

## “Stop in the name of LOVE”



Stop! In the name of love, before you break my (*and your*) heart  
Think it oh-over, Think it oh-over.

Diana Ross was a woman ahead of her time. I don't think that she really knew how prophetic her words were...at least when talking about loving oneself and saturated fats!

Over these past months more and more information has crossed my desk about cutting saturated fat out of one's diet. I have read about this in major medical journals and even from the USDA. Yet, the all-time clincher was when my sister handed me a sheet of US postal 'Heart' stamps that listed *Tips for a Heart Health* on the back! Now this is not just a wow, yet a BIG WOWIE, ZOWIE!!!

Let me explain my excitement. For years I have been helping people learn how to feed their bodies for optimal, joyful functioning. What have been my biggest obstacles were in fact prestigious institutions and government agencies that were continually suggesting daily servings of saturated fats (meat and dairy products) as 'standard fare' every day and even three times a day.

I was told that my nutritional advice wouldn't and couldn't be heard within a culture that embraced a meat-eating focus. I was also told that the only thing that would affect a change would be when the cost of disease was so great that the government (and the world) could no longer afford it. My excitement is about this 'sea change' that is now coming of age due to the *costly effects* of the SAD (Standard American Diet).

“Consuming lots of fruits, vegetables, and whole grains and avoiding foods that are high in sodium, saturated fats, and sugar promotes heart health.” - US Postal Service

Recently our armed forces have made major changes in what's being served in its mess halls and U.S. cities have banned trans fats and are considering similar measures for sugary drinks. Who is taking more responsibility for your health, the government or you? If it's you, then you've joined the growing number of people who are 'Eating Themselves Healthy' (enjoy the following recipe) and living the rewards: a joyful and vivacious life. “And full of Vim and Vigor,” my grandmother would chime in.

I offer you an incredibly versatile, creamy spread that contains no animal parts or products. Yes, CREAMY and yummy... as a topping over a bed of lettuce or steamed seasonal garden veggies; an appetizer on crackers, or pita bread; a dip for veggies; a filling between two tortillas (heated briefly on both sides in an un-greased skillet until lightly browned); or as a spread in a pita pocket with cucumber, tomato slices and a sprig of cilantro. The beauty of this creamy spread, is that it keeps well in the refrigerator for a week and it also freezes well. So make extra, because *you know* you will be hungry again for such a multifaceted delight. 'Go' in the name of love and eat Heart-ily of the following Creamy, Veggie-Love Spread.



## Creamy, Veggie-Love Spread Makes about 1 3/4 cups

### Ingredients

1 can white beans (1 1/2 cups cooked beans)  
2 Tbs nutritional yeast, large flakes  
1 1/2 Tbs lemon juice  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1 tsp smoked paprika (or 1/4 cup roasted red bell peppers)  
1/2 tsp mustard (optional)  
1/2 tsp salt (ONLY if not using canned beans)

1/2 cup salsa  
1/4 cup chopped fresh cilantro

### Directions

Rinse and drain beans well in a colander to remove excess salt.  
Process beans and all other ingredients (EXCEPT for salsa and cilantro) in a food processor until smooth.

Remove spread from processor and put it in a salad bowl.

Stir in salsa and cilantro.

Notes: Navy and small white beans have a creamy, smooth texture which will yield a very creamy spread. (Great Northern and Cannellini beans are larger beans, not as creamy, but will do in a pinch.)

Nutritional Yeast not only adds a good supply of all the B vitamins, it also adds a wonderful cheesy taste to this high-fiber bean spread. It can become addictive, but no worries, because it's goood for you! Nutritional yeast can be purchased in bulk at most all natural food stores in town.

## Non-Dairy 'Sprinkle' Cheese

This is my husband's favorite topping for almost everything! He uses it like others might use Parmesan.



### Ingredients

1 cup raw almonds  
1 cup nutritional yeast, large flakes  
2 tsp onion powder  
1 tsp garlic powder  
1 tsp salt

### Directions

Add all ingredients into a blender and buzz just enough to mix. Store in refrigerator. It will keep for months if kept cold or not eaten by the usual suspects.

*'Go' in the name of love and eat Heart-y.*

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