

NATHAN FOODS

A COLLECTION OF NATHAN'S FAVORITE RECIPES





RSAP

If you need to cancel I need to know at least three days in advance to replace you.

August 9th!

Don't Foget

To Mark your
Calendars!

Nathan Boyle's oriental

a series of Asian dishes
e will start eating at six
your own sitting we will
lete we will go outside in
suite, when we come bac
mask's while we start our
ou're a woman's SM we
taking place on a Saturday
like to come dressed up o
than's oriental interests.



This cookbook has been put together with some of Nathan's favorite recipes and to celebrate and honor his life. He celebrated life with food and encouraged others how to do it healthfully. He also loved to give health tips to his friends and family. You may be one of those.

Enjoy these recipes and we hope you too celebrate life as Nathan did, we know he would enjoy that.

Calendars!
To Mark your
Don't Foget
August 9th!
in advance to replace you.
to know at least three days
If you need to cancel I need

RSAP

Your invited to Nathan Boyle's oriental celebration

He/I will be preparing a series of Asian dishes for your pleasure we will be starting at 5:30pm August 9th we will start eating at six so please be on time there will not be chairs bring a pillow for your own sitting we will be watching a comedy after diner. When the movie is complete we will go outside into the pool and hot tub for a brake period so bring a bathing suite, when we come back in we will have deserts, hot tea, lotions, Nail stuff and face mask's while we start our second movie and best on the planet, fight club at the end if you're a woman's SM we will be having a raffie for a fight club T-shirt. This will be taking place on a Saturday night come hungry, and its more than welcome if you would like to come dressed up oriental for this celebration of Nathan's oriental interests.





Nathan Boyle shared Secrets of Longevity's photo.

30 May 2012

I indent to drink as much of my future baby makers breast milk as possible!

Nutrients & Immune Factors	Raw Breast Milk	Raw Cow's Milk	Pasteurized Cow's Milk	Commercial Infant Formula
Anti-microbial enzymes	Active	Active	Inhibited	Unavailable
Biodiverse probiotics	Active	Active	Destroyed	Added
Essential omega-3 & -6 fatty acids	Active	Active	Damaged	Added
Lactase-producing bacteria	Active	Active	Destroyed	Unavailable
Delicate proteins	Active	Active	Destroyed	Altered
B-12 binding protein	Active	Active	Inactive	Inactive
Bioavailable vitamins	Active	Active	Inhibited	Inhibited
Bioavailable calcium	Active	Active	Inhibited	Inhibited
Bioavailable phosphorus	Active	Active	Inhibited	Inhibited
Phosphatase enzyme	Active	Active	Destroyed	Unavailable
Oligosaccharides	Active	Active	Diminished	Unavailable
Lymphocytes	Active	Active	Inactive	Inactive
B-lymphocytes	Active	Active	Inactive	Inactive
Macrophages	Active	Active	Inactive	Inactive
Neutrophils	Active	Active	Inactive	Inactive
IgA/IgG Antibodies	Active	Active	Inactive	Inactive
Bifidus Factors	Active	Active	Inactive	Inactive
Gamma-interferon	Active	Active	Inactive	Inactive
Fibronectin	Active	Active	Inactive	Inactive

BREAKFAST



LEMON GINGER BLAST

2 Apples
1 Cucumber
1 inch Fresh Ginger
1/2 Lemon
Handful* Cilantro
Handful* Parsley
Handful* Arugula
1/4 Jalapeno
3 Celery Stalks

Juice ingredients and enjoy! Makes 24 ounces.

*Handful is approximately 1 cup

PINEAPPLE CILANTRO DELIGHT

1/2 Pineapple
4 Apples
6 Celery Stalks
1 Bunch Cilantro

Juice ingredients and enjoy! Makes 24 ounces.

GREEN SURVIVAL DRINK

8 Celery Stalks
1/2 Bunch Arugula
1 Bunch Dandelion Greens
1 Lemon

Juice ingredients and enjoy! Makes 16 ounces.

SMOOTHIE

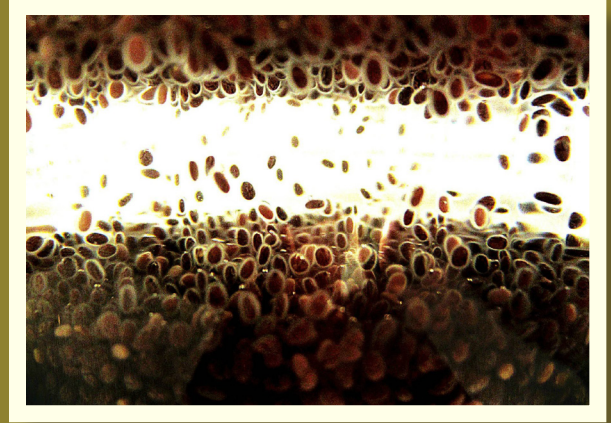
2 Mangos cubed
3 Bananas
1 Bunch Fresh Italian Parsley

Blend until smooth!



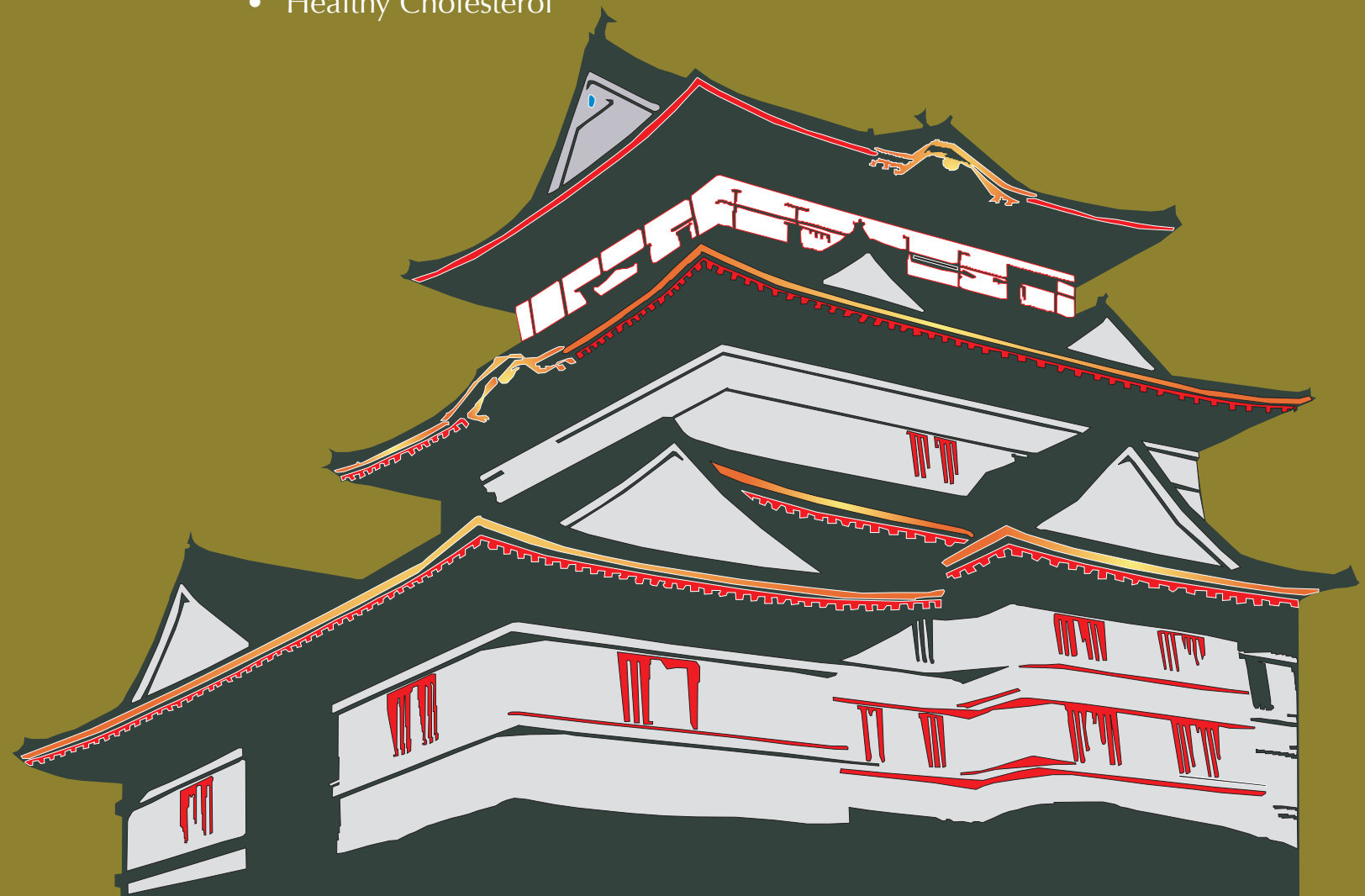
CHIA SEEDS

Place 2 tablespoons Chia seeds in a jar with a lid. Add 1 cup warm purified water and shake off and on approximately 10 minutes until Chia seeds are evenly spread throughout the water. You can now place them in smoothies or juices.



BENEFITS OF CHIA SEEDS

- Add anti aging antioxidants
- Decrease joint pain
- High in omega 3 & 6
- Healthy fats
- Adds fiber
- Healthy Cholesterol
- Increase energy levels
- Mood enhancer
- Cuts food cravings
- Balance blood sugars
- Helps prevent diverticulitis





OATMEAL WAFFLES

8 Cups Oatmeal
10 Cups Water
1/4 Cup Barley Flour
1/4 Cup Chopped Dates
Pinch of Salt

1. Soak all ingredients in water overnight , if not planning in advance soak as long as possible.
2. Take several cups at a time and blend in blender until smooth and creamy.
3. Place in waffle iron until cooked my iron takes approximately 4 min.

Recipe makes 12 -15 waffles. Batter stored well in refrigerator.

HIMALAYAN SEA SALT

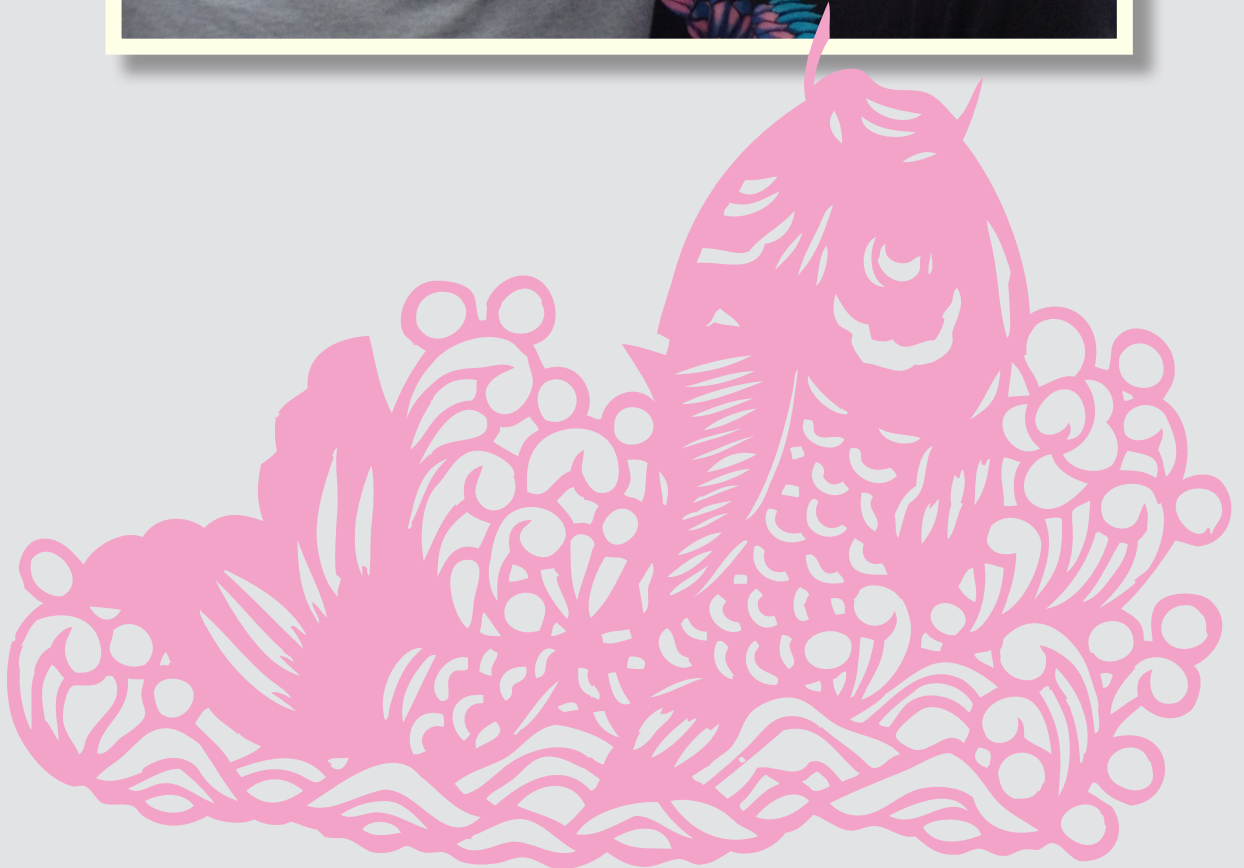
Nathan preferred to use Himalayan Sea Salt in his cooking. He liked the color and what it was made of. Regular table salt is white and weak in minerals, whereas, Himalayan Sea Salt contains 84 minerals. Nathan preferred to use the type with the beautiful pink color and enjoyed the exotic name, and valued its properties and pleasant taste.

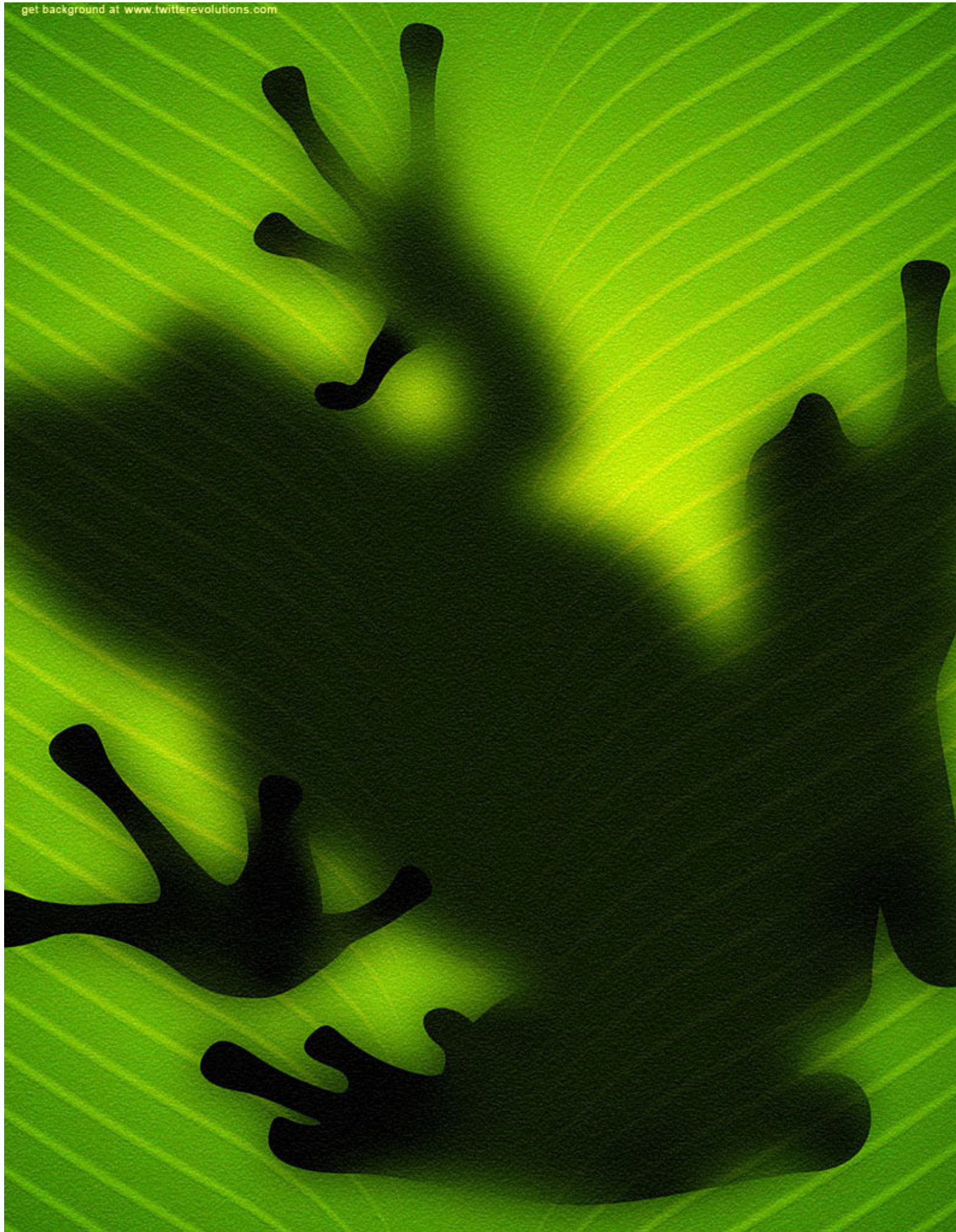
“Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted?” (Matt. 5:13)

To us Nathan’s presence in our lives added so much color, beauty and value. We miss his strength, energy and the rich flavor of his character. Remember him when you add this ingredient to your favorite foods.

“Salt is good: but if the salt have lost his saltiness, wherewith will ye season it? Have salt in yourselves, and peace one with another.” (Mark 9:50)

SAUCES





TAZIKI

1 container plain greek yogurt
2 minced garlic cloves
one table spoon olive oil
half cup finely chopped cucumbers
half cup finely chopped cilantro
salt to taste (about half teaspoon)
blend ingredients together and serve as sauce with pitas ...ect

TAHINI

1/2 C raw tahini
1/3 C lemon juice
1 t cumin
1/2 t chili powder
3 T fresh cilantro
2 garlic cloves
2 T Braggs Liquid Aminos

Blend all ingredients in power blender until creamy. Great on salads or as a dip!

CHEEZ SAUCE

3/4 cup soaked pine nuts
1/2 cup soaked sunflower seeds
1 large red bell pepper
1 lemon juiced
2 Tbls nutritional yeast flakes
2 garlic cloves chopped
2 tsp Nama Soyu or tamari

Soak nuts overnight or at least 2 hrs for best digestion.
Cut red pepper in small pieces and blend first ,next blend seeds until creamy, then add remaining ingredients blend.

QUINOA

NATHAN'S FAVORITE GRAIN, QUINOA, OF COURSE WAS NOT THE TYPICAL RUN OF THE MILL GRAIN, BUT HAS OF LATE BECOME MORE AND MORE POPULAR BECAUSE OF ITS BENEFITS. AS SOME OF YOU KNOW HE HAD CHALLENGES WITH HIS DIGESTIVE SYSTEM, SO HE WAS ATTRACTED TO THE DIGESTIBILITY OF QUINOA. IT IS CONSIDERED TO BE A COMPLETE PROTEIN CONTAINING ALL NINE ESSENTIAL AMINO ACIDS. IT CONTAINS ALMOST TWICE AS MUCH FIBER AS MOST OTHER GRAINS, SO IT HELPS TO PREVENT CONSTIPATION. IT IS ALSO A RICH SOURCE OF THE FOLLOWING MINERALS: IRON; MANGANESE; MAGNESIUM AND THE VITAMIN B2 WHICH IMPROVES ENERGY METABOLISM. THESE AND OTHER BENEFITS ARE WHY HE MODIFIED HIS TABOULI RECIPE REPLACING WHEAT BULGUR WITH QUINOA.

APPETIZERS



KALE CHIPS

2 Bunches dino Kale
Cheez sauce

1. Rinse kale and stem. Stems can be removed by placing leaf in one hand and pulling stem away.
2. Place kale in large bowl and toss cheez sauce like adding salad dressing.
3. Then place in dehydrator and dry until crispy (aprox. 8 hours)

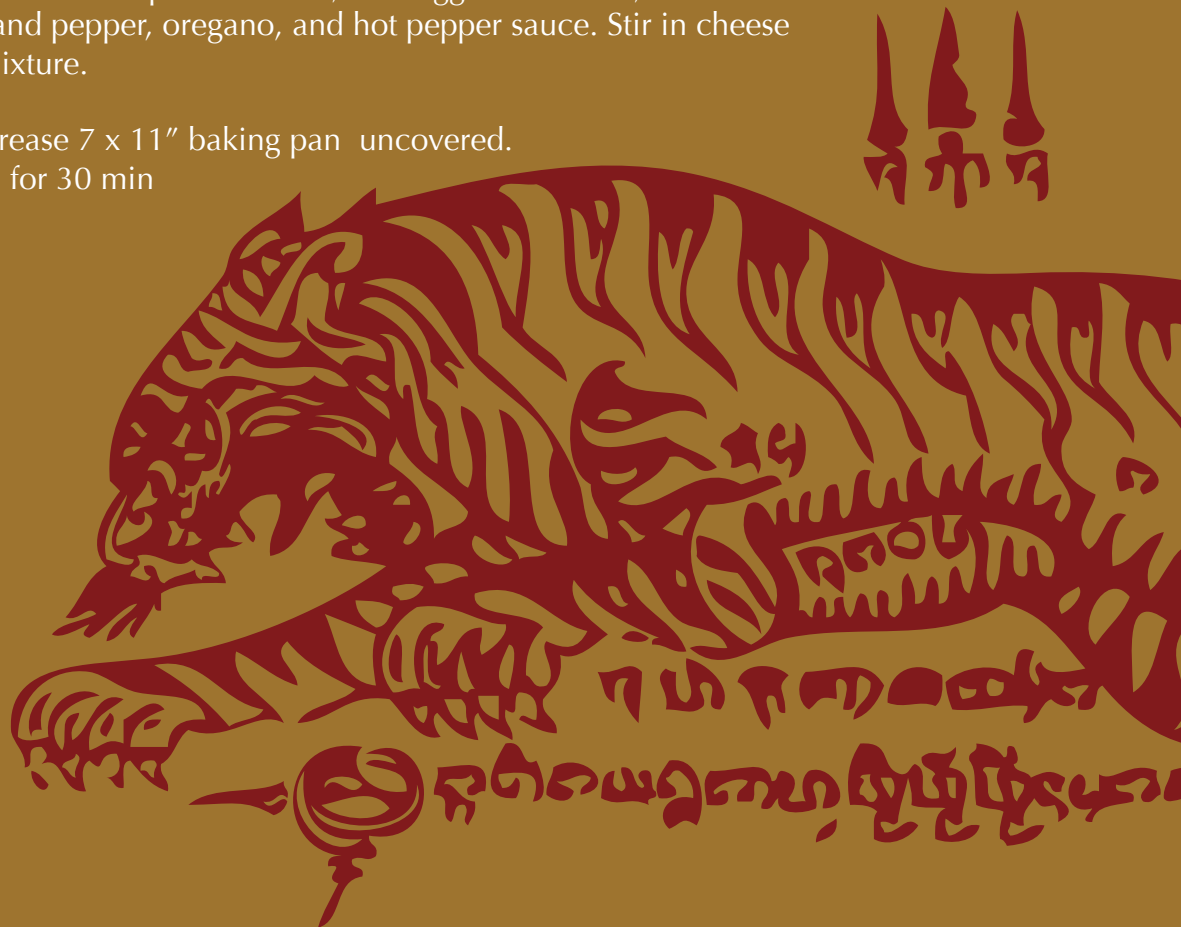
Delicious snack easy to make expensive to buy!

ARTICHOKE NIBBLES

12 oz articoke hearts
1 small onion
1/4 cup olive oil
1 clove garlic minced
4 eggs
1/4 fine bread crumbs
pinch salt
1/8 tsp oregano leaves
1/2 tsp hot pepper sauce
2 cups shredded cheese

Drain and chop artichokes set aside. In frying pan heat oil, chopped onion, and garlic until limp. In a bowl , beat eggs with a fork, stir in bread crumbs salt and pepper, oregano, and hot pepper sauce. Stir in cheese and onion mixture.

Turn into a grease 7 x 11" baking pan uncovered.
325 degrees for 30 min



BABBAGANOSH

2 eggplant fully cooked (can cook in micro for 7min, stab and wrap in wet paper towel) then peel and add to blender
two juiced fresh lemon
3-5 whole clove garlic
half cup tahini
salt and cayenne pepper to taste

Blend till smooth. Garnish with olive oil and cilantro.

RAWVIOLI

In a large bowl, marinate:
10 Roma tomatoes, thinly sliced
1/2 cup extra virgin cold pressed olive oil
3 garlic cloves minced
1 tsp sea salt
(Marinate for at least 15 minutes)

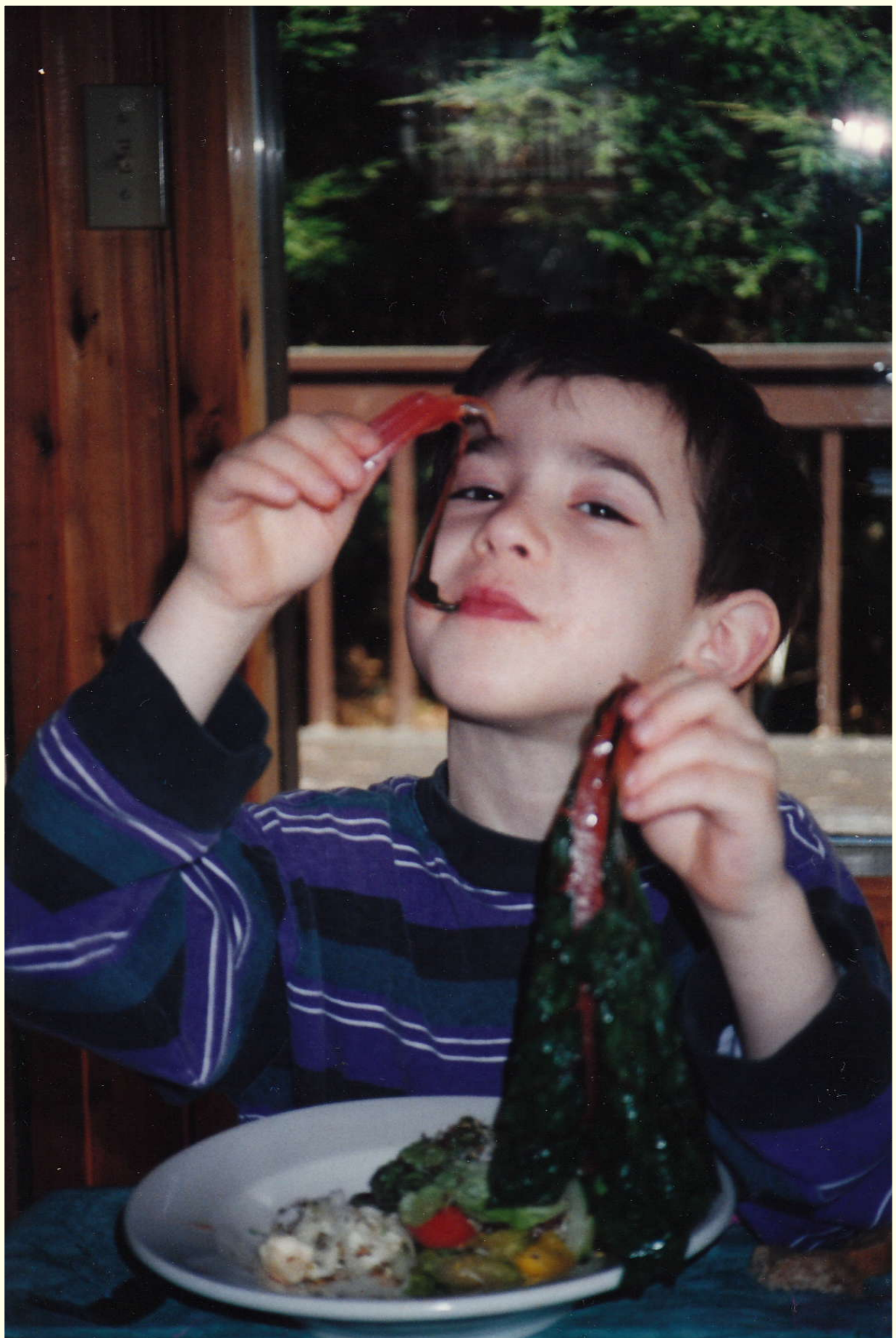
Nut cheese

Prepare by adding the following ingredients into blender:

1 cup of pine nuts (pinions)
1/2 cup sunflower seeds
1/2 tablespoon sea salt
1/4 cup fresh basil
2 cloves garlic
1/2 cup distilled water

Place a paper towel underneath dehydrator screens to catch dripping liquid. Place one tomato slice on dehydrator screen. Add on spoonful of nut cheese on tomato slice. Top with another tomato slice. Repeat until all tomato slices are used. Dehydrate for 8-9 hours at 98 degrees F.





MAIN DISHES



NATHAN'S TABOULI

1 cup cooked quinoa
1/2 teaspoons himalayan sea salt
1/2 cup fresh lemon juice
1/4 olive oil
2 medium garlic cloves minced
4 green onions finely minced
3 bunches of finely chopped fresh parsley
10 to 15 fresh mint leaves finely chopped
2 medium ripe tomatoes diced
1 cucumber diced
Black pepper to taste

Combine all ingredients. Serve with pita bread and tahziki.

CREATIVE QUINOA SALAD

1/2 cup presoaked quinoa
1 cup water
1 cup broth
pinch of himalayan salt
2 garlic cloves, minced
1/2 cup seriano pepper
parsley, green onions to taste
2 handfuls of arugala

Sauce

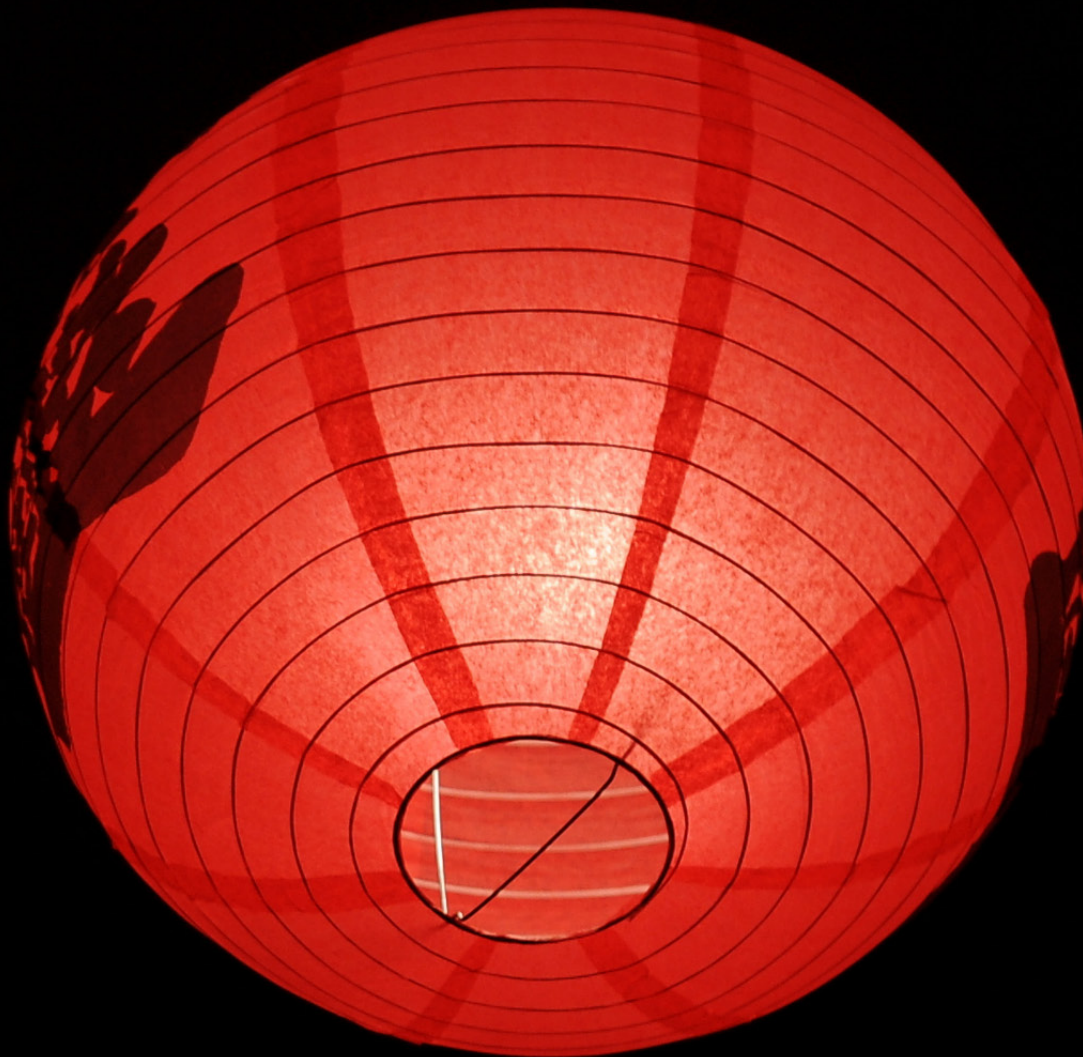
5 green olives
3 limes juiced
3 table spoons olive oil

1. Bring water and broth to boil.
2. Add quinoa, salt, garlic, seriano pepper and simmer for 15 minutes.
3. Add parsley and green onions after cooking.
4. In a separate bowl, combine sauce ingredients.
5. Add arugala and sauce

ROASTED CAULIFLOWER

Two heads fresh cauliflower cut into bite size pieces
About 2 table spoons olive oil
2 fresh lemons juiced
2 garlic cloves minced
Salt and cayenne pepper to taste (Can use garlic salt or Mrs. Dash or any other preferred spices)

Mix spices, lemon, garlic and oil together and toss the cauliflower in it and lay flat in a single layer on cookie sheet. Bake at 400 degrees checking and mixing every 15 minutes for about 45 minutes of until slightly browned and roasted appearing.



“MACRO” BOWL

For each serving you will need the following:

- 3/4 cup shredded kale
- 1 cup cooked rice/ quinoa
- 1/3 cup kimchee
- 1/4 cup sprouts
- 1/4 cup grated carrots

To assemble, layer all ingredients in a bowl in the order they appear above.

Sauce:

- Makes almost 2 cups
- 3/4 cup coconut milk
- 1/4 cup white miso
- 1 jalapeno pepper
- 1/4 cup almond butter
- 1/2 teaspoon cayenne pepper
- 1 1/2 table spoons minced garlic
- 1/2 cup raw tahini
- 3 tablespoons lemon juice

Blend all ingredients until creamy. This sauce is great on salad greens or steamed grains.





SOUPS



GREEN BEAN SOUP

- 2 28 oz cans whole or chopped tomatoes
- 1 14 oz can green beans
- 20 oz pack cheese tortellini
- 2 tbl olive oil
- 2 garlic cloves
- 1 tbl dried basil

1. Blend tomatoes in blender in make a light puree, I do this instead of buying pureed tomatoes because I like the consistency better, add 2 cans water (28oz cans)
2. Add green beans and juice from cans and simmer. When this is almost to a boil add tortellini and simmer until tortellini float, this means they are cooked.
3. While tortellini are simmering, place olive oil , minced garlic and basil in a small container to blend flavors. Once the tortellini are cooked add garlic mixture to soup mmmm... what a lovely smell!

Must eat with sourdough bread for dipping!

ULTIMATE GAZPACHO

- 2 cups tomatoes
- 1 cup cucumber
- 1/4 cup olive oil
- 1/3 cup lemon juice
- 1/2 tsp. sea salt
- 1/2 to 1 tsp. jalapeno pepper, minced
- 1 medium garlic clove

Blend and place in a bowl.

Add:

- 2 cups tomatoes, chopped
- 2/3 cup cucumber, chopped
- 1/2 cup red bell pepper, finely diced
- 1/4 cup onion, chopped
- 1/2 cup cilantro or parsley, chopped

All the vegetables should be chopped or diced very fine. Using a food processor works great for this. Mix the chopped vegetables with the ingredients that have been blended. Serve cold on a hot summer day or any time! You can also garnish with summer flower petals. Gazpacho is a traditional Spanish dish.



MISO SOUP

3 Tbls red miso
4 cups water
1 cup seasoned tofu
1/2 cup chopped grn onion
2 tbls dried wakame seaweed
1cup shatake mushrooms sliced

Bring water to boil, add mushrooms simmer 5 minutes. Take small amount of boiled water and mix with miso to uniform paste mix back into pot, add remaining ingredients.

SEASONED TOFU

2 tbls olive oil
1 pound tofu, cut in bite size cubes
2 garlic cloves finely chopped
fresh ground blk pepper
1 tsp dried dill weed of 2tbls fresh dill
pinch of cayenne
1 tsp sesame oil
2 tsp tamari or braggs aminos or nama soyu

Heat oil in fry pan add tofu cubes and fry 10 mins, stir frequently so not to stick.

Add garlic, blk pepper, dill and cayenne. Continue frying until cubes are lightly browned and crisp about 5 more mins.

add sesame oil, tamari , stir in and turn off heat.

Taste and adjust seasonings. makes 2 cups great in salads or stir fries.





HOLIDAYS





WASSELL

1 quart apple cider (freshly made is optimal)
2 cups cranberry juice (or any combo such as cranapple)
1 cup pineapple juice (optinal)
1 orange sliced
2 cinnamon sticks
2tbl spoons mulling spice or 4 tea bags
1-2 tlbs whole cloves

Simmer all ingredients over stove, place cloves in cheese cloth and tie like a ball, if mulling is also loose you can put it in the cheese cloth with cloves. Cinnamon sticks can also just be dropped whole into the pot to simmer. Let simmer at least 1/2 hour the long the spices have to blend the more flavor you will have. Enjoy , holiday favorite!

Wassell is a special Holiday hot cider that was given to us by Grandma Nona. We enjoyed it so much that we used it for many of our Holiday celebrations. Nathan enjoyed inviting others to experience Wassell for the first time. So we decided to continue to use Wassell during the Holidays in honor of Nathan, and we invite you to do the same.

PORTOBELLO GRAVY

1 tablespoon extra-virgin olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
1 ½ cups chopped cleaned Portobello mushrooms, (2 medium)
2 ¼ cups vegetable broth
3 tablespoons tamari, or reduced-sodium soy sauce
¼ tsp. dried thyme leaves
1/8 teaspoon crumbled dried sage
1 tbs. cornstarch
2 tabs water
freshly ground pepper, to taste

Heat oil on medium saucepan over medium heat. Add onion and garlic; cook, stirring often, until softened about 5 minutes. Add mushrooms and cook, stirring often, until they begin to release their juices, about 10 minutes.

Add broth tamari (or soy sauce), thyme and sage; simmer for 10 minutes. Mix cornstarch and water in a small bowl. Stir into the sauce and simmer, stirring often, until slightly thickened, about 10 minutes more. Season with pepper. If you prefer a smooth gravy, pass it through a fine sieve (discard mushrooms and onions). Serve hot.

SANDY'S HOLIDAY STUFFING

2 onions yellow onion chopped
1 cup chopped celery
1 cup sliced mushrooms
4 garlic cloves minced
1 cube butter

1 1/2 -2 bags wh wheat bread crumbs
I use Organic Arrowhead whole wheat Herb stuffing mix

1 cup cooked Lundberg wild rice blend
2-3 cups veggie broth
1 cup grated carrot
optional 1 cup cranberries

Saute' onions, celery, mushrooms, garlic in butter. Then add remaining ingredients
use broth and bread crumbs at your discretion, should be moist.

We also love to make stuffed portabellis mushrooms, I leave out mushrooms from stuffing. Take stems out of mushrooms, you can use them in stuffing then spoon into caps, enough stuffing for 8 to 12 caps. Bake 45 min at 350

APRIL 27, 2012



NATHAN'S 22ND BIRTHDAY WITH KEVIN BOWMAN HAVING NATHAN'S FAVORITE BANANA CREME PIE.

DESSERTS



PECAN PIE

For the crust:

2 $\frac{3}{4}$ cups macadamia nuts
1/8 teaspoon salt

For the filling:

1 $\frac{1}{2}$ ounces Irish moss
 $\frac{1}{2}$ cup water
 $\frac{3}{4}$ cup agave nectar
1 cup pecans
1 $\frac{1}{4}$ cup well-packed, finely chopped dates
2 tablespoons vanilla
1 tablespoon yacon syrup
1/8 teaspoon salt

For the topping:

1 cup pecans

To make the crust:

in the bowl of your food processor fitted with the "S" blade, process the macadamia nuts and salt to a dough-like consistency. (Do not over process or the macadamias will release too much oil.) Press into a 9-inch pie pan.

To make the filling:

Blend Irish moss with the water and agave until smooth. Set aside. In the bowl of your food processor fitted with the "S" blade, process pecans until a paste-like consistency is achieved. To this add your blended ingredients, as well as the vanilla, yacon syrup, and alt; process again until smooth. While processing add the chopped date in small amounts until smooth. Spoon mixture into prepared crust. Top with pecans. Chill in fridge for 10-15 minutes.



BANANA CREAM PIE

For the crust:

1/3 cup well-packed, finely chopped dates
2 1/2 cups coconut flakes
1/8 teaspoon salt
1/4 teaspoon vanilla (optional)

For the filling:

1 cup coconut milk
1/4 cup well-packed, chopped dates
3 ripens medium bananas
1/2 teaspoon salt
1 teaspoon vanilla
1/2 tablespoon lemon juice
Pinch of turmeric for color
2 tablespoons lecithin
1/2 cup raw unscented coconut butter

For the coconut cream topping:

3/4 cup coconut milk
1/4 cup coconut meat (wet measured)
1/4 cup agave nectar
1/8 teaspoon salt
1 tablespoon vanilla
1 teaspoon lecithin
1/4 cup raw unscented coconut butter

To make the crust:

Put coconut flakes, salt & vanilla in food processor, use S blade and process add small amounts of dates until crust sticks together. Press into greased pie plate.

To make the filling:

Blend all ingredients except coconut butter and lecithin, until smooth, then add last two ingredients and blend until smooth. Pour into pie shell and set in freezer or refrigerator until firm, (about 1 hr.)

To make the topping:

Pour coconut milk into blender, add coconut meat until level reaches 1 cup. Next blend remaining ingredients except coconut butter and lecithin, until smooth, then add remaining ingredients blend until smooth. Set in freezer or refrigerator until firm then spoon onto pie.



CASHEW LEMON CHEESECAKE

For the crust:

2 cups almonds
1/4 teaspoon vanilla
1/8 teaspoon salt
a heaping 1/4 cup chopped dates

For the filling:

3 cups soaked cashews
1 1/2 cups almond milk
1 cup lemon juice
3/4 cup agave nectar
1 teaspoon vanilla
2 pinches salt
3 tablespoons lecithin
3/4 cup raw unscented coconut butter

Garnish

Top with lemon zest/slices or fruit of your choice

To make the crust:

In the bowl of food processor fitted with the "S" blade, process almond, vanilla, and salt until finely crumbled. Continue processing while adding small amounts of the date until crust sticks together. Press crust onto bottom of greased (with raw unscented coconut butter) 9 1/2-inch springform pan.

To make the filling:

Blend all ingredients except lecithin and coconut butter until smooth. Add lecithin and coconut butter and blend until well incorporated. Pour into the springform pan with prepared crust and set in fridge/ freezer (about an hour) until firm.



CHEWY VEGAN OATMEAL RAISIN COOKIES

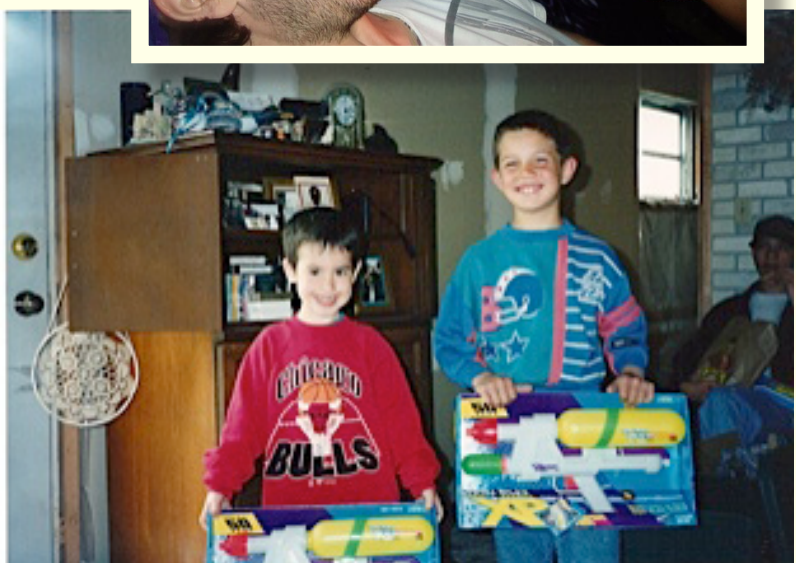
3/4 cup whole wheat pastry flour (3.25 oz)
1/2 teaspoon baking soda
1/2 scant teaspoon salt
1/2 teaspoon cinnamon
1/2 cup light brown sugar (3 1/2 oz)
1/4 cup granulated sugar
2 tablespoons maple syrup
1/4 cup applesauce, drained on a paper towel
1/4 cup vegetable oil
1/2 teaspoon vanilla
1 1/2 cup rolled oats
1/2 cup raisins, plumped and patted dry
Walnuts (optional)

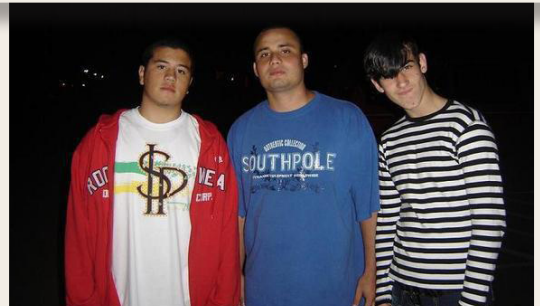
1. Preheat oven to 350 degrees F. Line two cookie sheets with Silpats.
2. Mix together the flour, baking soda, salt and cinnamon. Set aside.
3. Mix both sugars, maple syrup, apple sauce, oil and vanilla together in a medium bowl. Add the flour mixture and stir until blended. Stir in the oats, followed by raisins.
4. Let sit for 10 minutes.
5. Drop by rounded teaspoonfuls onto the cookie sheets. Bake for 12-14 minutes. Let cool for about 5-8 minutes on cookie sheets then carefully scoop up onto a wire rack.





"FRIENDS ARE THE MOST IMPORTANT





INGREDIENT IN THE RECIPE OF LIFE"







