

PBPSG – Agenda for May 8th.

This week we will discuss how to plan for and prevent the major things that can derail people, while the food demo will show how the standard American meal of Burgers and Fries and a shake can be completely remade to be low in fat and sugar, and free of animal ingredients and gluten. However – instead of shakes I will be making ice-cream (which can easily BE a shake if you simply have more liquid ☺.)

We will begin by sampling a new simple salad dressing that is almost entirely fat free. Then I will demonstrate how to make bean or lentil burgers from scratch using zero oils, and we'll serve these on my homemade buckwheat sour-dough bread (entirely sugar and oil free). Next you will watch as we turn humble potatoes into baked French fries – made without any oil, and you'll learn how to make your own sugar free ketchup! Then we will finish it all off with a homemade ice-cream, one made entirely fat free and the other which although not free of fat has only fat that comes from whole foods – almonds, cashews and chia seeds (so no oils are used all.) All food except the dessert will be nut free. Everything will be grain-free except the bread which contains buckwheat as the only grain used. Topics covered will include: The motivational triad, The Little House on the Prairie Approach, Planning for Success

Here are the recipes:

Lentil Burgers:

<http://joannfarb.weebly.com/blog/basic-bean-and-vegetable-burgers-made-without-any-oil>

Baked French Fries will be made from: Organic potatoes balsamic vinegar, tamari, onion powder, garlic powder, rosemary, thyme, oregano (no oil used at all)

Bread used (to serve the burgers on) will be sugar and oil free and pre-made from this recipe:

<http://joannfarb.weebly.com/blog/buckwheatbread>

I will demo how to make a healthy Ketchup from just tomato paste, vinegar, stevia salt and herbs. (1 c tomato paste, 1 cup water, ½ cup apple cider vinegar, 20 drops stevia, 1 ¼ tsp salt, 1/8 tsp garlic powder.

The salad dressing is this:

<http://joannfarb.weebly.com/blog/creamy-low-fat-dill-mustard-salad-dressing>

I will demo TWO ice creams – the first will be fat-free and made entirely from bananas and strawberries and the second will be this recipe: <http://joannfarb.weebly.com/blog/ice-cream>

I don't know why some of the links aren't working, but if you copy and paste into your browser, they DO work to get you to the referenced pages/recipes.