



# ANTI-CANCER RECIPE COLLECTION

Jumpstart your healthy eating with this collection of easy and delicious recipes using anti-cancer foods



by Nikki H Stokes, [ChoosingDifferently.com](http://ChoosingDifferently.com)

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Anti-Cancer Recipe Collection

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# GETTING STARTED

Knowing what's healthy for you and actually doing it are two totally separate things.

You might know about all these foods that are perfect for helping your body to prevent and heal diseases, but how do you go about using that information?

In the following pages you'll find ten simple and delicious plant-based recipes from my blog at [EatingVibrantly.com](http://EatingVibrantly.com) that use a range of these fabulous anti-cancer foods to get you started.

There's a variety of recipes to choose from, so flick through them and pick one that appeals, whip out your ingredients and be eating a delicious, nutritious meal right away.

Ready to get started?



# FLAXSEED CRACKERS

## INGREDIENTS

- 1 cup (150g) golden flaxseed (linseed)
- 2 tbsp (40ml) golden flaxseed meal (linseed meal)
- 3/4 cup (190ml) water
- 3 tsp (15ml) tamari (or bragg's or soy sauce)
- 3 tsp (15ml) agave (or maple syrup) [optional]
- 1 / 6 tsp onion powder
- 1 / 6 tsp garlic powder

## METHOD

1. Mix the flaxseed and flaxseed meal in a bowl.
2. Combine the remaining ingredients in a jug and mix.
3. Pour the water mix over the flaxseed mix and stir thoroughly.
4. Leave to sit for 10 to 15 minutes, stirring regularly, until the mix is thick but not stiff.
5. Spread mix thinly over one dehydrator tray and score lightly with a spatula.
6. Dehydrate for 12-36 hours at 40-45°C, flipping crackers once after 5-6 hours.
7. Break crackers along score lines and store in an airtight container.



**Raw | Vegan | Dairy-Free | Gluten-free | Nut-free**

# VEGAN GARLIC BUTTER

## INGREDIENTS

- 1 med (200g) avocado, mashed
- 1 med (3g) clove garlic, minced
- 2 tsp fresh parsley, finely chopped
- 2 tsp (9g) coconut oil, melted (optional)

## METHOD

1. If using the coconut butter, get it melting in a dehydrator or over a bowl of warm water.
2. Mash the avocado thoroughly, until it's very smooth.
3. Mince the garlic through a garlic press, or chop it very finely by hand or in a mini processor.
4. Chop the parsley finely.
5. Add the garlic, parsley and optional coconut oil to the avocado and mix thoroughly.
6. Spread on slices of French bread, or use as a spread or a dip.

Makes 220g. Store unused mix in the fridge for up to 48 hours.



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# VEGAN PESTO

## INGREDIENTS

- 1 bunch (90g) basil
- 1 cup (60g) spinach, tightly packed
- 1/3 cup (50g) hemp seeds
- 6 tsp (25g) hemp oil
- 2 cloves (6g) garlic
- 1/4 cup (20g) savoury / nutritional yeast flakes
- 1/3 cup (80g) lemon juice
- 3/4 tsp salt

## METHOD

1. Add everything to your blender and process until smooth (use your tamper if necessary).
2. Use immediately, or freeze in portions for up to 6 months.

Makes 300g. Use it on pasta, with crackers, as a dip or in sandwiches.



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# VEGAN ALMOND FETA CHEESE

## INGREDIENTS

- 1 1/3 cup (200g) almonds, whole
- 1/3 cup (80g) lemon juice
- scant 1/4 cup (50ml) cold-pressed extra-virgin olive oil
- 2 med (10g) garlic cloves
- 1 1/4 tsp salt
- 1/3 cup + 4 tsp (100ml) water

## METHOD

1. Put everything into a high-speed blender and blend until smooth.
2. Leave in the fridge for a couple of hours to firm up if required, or use immediately.

Makes 600ml. Serve on toast, with crackers, as a dip with chopped veggies, or add to recipes as a feta substitute.



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# TOMATO KETCHUP

## INGREDIENTS

- 1 cup (54g) sun-dried tomatoes, soaked 1-2 hours
- 2 med (130g) Roma (Italian) tomato
- 4 med (80g) medjool dates (or less to suit your taste buds)
- 1/4 cup (60ml) apple cider vinegar
- 1/4 cup (60ml) water (from soaking sun-dried tomatoes)
- 1 tsp salt
- 1/4 tsp onion powder
- 1/8 tsp garlic powder
- 1 tsp coconut oil (optional, to stop it separating over time)

## METHOD

1. Cover sun-dried tomatoes with water and soak for 1-2 hours.
2. Drain sun-dried tomatoes, and reserve 1/4 cup of soak water.
3. Blend everything until smooth.

Makes 500ml.



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# VEGAN CREAM OF TOMATO SOUP

## INGREDIENTS

- 4 med (540g) fresh tomatoes
- 1 can (250g) white beans (e.g. cannellini), drained & rinsed
- 1 med (130g) onion, roughly chopped
- 1 clove (3g) garlic
- 3 - 4 (15g) sundried tomatoes
- 4 med (70g) medjool dates (or less to suit your taste buds)
- 1/2 cup (70g) cashews
- 3 tbsp (8g) fresh basil (or 2g dried)
- 3/4 tsp stock paste / seasoning
- pinch salt (to taste)
- 1 3/4 cup (430g) water



## METHOD

1. Add the ingredients to the blender in the order listed.
2. Blend on high speed for around 12 minutes, until the soup boils.
3. Serve immediately or store in the refrigerator for up to 5 days.

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# VEGAN LASAGNA WITH SPINACH AND MUSHROOMS

## INGREDIENTS

### Mushroom Tomato Sauce

- 2 med (230g) onions, processed
- 2 cloves (10g) garlic, minced
- 8 med (50g) sundried tomatoes
- 2 large (300g) fresh tomatoes
- 1/2 tsp instant stock mix OR 1 stock cube
- 12 med (250g) mushrooms, processed
- 5 med (700g) fresh tomatoes
- 1/4 tsp black pepper
- 2 tsp Italian herbs

### Spinach Tofu Sauce

- 5 cups (280g) baby spinach leaves (tightly packed)
- 500g firm tofu
- 1/6 cup (40ml) savoury/nutritional yeast flakes
- 5 tsp (25ml) tamari or soy sauce

### To assemble

- 9 sheets (250g) gluten-free lasagne (enough for three layers)
- 1 piece/handful (10g) vegan cheese (optional)



# VEGAN LASAGNA WITH SPINACH AND MUSHROOMS

## METHOD

### Tomato Mushroom Sauce

1. Process onions until finely chopped (or finely chop by hand).
2. Fry onions and garlic in water, set aside.
3. Process mushrooms, add to onions and garlic.
4. Blend sundried tomatoes, tomatoes and stock paste.
5. Process blended tomato mix, tomatoes, black pepper and herbs.
6. Mix into onion, garlic and mushroom mix.

### Spinach Tofu Sauce

1. Process spinach, tofu, yeast and tamari until smooth.

### To assemble

1. Layer as follows: 1/2 tomato sauce, 3 lasagne sheets, 1/2 tofu sauce, 3 lasagne sheets, 1/2 tofu sauce, 3 lasagne sheets, 1/2 tomato sauce
2. Cover and cook at 190°C for 30 minutes, then uncover and cook for another 30 minutes.
3. Leave for 15 minutes too cool and firm up a little.
4. (Optional) Sprinkle/layer cheese on top.
5. Cut up and serve.

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# CARROT VEGGIE BURGERS

## INGREDIENTS

- 1 1/2 cups (240g) almonds
- 1 1/2 cups (180g) brazil nuts or pecans
- 4 large (450g) carrots
- 1 med (150g) brown onion
- 2 handfuls (30g) parsley
- 3/8 cup (90g) lemon juice
- 1 1/2 tsp salt
- 3 tsp rosemary
- 1 1/2 tsp tarragon
- 2 tsp mild curry powder

## METHOD

1. Roughly chop carrots and onions.
2. Add everything to food processor and process until finely chopped and well mixed.
3. Shape into burgers, by hand or using an egg ring (or similar).
4. Dehydrate for 5-6 hours at 42°C (108°F), turning burgers once after about 2 hours.



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# CELERY "MORNING COFFEE" JUICE

## INGREDIENTS

- 3/4 cup (60g or 2-3 leaves) kale, roughly sliced
- 1 1/4 cup (400g or 3 med) carrot, in chunks
- 3/4 cup (200g or 3 stalks) celery (without leaves), roughly sliced
- 1/2 cup (200g or two med) apple (with skin), in chunks

## METHOD

1. Juice all ingredients, putting small amounts of each through in the order shown above.
2. Depending on your juicer, if the pulp comes out wet, you can feed it through again.
3. Pour into a glass and drink.
4. For "iced coffee", serve your finished juice "on the rocks" (put a couple of ice-cubes in a glass, and pour the juice onto the ice).

Makes 600ml.



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# BANANA RASPBERRY SMOOTHIE

## INGREDIENTS

- 2 med (300g) bananas
- 1 1/2 cups (200g) fresh raspberries
- 2/3 cup (100g) cashews
- 6 med (100 g) medjool dates (or less to suit your taste buds)
- 2 cups (500ml) water/ice

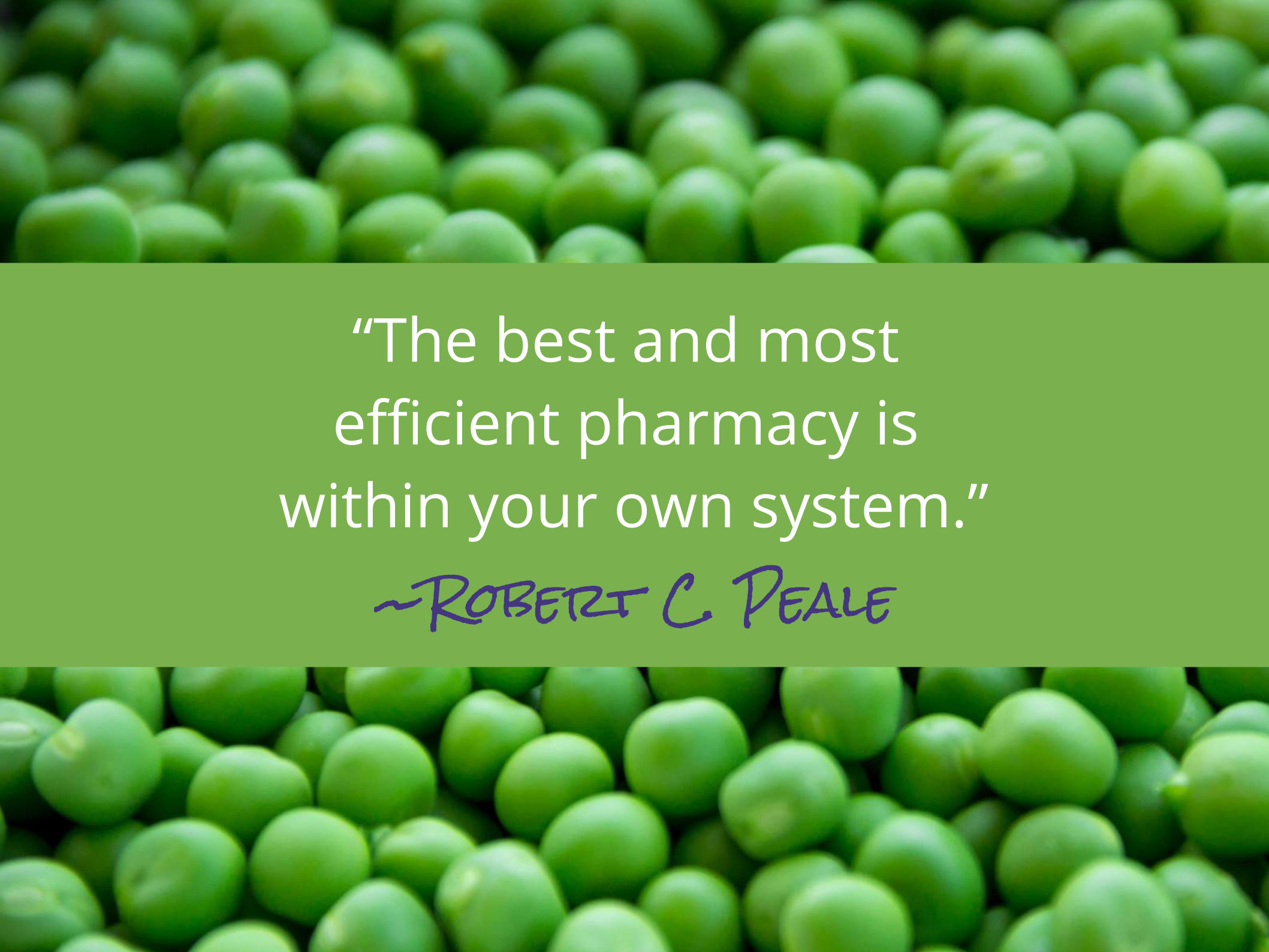
## METHOD

1. Put everything into the blender and blend until smooth.
2. Pour into glasses and serve.

Makes 4 x 300ml serves.



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“The best and most  
efficient pharmacy is  
within your own system.”

~ROBERT C. DEALE

# ABOUT ME

## I BELIEVE...

- That the human body has an incredible built-in ability to heal
- That all we need to do to heal any disease is to give our body exactly what it needs, and then stand back and let it work its magic
- That the only reason we develop so many common illnesses is because we're bombarding our body with stuff it simply doesn't know how to handle - processed foods, synthetic chemicals, stressful lifestyles and more
- That although the medical professionals think they're looking after our best interests, our health care system doesn't allow them to find and use solutions that actually work
- That educating yourself is the most powerful step you can take to begin to heal
- That your future is in your hands and that you are capable of doing whatever it takes



# RESOURCES

## WANT MORE?

If you want even more great vegan, raw and wholefood recipes, visit my vegan blog:

Eating Vibrantly                      [www.eatingvibrantly.com](http://www.eatingvibrantly.com)

For support, tips and tools to help you as you take back control of your life:

Visit my website                      [choosingdifferently.com](http://choosingdifferently.com)

Follow me on Facebook              [facebook.com/ChoosingDifferently](https://facebook.com/ChoosingDifferently)

Sign up for email updates          [choosingdifferently.com/email/](http://choosingdifferently.com/email/)

It's time to take your health - and your life - into your own hands.

I wish you all the best as you create a deliberate, conscious, authentic life.

NIKKI, THE TRUTH FAIRY