

PUMPKIN SPICE BREAD

Topping:

**2 tsp Turbinado sugar
2 tsp barley flour
1 tsp ground cinnamon**

Bread:

**¾ cup pumpkin puree
¼ cup canola or safflower oil
¼ cup maple syrup
¾ cup soymilk
1 tsp vanilla
¼ cup turbinado sugar
1 ¾ cup barley flour
1 tsp baking soda
1 tsp baking powder
2 tsp ground cinnamon
1 tsp powdered ginger
½ tsp ground allspice
¼ tsp ground cloves
dash or grated nutmeg
½ tsp salt**

Preheat the oven to 350degrees. Oil an 8 x 4 x 2 ½” loaf pan and set aside. In a small bowl, mix topping ingredients; set aside. Mix the pumpkin, oil, syrup, soymilk, vinegar, and vanilla in another small bowl. In a separate, larger bowl, place the sugar; sift the flour, baking soda, baking powder, spices and salt into the sugar. Whisk the wet ingredients into the dry ingredients. Do not overwork the batter. If the batter seems very stiff, add 1 tsp soymilk. Finish mixing with a spatula to scrape the sides of the bowl. Mix just until ingredients are well incorporated. Pour the batter into the prepared pan. Sprinkle with topping. Bake 40 minutes, rotate the pan a half turn to ensure even baking, and bake 40 minutes more. Let cool out of the pan.

Simple Treats, Ellen Abraham. Available for purchase at Creative Health

ANITA'S LENTIL SOUP

**2 lbs. Lentils (makes 4 cups)
6 carrots, diced
2 red potatoes, diced with skin
1 large onion, chopped
1 bulb garlic, minced
2 leeks, sliced
1 bunch bok choy, chopped
1 tsp. Curry
½ Tbs. Cumin
½ cup Bragg's Liquid Aminos
1Tbs. Thyme
sea salt to taste**

Part 1: Cook lentils in 4 cups water with a clove of minced garlic, 2 bay leaves and ¼ cup Bragg's. Bring to a boil, turn down to medium low and simmer 30 minutes.

Part 2: Sauté all veggies with seasoning in olive oil for 5 minutes. Add lentils and 9 cups of water. Simmer on medium low heat for one hour.

QUINOA SALAD

½ cup Quinoa, rinsed well

1 cup spring or filtered water

pinch sea salt

1 scallion, diced

¼ cup corn kernels, fresh or frozen

½ red bell pepper, roasted in the toaster oven, peeled, seeded and diced

1 tsp red wine vinegar

1 tsp balsamic vinegar

Rinse quinoa well and place in a saucepan with water. Bring to a boil loosely covered. Add salt, cover and simmer until all liquid has been absorbed into the grain and the quinoa has opened up. Remove from heat and stir in scallions, corn, bell pepper and vinegars.