

RECIPES TO IMPROVE MOOD

[As provided in N Nedley book *Depression the Way Out*]

Walnut Jam Muffins

Muffins make a healthy breakfast choice, especially for morning commuters, that need to eat on the go. And this recipe already has the jam added to the muffin! The ground flax seed [linseed] in this recipe replaces the eggs, resulting in a cholesterol free muffin, and increasing the omega-3 content of the recipe.

YOU WILL NEED

½ cup flour (1 cup whole wheat pastry + ½ cup white)	
⅓ cup brown sugar	2 tsp baking powder
¼ tsp salt	1 cup Sour Cream
2 tbsp flaxseed (ground) [linseed]	¼ cup water
1 tsp vanilla	¼ cup walnuts, chopped
½ cup jam (100% fruit) apricot or strawberry.	

STEP BY STEP

1. Preheat oven to 375°. Coat muffin pans with non-stick spray. Recipe makes 24 miniature or 12 large muffins.
2. In a medium size bowl mix all the dry ingredients.
3. In a small cup mix water with ground flaxseed and let it sit for 2 to 3 minutes. In a small bowl, measure sour cream and vanilla. Stir in the flax meal mixture.
4. Add the sour cream mixture and nuts to dry ingredients and mix well with a fork. The batter is heavy, more like dough. Drop dough by spoonful in muffin pans.
5. Fill each mould about 2/3rd full with batter. With the back of a teaspoon, make a small well on top of batter. Add about ½ teaspoon of jam in each well.
6. Bake for 12 to 15 minutes until muffins are golden brown.

If sour cream is not available, you can substitute – in a blender, place 1cup silken tofu, ¼ cup rapeseed oil, ¼ cup honey, 1 tsp lemon juice, and vanilla. Blend until smooth. Then follow the recipe as presented.

Walnut Granola

Granola makes an excellent breakfast addition and a wonderful snack at home or on the road. It can even be served as a light supper with a smoothie or fresh fruit. Children enjoy the crunchy clusters of this recipe. Walnut granola is high in omega-3, fibre, melatonin and tryptophan.

YOU WILL NEED

½ cup water	1 cup dates, sliced to remove pips
2 cup Welch's White Grape Juice concentrate	¼ cup rapeseed oil
1 tbsp vanilla extract	1½ tsp salt
6 cups rolled oat [large oats]	1 cup unsweetened coconut flakes
1 cup walnuts, coarsely chopped	1 cup almonds, coarsely chopped
1 cup raw wheat bran	1 cup ground flaxseed [linseed]

STEP BY STEP

1. In the microwave, heat water and dates. Place in a blender with white grape juice concentrate, oil, vanilla, and salt. Blend until smooth
2. In a large bowl combine all dry ingredients. Pour the mixture into bowl and mix with hands until dry ingredients are well-coated
3. Spread about ½ inch thick on 2 double-insulated baking sheets. Rotate the sheets during baking
4. Two basic methods for cooking granola are:
 - a) Bake overnight at 150°. In the morning bake 10- 5 minutes, or until golden brown at 200°
 - b) Or bake at 225° for about 1 hour, until golden brown. Stir every 15 minutes.

If you don't have the ground flaxseed, take ¼ cup of whole flax seed and grind it in a coffee grinder to give you ½ cup ground flaxseed.

Morning Sundae/Parfait

Use soya yogurt and granola along with fresh fruit for a quick breakfast. In a parfait glass, alternate layers of granola, your favourite flavour of soy yogurt, and fresh fruit. Repeat layers. Serve immediately.

Scrambled Tofu

YOU WILL NEED

1 lb very firm tofu	<i>1/4 cup</i> cashews
<i>1/2 cup</i> water	<i>1 1/2 tbsp</i> chicken seasoning
<i>1/2 tbsp</i> nutritional yeast	<i>1/2 tsp</i> onion powder <i>1/2 tsp</i> garlic powder
<i>1/2 tsp</i> lemon juice	<i>1/8 tsp</i> turmeric
<i>1/4 tsp</i> salt	

1. Press the tofu between absorbent kitchen towel to absorb some of the water. Crumble to consistency of cottage cheese. A potato masher works well
2. Place tofu in the frying pan and cook uncovered, so moisture from the tofu evaporates and it becomes drier. Stir occasionally to prevent sticking and promote an even browning
3. In a blender, whiz all remaining ingredients until smooth
4. Add the blender contents to the pan and cook about 5 minutes or until the mixture is thickened
5. Serve over cooked cornmeal porridge with oven-fried or shredded potatoes and tomato marinara sauce
[Marinara sauce is robust Italian sauce made with tomatoes, onions, and herbs.]

Cornmeal Mash

You will need

2 cups cold water	<i>1/4 tsp</i> salt
<i>1/2 cup</i> 'heaping' corn meal <i>[heaping measures about 3 extra tablespoons]</i>	

Step by Step

In a large microwavable dish, thoroughly mix cornmeal and salt in the water. Microwave for 3 to 4 minutes, stirring every minute.

Flax Seed {linseed} for Egg substitute

You Will need

1 tbsp ground flaxseed
3 Tbsp water

Step by Step

1. Mix the ingredients in a large cup
 2. Microwave until it boils. (30 sec)
 3. It will have the slimy texture of egg whites
 4. Equals one egg.
- Corn is a good source of melatonin.

Oat Burger

This savoury burger is high in omega-3 and melatonin, and makes a tasty vegetarian sandwich. You could make a large number and freeze them. You can serve as burgers *or* with your favourite gravy (or with tomato sauce over pasta.)

You Will need

4 cups water	<i>1/2 cup</i> soy sauce
<i>1 cup</i> yeast flakes	2 tbsp rapeseed oil
1 Tbsp ground flaxseed	1 tbsp dried sweet basil
2 tsp garlic powder	2 tsp onion powder
1 tsp ground coriander	1 tsp dried sage
1 cup walnuts, finely chopped	4 cups rolled oats.

Step by Step

1. Place a large pan on a burner over medium heat and add the ingredients in the given order except the rolled oats

2. Bring the water to a slow boil, quickly stir in rolled oats and immediately remove from heat. Cover and set aside to cool
3. Preheat oven to 350°
4. Form oat mixture into three-inch patties and place on oiled baking sheets
5. Bake for 20 minutes on each side. Serve with wholewheat burger buns/baps/bread rolls, soy mayonnaise, lettuce, onions, tomato and pickles.

Green Soya Salad

Crunchy is the best description of this very colourful salad. The green soybeans are high in omega-3. You can add green soybeans to your favourite salad.

You will need

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| 1 - 12 oz package frozen green soybeans | 1 - 16 oz package frozen corn |
| 1 - 8 oz can water chestnuts | ² / ₃ cup celery, finely chopped |
| ² / ₃ cup green onion, thinly sliced | 1 cup red sweet pepper, diced |
| 5 tbsp lemon juice, freshly squeezed | 1½ tbsp honey |
| 1½ tsp salt | 1 tbsp fresh parsley, finely chopped |
| 1 clove garlic, pressed | ¹ / ₈ tsp dill |
| 1 tsp sweet basil | |

Step by Step

1. Slice chestnuts in thin strips
2. In a large bowl combine all vegetables
3. In a small jar, combine remaining ingredients, cover, and shake well. Chill at least 2 hours. Serve on lettuce leaves and garnish with fresh mint.

Tofu

Tofu is made from soya beans in much the same way that cheese is made from milk. Its bland flavour gives it a remarkable versatility. You can buy it in different forms - from softest to hard pressed tofu, which is very dense and firm.

BAKED TOFU STRIPS

You will need

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| 1 lb fresh firm tofu | 1 tbsp soy sauce |
| 1 tbsp chicken seasoning | |

Step by Step

1. To prepare the tofu cut into ¹/₄ by ¹/₄ inch strips
2. Sprinkle soy and seasoning over strips and stir gently
3. Spread in a single layer on a baking tray and bake at 350° for 30 minutes or until golden brown. Stir once during the baking time. The strips can be used in stir-fry or in burritos with a non-dairy mayonnaise and vegetables.

Tofu, the highest source of tryptophan, is a soybean product that does not have much flavour when eaten plain, however, it can be seasoned to substitute in many fish, dairy and poultry dishes. In order for this recipe to work, you need to use the fresh extra firm tofu.

MELTY CHEESE

You Will Need

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| 2 cups water | ¹ / ₄ cup raw cashews |
| 1 - 4 oz jar of pimentos | ¹ / ₄ cup nutritional yeast |
| 1½ tsp salt | ¹ / ₂ tsp onion powder |
| ¹ / ₄ tsp garlic powder | 3 tbsp cornflour |
| 1 tbsp lemon juice | 1 tbsp sesame tahini |

If using this recipe for pizza, in order to give more of the mozzarella flavour and colour, omit the pimiento and increase the amount of sesame tahini to 2 tablespoons.

Step by Step

1. In a blender place **one cup** of water and cashews; blend until creamy. Add all other ingredients and blend again until smooth. Add last cup of water (hot water will shorten cooking time) and blend briefly.

2. Heat in a heavy saucepan, stirring constantly, and cook until hot and bubbly.

This recipe is a mild, but tasty substitute for soft, melting cheese. It has endless options without the tyramine found so abundantly in the regular cheeses. Use this cheese as a dip (use mild green chili for extra flavour when served with tortilla chips, on burritos, enchiladas, pizzas, vegetables, or anywhere you would use melted cheese).

APPETISERS AND SPREADS

Slicing Cheese Appetiser

You Will Need

3 tbsp vegan gelatine	1 cup water
3 tbsp sesame tahini	$\frac{1}{3}$ cup cashews, raw, washed
2 tbsp lemon juice, freshly squeezed	2 tbsp nutritional yeast flakes
1½ tsp salt	1 tsp onion powder
$\frac{1}{2}$ tsp garlic powder	4 oz diced pimentos.

Step by Step

1. In a medium microwave-safe bowl, mix the gelatine with the water until dissolved. Microwave to a boil; overcooking will cause spillage.

2. In a blender, place gelatine mixture and remaining ingredients in the order given. Blend thoroughly. Pour into an oil-coated glass dish - or for a cylinder shape, use a 16-ounce empty frozen juice concentrate container and refrigerate until set. Gently tear paper container from cheese roll before serving.

3. Coat with a thin layer Vegan Cheese and top with chopped toasted pecans (optional). Serve with crackers or crisps.

4. The cheese slices well; it melts when baked on top of casserole dishes. Can freeze and shred it, if needed. *May use roasted red pepper (drained) instead of the pimento. Use only 1 tsp salt.*

EGGLESS SALAD

You Will Need

1lb Tofu [extra firm]	1 tsp lemon juice
1 tsp onion powder	1 tsp salt
1 tsp chicken style seasoning	$\frac{1}{8}$ tsp turmeric
2 cloves of garlic	$\frac{1}{4}$ cup vegan mayonnaise

Step by step

Chop everything in a food processor until desired texture. Makes a delicious spread on whole wheat bread, topped with diced tomatoes. Sprinkle with dill (optional). Makes about 2 cups.

Variation: Add a $\frac{1}{4}$ cup diced celery and 2 tbsp sweet pickle relish for more crunch.

Lentil Spread

You Will Need

2 cups cooked lentils (recipe below)	2 green onions – chopped
$\frac{1}{4}$ cup chopped celery	2 garlic cloves, minced
1 tbsp lemon juice	2 tbsp ground flax seed
$\frac{1}{4}$ cup vegan mayonnaise	$\frac{1}{4}$ tsp salt or to taste
2 tbsp sweet relish	

Step by step

Chop everything in a food processor until desired texture. Serve with corn chips or crackers as a dip or on toasted whole wheat bread as a spread.

Directions for Cooking Lentils

You Will Need

$\frac{1}{2}$ tbsp flaxseed [linseed] oil	1 chopped onion
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1lb lentils (2½ cups)
1 tbsp soya sauce
⅛ tsp thyme
1½ tsp salt

8 cups water
1 tsp marjoram
1 bay leaf [remove later]

1. In a large pan, sauté oil and onion until tender.
2. Add all the remaining ingredients and cook over medium heat until lentils are done, for about 45 minutes.
Leftover lentils make a wonderful addition to your favourite stew.

Mazidra

Serve lentils over cooked brown rice. Top with shredded lettuce, diced tomatoes, diced avocado (or guacamole), sliced olives, sliced green onions and tomato sauce or salsa.

Bowtie Pasta with Avocado

A high-carbohydrate dish increases the serotonin level and can make a filling meal. This recipe includes avocado, with its monounsaturated fat, thus greatly reducing the amount of oil added to many pasta dishes. The tomato and onion add a refreshing taste to this one-dish meal.

You Will Need

1 - 12 oz bowtie pasta	½ tbsp olive oil
2 avocados, diced	2½ tbsp lemon juice
½ tsp garlic powder	1½ tsp salt, or to taste
2 large tomatoes, diced	2 green onions, chopped
1 tbsp fresh parsley, finely chopped	Sweet basil, sprinkle

Pasta is available in many sizes and shapes. It is also available made from grains other than wheat. Stores often now have corn, rice and buckwheat pasta etc. Using the whole grain will give a higher fibre content.

Step by step

1. In a large pot bring about one gallon of salted water to a boil. Add the pasta and cook until done (do not overcook)
2. Cut the avocado in half. Remove the stone, then cut into two again, making 4 pieces. Pull and discard the peel from the avocado and cut the avocado into thin slices. Place slices in a bowl and sprinkle with lemon juice, garlic powder, and salt
3. Drain pasta, add olive oil, and stir gently. Transfer to a serving platter
4. Pour avocado mixture and tomatoes and onions over pasta, then toss gently. Garnish with diced parsley and/or basil if so desired.

Cornflake Nut Dressing

You Will Need

2 cups chopped onion	2 cloves garlic, minced
2 large stalks celery, diced	2 tbsp oil
¼ cup flour	1½ cup soya milk or water
1 tbsp vegan chicken seasoning or similar	2 tbsp ground flaxseed
1 tsp sage, ground	½ tsp salt
1 tbsp parsley	1 cup walnuts, chopped
3 cups corn flakes, slightly crushed.	

Step by step

1. Sauté onion, garlic, and celery in oil for 10 minutes. Add flour and stir. Add water or milk and stir. Bring to a boil and continue boiling for 2 to 3 minutes to thicken.
2. Add remaining ingredients in the given order, mixing after each one.
3. Pour in a loaf pan that is well coated with non-stick spray.
4. Bake at 375° for 45 minutes or until brown.
5. Let set for 10 minutes on a rack. Turn out of loaf pan on to a serving dish.

Using individual small loaf pans or a mini-multi-loaf pans make for faster baking [about 20 minutes rather than 45].

Walnut Maple Biscuits

These mouth-watering biscuits are easy to make and are healthy. Very high in omega-3, they are made without butter and eggs. Maple syrup adds a delicious touch of natural sweetness and replaces all the sugar.

You Will Need

2½ cups walnuts, ground in food processor	⅔ cup whole wheat pastry flour
1 tsp salt	⅓ cup ground flaxseed
⅓ cup carob chips	½ cup maple syrup
2 tbsp	2 tsp vanilla

The biscuits can burn easily and become hard if too dark.

Use a double-insulated baking sheet bake on the middle rack of the oven,

Step by step

1. In a small bowl add all the ingredients in the given order. Mix well.
2. Spray a large baking sheet and preheat the oven to 350°.
3. Drop dough on sheet with a spoon and flatten with a fork.
4. Bake for 10 to 15 minutes or until golden brown, checking often to prevent burning.
5. Let cool before removing from the sheet. Makes one dozen.

No Bake Brownies

A delicious biscuit, this recipe uses carob chips instead of chocolate chips. It is quick and requires no baking. For an easy make-ahead recipe for unexpected company, roll the brownie mixture in the shape of a log, wrap in plastic wrap and freeze. Cut and serve at a moment's notice.

You Will Need

1 pkt digestive biscuits / breakfast cereal such as Malties or Graham crackers	
½ cup walnuts, chopped	⅓ cup water
3 tbsp non-dairy milk powder	¾ cup carob chips
1 tsp vanilla	3 - 5 drops peppermint essence (optional)

Step by step

1. In a food processor grind the cereal/biscuits/crackers until fine. It should yield about 1¾ cup.
2. Combine crumbs and walnuts.

In a saucepan, mix water and milk powder. Cook over medium heat until warm. Add all other ingredients to the saucepan. Stir until melted and thoroughly combined. [alternative is to *roll in plastic wrap in the shape of a log. Freeze. Thaw for 15 minutes before slicing and serving.*]

3. Remove from heat. Add crumb-walnut mixture. Mix well.
4. Press into oiled 8-in. square pan. Let sit 30 minutes. Cut and serve.

Carob is naturally sweet and low in fat; it is high in calcium as well as other vitamins and minerals. It tastes and looks enough like chocolate to be used as a substitute. Carob is free of tannin, caffeine, or theobromine found so abundantly in cocoa, which have been associated with headaches and depression.

TOFU CHEESECAKE

Light and delicious best describe this healthful, no-bake cake. The crust has a nutty taste and is exceptionally high in omega-3 (contains 2,545 mg per serving). This cake is also high in tryptophan (79 mg per slice). Warning – it is hard to stop with only one piece!

You Will Need

High-Omega Crust

1 cup whole wheat pastry flour	1 cup walnuts, finely ground
¼ cup coconut, unsweetened, fine	⅛ tsp salt
2 tbsp flax seed oil	3 tbsp white grape or apple juice concentrate
1½ tbsp maple syrup	

Filling

⅓ cup white grape juice concentrate	2 tbsp vegan gelatine
⅓ cup honey	¼ tsp salt
½ tsp vanilla	1½ tbsp lemon juice
12.3 oz pkt tofu, extra firm, lite or regular	8 oz cream Cheese [vegan]

Step by step

High-Omega Crust

Pre-heat oven to 375°. Coat a 9-inch cake tin with non-stick spray. Mix dry ingredients in a mixing bowl. Mix all the wet ingredients in a measuring cup. Add wet to dry ingredients and mix well. Press into bottom of pan. Bake for 8-10 minutes until golden brown.

Filling

1. Dissolve gelatine in juice and bring to a boil. If using a microwave, watch carefully not to boil over. It takes about 30 seconds.
2. Toss all ingredients in a blender and whizz until smooth.
3. Pour into baked High-Omega crust. Chill 4 hours or overnight before serving. Serves 10.
4. Serve with fresh fruit and/or strawberry pineapple sauce.

Fruit smoothie

You Will Need

½ cup orange juice concentrate	½ cup water
½ cup non-dairy (Soya, Rice Dream milk)	½ pkt Tofu - light
2 tbsp ground flaxseed or 1 tbsp flaxseed oil	
2 small frozen bananas – sliced	1 cup frozen strawberries or blueberries

Step by step

Blend all ingredients until smooth. This smoothie makes a great way to start your day. Yields 4 cups.

If using a low power blender, whiz the juice, water, milk, tofu and flax first, then add the frozen fruit by pieces through the small opening of the lid, with the blender running.

High-Omega Tarts

Crust ingredients (See recipe on previous page- Tofu Cheesecake)

Cream pudding

- 1 pkt Tofu lite
- 1 pkt Greens Lemon cheesecake mix or similar - see below.

Step by step

Follow directions for preparing the crust. Press into different shaped tarts. Blend the pudding mix with the tofu. Fill the tarts with pudding and top with fresh fruit.

For fresh fruit topping, use any combination of strawberries, blueberries, raspberries, grapes, sliced kiwi etc.

A replacement for the Greens pudding cream topping you can substitute - ¼ cup cashews, ½ cup water, ¼ cup dried pineapple, 1pkg tofu, lite, 2tsp lemon juice, 1 tbsp brown rice syrup or honey, ¼ tsp coconut extract, 1/8 tsp salt.

Blend cashews, water and pineapple until very smooth. Add remaining ingredients and blend well.

Strawberry Pineapple Sauce

You Will Need

- 2½ cups frozen strawberries
- ½ cup of dried pineapple.

Step by step

1. Place ingredients in a microwave-safe dish for 2 minutes to thaw strawberries and soften pineapple.
2. Toss in the blender and whiz until smooth. Chill.

Almond Delight Ice-Cream Pie A quick ice cream alternative.

You Will Need

Almond Crust

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| 1½ cups toasted almonds, chopped | 1 tbsp rapeseed oil |
| 1½ tbsp honey or brown rice syrup | |

Filling

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| ¼ cup shredded coconut (fine), unsweetened and lightly toasted | |
| 1 tbsp honey or brown rice syrup | ¼ cup almond or peanut butter |
| 3 tbsp toasted almonds, chopped | 2 pints Vanilla soya ice-cream [Swedish Glace] |

Carob Dessert

¼ cup carob chips

Step by step

Almond Crust

Coat a 9-inch pie plate with non-stick spray. Mix the crust ingredients and press the mixture firmly onto bottom and up the sides of the pie plate. May use wax paper on top to prevent sticking to your fingers when pressing crust mixture. Freeze while preparing the filling.

Can be made in an 8 x 8 inch pan and cut in squares.

Filling

1. In a small bowl mix the coconut, syrup, almond butter, and almonds
2. Place the ice cream in a large bowl and stir to soften. Stir in the almond mixture. Spoon into chilled crust. Sprinkle additional toasted almonds over pie and/or drizzle with melted carob chips. Freeze for at least 2 hours or until firm.

Carob Drizzle

In a small microwavable dish, melt carob chips on high for 15-30 seconds. Stir to ensure smoothness. With a fork, drizzle over the pie.

Herbal Tea Infusion

You Will Need

1 cup of boiling water 1-2 tsp loose herbal tea

Step by step

1. Bring water to boil.
2. Add the herbal tea.
3. Turn heat off, and let tea steep for 15 minutes.
4. Strain herbs from liquid and serve warm.
5. Add honey or Stevia for sweetness as needed.

Walnut Spread

A good alternative to a heavy evening meal.

You Will Need

1 cup of water 1 cup of walnuts
½ cup dates ¼ cup dried apricots, chopped

Place in the blender and whiz until smooth. Recipe makes 1½ cups. Serve with crackers or toasted English muffins and fresh fruit for decoration.

Variation: Use ½ cup dried pineapple and ⅓ cup prunes instead of dates and apricots.

Fruit & Flax Balls

These slightly sweet, bite-sized balls are an excellent source of omega-3 and tryptophan, which may be as good as medicine. *A nice compliment to a cup of herbal tea.*

You Will Need

½ cup of dried pineapple ½ cup dried apricots
¼ cup white grape peach concentrate ¼ tsp vanilla flavouring
¾ cup ground flaxseed ¼ cup walnuts

1. Bring pineapple, apricots and peach concentrate to a boil and simmer about 5 minutes or until liquid is absorbed. Remove from heat and add vanilla flavouring. [*Or microwave for 2 minutes in a microwave-safe dish.*]
2. Grind flax seed and walnuts together in a food processor.
3. Add the fruit and process until sticky and dough-like.
4. Form into small balls. Chill.

Variation: Other combinations of dried fruit, juice concentrate, and nuts may be used.