

## **Simple Easy Recipes**

### **Healthy Salad Dressing and Dip-**

Kids are much more likely to eat raw veggies with a good dip!

Makes 2 servings:

2 tbsp. goat yogurt

1 tbsp. Vegenaïse

Salt and pepper to taste

Feta Cheese

Mix this together and enjoy! It is delicious and tastes a lot like Ranch Dressing!

### **Favorite Sandwich Idea:**

Turkey sandwich on spelt bread. Spread the bread with a small amount of cold pressed Mayonnaïse or Vegenaïse (a low calorie version of mayonnaïse) Next spread with Chevre Goat Cheese (available at any grocer store), add some organic mustard if you like. Top with turkey, organic greens and sliced tomatoes. It is absolutely delicious!

### **Honey Mustard Chicken Fingers**

1 lb. boneless chicken breast free of antibiotics or hormones

¼ C honey, warmed

¼ C Dijon mustard

½ C organic corn flakes, crushed

¼ C organic High Fiber Plain Cereal

Preheat oven to 425. Lightly grease a cookie sheet.

In a small bowl, mix Dijon and warm honey together till well mixed. Put crushed corn flakes and Fiber Cereal in a separate bowl. Slice chicken into ¼ inch strips. Dip in honey mustard mix. Then roll in crushed corn flakes and fiber crunch and put on cookie sheet.

Bake for 10 to 15 minutes or until done.

Serves 4 (I doubled this and we ate it for 2 meals)

Note: I crushed the corn flakes and cereal in a food processor.

**Better Butter**

8 oz softened organic butter

6 oz Spectrum Cold Pressed Oil (Olive, Safflower, or Sunflower)

2 oz. ice water

Put butter in food processor and dribble in the oil and very cold ice water.

**Keep this refrigerated in a container and use as needed.**

**Remember even cold pressed oils will become rancid create free radicals if you do not refrigerate them.**