

The Professor's Medicine Meals & Recipes

Meals within Themselves with Proper Protein/Carbohydrates Combination

The Professor's Ambrosia - Food of the Gods (Morning Cereal)

Ingredients:

Organic Whole Rolled Grains: Oats, Rice, Buckwheat, Millet, Rye or Barley.

Organic Dried Fruits: Raisins, Apricots, Dates, Figs, Pears or Pineapple.

Organic Seeds/Nuts: Pumpkin, Sunflower, Almond or Pine Nut.

Seasonings: Cinnamon

Organic Fresh Fruits: Apples or Pears.

Recipe:

- 1) Soak two or three Dried Fruits and Seeds or Nuts in a pot of water over night.
- 2) In the morning boil the mixture with two or three pieces of diced Fresh Fruit and a Seasoning.
- 3) After the mixture has boiled pull off of the fire and let it sit.
- 4) Boil 3 cups of water to 1 cup of Whole Grain and add Whole Grain after the water boils and let it sit so the Whole Grain can absorb the hot water; or for Rolled Grains just soak in water.
- 5) After Whole or Rolled Grain has absorb the water mix the Fruit Compote together with the soaked Grain; and let it sit to marinate for an hour; and serve with honey if needed.

The Professor's Fiesta - Food of the Gods (Protein Salad)

The Professor's Libation - Food of the Gods (Fruit Salad)

The Professor's Liberation - Food of the Gods (Lima Bean Soup)

The Professor's Radiance - Food of the Gods (Split Pea Soup)

The Professor's Confection - Food of the Gods (Soaked Nuts/Seed/Dried Fruits)

The Professor's Titillation - Food of the Gods (Air Popped Popcorn)

The Professor's Vitalization - Food of the Gods (Waterless Steamed Greens)

The Professor's Clarification - Food of the Gods (Lemonade)

The Professor's Breath Opener - Food of the Gods (Organic Peppermint Tea)

The Professor's Blood Opener - Food of the Gods (Organic Pine Needle Tea)

The Professor's Stomach Opener-Food of the Gods (Organic Licorice Root Tea)

The Professor's Satisfaction - Food of the Gods (Spinach Enchilada)

The Professor's Perfection - Food of the Gods (Thai Coconut Ice)

The Professor's Filler - Food of the Gods (Thai Rice Noodle Soup)

The Professor's Enervation - Food of the Gods (Thai Papaya Salad)

The Professor's Penetration - Food of the Gods (Seaweed Soup)

The Professor's Meditation - Food of the Gods (Pumpkin Soup)

The Professor's pH Blood Balancer - Food of the Gods (Green Drink)

The Professor's Hordorves:

- 1) Organic Almond Butter
- 2) Sprouted Bread
- 3) Organic Maple Syrup
- 4) Raw Organic Eucalyptus Honey
- 5) Dried Smoked Salmon
- 6) Pickle Cucumbers
- 7) Daikons, Green Onions, Radishes
- 8) Boiled Scrimp
- 9) Celery, Carrots,

Findhorn Dressing

Recipe:

- 10) 1 Bunch of Green Onions-Chopped in Food Processor
- 11) 1 Cup of Water
- 12) 1 Cup of Tamari
- 13) 1-Cup of Safflower Oil
- 14) 3 Tablespoons of Tahini
- 15) Juice of 1 Lemon
- 16) Few Dashes of Cayenne
- 17) 2 Tablespoons of Honey
- 18) Blend All Ingredients in Food Processor & Chill