

Depression

Foods for Moods

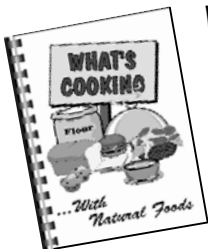
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This booklet is a supplement to the What's Cooking... with Natural Foods cookbook.



What's Cooking ...with Natural Foods

This New Zealand Cookbook is designed for cooking classes. All recipes are easy to prepare and are 100% vegan vegetarian. Comes with the attractive full colour cover and includes nutritional information and notes.

Recipes for Depression

Hummus

390gm tin chickpeas drained
or 1½ cup cooked chickpeas drained
8-12 sun dried tomatoes soaked with water
1 t salt
2 T tahini or 4 T sesame seeds ground
1 large garlic clove
4 T flaxseed oil
3 T lemon juice

Place all ingredients in food processor and blend until desired consistency. Add a little brine or cooking water if needed.

Tomatoes may be exchanged for –

125g tin diced capsicum drained
15-20 stuffed green olives
or flavour of your choice

SLAP

Sunflower seeds or sesame seeds
Linseed
Almonds
Pumpkin seeds

Blend equal amounts till fine. Spread over your favourite cereal or on toast.

Only make enough for the day as the nuts and seeds lose their vitality and will become rancid. If you do have some left over, keep in the freezer.

Pumpkin Seed Pesto

500 gm cooked pumpkin	100 gm pumpkin seeds
2 cloves garlic	1 T olive oil
200gm peeled tomatoes	salt to taste

Roast pumpkin seeds in oil until they have begun to pop, stirring constantly so they don't burn. Blend in food processor with pumpkin, tomatoes and garlic until smooth. Lastly add salt.

Serve cold or warm with crackers, corn chips or even fresh vegetables. Can also be used as a spread.

Tofu Cream

200 gm soft tofu	1/3 C soy milk or water
1/3 C oil	1 t vanilla
4 T honey or maple syrup	1t lemon juice

Blend all ingredients together till thick and creamy. Add more soy milk for a more liquid cream. May replace some of the oil with 1t flaxseed oil.

Tofu Cottage Cheese

- 1 packet of tofu mashed**
- ¼ c water**
- 1 ½ t lemon juice**
- ½ t garlic powder**
- 1 t salt**
- 1 t onion powder**
- ¼ t dill weed (opt)**
- 1 ½ t fresh chives chopped**
- 1 T fresh parsley chopped**

Place tofu with water, lemon juice and salt in food processor. Add rest of ingredients and blend to mix.

Soyonnaise

425 gm soft tofu
2 T lemon juice
1 clove garlic
1 t salt
1 t onion powder
1 t dill or ½ t paprika (opt)
1 T honey
½ - 1 C water

Put all ingredients into blender and blend well. This is a lovely white fluffy mayonnaise for any salad dish, potatoes, veges, sandwich spread etc.

Walnut & Date Spread

½ C walnuts
½ C dates
1 t lemon juice (opt)
½ C boiling water

Soak dates in boiling water to soften for 10 minutes. Blend all ingredients together till smooth in food processor.

Juices for Depression

Juice for Depression Number One

- 6 strawberries or 1 small bunch of grapes
- 1 C chopped broccoli
- 1 carrot
- 6 stringer beans
- 2 lettuce leaves

Wash, trim, chop and pass through the juicer.

Juice for Depression Number Two

- 2 large spinach leaves
- 2 stems celery
- 2-3 lettuce leaves
- 1 medium beetroot & tops
- 1 C grapes or 1 medium carrot
- 1 tomato (vine-ripened or organic is best)

Wash, trim, chop and pass through juicer. Approximately ½ litre can be taken daily. Option: cucumber can also be added as this has a calming effect.

References to Recipes

This chart refers to recipes in the What's Cooking cookbook that contains the nutrients beneficial to treating depression. See page 2 to source the cookbook.

What's Cooking pg no.

		Tryptrophan	Omega-3	Omega-6	Folate
		Tofu	Flaxseed	Flaxseed	Chickpeas
		Pumpkin Seeds	Walnuts	Walnuts	Lentils
		Sesame Seeds	Sesame Seeds		Red Kidney Beans
		Almonds	Almonds		
14	Nut or Seed Butter	•	•	•	
17	Red Capsicum Cheese Brick	•	•		
21	Nut Roast		•	•	
21	Savoury Walnut Balls		•	•	
21	Lentil Delight				•
22	Walnut Loaf		•	•	
23	Tofu Vegetable Quiche	•			
23	Oat-meal Almond Pie Crust	•	•		
25	Garbanzo Sauce				•
33	Tofu Cheese Cake	•			
34	Fruit Crumble*	•	•	•	
45	Tropical Rice	•	•		
48	Hearty Breakfast *	•	•		
49	Rye Breakfast	•	•		
49	Date and Walnut Spread		•	•	
54	Scrambled Tofu	•			
57	Carob Candy	•	•	•	
57	Malt Roll*	•	•	•	
58	Date Loaf		•	•	
59	Honey Crunch	•	•		
60	Banana Date Nut Cake*	•	•		
63	Hommus	•		•	•
63	Soyonnaise	•			
61/2	Sandwich Fillings **	•	•	•	•
68	Quick Salad Ideas no. 4		•	•	
68	Four Bean Salad				•
69	Chilli Beans				•
73	Soups				•

* Include nuts/seeds listed as optional in recipe

** Numbers: 1,4,7,8,10,14,16,17,19,20,22,23,24,25,27



What's Cooking

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