

Recipes

Breakfast

Creamy Nut Pudding (from The Yeast Connection Cookbook).

Serves 1

Cook time: 8 minutes - 1 hour

Prep time: 5 minutes

1 sweet potato

1/3 cup nuts (buy these fresh and refrigerate or freeze them to retard mold growth.)

1/3 cup water

1/2 teaspoon vanilla

Salt to taste, if desired

Microwave the sweet potato for 8 minutes or bake the night before at 350° until soft when poked with a fork. Dice and set aside.

In a blender, grind nuts to a fine meal. Add water and vanilla.

Gradually add diced sweet potato (decide how much of the sweet potato to add based on how thick or how thin you'd like your pudding) and blend. Salt to taste.

Pour into cereal bowl.

Lunch

Some of the easiest lunch menus include salads. Here's a salad dressing that you can use in those first three weeks when your foods are the most limited.

Basic Vinaigrette Dressing (from The Yeast Connection Cookbook)

Serves 1

Prep time: 5 minutes

1 tablespoon water

1/4 teaspoon unbuffered, corn-free vitamin C crystals (available at health food stores)

1/4 clove of garlic

Pinch of salt

Pepper to taste

1 tablespoon olive oil

Fresh basil leaves

Blend all ingredients in blender or with a fork in a bowl. Pour over salad.

Dinner Menu

Grilled Chicken and Vegetables*
Steamed Rice
Unsweetened Peppermint Tea (for dessert)

***Grilled Meat and Vegetables**

Serves 4

Prep time: 15 minutes

Cook time: About 10 minutes

1 lemon
2 tablespoons olive oil
_ teaspoon salt
_ teaspoon black pepper
2 cloves of fresh garlic, crushed and chopped
4 boneless, skinless chicken (thighs or breasts), beef, lamb or other meat, cut in 1-inch strips
1 teaspoon dried or fresh rosemary

Use vegetables you like. Try:

- 1 onion
- 1 yellow squash
- 1 zucchini
- 1 red pepper
- 1 green pepper

Wash and slice vegetables. The thicker the slice, the less likely they will fall through the grill. However, thinner slices take less cooking time.

Squeeze lemon. Combine lemon juice, olive oil, salt, pepper, and garlic into bowl and stir. Toss vegetables in this combination and lay out on grill or broiler pan. Then toss meat strips in remaining oil mixture and lay out on grill or broiler pan. Broil or grill until brown and meat is done, about 10 minutes. Sprinkle rosemary over the top. Serve with rice.



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