

AMAZING HEALTH RECIPES FOR HEALING AND PROLONGING LIFE

Swami Yogananda



Ideal recipes and menus meat substitutes

1. 1 tb. unsalted, unfried, ground, or whole pine or pignolia nuts with one glassful of orange juice.
2. 1 tb. ground cashew nuts with one glassful of orange juice.
3. 1 tb. ground pecans with one glassful *c.f.* orange juice.
4. 1 tb. ground pistachio nuts with one glassful of orange juice.
5. 1 tb. ground almonds with one glassful of orange juice.
6. 1 tb. Brazil nuts or peanut butter with one glassful of orange juice.
7. Boiled eggs with half a head of lettuce.
8. Fresh cottage cheese with half a head of lettuce.
9. Nut loaves, nut products in general.
10. Cod liver oil.

(Almonds give vital strength; pistachio nuts give fat ; pine and cashew nuts give harmonious development of all parts of the body; peanuts for elimination and general strength; pistachio nuts for brain development and memory.)

Don't make a practice of eating meat, but eat it occasionally. Lamb is best and then chicken and fish. Never eat meat with bread, but have 3 oz. of meat with 9 oz. of lettuce 3 times a week. Lettuce prevents the protein from excessive acid reaction, and thus avoids overtaxing and injuring the kidneys.

Use nut dressing on salads

(Another dressing). Four tbs. of grapefruit juice, 4 tbs. of cream, and one tsp. of sugar or honey makes a delicious salad dressing.

How to make gravy

You can prepare gravy with white flour or plenty of ground cashew or pine nuts. Make it just the way you make ordinary gravy.

Laxatives

Best of all non-habit forming nutritive laxatives is the natural 'Nutritive-Lax.' All fruits are laxative in the following order:

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| 1. prunes; | 2. watermelons; | 3. melons; |
| 4. passion fruit ; | 5. tomatoes | 6. figs; |
| 7. raisins; | 8. grapes; | 9. olive oil is very good |

Blood Cleanser.

Dice Chinese water chestnuts to the size of lima beans and add to them a quarter of a heart of lettuce chopped fine. Mix with it the following salad dressing:

- 4 tbs. of cream
- Juice of one orange
- 1 tsp. honey or sugar

Nutritive and Laxative.

Mash two skinned persimmons, add 4 tbs. of cream, 1 tsp. honey, and beat with an egg beater. Put on a lettuce leaf and place on top the finely chopped skins of the persimmons. Put on top of this a heaping tsp. of whipped cream.

Elimination and Health.

Mix 1 tb. of bran with one tsp. of honey and the juice of half an orange. Mash one avocado. Put on a lettuce leaf and serve.



Reducing Salad. Dice $\frac{1}{4}$ watermelon. Mix with $\frac{1}{4}$ tsp. of lemon juice and $\frac{1}{8}$ tsp. of honey. Serve on lettuce.

Dessert

Soak two pieces of whole wheat bread in a mixture of $\frac{1}{4}$ glassful of milk, two tbs. of cream, and two tbs. of honey. Add one tb. butter and one mashed banana. Serve.

Unique health pickle

Shell and seed four pieces of tamarind. Add one cupful of water and boil down to $\frac{1}{4}$ cupful of water. Mix this with salad dressing.

Tamarind drink (extremely good for digestion)

Soak four pieces of tamarind overnight in a glassful of water. Mix two tbs. of sugar and the juice of $\frac{1}{4}$ of a lime. Shake well. Cool it with a piece of ice. Slowly sip on empty stomach.

Soup

To $\frac{1}{2}$ cupful of buttermilk or sour milk add a clove of garlic chopped.

16 leaves of spinach, a few fresh peas, asparagus tips, and $\frac{1}{4}$ cupful of garbanzo beans (soaked overnight).

Add two cupfuls of hot water.

$\frac{1}{2}$ tsp. of salt, $1\frac{1}{2}$ tsp. of sugar.

Boil down to one cupful. Serve with $\frac{1}{4}$ head of chopped hearts of lettuce or 8 leaves of parsley chopped, or 6 leaves of raw spinach chopped

ALWAYS USE SEA SALT or mix powdered sea kelp with ordinary salt. You can always mix ground sun-dried, pulverized vegetables with salt.

Ideal breakfast

1. Orange juice and ground nuts
2. Grapefruit and ground nuts
3. Two hard-boiled egg yolks in orange juice
4. Tomato juice and egg yolk
5. Watermelon juice and ground nuts (for laxative effect)
6. Bran, milk, honey, and ground nuts
7. Cantaloupe and bran and milk and ground nuts
8. Berries, ground nuts, cream, and honey
9. Pineapple juice, cream and honey, ground nuts, and chopped pineapple
10. Glassful of milk and honey
11. Ground almonds and honey mixed in glassful of water
12. Use quantity of these according to appetite

Lunch

16 leaves of spinach

3 oz. ground pecans

Any chopped vegetable

(raw with salad dressing)

or

$\frac{1}{2}$ head of lettuce with boiled eggs

A big salad

Hot chocolate

or

Fish, chicken, or lamb

$\frac{1}{2}$ head of lettuce

Salad of ground carrots and dressing

Supper

Sun-dried prunes, honeyed

Any fruit

$\frac{1}{4}$ glassful of cream

or

Slightly boiled vegetable dinner

or

Raw food dinner

or

Milk and honey

or

Orange juice and nuts and one egg

or

One vegetable slightly cooked

or

Two glassfuls of grapefruit juice, honey, and ground nuts

