

SPECIAL THANKSGIVING ISSUE / NOVEMBER 2012

NAKED

FOOD

M A G A Z I N E

7 Reasons to go naked

HAVE A HEALTHY THANKSGIVING

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Cheers to life

Thanksgiving is one of my favorite times of the year. I love the holidays and the culmination of the year. Quite frankly, I enjoy being thankful — grateful for my family, my health, and my life. Thanksgiving also evokes images of football, family reunions, stuffing, pumpkin pie and, of course, the Pilgrims and Wampanoag, the acknowledged founders of the feast. I believe, however, that what is most important is to be grateful for life and health. With this issue we wanted to provide our readers with fabulous recipes and bits of advice to help them with the transformation into a healthier lifestyle, without the need of animal foods.

Let's be thankful for life in all its forms, and remember that plants provide precisely that, life.

Wishing you a healthy and naked life. Have a wonderful thanksgiving!

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Naked Food Magazine is the Plant-Based approach to reversing, healing, and preventing disease. Activists, supporters, and advocates of life, love, and health. Go Naked!



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I LIVE NAKED.



STUFFED GOURMET ACORN

Try this fantastic option for a gourmet thanksgiving dish. Recipe by Margarita Restrepo

INGREDIENTS (serves 2 as a meal):

1 large acorn squash
1 tablespoon of coconut oil
Sea salt & pepper to taste
1 cup quinoa or 1 cup of couscous of half and half. (Your choice)
1/2 yellow onion
2 cloves garlic, chopped
1/2 package organic tempeh or 1/2 cup chickpeas (Your choice)
1/2 cup chopped fresh basil
1/3 cup apricots
1/3 cup pine nuts (substitute options: pumpkin seeds or sunflower seeds)

A few splashes of tamari (wheat-free soy sauce)
A sprinkle of cayenne
A sprinkle of sage on top

COOKING INSTRUCTIONS

Pre-heat oven to 400 degrees. Cut your acorn squash in half length-wise, and scoop out the seeds.
Brush the squash with coconut oil and sprinkle with sea salt and pepper. Place in a lightly oiled baking dish and pop into the oven. Bake for 1 hour.

While squash is baking, prepare the stuffing:

Cook quinoa or couscous.

Add onions, garlic, and tempeh or chickpeas to a pan with either a tiny bit of coconut oil or just a little water and a few splashes of tamari, and a sprinkling of cayenne. Cook until onions are translucent and all ingredients are starting to brown up a bit.

Add cooked quinoa/couscous to onion

mixture in pan and mix thoroughly. Remove from heat and put into a large bowl.

Add apricots, basil and pine nuts to the quinoa/couscous mixture and stir well.

After 45 minutes, remove the squash from the oven and stuff with the stuffing. Cook another 15 minutes with stuffing inside.
When squash is very soft when pierced with a fork, and starts to turn a little golden brown around the edges, you're ready to eat! Top with sage.

SUPER BERRY SAUCES

ZESTY CRANBERRY CLASSIC

INGREDIENTS

2 cups fresh or frozen cranberries
1/2 cup orange juice concentrate
2 ripe pears, finely chopped
1 medium apple, finely chopped
1/4 teaspoon cinnamon
1 teaspoon grated orange peel
1/2 cup raw sugar or other sweetener, or to taste

COOKING INSTRUCTIONS

Combine cranberries, juice concentrate, pears, apple, cinnamon, and orange peel in a saucepan and bring to a simmer over medium heat. Continue cooking, uncovered, until cranberry skins pop and mixture is thickened slightly, about 10 minutes. Add sugar or other sweetener to taste. Serve hot or cold. Makes 8 servings.

Source: Food for Life by Neal Barnard, M.D. Recipe by Jennifer Raymond, M.S., R.D.

THREE SUPER-BERRY

Combine cranberries, strawberries and raspberries for a tasty twist on traditional holiday sauce.

Cinnamon and cloves spice up this fruity topping.

INGREDIENTS

2 cups fresh cranberries
1/2 cup honey
1/4 cup orange juice
1 tablespoon grated orange peel
1/4 teaspoon sea salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground allspice
2/3 cup fresh sliced strawberries
2/3 cup fresh raspberries

COOKING DIRECTIONS

In a large saucepan, combine the first eight ingredients. Cook, uncovered, over medium heat for 10 minutes or until cranberries pop, stirring occasionally.

Reduce heat; add strawberries and raspberries. Cook until heated through. Remove from the heat and leave to cool. Store in the refrigerator.

GOJI COCONUT

Bursting with intense red color, this nutritious sauce makes any fruit, salad, or dessert dish a work of art. If you can't get the kids to eat their greens, just try this as a dressing.

INGREDIENTS

1/2 cup soaked Tibetan Goji berries,
1/2 cup raspberries
1 cup young coconut meat
2 pitted dates or 1 tbsp raw honey or agave nectar
1/2 tsp orange zest
Coconut water to turn over in blender

COOKING INSTRUCTIONS

Blend until creamy. Keeps up to 3 days in refrigerator. To make it drinkable, add coconut water or purified water. For an incredible exotic variation, substitute mango for the raspberries, add 1 banana, 1/4 tsp cinnamon, 1/2 tsp raw vanilla, 1 tbsp grated ginger, and blend without added water.

CRANBERRY GOJI

INGREDIENTS

8 oz. Fresh or frozen cranberries, washed, drained
1 Gala, Fuji, or other sweet apple
4 pitted medjool dates
1 peeled orange, pitted
1/2 tsp orange zest
1/2 knuckle fresh ginger, grated
1/4 cup goji berries, soaked with soak water
1/4 cup raisins

COOKING INSTRUCTIONS

Blend ingredients except berries and raisins in a food processor with the "S" blade. Stir in raisins and berries whole and let soak about 2 hours before serving.

BLUEBERRY

INGREDIENTS

3 cups frozen blueberries
3 tbsp agave nectar

COOKING INSTRUCTIONS

In a medium saucepan heat up the blueberries to a gentle boil for about 5-10 minutes, until they have reduced to half of their size. Reduce heat. Add agave nectar to taste.

GOJI BERRY

Super high in vitamins, minerals, and antioxidants.

INGREDIENTS

1/2 cup goji berries, soaked 1 hr.
1/2 cup blackberry or raspberry
1 cup young coconut meat
2 pitted dates
1/2 tsp orange zest
Coconut water

COOKING INSTRUCTIONS

Blend all ingredients until smooth. Add enough coconut water to turn over in blender. Store in the refrigerator. Serve cold.

Recipes by Margarita Restrepo

HAIL TO THE GOJI!

Goji Berries are one of the most nutritionally-rich fruits on the planet, packed with vitamins, minerals, protein and antioxidants.

Goji berries have been used for 6,000 years by herbalists in China, Tibet and India to:

- Protect the liver
- Help eyesight
- Improve sexual function and fertility
- Boost immune function
- Improve circulation
- Promote longevity

Goji berries are rich in antioxidants, particularly carotenoids such as Beta-carotene and Zeaxanthin. One of Zeaxanthin's key roles is to protect the retina of the eye by absorbing blue light and acting as an antioxidant. In fact, increased intake of foods containing Zeaxanthin may decrease the risk of developing age-related macular degeneration (AMD), the leading cause of vision loss and blindness in people over the age of 65.

The goji berry fruit flavor resembles a combination of cranberries and cherries, and like the acai berry, is a delicious **superfood** you can enjoy a number of ways.

Often called a Wolfberry, goji berries are considered a **complete source of protein** and regarded as a top longevity and strength-building food. A single goji berry can contain up to 21 trace minerals, including zinc, iron, copper, calcium and 18 different amino acids.



SWEET POTATOES ALL THE WAY

We are going all the way with one of the most nutritious foods in the world, and Thanksgiving dinner is not the exception.

If you already love sweet potatoes you are in for a great treat. Here are some of the countless health benefits they bring to your plate.

Antioxidants

Both vitamin A and vitamin C, in which sweet potatoes are also abundant, are invaluable for the prevention of many different types of cancer. Research has shown that the antioxidant pigment anthocyanin, which may decrease the dangers presented by heavy metals and oxygen radicals, is abundant in the starch of the sweet potato.

Anti-Inflammatory

Sweet potato has anti-inflammatory properties thanks to the vitamin C, vitamin B6, beta-carotene, and manganese it contains. They are just as effective in curing both internal and external inflammations. Lowered inflammation has been shown in brain tissue and nerve tissue throughout the body following the consumption of sweet potato.

Arthritis

Sweet potatoes are rich in beta-cryptoxanthin, which has been found to help in the prevention of chronic inflammatory diseases such as rheumatoid arthritis.

With close to 7 grams of fiber per serving, they make an excellent starchy addition to any meal. The high fiber content gives them a “slow burning” quality. This means their caloric energy is used slower and more efficiently than a low-fiber carbohydrate.

< NAKED

SAGE MASHED SWEET POTATOES

Recipe by Jason Wyrick found in 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health by Neal Barnard, M.D.

INGREDIENTS

- 1 small sweet potato, baked
- 1/4 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 6–8 sage leaves, chopped

COOKING INSTRUCTIONS

Wrap the sweet potato in foil. Bake it at 450 F for 45 minutes. Mash the sweet potato with the salt and black pepper. In a small pan over medium heat, toast the sage leaves until they start to get crispy. Sprinkle the sage over the mashed sweet potatoes.

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SWEET POTATO PIE

Recipe by Linda Howard

INGREDIENTS

- 3 pounds of sweet potatoes
- 1 3/4 cups of agave (raw is better)
- 1 cups of shredded unsweetened coconut
- 2 teaspoons of real vanilla extract
- 3/4 cup of soy milk (add more if too thick)
- 3/4 stick of Earth Balance Vegan Buttery Sticks
- Egg replacer (1 egg)

COOKING INSTRUCTIONS

Boil potatoes with skin on until soft. Rinse in cold water and peel with a fork. Mash potatoes, adding the remaining ingredients while mashing (except coconut). Stir in coconut. Pour into 2 ready-made uncooked whole grain pie crusts. Bake for about 55 - 60 minutes at 350 degrees.

SO SWEET TO YOU!

One medium sweet potato provides your body with the complete recommended daily allowance of vitamin A (Beta-carotene) and then some.

Vitamin A is useful in the prevention of several different types of cancer as it is one of the most potent antioxidants out there. Beta-carotene also helps to internally protect your skin from sun damage by both deflecting and repairing cell damage caused by excessive UV exposure. It also is an excellent nutrient for eye health and has been linked to prevention of vision loss and macular degeneration.



Blood Sugar

The carotenoids in sweet potato can help your body respond to insulin and stabilize your blood sugar. Sweet potatoes also have a significant amount of Vitamin B6, helping resistance to diabetic heart disease.

Stomach Ulcers

The B vitamins, vitamin C, potassium, beta-carotene, and calcium they contain help in the healing of stomach ulcers. Their fiber helps prevent constipation and acidity, consequently reducing the possibility of ulcers.

Emphysema

Sweet potatoes provide over 90% of the body's vitamin A needs. Smokers should eat foods high in vitamin A, as emphysema and many other lung diseases may be caused by a deficiency of vitamin A associated with smoking.

Sweet potatoes are rich in vitamins C and E. These play a huge role in the health and beauty of your skin and hair. This “beauty food” contributes to a healthy, glowing complexion and vibrant hair.

THE REAL 'THX'

First Thanksgiving Dinner: No Turkeys. No Ladies. No Pies.

How long was the first Thanksgiving dinner? It wasn't just a dinner. It lasted three days.

Who was there?

About fifty Pilgrims came, Plus 90 Wampanoag Indians, says the writer, Andrew Beahrs: "About two of every three people there were Wampanoag." Maybe that is why, in the middle of the party, the English took out their muskets and "exercised arms," which Beahrs says was probably target practice, their subtle way of saying, "Guess who's got the firepower here?"

Was it a family event? Were there ladies there?

Probably not. The only eyewitness account mentions "some 90 men." This was a political gathering. The Wampanoags and the Pilgrims were cementing a military alliance. Massasoit, the Wampanoag king, was there, so was the English governor, William Bradford. The first Thanksgiving was mostly a guys-only event where the English women, says Beahrs "were likely doing the bulk of the cooking."

Was it held indoors? Around a big table?

No, the first Thanksgiving was probably held outdoors, including the meals. The English houses were too small to get everyone inside.

Did they eat turkey?

We don't think so. The Wampanoag guests brought five deer



with them, so venison was on the menu. The English brought fowl, "probably migrating waterfowl like ducks and geese, which were plentiful in autumn," says Beahrs. "Governor William Bradford does mention taking turkeys that year, but not in connection to the harvest celebration."

How about cranberries?

Sorry. "If anyone at the gathering ate cranberries, it definitely wasn't as a sweet sauce," writes

Beahrs. Sweet cranberries need maple syrup, an ingredient that wasn't plentiful till 60 years later. "The Wampanoag often ate the berries raw, or else in boiled or ash-roasted corn cakes."

Sweet potatoes? Pumpkin pie? What else was on the table?

Pumpkins, maybe. But not pies. They wouldn't show up for another generation at least.

Linda Coombs, an Aquinnah Wampanoag and director of the Wampanoag Center for Bicultural History at Plimoth Plantation, guesses they ate "sobaheg," a Wampanoag favorite: a stewed mix of corn, roots, beans, squash and various meats. Plus the easy-to-gather local food: clams, lobsters, cod, eels, onions, turnips and greens from spinach to chard.

So how did turkey get to be the Thanksgiving bird?

Gradually. Two hundred fifty years after the original Thanksgiving dinner, one of the hottest cookbooks in America, a collection of recipes from Ohio housewives called the Buck-

TURKEY ON TOP?

eye Cookerie, suggested a bunch of 'traditional' Thanksgiving dinners, and many of them, says Beahrs, ignored the turkey:

[Buckeye Cookerie] suggested oyster soup, boiled cod, corned beef, and roasted goose as good Thanksgiving choices, accompanied by brown bread, pork and beans, 'delicate cabbage,' dough-nuts, 'superior biscuit,' ginger cakes, and an array of fruits. Chicken pies were a particular favorite and seem to have been served nearly as often as turkey (usually as an additional dish rather than a substitute).

Who put the turkey on top?

Abe Lincoln helped by declaring Thanksgiving a national holiday. I'm sure the turkey and cranberry industries helped too, but Beahrs gives his biggest props to a 19th century magazine editor named Sarah Josepha Hale. She and her magazine, **Godey's Lady's Book**, campaigned for a national day, wrote letters to governors, to every member of Congress, even to the president, and when she wasn't lobbying, she was writing novels that romanticized turkeys in that over-the-top drooling-with-her-pen way that may make you laugh ... but it worked.

By Robert Krulwich
NPR Correspondant



I EAT NAKED.

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SALAD GOES BIG!

Eating raw fruits and vegetables will keep you feeling better, looking more fit, becoming healthier and living longer. A salad does not have to be just lettuce, tomatoes and cucumbers. There are thousands of ingredient combinations possible for making a salad. Green up your Thanksgiving dinner with a delicious and healthy salad.



Tuscan Salad

Fresh-tasting and colorful, this salad would go well with anything.

INGREDIENTS

- 4 large plum tomatoes, cored, cut into slices
- 1/3 cup brine-cured black olives (such as Kalamata), pitted, halved
- 1/3 cup very thinly sliced white onion
- 2 tablespoons of extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 large bunch of leafy greens
- Tofu cut into small squares

PREPARATION

Combine tomatoes, black olives and onion in medium bowl. Add olive oil and balsamic vinegar; toss to blend well. Season salad to taste with salt and pepper. Mix in arugula and tofu and serve.

Caribbean Quinoa Salad

A super-easy, sweet side dish with the taste of the islands. Makes 4 servings. Recipe by Margarita Restrepo.

INGREDIENTS

- 1/2 cup uncooked quinoa, rinsed
- 1 cup water
- 1/4 cup chopped dried pineapple
- 1/4 cup chopped dried mango
- 1/4 cup sweetened coconut flakes
- 1/4 cup dry-roasted macadamia nuts, chopped
- 1/2 cup of fresh mango pieces with skin

PREPARATION

Mix the quinoa and water in a saucepan over medium heat and bring to a boil. Cover, reduce heat, and simmer until all the water is absorbed, 10 to 12 minutes. Remove from heat, and stir in the dried pineapple, dried mango, coconut flakes, and macadamia nuts until thoroughly combined.

Blend the mango pieces with skin in a blender or food processor until smooth and creamy. Serve salad hot and pour mango dressing on top.





VEGGIE PIE

Recipe By Paula Castañeda

INGREDIENTS

- 6 grated carrots
- 2 bags of spinach
- 2 small grated beets
- 1 basket of white button top mushrooms
- 3 large potatoes
- Few sprigs of Italian parsley for decorating
- Dill for garnish
- Tofutti yogurt

COOKING INSTRUCTIONS

Peel 3 large white potatoes and grate them until you get hash looking potatoes. Mix with yogurt and then cook in a skillet until cooked.

Cook mushrooms with a sprinkle of water or coconut oil. Add sea salt and pepper.

Mix parsley with oil and cooked spinach.

In a large glass bowl put the beets and carrots and mix. Add salt and pepper to taste. Layer the cooked potatoes on top. Then layer the parsley and spinach mixture. Put it in the fridge until it chills and sets. Put a plate over the top of the bowl and flip the bowl over. Once the pie is on the plate, put the mushrooms all over the top and garnish with dill.

7 REASONS TO LIVE NAKED

The World Health Organization has determined that dietary factors account for at least 30 percent of all cancers in Western countries and up to 20 percent in developing countries. When cancer researchers started to search for links between diet and cancer, one of the most noticeable findings was that people who avoided meat were much less likely to develop the disease. Large studies in England and Germany showed that vegetarians were about 40 percent less likely to develop cancer compared to meat eaters.

According to the National Cancer Institute, as much as 80 percent of all cancers are due to identified factors, and

thus are potentially preventable. Thirty percent are due to tobacco use, and as much as 35 percent to 50 percent are due to foods. It is easy to control these and other risk factors.

Carcinogens are substances that promote the development of cancerous cells. They may come from foods, from the air, or even from within the body. Most carcinogens are neutralized before damage can occur, but sometimes they attack the cell's genetic material (DNA) and alter it. It takes years for a noticeable tumor to develop. During this time, compounds known as inhibitors can keep the cells from growing. Some vitamins in plant foods are known to be inhibitors. Dietary fat, on the other hand, is known to be a promoter that helps the abnormal cells grow quickly.

1 Heals, Prevents & Reverses Disease

The medical evidence shows that a whole foods, plant-based diet can reverse, heal, and prevent a plethora of diseases, inflammation, anxiety, depression, Lupus, MS, Diabetes, Osteoporosis, Alzheimer's, and many others.

The China Study, which surveyed over 6,500 people from over 65 countries, remains the largest and most comprehensive study of nutrition ever conducted and proves that a plant-based diet prolongs lives.

2 Protective Whole Foods

Antioxidants inherent in vegetables and fruits are critical to neutralizing cancer-causing free radicals in the body. Fiber acts like a scrub brush cleaning the body. A varied, whole foods, plant-based diet is a protective diet—sufficient in amino acids for protein needs; high in fiber, antioxidants, vitamins and minerals; and low in saturated fats.



3

Cancer-Free Environment

Through a variety of experimental study designs, epidemiological evidence, and observation of real-life conditions that had rational, biological explanations, Dr. T. Colin Campbell, has made a direct and powerful correlation between cancer and animal protein.

We all have cancer cells that will pop up in our bodies, but what 'feeds' the cancer and fortifies it is, among other things, animal protein. Why? Because animal protein (meat, dairy and eggs) alters the mix of hormones, modifies important enzyme activities, causes inflammation and cell proliferation, and creates an acidic atmosphere in the body—all of which create an ideal environment for cancer to thrive.

4

Weight Control

A well-structured, plant-based diet is superior to other diets for weight loss. The key to satiety is eating fiber-rich foods that fill the stomach from a volume standpoint, and that have enough calorie density to satisfy the nutrient receptors.

Humans have built-in mechanisms for figuring out exactly how much to eat without calorie or nutrient counting. These are stretch receptors in the stomach that detect when the stomach is filled with food, and nutrient receptors that detect the nutrient density of the foods consumed. Beans, rice and vegetables both fill the stomach, and with 400-500 calories, satisfy the nutrient receptors.

Eating chicken and cheese until the stomach is full, requires the consumption of over 3000 calories. Calorie-dense and processed foods are addictive; they have the same effect on the dopamine



receptors in the brain as drugs like heroin or cocaine. Asking anyone to control their intake of these foods using willpower is a recipe for failure.

5

Healthy Bones

Americans consume more dairy products per capita than people in most other countries, yet many studies show that this increased dairy consumption leads to increased fracture risk and calcium excretion.

The Dietary Guidelines for Americans says that when dietary calcium intake is too low, the body draws calcium from the bones. However, that is inaccurate. Calcium is actually released from the bones to neutralize the acidity that results from consuming too much animal protein (which includes dairy products), fat, and processed foods. This is not a result of inadequate calcium intake, but the body's response to metabolic acidosis.

6

No Sugar or Processed Foods

White sugar and processed food fuel cancer and candida, spike blood sugar, compromise the immune system, use up essential minerals, are highly addictive, and flood the body with excess insulin and IGF1, which stimulate the growth of cancer cells.

Whole grain organic muffins are still muffins, and should not be eaten instead of vegetables and rice. Treats should be reserved for special occasions, like birthday parties and Valentine's Day.

When people simply substitute health food store versions of the junk they eat daily, their grocery bill goes up and their health problems do not resolve.

7

No Diabetes

The consumption of cow's milk is linked to an increased risk of juvenile diabetes. In fact, studies have shown that the risk for a child consuming cow's milk of developing type 1 diabetes is higher than the risk of a smoker developing lung cancer. Cow's milk is also linked to chronic infections, constipation, multiple sclerosis, and prostate cancer. The protein in milk is the causative link. Consuming low-fat and fat-free cow's milk is even more risky for health since the protein is then more concentrated. The science is quite clear that all cow's milk products are best avoided, but low-fat or no-fat products are worse than full-fat milk products.



MUSHROOM BISQUE

Recipe by Margarita Restrepo

INGREDIENTS

1 small onion, finely chopped
1 freshly ground black pepper, to taste
2 tablespoons dry sherry
2 teaspoons reduced-sodium soy sauce
Sea salt, to taste
12 ounces mushrooms, sliced
2/3 cup old-fashioned oats
1/2 teaspoon dried thyme
1 bay leaf
5 cups low-sodium mushroom broth
dairy-free (vegan) parmesan cheese
substitute (optional)

COOKING INSTRUCTIONS

Steam-fry onion over medium heat until soft but not browned, adding very small

amounts of water as needed to prevent sticking and burning.

Place broth, bay leaf, thyme, and oats in a medium saucepan. Add onion and bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until oats are soft.

Meanwhile, steam-fry mushrooms in a large skillet over high heat, adding a sprinkle of salt and very small amounts of water as needed to prevent sticking and burning. Cook until mushrooms release and reabsorb their liquid. Remove from heat and set aside.

When oats are soft, remove bay leaf and

puree the soup until creamy with a hand-held blender or in batches in a blender or food processor. (Remove the middle part of the blender/food processor's lid so hot air can escape. Cover the hole loosely with a folded clean cloth while blending.) Return the soup to the pan and add mushrooms, soy sauce, sherry, salt, black pepper, and vegan parmesan substitute, if using. Serve hot.

Recipe by Bryanna Clark Grogan found in Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal Barnard, M.D.

HEALTHY & DELICIOUS KALE SOUP

Recipe by Fran Drescher

INGREDIENTS

2 quarts of organic vegetable broth
1 large bunch of black Tuscan kale leaves
julienned
1 cup raw peas fresh or frozen
1 cup raw corn fresh or frozen
1 cooked cup quinoa or pearl barley or brown
rice prepared to package instructions
Kosher or sea salt and fresh ground pepper to
taste. (A pinch of each to start).

COOKING INSTRUCTIONS

Cook kale in veggie broth over medium heat for approx 20 minutes or until liquid turns green and kale is soft. Let cool to room temperature and then using a handheld blender lightly purée directly in the pot until there are only small bits of the kale leaves visible. If you are using a traditional blender or food processor blend in batches then pour into a new soup pot.

Add corn and peas plus salt and fresh pepper to taste. Put on low heat for 10 more minutes to soften raw vegetables. Then add the cooked grain of your choice into soup then stir and serve. May be served hot or cold.

5 REASONS TO EAT MORE KALE

1

One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat.

2

Kale is high in iron. Per calorie, kale has more iron than beef.

3

Kale is filled with powerful antioxidants and it is a great anti-inflammatory food.

4

Kale is high in Vitamin A, Vitamin K and Vitamin C.

5

Eating kale is great for cardiovascular support and helps lower cholesterol levels.



5 TIPS FOR A HEALTHIER YOU

Traveling this holiday?

According to research from the American College of Chest physicians, the healthiest seat on the plane is on the aisle. Passengers who sit in this convenient spot are more likely to walk around during a flight, which is essential to preventing blood clots.

Love plant-starchy foods

The most effective diets ever used to cure people of common illnesses, such as coronary heart disease, type-2 diabetes, hypertension, hypercholesterolemia, arthritis, and obesity, minimize animal foods and require that people eat the bulk of their calories from starches, including grains, legumes, and potatoes (foods forbidden to Paleo-diet eaters).

Milk? Not even to sleep

There is no scientific evidence that cow's milk has the slightest impact on drowsiness. On the contrary, casein, which makes up for 85% of the protein found in milk, can clog and irritate the human respiratory system. When the respiratory system becomes clogged and irritated, your body is more susceptible to hay fever, asthma, bronchitis, sinusitis, colds, runny noses, ear infections and the common allergy to dairy.

Say Si to Beans

Replace a daily serving of red meat with a serving of beans. They are filled with protein and will cut your risk of heart disease by 19% according to a Harvard University research.

The exotic dragon fruit

Dragon fruit is high in both fiber and vitamin C, fatty acids, and protein. Dragon fruit also contains phytonutrients such as betalain and lycopenes, which are antioxidant, anti-inflammatory, and provide detoxification support.





Cauliflower Stuffed Zucchini

Recipe by Margarita Restrepo

INGREDIENTS

4 large zucchini (cut in half lengthwise)
2 cups mashed cauliflower
1 small onions, chopped fine
1 large bunch of chopped kale and spinach
1 tablespoon minced garlic
2 tablespoons fresh thyme (chopped fine)
2 tablespoons coconut oil
Sea salt

COOKING INSTRUCTIONS

Cut the ends off the Zucchini and cut lengthwise. Scoop out the seeds and discard them, making a zucchini canoe.

Scoop out some of the pulp and put aside about 8 tablespoons to mix with the cauliflower. Make sure to scoop out enough pulp so you can stuff with the filling.

Cut a little piece off the bottom of the zucchini so it can sit flat. Add the 8 tablespoons of the zucchini pulp to the potatoes.

Cook the onion, garlic, kale, and spinach for a few of minutes in a small amount of water or coconut oil until cooked and combine with the cauliflower and zucchini mixture. Add sea salt and thyme to taste. Scoop mixture into the zucchini canoe and bake at 375 for 25 minutes until the zucchini is tender.

Healer

Regular intake of zucchini effectively lowers high homocysteine levels in the human body and can help lower the risk of multiple sclerosis (MS).

Powerful Antioxidant

The rind of zucchini contains beta-carotene, which is known to be full of antioxidant properties and helps protect cells against oxidation damage.

95% Water

Zucchini has a high nutritious value and contain a very low amount of calories.

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Fran Drescher

Actress and uterine cancer survivor



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