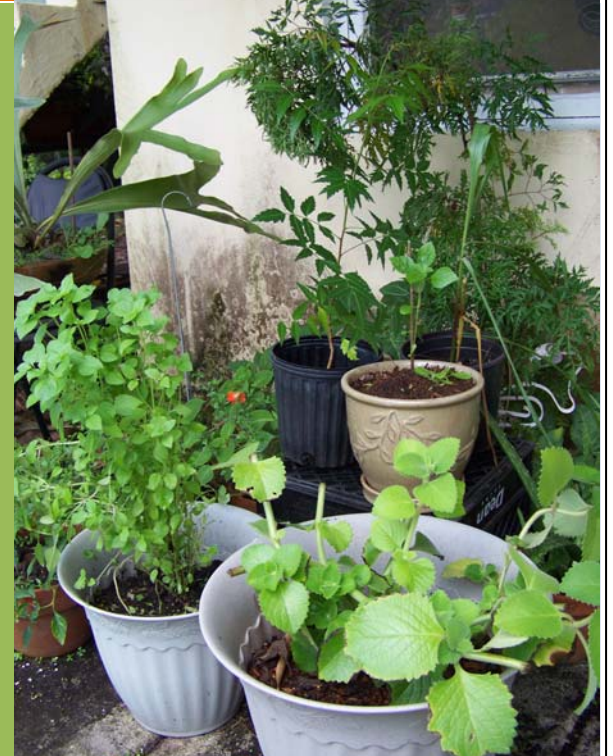


FAST FOOD RECIPES FOR EARTHLINGS



Quick and easy recipes created for Vegetarians, Vegans,
Live Fooders, Land and Sea Food Lovers,
...and those in betweeners!



Welcome.

I have spent the last 22 years as a detoxification specialist in the preventative health care arena. I have worked with people who declare they are vegetarians and don't eat meat, just chicken and fish. I have worked with folks who claim they are strict vegans and yet they eat eggs for protein and yogurt for good probiotics. We all have our own interpretation of what it's all about... Life and living healthy. Thus, the inspiration for this little recipe booklet, designed to marry all the different types of lifestyles.

I know how confused and a bit uneasy some of us are about change, especially when it comes to food and our lifestyles. This booklet is my contribution toward true peace on our planet. My mom used to say "Love and Peace begins in the kitchen." I never gave it much thought, but now I understand what she meant. We find so many paths to separate us. Many vegans don't care to associate with vegetarians. Many vegetarians and raw fooders dare not think of spending time with anyone that eats outside of the plant-base circle.

Well, as one of my confidants says, "Flip a switch!" Some of my family members are not plant-base diners, and I honor their path. Our get-togethers consist of a cousin sitting next to me chomping flesh as I enjoy a green salad with hemp seed for my dose of protein. When we accept and respect each other's differences, we allow ourselves to grow closer. It's a universal law for us Earthlings.

~ Aqeel Kameelah





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Breakfast

I prefer to drink my breakfast.

Here are some recipes for the drinkers among us that you can create in a blender. Try one. You just might become infatuated!

When I need an extra boost I add a capsule or two of chlorella, blue green algae, spirulina or my totally favorite fast food green drink, Kyo-Green! No I don't own stock in these companies or represent them in any way.

Electra Lights USA

1 young coconut - Or you can have two.

Locate the eyes on the top of the nut -- two soft spots -- and open both for ventilation.

Use your best glassware or insert a straw and dazzle your cells with nature's own Electra Lights.

This simple water is stocked with life giving force. It's ideal if you are not feeling your best and super energizing for picky little ones too.

Coley Coconut

1 young coconut - Open the coconut into halves.

Spoon out and delight your palate. I like to use my oriental ceramic soup spoon. This AM treat is great for new lovers... Write me back with your experiences, not too naughty please!

The Frankfurt (This was breakfast for my two-weeks stay in Germany back in the 90s)

8 ounces of good clean water

1 small red or Granny Smith apple - You choose! Always remove the seeds.

1/3 of a banana - This fruit digests a lot better when fully ripe.

10 to 12 organic blueberries, raspberries or strawberries - Choose one kind.

1 tablespoon of hemp seed - Sometimes I add as much as 3 tablespoons.

1 tablespoon of flaxseed - Same here with the amount. Seems to keep me flowing.

Blend wel. Strain if you like it real smooth. Chunky is my style. I add a squeeze of lemon or lime just before consuming. It's loaded with energy.



Fast Fooder

3 plum tomatoes - They tend to have less seeds. I remove the seeds when using others.
1½ cups of good clean water
1 celery stalk
3 to 4 drops of lemon juice

Blend well. When I make this drink for my daughter Sonya, I garnish with a celery stalk and ½ slice of lemon in a crystal glass. She also likes this drink when I use almond milk instead of water. Remember, add less liquid for a thicker drink. A friend likes to add a few drops of Bragg liquid aminos. I prefer a soy-free lifestyle.

Super Tonic

2 cups of melon – Choose your favorite.
1 cup of fresh organic berries - Your choice!
1 ounce of fresh lemon juice
Blend and enjoy!

The Green Goblin

12 ounces of fresh-squeezed apple juice
1 level tablespoon of spirulina
If you want it sweeter, you can add 1/2 banana. Some people like to add agave nectar. I like it tart.

Marry Me Green

You will need a juicer for this one.
½ bunch of fresh organic small leaf collard greens
5 small kale leaves
7 green beans - You choose. I used sweet snap beans in mine.
5 celery stalks



½ Granny Smith apple

½ red apple - Your choice. I like being season-minded with my food selections.

1 ounce of ginger juice - I like this recipe spicy. Try ½ ounce. You can always add more.

3 small organic radishes

Trust me, every cell in your body will ask you to have their baby. I love enjoying this drink ocean side. It always engages me in a long mindless walk and then a dip no matter the weather. Try it! I would enjoy hearing your comments.

This ends the liquid AM breakfast recipes. Go on, be creative and make your specialty! Write back to me. I would love to hear what you concocted. Have fun!

Vita Juva

2 ounces of fresh squeezed orange juice - Choose grapefruit juice if you are watching your sugar intake.

½ cup of blueberries

½ cup of blackberries

½ cup of strawberries

3 sprigs of fresh mint

In your favorite bowl, selectively place your berries alternating the colors to create an appealing dish. Drizzle juice over the berries. Place the mint sprigs on top. Select a pleasant setting indoors or out to sit and enjoy this vitamin-rich anti-aging meal.

Consideration: Please know that pesticides cling to the meat and skin of all berries, so unless you grow them, consider consuming certified organic only. You and your body are worth the extra cost.

This recipe can be juiced. I always add a tablespoon of fresh-squeezed lemon juice just before ingesting. It adds a nice kick and loads of vitamin C. For a totally unique AM experience, place ingredients in the blender. Less blending makes a delicious pudding; more blending makes a smoothie. Kids love it! And so will you. Grandparents, if you really want to win the little ones over, heavy blend this recipe and place in ice trays. Add more bananas for thickness and flaxseed for a pudding consistency. Place round toothpicks in the center of each cube and freeze. You just made popsicles that everybody will love and come back for more!

Recipe yield: 1 ravishingly hungry adult, 2 moderately hungry adults, or 3 moderately hungry children. For more, double the recipe.



Charlie Chi

Sectioned parts of ½ white grapefruit

½ pink grapefruit

1 navel orange

1 tangerine

1 slice of Meyer's lemon

1 stalk medium chopped organic celery

Separate each section. Remove the skin and the white sheathing. Then cut the sections in 3 to make them bite size. On a platter, place the white grapefruit sections, followed by the pink grapefruit, and then liberally place the cut sections of the orange. Cut the tangerine sections in half. Adorn your dish with the tangerines. Now add celery. With your hands, gently turn the sections twice. For garnish, cut the Meyer's lemon slice in half and place as garnish.

The skin on a Meyer's lemon is so delicate in taste that you can eat it. If you're experiencing indigestion, you can omit the white grapefruit sections and add more celery. This dish is great for shore-side dining or for an outing in the park as it holds up well. Make an effort to select fun places to enjoy your recipes with family and friends or just by yourself.

Marvelous Melon

2 cups of cube-shaped black seed watermelon

1½ cups of cube-shaped honeydew melon

1 cup of cantaloupe

½ cup of blackberries

2 lemon slices for garnish

Remove the black seeds from the watermelon and cut it so that you retain a thin layer of the rind.

This is very good for the intestinal track. Slice the flesh of the honeydew and the cantaloupe [without rind]. Place all ingredients in an attractive, deep dish. With a wooden salad fork, lightly toss. Sprinkle berries over the top and garnish with lemon wedges.

This recipe is great for bathing your intestinal track and flushing out toxins. Go ahead, don't be shy! The lemon adds an interesting flavor you'll find delightful. I call this dish "Getting ready for romance." Enjoy it with a partner and you'll see what I mean. It's a clean food and very energizing.



Go for the Gusto

3 leaves romaine lettuce

1 cup crisp organic, coarsely chopped cucumber, deseeded

½ of a Hass avocado, chopped into chunky slices

1½ coarsely chopped plum tomatoes

½ of a Meyer's lemon, juiced

2 tablespoons of hemp seed

1 teaspoon of walnut oil - I practice enjoying my food without oils. Tastes great to me.

Spread the lettuce out like a 3-leaf clover. Mound your chunks of cucumber at the base of the lettuce leaves. Then add the avocado and cascade the tomatoes over the entire dish. Lightly pour on walnut oil. Then sprinkle hemp seed. Right at the moment you're going to eat it, squeeze the lemon on and observe your body's vibrancy.

Walnut oil, you cry? Well, go on an adventure and discover walnut oil in your local Italian grocer. Your finer health food stores will have it too.

This recipe is great for the hungover morning, whether you partook of too much drink or plain overdid it with late night fun. This dish will hold you for a minimum of 3-4 hours. This is a great dish to take to a party. For extra protein, you can add 6-7 walnut halves. Now you're ready for a brisk walk on the ocean or a hike in the woods.

Consideration: It is not advisable to partake of nuts without soaking them -- oh yes, I know this sounds weird, but very true -- as nuts have a natural enzyme prohibitor on them to protect them in nature. Soaking dissolves that prohibitor and makes it better for your body to perform its digestion. You can use any nuts you like in this dish. I suggest walnuts or pine nuts because you only need to soak them for a couple hours. Denser nuts (like Brazil nuts and almonds) require overnight soaking. Let them soak overnight in a glass container in the refrigerator.

Konnie Carb

1 cup of white peaches, medium chopped

1 cup of plums, medium chopped - I use ½ cup black and ½ cup red. Great color! Try the black apricots too. They are sweeter.

½ cup of apricots, medium chopped

2 dates chopped into small pieces



Cinnamon to taste

A sprig of mint adds a romantic touch.

Chop all ingredients into bite-size pieces. Tumble peaches, plums, and apricots into a colorful display. Chop the dates into small pieces and place them throughout the dish. If you would like to, you can use $\frac{1}{2}$ teaspoon of agave nectar or sprinkle with carob powder and then sprinkle on cinnamon to your liking. The beautiful thing about cinnamon is that it's a wonderful anti-inflammatory, which makes this awesome dish also medicinal. For the culinarian in you, arrange some edible flowers on this dish too. "Edible flowers?" you hark. Yes, edible flowers. They do exist. Ask your gourmet markets or local health food stores for edible flowers and have fun decorating this and other dishes. P.S. When you wanna go buck wild, add 2-3 tablespoons of shredded coconut on top... yummy



My herb garden



Midday Meals

Please take every liberty to add your land and sea food items to these recipes. I'm over forty, so I like to practice dining without putting such a heavy demand on my digestion, and I like feeling energized following my meals. This applies to tofu as well for me in that tofu is a highly processed food source. So now you know how I feel about tofu! Omitting animal products is the key for me. My mother made a point of asking me and my brothers how we felt right after a meal. She claimed our food was fuel and high energy is the result. You know how moms are. They kinda know everything, even before the world catches up. So if your meal puts you to sleep or makes you the least bit drowsy, it's time to rethink your food choices unless you need the sleep. (Dads are very good at the know-it-all stuff too.)

Apple a Day

- 1 large red apple of your choosing
- 1 large Granny apple
- 2 celery stalks
- ½ cup of raisins
- 1 teaspoon of Vegenaïse, optional

When your apples are organic, keep the peel. When you're using conventional apples, always peel them. Core the apples and cut into bite-size pieces. Chop celery into medium-size pieces.. For extra protein, add 2 tablespoons of hemp seed (or some soaked nuts) and mix ingredients. Mix and add your raisins. Some people love this dish with a teaspoon of Grapeseed Oil Vegenaïse (a mock mayonnaise that is egg and dairy free). Vegenaïse is found in your local health food store. If you would like to add greenery, chopped romaine lettuce makes this dish prettier.

Wonda's Wilted Greens

- ½ bunch of small leafed collard greens
- ½ bunch of black kale
- ½ head of butter lettuce



3 cloves garlic, minced
1 teaspoon of pink Himalayan Sea Salt
3 tablespoons of extra virgin olive oil

Wash well and then de-stem your collards and kale. (Juice the stems as they make an excellent tonic.) Stack the leaves of the collards and the kale as evenly as you can. Begin at the ends rolling tightly, as in a hand-rolled cigar. Next, with your kitchen sheers, cut in 1/3 inch ribbons. Place garlic, salt, and olive oil in a mixing bowl. Massage the greens with both hands until greens appear sautéed. Make a bed with your buttered lettuce and mound the greens on top. Sprinkle with sesame seeds and enjoy this delicacy.

I love eating this dish with my hands. If you're worried about protein, you can have 10-15 soaked and skinned almonds. I like to add paper-thin strips of red pepper, about a 1/3 of a cup. When I make this dish for parties, it's the first item to be gone.

Rooty Tooty

1/2 cup carrots
1/2 cup parsnips
1/2 cup golden beets
1/2 cup sweet potato
1/2 sea lettuce (for a very delicate taste) - Use fresh dulse seaweed(1/3 cup) for a stronger taste and robust flavor
1/2 head red leaf lettuce

If you like your sea vegetables crunchy, you can de-hydrate. Finely grate or julienne cut your root vegetables (matchstick size). On a bed of red leaf lettuce, place your finely cut veggies and lightly toss in your butter lettuce. Add the butter lettuce seconds before you are ready to dine. Around the base of your dish, circle with soaked Brazil nuts. For enhanced flavor, you can add a few drops of walnut oil. To add an Asian flare, eat with chopsticks.



Squash Knarsh

- 1 cup of yellow squash disks sliced thin
- 1 cup of zucchini (green squash) disks sliced thin
- 1/3 cup of thinly sliced red pepper
- 1/3 cup of thinly sliced yellow pepper
- 1/3 cup of oil-cured olives, de-pitted

Softly stir until all ingredients are mixed. If you're lucky enough to grow your own squashes, you can stuff the leaves with this mixture. Some delicacy shops will sell the squash leaves. You can use a teaspoon of the oil from the olives. Add Himalayan Pink Sea Salt to taste. This meal is festive in color and goes well with pumpkin (raw, baked, or steamed).

Kabbage Koft

- 1 small head of white cabbage
- 1 small head of purple cabbage
- 1 large carrot
- 1 medium red onion
- 1 small clove of purple skin garlic - I like elephant garlic too. Just 1/2 clove will do.
- 1 teaspoon of white pepper
- 1/2 teaspoon of pink Himalayan sea salt - I often use lemon or celery juice in place of salt.

You may choose to finely hand chop your cabbages or, if you're a neophyte, you can use a grater. Tumble your finely chopped cabbage, evenly mixing the colors, and then add your other ingredients. This dish is better hand-tossed, as it mixes your ingredients more evenly. If you'd like, you can stuff avocado halves with these crunchy ingredients. I've seen large tomatoes stuffed with the ingredients flowing onto the plate. The colors are brilliant, and if you'd like, you can add your favorite salad dressing or a few drops of oil. For an old-fashioned style, you can add some poppy seeds too. This makes for a really great fibrous meal. In my family, this dish is considered "the broom" because it really sweeps your intestinal track clean. Bon voyage!

The end... Oh, did you say "What about dessert?"



For several years I taught a class in the public school system entitled Change Your Life - Cook With No Heat. Modestly speaking, it was a blast! Here's what that class was like when it came to desert making, ranging from the simple one-step dish to gourmet productions.

Desserts

Delicious Nutritious Desert

Ingredients list to choose from:

Bananas cut in thin, medium and thick disks

Agave Nectar - Use this sparingly. If you are watching your sugar, *leave it alone*. (Some Pure Raw Foodists reduce this natural sweetener to Corn Syrup). I tend to concur.

Nut Butters: Almond, Walnut, Sunflower and more

Orange slices, thin cuts - I use as a base; adds color to your dish.

Apple wedges - All types

Cacao chips

Cherry tomatoes - Healthiest sweet when you are deoicing sugar!

Shredded coconut - Shred your own; it's better. Store-bought coconut is usually sugar-coated... yuk! My all-time favorite is the jelly from the young coconut. Excellent as a *single-dish desert*!

Raw Ice Creams (If you own an Omega or Green Star juicer, they both include an ice cream component to the machine. I'm a GSG (Green Star Girl). Use any fruits you desire: pineapple, strawberry, cantaloupe. Try all the fruits. This makes for a sweet end to your meal and everyone can pitch in to help and enjoy. Yum!

Stanley Sweet

1 cup of fresh ripe cherry tomatoes

1 sprig of fresh mint

Arrange fruit in a small clear dish. Fill to the brim. Place mint on top. Serve and grin. I only use organic tomatoes for this dish because I like to consume the green flower tops. This desert fares well in a martini glass. Party girls, make way... and you will never wake up and say to yourself, "Who's he?"



Betty Bu Rasp

- 1 cup of fresh organic blueberries
- 1 cup of fresh organic raspberries
- 4 thinly sliced orange rings
- 1 thin-sliced Myers lemon ring
- 1 mint leaf

Place your orange slices in the bottom of your dish. Lightly tumble your berries in.

Mmmmmmm! Hold on... now put your lemon slice at twelve o'clock. Place the mint leaf on top and go at it. Mmmmm!

Bananas Forest Whitaker

- 2 thinly sliced navel orange rings
- 4 medium-cut banana disks
- 1 teaspoon of almond butter
- 1 tablespoon of cacao nibs
- 1 teaspoon of organic agave nectar

Lime and tangerine zest

(For star-studded style, you can add an array of fresh organic berries to this dish.)

On a small platter, (I love using wood) overlap your orange rings. Place the 4 banana disks in a circle on the orange rings. Place a small dollop of almond butter on each disk.

Sprinkle the cacao over the nut butter. Drizzle the agave nectar. Dress with the zest of lime and tangerine.

A creative student in one of my classes made this recipe and encircled his design with organic baby spinach leaves. Try your hand at this; your creations will startle you. So who's my favorite

Hollywood Actor?

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Doctor Sam Slam

- 1 tablespoon of Brazil nut butter
- 3 soaked Brazil nuts



7 soaked almonds
3 celery stalks (the small end)
5 apples sliced thick - I like to use a variety of apples (It's a party for you mouth): Granny Smith, pink lady, the miniature ones -- I love, Fuji -- the crisper the better!
1 teaspoon of cocoa nibs
Optional: 1/3 ounce of agave nectar

Fill the celery boats with the nut butter. Place in the center of your plate. Make a leaf-like arrangement with the apples. Bunch soaked nuts on both sides of the celery.

Randomly place cocoa nibs.

This is a protein rich meal or desert for those of us who make our way in the world strapped to our miracle machine, the computer. No butter on the keys, please! Taking a break is health giving.



Botanical Gardens -Gainesville, FL - Strawberries



Farewell.

This is the end of one of many little health-happy living booklets. I want to get your response to this, my first one Fast Food Recipes For Earthlings. The closet in my mind is overflowing with many health-based gifts. Write back to me. I would love to hear what you concocted. Have fun!

May we all play a part in creating true peace on our planet.

~ Aqeel Kameelah



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