to the delicious philosophy of *YUM Living*, whetting your appetite for more as you dive into a whole new way of unabashedly joyful living.

.....

## ADVANCE PRAISE FOR THE FULL-LENGTH PUBLICATION OF *YUM: PLANT-BASED RECIPES FOR A GLUTEN-FREE DIET*

“*YUM: plant-based recipes for a gluten-free diet* is a yummy read for anyone interested in adding more delicious, health-promoting plant foods to their diet. Author Theresa Nicassio has a wealth of information and shares it in a book that is beautiful to look at, easy to read and fun to use.”

—**CHERIE SORIA**, founder and director of Living Light Culinary Institute and author of many books including *Angel Foods: Healthy Recipes for Heavenly Bodies* and *The Raw Food Revolution Diet*

“Besides making me wish I was Italian, Theresa represents love in action. Many talk the talk, but she’s the real deal—her recipes are bound to be full of her generosity and spirit as well as deliciousness!”

—**SHARON HANNA**, author of *The Book of Kale* and *The Book of Kale & Friends*

WHEAT  
FREE

DAIRY  
FREE

SUGAR  
FREE

EGG  
FREE

POTATO  
FREE

COOKED  
& RAW

VEGAN



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**YUM**

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*plant-based recipes for  
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**SIMPLE RECIPES THE WHOLE  
FAMILY WILL ENJOY**



YUM Mini: plant-based recipes for a gluten-free diet  
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Simple recipes the whole family will enjoy.  
All free of gluten, refined sugar and animal products.



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[www.yumfoodforliving.com](http://www.yumfoodforliving.com)

[info@yumfoodforliving.com](mailto:info@yumfoodforliving.com)

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# YUM LIVING



## YUM LIVING IS A WAY OF LIFE. SIMPLY PUT,

YUM is about embracing “responsible hedonism”—a lifestyle reminiscent of the ethical hedonism spoken about by Greek philosopher Aristippus of Cyrene over 2000 years ago. Life is to be celebrated and cherished. In this effort, service and responsiveness to others and the planet are as important as pleasure-seeking for the self. So, while delicious and simple-to-prepare recipes are an important part of the YUM Living experience, in many ways, the dishes themselves are just one concrete means of enabling a joyful, mindful and respectful way of living.

In common with other species, we all share the need for food in order to survive. We also love pleasure and prefer to avoid pain and discomfort. Ideally, we desire all of these things with as little effort as possible!

YUM accepts and embraces these elements of human nature. Like Taoism, it acknowledges life as it is, instead of rejecting, judging or trying to control it (efforts that are typically futile and not sustainable anyway). By respectfully honouring these natural, instinctive human tendencies, YUM Living allows us to live mindfully and to discover remarkable possibilities for deepening and transforming our daily existence into a compassionate and sustainable form. Compassion and sustainability embody the true essence of YUM Living.

## YUM LIVING GENERAL PRINCIPLES

- 1. INCLUSION AND COMMUNITY:** Because YUM is about inclusivity, acceptance and love, anyone and everyone can be a part of the YUM Living community, regardless of what food you do or don't eat:
  - » vegan (or not)
  - » gluten-free (or not)
  - » refined sugar-free (or not)
- 2. NO PERFECTIONISM:** Because it separates us from ourselves, others and the natural way of the world, perfectionism is not embraced as part of YUM Living.
- 3. NO “SHOULD”:** Expectations and judgement are not welcome, because they rob us of the experience of gratitude and joy.
- 4. REAL FOOD CAN BE DELICIOUS:** YUM rejects the belief that food needs to be unhealthy or difficult to make in order to be delicious.
- 5. PERSONAL POWER IS CELEBRATED:** YUM is about celebrating our personal power, creativity and uniqueness, leaving no room for self-flagellation, victimhood, guilt or shame.
- 6. PLANT-BASED FOOD IS LIFE-GIVING AND BEAUTIFUL:** YUM Living is about increasing our plant-based food intake because we want to, knowing that our bodies like it and because it feels good to do something meaningful in the service of other beings and the planet itself.
- 7. LIVE OUTSIDE THE BOX (IF THAT'S WHERE YOU FEEL AT HOME):** YUM Living is about unabashedly living freely and fully as the quirky being that you are. You can hug trees, sing with the birds, talk with the squirrels or do whatever your spirit moves you to do—all in celebration of the privilege of living.
- 8. FUN:** Having fun is a core reward of YUM Living in and out of the kitchen. Go ahead: drink of the sweetness that touches your life. Life is here to be lived, so eat, love and live it fully—every delicious step of the way!



# THE PSYCHOLOGY OF EATING

## THE CHALLENGE OF LIVING WITH DIETARY LIMITATIONS



### EATING CONNECTS US. IT CONNECTS US WITH

the food that we invite into our bodies. It connects us with the earth, plants, animals and the sky from which it is made. It also connects us with each other and, ultimately, connects us to ourselves. Whether we are aware of it or not, at a very primitive and even spiritual level, eating connects us with all that is, all that was and all that will ever be. Eating is a very big deal when we think about it.

Through understanding our relationship with food and the magnitude of its importance, we can increase compassion for ourselves and for others when challenges arise concerning food, eating and weight. This need for understanding and compassion when it comes to our relationship with food and our own bodies is something I have encountered frequently in my years as a practicing psychologist. In addition, when dietary challenges present themselves—whether it’s heart disease, diabetes, cancer, obesity, lactose intolerance, celiac disease or other auto-immune problems, allergies, autism or attention deficit disorder (ADD)—there is invariably a sense of sadness and fear. These feelings can be directly linked to the resulting forced changes to our familiar relationships with food itself, and the associated relationships with others or even ourselves. It is this level of consciousness I’d like to welcome to the table.

While it is important information to have, learning that certain foods disagree with our unique physiology for any reason can be difficult news to accept. Such news challenges us to change our daily ways of living and alter habits that we typically don’t really want to change. What makes such information even more difficult to receive is that it also involves loss.

Whenever we are confronted with losses of any sort in our lives, large or small, our understanding of the world and our place in it changes. We then have to figure out how to carry on living with new parameters that we’re not happy about. We can resist the reality of the losses, we can get angry, we can get depressed, we can act out... we can do a lot of things. Ultimately, we also have an opportunity to surrender to the losses and accept the reality of change.

In the early moments of loss, our world can feel smaller, darker and lonelier. However, with an open mind, time and persistence, creative solutions for living can lighten the darkness. The tyranny of “shoulds” is replaced with excitement and delicious possibilities that never would have been discovered had dietary limitations not been revealed. As you will discover, *YUM* is not just about recipes; it is also about empowerment and embracing life in an exciting new way. In the complete *YUM*, I share a bit about my personal journey of living with food limitations so you’ll know you’re not alone if you have found yourself facing similar challenges. I also want to share with you my joy and excitement of discovering the skills to live a richer, easier and more sustainable life.

Defying traditional beliefs about what ingredients are necessary to make food taste good and easy to make, I invite you into a new paradigm of delicious living, where you can feel reconnected with the life-force and nourishment that food has to offer, along with all of the goodness of the sensual, social and emotional pleasures that can go with it.

*Bon Appétit!*

♥ Theresa



# HOW TO TRANSITION TO YUM LIVING

## A DELICIOUS NEW WAY OF EATING AND BEING



**IN THIS SAMPLER, YOU ARE INVITED TO ENTER** the world of YUM Living, where you'll find a tip of the nutritional iceberg that is the complete book of *YUM*, including all of the recipes for the dishes featured on the book's cover and more. You'll notice ingredients and tools that are new to you. This is one of the unique elements of the complete *YUM*. No more doing the "same old, same old": YUM Living is a perspective shift, not a diet or edict of any sort. It is about living fully and embracing change—in the easiest and most pleasurable way possible!

As creatures of habit, change is difficult. The truth is that few things we do are as habit-driven as food preparation routines and eating. Mindful eating alone requires disciplined practice, and then there's the challenge of preparing new foods and sometimes using unfamiliar tools or ingredients.

If you are wanting to transition towards eating healthier food, *please* be patient with yourself. Ease in slowly and let the process be a fun evolution. YUM Living is about expanding your world of possibilities, not about obsessing about your restrictions or challenges (food or otherwise). There is no need to overhaul everything all at once! With the complete *YUM: plant-based recipes for a gluten-free diet* as your resource, you will be equipped with everything you need to refer to during each step of your unique health journey.

Here are some simple tips that are key to making your transition to YUM Living a stress-free, joyful adventure of discovery.

- » Focus on adding new cool dishes to your life, rather than feeling pressured to clear out your pantry and refrigerator all at once.
- » Enjoy the journey of learning one recipe at a time. This is not a race: each new healthy recipe that you love and feel confident creating is an empowering step.
- » Start with trying recipes that use ingredients and tools you are familiar with and already have on hand before venturing into the new territories of those that are less well known.
- » Some of the new ingredients are extremely expensive in specialty food stores. To save money, when trying a new recipe requiring such ingredients for the first time, buy a small quantity first just to make sure that you like the recipe. Once you know that something is to your taste, you can begin to buy special products more affordably. To make this easier for you, there is an updated list of resources where you can buy ingredients and tools on my website ([www.yumfoodforliving.com](http://www.yumfoodforliving.com)). Be sure to keep me posted by email ([info@yumfoodforliving.com](mailto:info@yumfoodforliving.com)) message me on Facebook (AuthorTheresaNicassio) or comment on my blog about any additional great resources for ingredients you discover! Your feedback will help keep the list as comprehensive as possible for everyone in the YUM community.
- » In many of the recipes I've recommended ingredient substitutions and made some ingredients

optional. I have done this to make the recipes as accessible to you as possible, taking into account common food sensitivities. Please refer to the Special Diet & Allergy Chart on page 34 if you have food sensitivities or a special diet. This table has been designed to make it easier for you to locate recipes that are more likely to work for you, given your unique dietary needs.

- » YUM Living is not a replacement for treatment by a qualified health professional or health team. Every person's body is different and health needs and requirements vary—sometimes in unexpected ways. General nutrition information about foods is just that—general. Be sure to consult your family doctor or preferred healthcare provider before making any changes to your diet or lifestyle, especially if you have any health vulnerabilities or conditions.



## HAELY'S HINTS AND BEV'S BITS

I'm very grateful to Haely Lindau MSc (a nutritionist and the founder and owner of the healthy food company, Fresh Now) who contributed valuable nutritional information for the complete *YUM*. A couple of her "Haely's Hints" are included here in *YUM Mini*. In the full book, Haely's Hints are joined by "Bev's Bits" to help you understand the positive benefits of many of the ingredients used here. Joanne Beverley Edwards-Miller is a Registered Dietitian, Associate Raw Food Chef and Instructor and a Food for Life Instructor ([www.theveggieliciousdietitian.blogspot.ca](http://www.theveggieliciousdietitian.blogspot.ca)). Haely and Bev's nutrition "sound bites" can be found interspersed throughout the recipes.

### TEST KITCHENS

At an earlier stage of this project, about 20 independent test kitchens in Canada and the US volunteered to test a sampling of the recipes from *YUM*. They prepared each recipe several times and provided feedback about their experiences. I took all this test kitchen feedback very seriously and it had a direct impact on how the complete *YUM* was developed. This feedback also made me determined that every recipe needed to meet my "12-year-old test"—so easy that a 12-year-old (or the 12-year-old within) can succeed in creating the dishes, sometimes under adult supervision, but not necessarily.

## PHOTOGRAPHY

### AUTHOR & LIFESTYLE PHOTOGRAPHY

All of the author and most of the lifestyle photos in the complete *YUM* have been taken by my dear friend Alejandra Aguirre ([www.photoali.com](http://www.photoali.com)). Ali has been photographing people for 28 years. She has a passion and zest for life and a heartfelt interest in delicious healthy food, fitness and vibrant living.

### FOOD & GARDEN PHOTOGRAPHY

All of the food photos in the complete *YUM* were staged and shot by me in our own kitchen and garden after I prepared the recipes. I also had the pleasure of communing with garden beauty and wildlife, where the images were generously offered to me to share with you as part of the complete *YUM*.







## RECIPES

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## ANGELINE'S FAVOURITE HOT CHOCOLATE

If you knew our daughter Angeline, you would know how particular she is about her food—especially chocolate... her favourite! She fell in love with this unbelievably healthy recipe and began to make it herself on a regular basis when she was 11. I've named the recipe after her, in her honour. *Makes 1 cup.*

### DIRECTIONS

Blend all the ingredients, then heat to the desired temperature. Garnish with a sprinkling of cacao powder.

### INGREDIENTS

1 cup favourite non-dairy milk

1 tbsp cacao powder (or cocoa powder), plus a little for garnish

$\frac{1}{2}$ –1 tsp *Chicory-Root Inulin* with *Stevia* or favourite sweetener, to taste

$\frac{1}{4}$  tsp vanilla powder (optional)

### Theresa's Tip

This beverage is perfect for chilly winter nights, snuggling with a good book or loved one, or for those lazy weekend mornings when you'd love to have some special time enjoying your little ones. It's great to have a quick and yummy hot chocolate that your kids can take leadership in preparing if they want, making those precious moments even more special. This recipe was the first that Angeline really learned to read and use. It helped her to learn about fractions, as well as multiplying and dividing, when adjusting the quantities. As the youngest in the family, being able to prepare something for all of us made her excited and really happy.

## INGREDIENTS

1 small or 1/2 large banana,  
mashed with a fork

1 tsp lemon juice (optional)

1 tsp goji berries or dehydrated  
blueberries

1 tsp raisins

1 tsp diced small dates

1 tsp cacao nibs (optional)

2 tsp ground flax seeds

2 tsp chia seeds

2 tsp hemp seeds

2/3–1 cup favourite  
non-dairy milk

3–5 walnuts, pecans,  
almonds or Brazil nuts,  
crumbled (optional)

1 tsp toasted or soaked  
and dehydrated buckwheat  
groats (optional)

fresh seasonal fruits  
and/or berries

sprinkle cinnamon

## FLAX & CHIA RAW POWER BREAKFAST

For a delicious and convenient on-the-go healthy breakfast, make this in a resealable glass jar and add the walnuts, buckwheat groats, fresh fruit and cinnamon before heading out for your day. Our friend Lynda Hydamaka and her family took the premixed dry ingredients on an off-the-grid canoe trip with some boxes of coconut milk and enjoyed it as an easy breakfast cereal during their trip. Feel free to omit or substitute ingredients based on your own unique dietary needs and what you have on hand. Be creative! *Serves 1.*

## DIRECTIONS

In a breakfast bowl, mix the banana, lemon juice, goji berries, raisins, dates, cacao nibs and all of the seeds. For a lower glycemic index (GI) variation, omit the dried fruit. Cover with milk to about 1 inch above the cereal, stir and leave overnight in the fridge. To serve, add the nuts, buckwheat groats, fresh fruit and cinnamon. Stir and enjoy!

### Haely's Hint

Our bodies can't digest whole flax seeds so they should be ground. Once flax is ground, it needs to be kept in an airtight container in the fridge or freezer. I grind a bunch at once and keep it in jars in the freezer. It stays powdered and doesn't clump, so it's easy to use right from the freezer.





## RAW KALE & AVOCADO SALAD

Here's a version of a kale salad we have been making for years. An important trick when working with fresh kale is to "cook" it by massaging it with your hands in the oil (in this case olive oil combined with fresh avocado) and acid in the recipe, squeezing the kale as you do so. This process not only helps to make the kale softer, but also improves its taste—a fun method that most people have never heard of. It can take you back to your days of finger-painting in school. Kids will love this process too, and it's a great way to turn them on to eating this incredibly nutritious food. I used to think that kale was boring and didn't taste very good. It was this recipe and method that changed my mind forever, and it's been a great transformer for many others as well. Avocado-massaged kale = YUM! *Serves 2–3.*

### DIRECTIONS

Toss together the kale, chives, tomato and red bell pepper, then add and massage with the avocado, lemon juice or vinegar, olive oil, nutritional yeast, salt and black pepper. Serve immediately, with the garnish of your choice.

#### Theresa's Tip

I know these directions sound weird. But as you massage in all these ingredients you are, in effect, creating the dressing for the salad. The tomatoes break down and blend with the avocado and other items resulting in an amazingly delicious creation.

### INGREDIENTS

4 cups chopped baby or de-stemmed kale  
1/3–1/2 cup chopped chives  
1 cup diced tomato  
1/2–1 red bell pepper, thinly sliced  
1 avocado, chopped in small pieces  
juice from 1 lemon or 2–4 tbsp apple cider vinegar, or to taste  
1 tbsp extra virgin olive oil  
1 tbsp nutritional yeast  
Himalayan salt and black pepper

### GARNISH

chopped chives and edible flowers (if available)  
gluten-free croutons (optional)

## CREAMY CARROT & GINGER SOUP

### INGREDIENTS

2 cups roughly chopped carrots

1 small or medium yellow onion, roughly chopped

2 celery stalks, roughly chopped

2–3 garlic cloves, halved

¼ cup chopped scallions

2 tbsp extra virgin olive oil

1 x 13.5 fl oz (400 ml) can premium full-fat coconut milk

13.5 fl oz (400 ml) water

¼ cup cooked chickpeas (optional)

2 tbsp roughly chopped cilantro stems

4 tsp lemon juice, or to taste

2 tsp grated ginger, firmly packed

1½ tsp white vinegar

1 tsp Himalayan salt, or to taste

¾–1 tsp dried dill, or to taste

½ tsp ground cumin

½ tsp black pepper

¼ tsp curry powder

⅛ tsp garlic powder

⅛ tsp cinnamon

#### Haely's Hint

Ginger is great for digestion.

It was a longstanding dream of mine to be able to make a soup like this. Once I managed it, it was even more incredible than I had hoped! In devising this recipe, I was committed to making it super simple, so when I had the brainstorm to roast roughly chopped vegetables, I got really excited. I also love that I found a way to use cilantro stems, which otherwise typically end up in the compost. This soup is sure to be a crowd-pleaser, filled with ingredients that most people are able to eat and have on hand. The only problem is that it doesn't last long—you won't believe how good it is. If you want to have leftovers or will be serving guests, you might consider doubling or tripling the recipe. If you do so, you'll need to blend it in batches. *Makes 5 cups.*

### DIRECTIONS

Place the carrots, onion, celery, garlic and scallions in a large baking dish. Drizzle with the olive oil and stir to coat evenly. Bake in a preheated 315°F oven for 45 minutes. Before the vegetables are done baking, purée the rest of the ingredients with the water in a high-speed blender, using the coconut cream can to measure the water. Then add the roasted vegetables and purée again until smooth and creamy. Serve warm directly from the blender or refrigerate for a chilled soup. This freezes well and can be gently reheated for future quick meals (don't overheat).

#### Theresa's Tip

You may wonder why the oven temperature for this recipe is set at 315°F. This is to ensure the temperature of the oil does not exceed its “smoke point.” Each oil has a different smoke point and many conservative estimates for extra virgin olive oil's smoke point are in the 320°F–325°F range. Recipes in the complete *YUM* have been designed with special attention to details such as this in order to reduce the undesirable carcinogenic and other toxic effects that can unknowingly be created when cooking food. (**NOTE:** A more detailed discussion about oil handling and heating can be found in the complete *YUM*.)







## NORI RICE PAPER WRAPS

This convenient invention was born out of the frustration of making nori or rice paper wraps that were difficult to travel with, because they so often fell apart while eating. The method combines the lightness of traditional rice paper and nori (seaweed paper), resulting in a fantastic structural soundness. These make a perfect light and delicious convenient travel food. Sturdy and practical—these wraps are one of my absolute favourite lunchbox or hiking meals. The options for filling them are endless. Enjoy! *Makes 1 wrap.*

### DIRECTIONS

Wet the rice paper with water and place on a plate. Place a nori sheet on top of the wet rice paper and gently press it onto the rice paper to fuse them together. Place leafy greens flat along the middle of the nori sheet, followed by the hummus or other dip, and then add your other fillings (don't overfill). Finally, wrap one corner tightly over top of the centre mixture, and fold the edges in on top of the first fold before finishing by snugly rolling up the wrap. If the nori doesn't seal, lightly dab with water and then press closed. Serve immediately or take as a wonderful on-the-go, fresh and satisfying meal.

#### Theresa's Tip

Living with food restrictions or special dietary needs can make travel and outings difficult. These wraps offer wonderful flexibility and are terrific for when you are on the road. You can even whip them together in your hotel room. Just get a pack of nori and rice paper, some dip and some locally available fresh veggies, and you're good to go!

### WRAP INGREDIENTS

1 round rice paper sheet  
1 nori sheet (raw or roasted)

### FILLING INGREDIENTS

leafy greens of choice  
2–3 tbsp hummus, guacamole or other favourite dip

Plus any combination of the following: watercress, pea shoots, cilantro or parsley

shredded carrots

shredded or julienned zucchini, cucumbers, daikon or other radishes

diced tomatoes or peppers

avocado slices

raw or cooked organic corn kernels

roasted red bell peppers or eggplant slices

leftover beans, grains or salads

Anything else that you are moved to put in!

### INGREDIENTS

1 gluten-free flour tortilla

$\frac{1}{4}$ – $\frac{1}{2}$  cup Daiya cheese  
(wedge or shredded) or  
favourite vegan cheese

3 tbsp mixed beans (black,  
refried and/or pinto)

1 cup de-stemmed kale,  
torn into pieces

### OPTIONAL ADDITIONS

cilantro, basil, arugula, peppers  
(hot and/or sweet), tomatoes,  
avocado and/or scallions

## CHEESY BEAN & KALE QUESADILLAS

We love beans with the fresh kale and other garden vegetables in this easy, cheesy, raw-infused family favourite. Test kitchen feedback: “Loved it. Can’t wait to make it again...” “We love quesadillas; they are perfect for our busy lifestyle. Quick and little prep required...” “This worked great as supper for a week. We just varied it to keep it interesting... We had never had vegan cheese and had to buy it, but it was really delicious! It was a hit.” *Serves 1.*

### DIRECTIONS

Place the tortilla flat in a large dry skillet over medium heat, then sprinkle the cheese over the whole tortilla, followed by a strip of beans evenly distributed along the middle. Generously spread the kale over the whole surface. Cover the skillet to allow the cheese to melt and to warm the beans. Once the cheese has melted, lay any of the optional additions on top along the middle of the tortilla. (If you choose to add avocados, do so only at the last moment.) With a pancake turner, fold the tortilla with fillings in half and carefully transfer it from the skillet to a plate and serve immediately.





## THE BEST NO-MEAT MEAT EVER

This is an amazing recipe you'll probably want to double once you've tried it. The flavour and texture will knock your socks off, and it can be used in a host of recipes to make burgers, sausages, ground round substitute and more. Once I finally created this recipe, it opened the door to a culinary paradise! It's the ultimate go-to base for so many recipes.

### DIRECTIONS

In a food processor, pulse the Portobello mushrooms until they reach a small gravelly texture (don't overprocess), scraping the sides of the food processor a few times along the way to ensure even processing, then put into a medium-sized bowl. Without cleaning the food processor, repeat the same procedure with the other mushrooms, tamari, vinegar and lemon juice, all at the same time, and add these processed items to the bowl with the Portobello when completed. Then, again without cleaning the food processor, do the same with all of the nut mixture ingredients. Processing these will take longer (at least 60–120 pulses) and will require scraping the sides of the vessel much more frequently. Even though this takes a lot of pulses, avoid the temptation to turn on and leave the food processor running without pulsing, because that would just result in some of the mixture turning to mush with other bits unprocessed. Continue to pulse until all the nut mixture ingredients reach a somewhat wet and lumpy, meal-like consistency (smaller pieces than for the mushrooms). Add the processed mixture to the rest of the ingredients in the bowl. With clean or gloved hands, massage the lumpy mixture until well combined.

## THE BEST VEGGIE BURGERS EVER

*Makes about 6 standard-sized patties.*

Use about  $\frac{1}{2}$  cup of *The Best No-Meat Meat* mixture per patty to form about 6 burger patties. Place on a silicone baking mat or parchment paper-covered baking sheet, or on a teflex dehydrator sheet.

**BAKED VERSION:** Bake in a preheated 350°F oven for about 40–50 minutes, carefully flipping over about 30 minutes into the cooking.

**RAW VERSION:** Dehydrate on a silicone-covered dehydrator sheet for about 12 hours, flipping onto a mesh dehydrator sheet and removing the silicone sheet about  $\frac{2}{3}$  through the dehydration process.

Serve hot directly from the oven or dehydrator. If you would like, very lightly brush the surface of the patties with a small splash of extra virgin olive oil. These burgers can be enjoyed as is, on a gluten-free bun with burger condiments or in your favourite burger recipe.

### INGREDIENTS

2 cups roughly chopped Portobello mushrooms  
2 cups roughly chopped crimini mushrooms  
2 cups roughly chopped shitake and/or oyster mushrooms  
1 tbsp tamari or coconut aminos  
1 tsp rice vinegar  
1 tsp lemon juice

### NUT MIXTURE

2 cups walnuts and/or pecans  
 $\frac{1}{4}$  cup roughly chopped parsley, firmly packed (stems and all)  
 $\frac{1}{2}$  cup medium-chopped scallions, packed  
 $\frac{1}{2}$  tsp Himalayan salt  
 $\frac{1}{4}$  tsp dried oregano  
 $\frac{1}{4}$  tsp black pepper  
 $\frac{1}{8}$  tsp dry powdered sage

#### Theresa's Tip

Use more shitake if you want a stronger flavour, more oyster mushrooms if you want a milder flavour. Feel free to switch these mushrooms, depending on your taste preferences and also which ones are available.

## INGREDIENTS

½ tsp garlic powder  
2 tbsp starch (tapioca or potato)  
½ cup nutritional yeast  
2 cups almond milk or favourite non-dairy milk  
1 tbsp lemon juice  
1 tbsp tamari or coconut aminos  
1 tbsp melted coconut oil  
1 tbsp extra virgin olive oil  
2 cups grated Daiya cheddar cheese or favourite vegan cheese  
5 cups cooked gluten-free macaroni

## MAC 'N' CHEESE

Our vegan daughter Alex had a brainstorm for this masterpiece, and she really nailed it! Some test kitchen comments: “It was really good and cooked much faster than it appeared from reading the recipe...” “The baby (11 months old) also liked it and we cooked the macaroni long enough for it to be soft for her.” “My husband was quite skeptical because it wasn’t baked mac and cheese and he actually eats cheese. So he really really liked it. He wanted to serve the cheese sauce separately from the macaroni so individuals could regulate how much sauce they wanted. I didn’t like that idea, but it could be done, I guess. I suspect it was his way of rationing out the tasty cheese sauce.”

*Makes 5 cups.*

## DIRECTIONS

In a small bowl, mix together the garlic powder, starch and nutritional yeast. Set aside near the stove. In a medium-sized bowl, mix together the milk, lemon juice and tamari or coconut aminos. Set aside near the stove. Place the oils in a medium-large saucepan over medium heat. Once heated, add the milk mixture, followed by the dry yeast mixture, and whisk continuously until quite thick (about 10 minutes). Remove the pan from the heat, add the vegan cheese and mix well for about 1 minute until the cheese has melted and is thoroughly integrated into the sauce. Finally, stir in the cooked macaroni. Serve immediately while hot.

### Theresa's Tip

Once you have measured out and prepared all of the ingredients, put them close to the stove because as soon as you start cooking, you will need to stir continuously. Also, feel free to replace the macaroni with any other gluten-free cooked pasta of your choice.







## POLENTA PIZZA

Have a blast being creative with this recipe! Making mini-pizza crusts that guests can top themselves is a great party idea. You can also make the pizza in a 10-inch square pan and cut it into 2-inch squares as a fantastic hot appetizer for a get-together. The crust for this pizza is delicious and really simple to make. However, unlike the traditional variety, polenta pizza is not a grab-and-go meal: it is softer, so you'll want to eat it with a fork! YUM! *Serves 2-4.*

### DIRECTIONS

In a medium-large saucepan, sauté the garlic in oil over medium heat until it starts to become translucent (do not overcook). Then add the water, salt and rosemary and bring to a boil over high heat. Reduce the temperature to low and whisk in the cornmeal, adding it very gradually. Keep whisking continuously until the polenta becomes very thick; cook for about 1 more minute, until it begins to move away from the bottom and sides of the pan.

Pour it onto a parchment-covered baking sheet or in a silicone pan form and *very quickly* spread it to make a 12-inch diameter round, about a 1/4-inch thick. (It is really important to move quickly during the spreading process because the polenta begins to set super fast.) For mini-pizzas, make several smaller rounds. Allow the polenta to set fully, which only takes 5-10 minutes. Then brush the whole top surface with some oil and pre-bake the crust in a preheated 425°F oven for 15 minutes. Remove and allow to cool before adding the sauce and toppings of your choice. After topping, return to the preheated 425°F oven for about 20 minutes, or until the toppings are heated and the cheese has melted. Serve immediately.

### INGREDIENTS

favourite cooking oil  
for sautéing  
3-4 garlic cloves, finely minced  
2 cups water  
1 tsp Himalayan salt  
1/2 tbsp rosemary  
1 cup organic cornmeal  
avocado oil  
marinara sauce or other  
favourite pizza sauce

### TOPPING OPTIONS

Daiya wedge cheese or  
favourite vegan cheese  
mushrooms  
sliced peppers (hot and/  
or sweet)  
sautéed marinated  
tempeh slices  
sliced tomatoes, fresh or  
sun-dried, or any other  
toppings that your  
heart desires!

## VEGETABLE FLAX CRACKERS

### INGREDIENTS

2 cups roughly chopped carrots  
2 large red or orange bell peppers, roughly chopped  
3 cups ground flax  
1 cup flax seeds (for texture and fibre)  
1–2 tsp Italian seasoning, or to taste  
¾ tsp Himalayan salt, or to taste  
⅜ tsp onion powder  
¼–½ tsp cayenne pepper, or to taste  
⅓ tsp fenugreek (optional)  
3½ cups water  
¼ cup lemon juice  
2 tomatoes, roughly chopped  
¾–1 cup roughly chopped basil (stems included), packed  
2 ½ tsp balsamic vinegar, or to taste

During one of my stays at the Living Light Inn in Fort Bragg, California, while taking culinary and nutrition courses at Living Light Culinary Institute, I got a bug in my hat to experiment more with vegetable flax crackers. With all of the teachings about the importance of omega-3s, any opportunity to increase these in our home is welcome! My friend Nikki Shattuck (one of the innkeepers) became my partner-in-crime, tasting and helping me brainstorm around the flavour-balancing and enhancement. Amazingly, the first go hit the mark. Unfortunately, I hadn't recorded any of the amounts, so a few days later, we repeated the process and were happy with the outcome—light, crispy, textured and delicious crackers, which have endless possibilities for variation by experimenting with different herbs and spices. Have fun playing with this versatile cracker! *Makes about 100–300 crackers.*

### DIRECTIONS

Pulse the carrots in a food processor into small-to-very-small pieces and put into a very large bowl. Without cleaning the food processor, process one of the peppers by pulsing in the same way and add to the bowl with the carrots. In another bowl, stir together the ground flax, flax seeds and seasonings, then add to the carrot-pepper mixture, combining well. Process the water, lemon juice, tomatoes, remaining pepper, basil and vinegar in a blender until smooth. Stir into the flax-carrot-pepper mixture until completely combined. With an offset or other spatula, spread the mixture as thinly as possible onto 5–6 silicone-covered dehydrator trays. With a dull knife or offset spatula, score into 1- to 4-inch squares or triangles and dehydrate at 105°F for 12 hours. Carefully flip the crackers over onto the mesh dehydrator sheet, removing the silicone sheet. Dehydrate for 12 hours more, until crispy. Break into pieces and serve as a snack or side dish with soups or as an appetizer with your favourite dips.

### What in the world is an “offset spatula?”

Before going to culinary school, I had never heard of this tool, and you may not have either. These cool little flat metal blades with round ends are super useful for evenly spreading just about anything. In raw food cuisine, offset spatulas are a must, making it possible to make wraps, crackers and crusts much easier to spread. Many pastry chefs also love using these tools for frosting cakes and cupcakes. They come in different sizes and shapes to accommodate a variety of applications. Fortunately they are not very expensive, because once you see how much easier spreading becomes, your kitchen won't feel properly equipped without one!



### **Oven Dehydration Method**

If you don't yet have a dehydrator, you can still make these crackers and other dehydrator recipes using the oven-dehydration method. To do this, simply set your oven to its lowest temperature (on most ovens, this is usually around 150°F) and prop open the oven door slightly, perhaps using a wooden spoon to help it stay in position. While this isn't the most energy-conserving method, it is a great alternative until you are able to get a dehydrator. Once you learn about all the wonderful things you can make with these amazing machines, you will definitely put it on your gift wish list!



## STRAWBERRY JELLY

A beautiful edible ground cover plant that can survive in very small spaces, strawberries are one of the easiest fruits to maintain in the garden and are so delicious! The test kitchens said it all about this recipe: “Loved it. Can’t wait to make it again.” “Easy peasy... perfect as is.” “My young daughter loved it, and I love the healthy ingredients... it was great.” “Love it!!” *Makes about 5 cups.*

### DIRECTIONS

In a high-speed or regular blender, puree the strawberries with the lemon juice and zest, vanilla, sweetener, molasses and salt until smooth and set aside. In a medium saucepan over high heat, bring the water with the agar agar flakes to boiling and soft-boil for 4–5 minutes, stirring constantly, until the agar agar is dissolved. Remove from the heat and add the strawberry purée to the saucepan and stir to combine. Pour into silicon gelatin molds or beautiful glassware and chill in the refrigerator until set. If using molds, remove from the refrigerator just before serving and invert onto dessert plates. Enjoy as is or garnish with *Coconut Whipped Cream* and seasonal berries and fresh mint leaves, if desired.

### INGREDIENTS

4–5 cups strawberries, fresh or frozen  
1/2 peeled lemon, seeds removed  
1/2–1 tsp lemon zest  
1/2 tsp vanilla extract  
2 tsp *Chicory-Root Inulin with Stevia* or favourite sweetener  
1/4 tsp blackstrap molasses  
pinch Himalayan salt  
1 1/2 cups water  
1/4 cup agar agar flakes

#### Theresa’s Tip

For a creamy mousse-like variation on this recipe, whip 2 cups of *Coconut Whipped Cream* into 2 cups of chilled *Strawberry Jelly* and serve immediately.

## INGREDIENTS

1 cup Purica's Fiberlicious  
or other chicory root  
inulin powder

1 tsp New Roots Herbal  
Stevia Powder Concentrate  
or other full-strength  
stevia concentrate

## CHICORY-ROOT INULIN WITH STEVIA

Being committed to creating as many low glycemic index (GI) recipes as possible, I developed a creative way to mimic familiar sweetness in my recipes, without the blood sugar spikes to go with it! I was able to do this after I discovered a product that I absolutely love “Stevia Sugar Spoonable” by New Roots Herbal (a respected supplement company in Canada)—which I combine with other natural sweet foods. While the product has the name “stevia” in it, this is extremely deceiving, since it actually contains very little stevia! However, I came up to a very big hurdle: though easily available in Canada, this wonderful product is difficult to find in other countries. Because of this, I realized that I needed to create an ingredient that anyone, anywhere, could make so that they can use it in the large number of delicious desserts and other recipes in the complete *YUM* that call for this sweetener. So, if you can get New Roots Herbal's Stevia Sugar Spoonable, that's terrific—it's wonderful and very inexpensive. However, if you can't, you can still create the same awesome recipes by making this blend.

This condiment is an extremely low GI sweetener that is full of fructo-oligosaccharides (FOS) that are extracted from chicory plants. FOS are a form of prebiotic fibre, giving the friendly bifido bacteria (probiotics) in the colon delicious food they love and thrive on! The addition of the stevia boosts the sweetness, but doesn't overwhelm or distort the flavour of foods as straight stevia does.

It is fantastic to be able to offer delicious low GI recipes using this sweetener that many with blood sugar challenges can also enjoy.

*Makes 1 cup.*

## DIRECTIONS

Place all ingredients in a very clean and dry bottle and shake well to combine. Use in recipes as directed.

### Theresa's Tip

It's great if you are able to add a silica gel packet to the mix to help prevent it from clumping over time.

## COCONUT WHIPPED CREAM

This important recipe is easy, but does require care. The quality, fat content and other attributes of canned coconut creams vary and are critical to success with this recipe. You must use an organic coconut milk that is very creamy (I like to use Earth's Choice Premium Coconut Milk). The less creamy ones (likely those made from older coconuts) do not result in the fluffy, smooth and delectable mouth-feel that you want from a whipped cream.

*Makes about 1 cup.*

### DIRECTIONS

Chill the coconut milk in the can overnight or for at least 3–4 hours. Remove the chilled can of coconut milk from the refrigerator (do not shake). Carefully remove the thick cream from the top of the can and place in a bowl (you can save the coconut water below to use in smoothies or other recipes). Some coconut cream has such a high fat content that no additional coconut oil is required in order to create the fluffiness. Others (sometimes by the same company and label) may have a more liquid consistency. In these cases, 1–3 tbsp of additional coconut oil may be needed for optimal results. Add the syrup of your choice to the coconut cream and whip it up on high with a stand mixer if you have one (my preferred method) for about 1–3 minutes, otherwise you can use a hand-held beater, which would likely require a bit more time. Then, with the beaters still whipping the cream, drizzle in the coconut oil (if needed) *extremely slowly*. This is critical, otherwise you will have an undesirable, granular texture. Continue to whip until the desired consistency is achieved. This whipped cream has a luscious thick texture and mouth-feel. Enjoy on desserts, with fruit or in other recipes. Best served immediately or shortly after being made.

### INGREDIENTS

1 x 13.5 oz (400 ml) can  
premium full-fat coconut milk

2 tbsp maple or yacon syrup,  
or favourite sweetening  
syrup (optional)

0–3 tbsp melted coconut oil,  
if needed

$\frac{3}{4}$  tsp *Chicory-Root Inulin with  
Stevia* or favourite sweetener,  
or to taste (optional)

dash Himalayan salt



## GINGERSNAPS

### DRY INGREDIENTS

2 cups Bob's Red Mill  
or favourite gluten-free  
all-purpose flour

1 cup coconut sugar

1 tsp ground ginger

1 tsp baking powder

¼ tsp baking soda

¼ tsp cinnamon

¼ tsp Himalayan salt

### WET INGREDIENTS

⅓ cup melted coconut oil

¼ cup maple syrup

3 tbs blackstrap molasses

2 tbs water

1 tsp vanilla extract

Whenever I think of gingersnaps, I can't help but think of a very special person who touched my life and the lives of thousands. His name was Donald Bowers (affectionately known as "Mr. B"). He ran the school choir and musical programs and both he and his beloved wife Bunny LOVED gingersnap cookies! Mr. B was a person who must have walked this planet with a halo and very able wings! He had the most positive attitude about everything... life and people and music and love. His goatee that so suited him added to the effect of his buoyant gait and infectious laugh. With his Chamber Singers and A Cappella Choir at Alta Loma High School in Southern California, he somehow made each and every student feel important, beautiful, and worthy of love. You can only imagine what a challenge he had on his hands—to herd up to 100 wild-at-heart teenagers at a time and bring them together to create magical music—which is exactly what he did! So many great memories! Mr. B, wherever you are, this one's for you!

*Makes about 2 dozen cookies.*

### DIRECTIONS

In a medium bowl, whisk together the dry ingredients, except the coconut sugar, then set aside. In a large mixing bowl, cream together the coconut sugar and coconut oil, then while continuing to stir, slowly add the remaining wet ingredients, incorporating until well blended. Stir in the flour mixture until just combined.

Scoop out slightly heaping tablespoons of batter and place on a parchment paper-covered cookie sheet or silicone mat, spacing cookies 3–4 inches apart to allow ample space for them to spread. Bake in a preheated 350°F oven for 14–16 minutes, or to desired firmness. (Note: if the cookies will be used for *Ice Cream Sandwiches*, they need to be more firm. But if you want a chewier cookie, you can take them out a little sooner.) Allow to cool before serving.





## VANILLA COCONUT ICE CREAM

Simple, creamy and insanely delicious!

Makes about 2½ cups.

### DIRECTIONS

In a blender, process all ingredients until very creamy. If using the chilled canister-type of ice cream maker, refrigerate the blended ingredients for 1–2 hours before processing in the ice cream machine for the best results. Pour the chilled mixture into the ice cream maker and process according to the manufacturer's instructions or use the freezer-stir method.

#### No Ice Cream Machine? No Problem! Ice Cream Freezer-Stir Method

While more time intensive, for ice cream recipes calling for an ice cream machine, you can also manually make the ice cream with the freezer-stir method. To do this, simply pour the blended mixture into a large bowl or flat pan and set in the freezer, stirring or whisking it every 15–20 minutes to break up the crystals until it reaches your desired consistency.

### INGREDIENTS

1 x 13.5 oz (400 ml) can  
premium full-fat  
coconut cream

½ tsp *Chicory-Root Inulin with  
Stevia* or favourite sweetener

3–4 large dates, or to taste

½ tsp vanilla extract, vanilla  
powder or ½ vanilla bean

⅛ tsp Himalayan salt,  
or to taste

pinch cardamom

## ICE CREAM SANDWICHES

### INGREDIENTS

8 Gingersnaps

2 cups Vanilla Coconut Ice Cream, slightly softened

After over 5 years of not having an ice cream sandwich, creating this recipe felt life-changing and so normalizing! These wonders are nothing less than divine! Playdates will never be the same again. 😊

*Makes 4.*

### DIRECTIONS

Spread  $\frac{1}{2}$  cup of ice cream each on 4 of the cookies. Top with another cookie, pressing down gently to create a sandwich. Then using a spatula or gloved hands, spread the ice cream around evenly around the sides of each sandwich. Return to the freezer in a parchment-lined container to freeze fully and have ready to pull out for a great treat at a moment's notice.

#### Theresa's Tip 🍃

If you'd like smaller ice cream treats, simply reduce the size of the Gingersnaps and use less ice cream to fill each delectable sandwich.





# RESOURCES

## NUTRITION INFORMATION

If you are interested in calculating the nutrition content of the food you eat or of the recipes in this book or the complete *YUM*, check out the USDA National Nutrient Database for Standard Reference Release 27. It is a free online resource from the USDA Agricultural Research that is available to anyone 24-7 ([ndb.nal.usda.gov/ndb/nutrients/index](http://ndb.nal.usda.gov/ndb/nutrients/index)).

## CLEAN PRODUCE INFORMATION

For information about pesticides in foods, check out the online Environmental Working Group resources ([www.ewg.com](http://www.ewg.com)).

## CELIAC DISEASE AND GLUTEN SENSITIVITY INFORMATION

For information about the gluten-free diet, celiac disease and gluten sensitivity, see *Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle* by Alessio Fasano, MD, and Susie Flaherty (2014).

## OTHER RESOURCES

Visit the YUM website for up-to-date resources for where to buy gluten-free, raw, organic and other special ingredients and tools for the complete book of *YUM*.



## SPECIAL DIET & ALLERGY CHART

RECIPES	GLUTEN-FREE	WHEAT-FREE	DAIRY-FREE*	EGG-FREE	MEAT-FREE	POTATO-FREE	SUGAR-FREE	NUT-FREE	SEED-FREE	SOY-FREE	CORN-FREE	GRAIN-FREE	CITRUS-FREE	NIGHTSHADE-FREE	CAFFEINE-FREE	BEAN-FREE	RAW OR MOSTLY RAW	COOKED	RAW-INFUSED	KID-FRIENDLY	
Angeline's Favourite Hot Chocolate	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X		X		X	
Flax & Chia Raw Power Breakfast	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X				X
Raw Kale & Avocado Salad	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X				X
Creamy Carrot & Ginger Soup	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X			X		X
Nori Rice Paper Wraps	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X		X		X
Cheesy Bean & Kale Quesadillas	X	X	X	X	X	X	X	X	X	X	X		X	X	X			X	X		X
The Best No-Meat Meat Ever	X	X	X	X	X	X	X		X	X	X	X		X	X	X	X	X			X
The Best Veggie Burgers Ever	X	X	X	X	X	X	X		X	X	X	X		X	X	X	X	X			X
Mac 'n' Cheese	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X		X			X
Polenta Pizza	X	X	X	X	X	X	X	X	X	X			X	X	X	X		X			X
Vegetable Flax Crackers	X	X	X	X	X	X	X	X		X	X	X		X	X	X	X				X
Strawberry Jelly	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X				X
Chicory-Root Inulin with Stevia	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
Coconut Whipped Cream	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				X
Gingersnaps	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X		X			X
Vanilla Coconut Ice Cream	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				X
Ice Cream Sandwiches	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X		X			X

\*lactose-free/casein-free

## CHOOSE A CHARITY PROGRAM



### MY JOURNEY IN WRITING *YUM* HAS BEEN

one of healing and discovery that I couldn't have done without the love and support of others. While I hope that the recipes in the complete *YUM* will help individuals and families live a healthier and more delicious life, it is also my vision for the book to serve others on a grander scale by helping groups that are committed to serving individuals and causes that need our support.

With the Choose A Charity Program, a portion of the proceeds from the online sale of each hardcopy book of the complete *YUM* will be donated to charity. See [www.yumfoodforliving.com](http://www.yumfoodforliving.com) for more information. Those purchasing books will be able to choose from one of four charities, which will be selected each year through a nomination process. Nominations for future charities may be made at any time.

If you have a cause that you think is congruent with the vision of *YUM* Living, please let us know. We are seeking charities that support one or more of the

following categories and are also philosophically consistent with the spirit of all of these causes:

- » health-related organizations, especially those that serve individuals who live with dietary restrictions or are advised to follow special diets due to health concerns
- » organizations serving individuals with special needs or challenges
- » environmental/sustainability organizations
- » humanitarian organizations

Nominations will be reviewed and four charities will be chosen by D&D Publishing. In selecting the charities, we will consider the number of nominations received and the alignment of the charity's vision with the criteria above.

If you have any questions about the nomination guidelines or process, feel free to contact us with your questions at ([info@yumfoodforliving.com](mailto:info@yumfoodforliving.com)).



# YUM

*plant-based recipes for  
a gluten-free diet*

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- » A complete special diet and allergy chart for all recipes.
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*YUM: plant-based recipes for a gluten-free diet*

By Theresa Nicassio PhD

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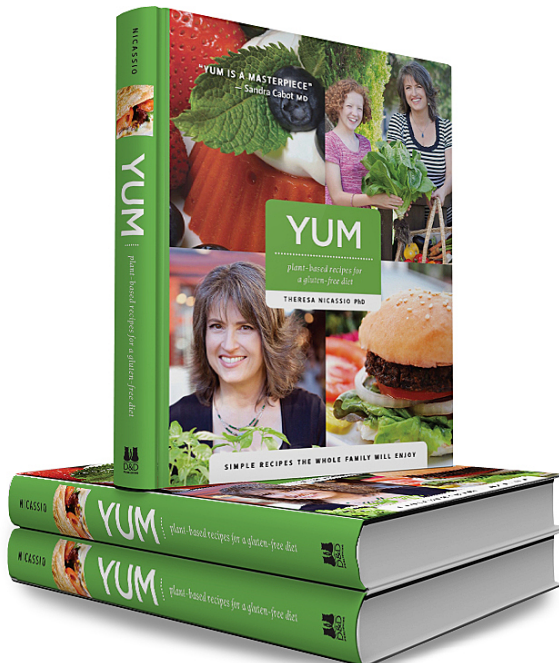
**YUM** *plant-based recipes  
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Simple Recipes the Whole Family Will Enjoy  
By Theresa Nicassio, PhD



*“A thorough, informative cookbook for healthy meals; ideal for those with food restrictions.”*

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**YUM** *plant-based recipes  
for a gluten-free diet*

by Theresa Nicassio, PhD

The 368-page allergy-friendly resource book YUM has a scope that extends far beyond the typical cookbook in any genre. The book, described as “a masterpiece” by many is an unprecedented comprehensive resource that is invaluable for anyone with special dietary needs (e.g. due to food sensitivities, autoimmune challenges, heart disease, cancer or diabetes), that is also relevant for anyone desiring to live a healthier, happier or more conscious life.

.....

My hope is that  
the complete book  
of *YUM* will provide  
you with an  
empowering and  
joyful resource for  
living a healthier  
and easier life.

—THERESA

.....

**Dr. Theresa Nicassio** is a Registered Psychologist (#1541), Gourmet Raw Food Chef, Raw Food Nutrition Educator and mother of two. A health, environmental and humanitarian activist, she is deeply concerned about the growing global food, ecological and health crises.

While in her mid-thirties, Theresa began to experience chronic health problems, leading her to explore how food could heal as well as harm. In particular, discovering the role that gluten and lactose intolerance played in her debilitation was difficult but, surprisingly, also offered a source of hope. Theresa's counselling background, combined with her personal experiences, lends a depth and sensitivity to her understanding of the emotional, social and practical concerns facing those with dietary limitations.

Her determination to create meals that she and her whole family would enjoy resulted in these delectable, easy-to-prepare recipes. Feeling more alive at 50 than at 35, Theresa is excited to share her discoveries so that others might also be empowered in their quest for health and delicious living.



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**Front Cover Recipe Photos**

Strawberry Jelly with Coconut Whipped Cream  
The Best Veggie Burger Ever

**Back Cover Recipe Photos**

Nori Rice Paper Wraps  
Mac 'n' Cheese  
Polenta Pizza  
Ice Cream Sandwich