

“FOODS THAT REDUCE STRESS AND HUNGER”

Led by: Mrs. Sherry Brod

Thursday, October 2 @ 2 pm

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- I. Detoxification-Ezra 8:23 “So we fasted and petitioned our God about this, and he answered our prayer.”(NIV)**
 - A. Biblical**
 - B. Cleanses**

- II. Herbs- Matthew 23:23 “You give a tenth of your spices—mint, dill and cummin.”(NIV)**
 - A. Parsley**
 - B. Dill**

- III. Chicken soup-Deuteronomy 14:11 “You may eat any clean bird.”(NIV)**
 - A. Nutritional benefits**
 - B. Medicinal values**

- IV. Quinoa-Genesis 1:29 “Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”(NIV)**
 - A. Botanical fruit**
 - B. Health benefits**
 - C. Quinoa salad-recipe preparation**

V. Fantastic foods-Numbers 11:5-We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic.”

A. Nutrition

B. Fascinating facts

C. Top twelve foods

- 1. Roots, stems and leaves**
- 2. Fruits eaten as a vegetables**
- 3. Three fabulous fruits**
- 4. Dairy**

VI. Capsaicin-Daniel 1:12-"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.”

A. Health benefits

B. Fat burner

VII. How to be an intuitive eater-Psalms 92:12-The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon;”

A. Curbing your appetite

B. Coping with stress

VIII. Fluids-Nehemiah 9:20

“You gave your good Spirit to instruct them. ...and you gave them water for their thirst”

A. Water

B. Green tea

C. Kombucha tea

Chicken Vegetable Soup

1 chicken(all natural-no hormones etc...)

2 ½ Qts. Filtered water

4 stalks celery(chopped)

1 large onion

1 Tbs. minced garlic

1 bunch of fresh dill (with stems removed)

1 Tbs. sea salt

1 lb raw baby carrots

1 lb frozen organic green beans

3 large zucchini(sliced)

1 bunch parsley(with stems removed)

Bring a boil, chicken, water, celery, onion, garlic, dill, salt and carrots. Reduce heat to medium. Cover and cook for 1 hour or until chicken is done. Remove chicken and chill. Add green beans and zucchini cook for 10 minutes. Toss in parsley, and heat through.

Yields:8-10 servings

Toasted Quinoa Salad

3/4 cup uncooked quinoa

1 cup diced carrots

1/2 cup chopped red bell pepper

1/4 cup minced parsley or cilantro

2 sliced green onions

juice of 1 lemon and 1 lime (or 1 - 2 tablespoons of each)

1-1/2 tablespoons tamari soy sauce

2 cloves minced or pressed garlic

1 teaspoon chili sauce (Tabasco) (or use a pinch of cayenne, a few red pepper flakes, etc.)

Rinse quinoa and drain. Put in a pot and dry toast until a few grains begin to pop. Add 1-1/2 cups of water, bring to a boil, cover and simmer for about 15 minutes, or until the water is absorbed. Remove from heat and let stand for 10 minutes. Fluff with a fork and let cool.

Mix carrot, red pepper, parsley and green onion in large bowl. Add cold quinoa and toss to combine, Whisk together lemon and lime juices, tamari, garlic and chili sauce. Pour over salad and combine well. Chill until serving time.

This recipe can be fun. Try throwing in a few fresh raw peas, some fresh raw corn, fresh sliced raw green beans, etc.

