



**Gnoll Media**

## ***Helping Others Achieve Their Goals***

**From the desk of Gnoll Media**

**Subject – Tasty Recipes**

### **Orange Carrot Bars**

#### **Requirements;**

3 cups of carrots,  
2 cups of pecans,  
1 cup of dates,  
½ cup of raisins,  
1 orange,  
1 teaspoon of cinnamon,  
1 teaspoon of nutmeg,  
½ teaspoon of salt,  
½ cup of shredded coconut.

#### **Let's Make It;**

Soak dates for at least 30 minutes then drain. Chop the orange roughly and place all ingredients in food processor. Shape into individual bars or press into one large baking tin to be cut when ready to serve.

### **Strawberry Surprise Freezer Jam**

#### **Requirements;**

1 pt boxes of fresh strawberries, washed, drained and hulls removed  
2 1/2 Cups of fresh pineapple, peeled and finely chopped  
7 Cups sugar  
2 packs (1 3/4 oz) powdered pectin  
1 Cup cold water  
4 1 pint freezer containers with lids



Gnoll Media

## ***Helping Others Achieve Their Goals***

### **Let's Make It;**

Place strawberries in a large mixing bowl.  
Crush the strawberries with a potato masher.  
Measure out 2 1/2 Cups of strawberries and place in a separate bowl.  
Add the pineapple to the strawberries.  
Slowly add the sugar and stir until well combined.  
Place the cold water in a saucepan over medium heat.  
Add the pectin.  
Stir continuously until water begins to boil.  
Boil for 1 minute.  
Remove from heat.  
Pour the water mixture into with the fruit.  
Stir well to combine.  
Continue stirring for 4 minutes.  
Pour into the 1 pint freezer containers and cover.  
Let stand at room temperature for 24 hours.  
Freeze after 24 hours.  
Jam will stay good in the freezer for up to 6 months.  
To use, remove from freezer and allow to come to room temperature, about 1 hour.  
Cover and refrigerate for up to 3 weeks.

## **Vegetarian Recipes**

### **Fruit and Rice Warm Me Up**

### **Requirements;**

1 1/2 Cup of brown rice, cooked  
1 Cup of soy milk  
1 banana, sliced  
1 (15 oz) can of fruit cocktail  
1/4 Cup of water  
2 Tea spoons of honey  
1 tea spoon of vanilla extract



## Helping Others Achieve Their Goals

Gnoll Media

1/2 tea spoon of cinnamon

1/2 tea spoon of nutmeg

### Let's Make It;

Place the water, honey and vanilla in a large saucepan over low heat.

Add the bananas and fruit cocktail stirring well to cover with liquid.

Stir in the cinnamon and nutmeg.

Bring to a boil.

Reduce heat to low and allow to cook 8 minutes or until very tender but not mushy.

Stir in the rice.

Pour in the soy milk and stir well.

Return to a boil and cook 10 minutes.

Best if served warm.

## Easy Macaroni Salad Recipe

### Overview;

A tangy macaroni salad with lots of flavour. This recipes doubles really well (we did not double the mustard or the salt).

### Requirements;

1 cup of mayonnaise,

8oz elbow macaroni cooked, drained and cooled,

2 table spoon of vinegar,

1 cup of celery, (sliced)

1 table spoon of prepared mustard,

1 cup of green or red peppers, (chopped)

1 tea spoon of sugar,

1 tea spoon of salt,

¼ cup of chopped onion.

### Let's Make It;

In a large bowl, combine mayonnaise, vinegar, mustard, sugar, salt and



Gnoll Media

## Helping Others Achieve Their Goals

pepper. Mix until smooth.

Add macaroni, celery, green pepper and onion. Toss to coat.

Cover and refrigerate for at least two hours to blend flavours.

This salad can be prepared the night.

## Baked Spinach With Cheese Recipe

**Wash and clean spinach of sand and Dry.**

### Requirements;

1lb Spinach; (**fresh**)

1ea Onion; large, (diced)

½ tea spoon of Salt,

1 tea spoon of Paprika,

¼ tea spoon of Pepper,

1/4lb of Butter,

2ea Garlic; cloves, (minced)

1/2lb of Emmenthaler cheese (grated)

1/8tea spoon Nutmeg.

### Let's Make It;

Cut spinach into strips. In a large Dutch oven, heat butter until bubbly. Add onion and garlic, sauté for 2 to 3 minutes. Add spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat. Grease an oven-proof casserole. Sprinkle half the cheese over the bottom of the casserole. Add the spinach. Sprinkle with paprika, nutmeg, and pepper. Top with remaining cheese. Bake at 360 degrees F about 20 minutes or until cheese bubbles.

## Goji Bars

### Requirements;



**Gnoll Media**

## ***Helping Others Achieve Their Goals***

1 cup of dried goji berries,  
1 cup of nuts (almonds or cashews are good),  
1 cup of dates,  
½ cup of dried cranberries or cherries.

### **Let's Make It;**

Place ingredients in food processor and pulse until roughly chopped. Then press into a pan and refrigerate.

### **Variations:**

Add any or all of the following:

1 tablespoon of coconut oil,  
1/4 cup of pumpkin or other seeds,  
½ cup of pine nuts,  
2 tablespoons of shredded coconut,  
1 teaspoon of spirulina or chlorella,  
dash of vanilla extract,  
1/2 tea spoon of baking spices.

Depending on your choice of ingredients, you may need to add more or some coconut oil to better hold the mixture together.

## **Vegetarian Recipes** **Fruit and Rice Warm Me Up**

### **Requirements;**

1 1/2 cup of brown rice, (cooked)  
1 cup of soy milk,  
1 banana, (sliced)  
1 (15 oz) can of fruit cocktail,  
1/4 cup of water,  
2 tea spoon of honey,  
1 tea spoon of vanilla extract,  
1/2 tea spoon of cinnamon,



Gnoll Media

## Helping Others Achieve Their Goals

1/2 tea spoon of nutmeg.

### Let's Make It;

Place the water, honey and vanilla in a large saucepan over low heat.

Add the bananas and fruit cocktail stirring well to cover with liquid.

Stir in the cinnamon and nutmeg.

Bring to a boil.

Reduce heat to low and allow to cook 8 minutes or until very tender but not mushy.

Stir in the rice.

Pour in the soy milk and stir well.

Return to a boil and cook 10 minutes.

Best if served warm.

## Crock Pot Chicken Recipes South of the Border Chicken Corn Tortillas

### Requirements;

3 tea spoon of Canola oil,

4 large. chicken breasts,

1 (19 oz) can of enchilada sauce,

2 (11 oz) cans of cream of chicken soup,

1 (4.25 oz) can of black olives, (sliced)

2 dozen corn tortillas,

1 large. onion, (chopped)

1 (8 oz) pack of taco style cheese.

### Let's Make It;

Place a large skillet over medium heat and add the oil.

Once the oil is heated add the chicken.

Cook for about 5 minutes per side.

Remove and allow to cool.



**Gnoll Media**

## ***Helping Others Achieve Their Goals***

Once the chicken has cooled it can be shredded.  
Cut the tortillas into 8 wedges per tortilla.  
In a large mixing bowl combine the soup, olives and onions.  
Begin layering in the crock pot with the enchilada sauce on the bottom.  
Then add the tortillas, soup, chicken and the cheese in that order.  
Continue layering in that order to the top being sure to end with the cheese.  
Cover and cook on low temperature for 7 hours.

**Tip:** This is best served in a bowl and topped with sour cream or guacamole.

## **Fantastic Artichoke Dip Recipe**

### **Requirements;**

8oz Cream cheese  
12oz Shredded mozzarella  
1 cup of Mayonnaise  
1 cup of Grated parmesan  
1 Onion; finely chopped  
2 Cloves of Garlic; finely chopped  
2 Jars of Marinated artichoke hearts  
2 Of pita bread

### **Let's Make It;**

Drain artichokes well and tear them apart with your fingers. Cut up pita bread into chip size triangles, separate and bake on a cookie sheet until crispy (approx 5 minutes).  
Combine all other ingredients and mash.  
Bake in a uncovered casserole dish for approx 30 minutes @ 350 or until bubbly.  
Serve hot out of the oven and scoop up dip with pita bread.

**Raw Food "Candy"**



Gnoll Media

## *Helping Others Achieve Their Goals*

### **Requirements;**

1 cup of date paste (see below), \*  
½ cup of cocoa or carob powder,  
1 cup of any nut butter, (peanut, almond or cashew)  
1 tablespoon of vanilla essence.

### **Let's Make It;**

Place in food processor and blend until well combined. Then form into balls and roll in coconut or cocoa or carob. Stick a toothpick in and enjoy. To this base you could add any dried fruit, nuts or seeds. Experiment and create your own special healthy raw treats.

### **\*To make date paste:**

Soak pitted dates in water for 1-2 hours. Drain and reserve the water. Process the dates in a food processor, adding the soak water 1 tablespoon at a time as needed, until you have the consistency of a thick jam or butter. Transfer to a covered container and keep refrigerated. The paste is also a convenient sweetener to have on hand, and can be used in smoothies or spread like jam.

You now have 10 tasty recipes to start your weight loss program.

Regards Gnoll Media